

## Original research article

### Creation of a database for the estimation of cereal fibre content in foods

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#### Supplementary Table

**1. Table S1: Cereal fibre content of Australian foods within the AUSNUT 2011-13 Food Nutrient Database, as reported in the 2011-12 National Nutrition and Physical Activity Survey**

<b>Food group code /identification<sup>a</sup></b>	<b>Food group name</b>	<b>Cereal fibre (g) per 100g</b>
<b>11</b>	<b>NON-ALCOHOLIC BEVERAGES</b>	
<b>111</b>	<b>Tea</b>	
11106002	Chai latte, dry powder mix containing milk solids & sugar	0.2
<b>112</b>	<b>Coffee and coffee substitutes</b>	
11206001	Coffee, prepared from coffee substitute powder & water, no added milk	0.2
11207001	Coffee substitute, cereal beverage, dry powder or granules	5.9
<b>118</b>	<b>Other beverage flavourings and prepared beverages</b>	
11802005	Beverage base, malted milk powder, added vitamins A, B1, B2, B3, B6, B12, biotin, C, D E & folate, Ca & Zn	3.4
11804007	Beverage base, strawberry flavour, from drinking straw, containing added sugar & intense sweetener, unfortified	0.2
11805001	Breakfast cereal, beverage, chocolate flavour, added vitamins A, B1, B2, B3, B6, B12, C & folate & Ca	0.8
11805002	Breakfast cereal, beverage, chocolate flavour, added vitamins A, B1, B2, B3, B6, B12, C & folate & Ca & Fe	1.5
11805003	Breakfast cereal, beverage, non-chocolate flavours, added vitamins A, B1, B2, B3, B6, B12, C & folate & Ca	0.8
11805004	Breakfast cereal, beverage, non-chocolate flavours, added vitamins A, B1, B2, B3, B6, B12, C & folate & Ca & Fe	1.5
11805005	Breakfast cereal, beverage, non-chocolate flavours, natural sweetener, added vitamins A, B1, B2, B3, B6, B12, C & folate & Ca	0.8
11805006	Breakfast cereal, beverage, not further defined	0.9
<b>12</b>	<b>CEREAL AND CEREAL PRODUCTS</b>	
<b>121</b>	<b>Flours and other cereals and grains</b>	
12101001	Barley, pearl, uncooked	11.7
12101002	Barley, pearl, cooked in water, no added fat or salt	3.5
12101003	BarleyMax, dry, uncooked	31.2
12101004	Buckwheat groats, uncooked	10.3
12101005	Buckwheat groats, cooked in water, no added salt	2.2
12101006	Bulgur (burghul, burgaul), dry, uncooked	12.2
12101007	Bulgur (burghul, burgaul), soaked in water, no added fat or salt	7.3
12101008	Bulgur (burghul, burgaul), cooked in water, no added fat or salt	3.4
12101009	Cornmeal (polenta), uncooked	2.9
12101010	Cornmeal (polenta), cooked in water, no added salt	0.9
12101011	Cornmeal (polenta), cooked in water & fat, no added salt	0.9

Food group code /identification <sup>a</sup>	Food group name	Cereal fibre (g) per 100g
12101012	Grains, boiled, for homemade mixed dishes	1.0
12101013	Grains & pasta, for homemade soup recipes	1.6
12101014	Millet, uncooked	8.5
12101015	Millet, boiled in water, no added fat or salt	1.2
12101016	Oat bran, unprocessed, uncooked	15.5
12101017	Oats, rolled, uncooked	9.7
12101018	Oats, rolled, uncooked, added fibre & Ca	15.0
12101019	Quinoa, uncooked	7.0
12101020	Quinoa, cooked in milk, no added salt	1.4
12101021	Quinoa, cooked in water, no added salt	2.0
12101022	Quinoa, cooked in water & fat, no added salt	1.9
12101023	Rice, wild, uncooked	6.2
12101024	Rice, wild, boiled, no added salt	1.8
12101025	Rye, uncooked	12.2
12101026	Rye, grains, cooked in water	6.1
12101030	Spelt, uncooked	7.4
12101031	Wheat bran, unprocessed, uncooked	41.8
12101032	Wheat germ	18.6
12102001	Rice bran, extruded or low processed, uncooked	25.5
12102002	Rice, white, uncooked	2.1
12102003	Rice, white, boiled, no added salt	1.0
12102004	Rice, white, steamed or rice cooker, no added salt	1.0
12102005	Rice, white, boiled, steamed or microwaved with coconut milk	1.0
12102006	Rice, white, purchased par-cooked or instant, cooked	1.0
12102007	Rice, brown, uncooked	3.2
12102008	Rice, brown, boiled, no added salt	1.5
12102009	Rice, brown, purchased par-cooked or instant, cooked	1.5
12102010	Rice, flavoured, instant dry mix	1.8
12102011	Rice, flavoured, prepared from dry mix	1.0

Food group code /identification <sup>a</sup>	Food group name	Cereal fibre (g) per 100g
12102012	Rice, purchased as parboiled (gold rice), uncooked	2.7
12102013	Rice, purchased as parboiled (gold rice), boiled, no added salt	0.7
12102014	Rice, red, steamed or rice cooker, no added salt	1.5
12102015	Rice, cooked, for making sushi	0.9
12103001	Couscous, uncooked	4.2
12103002	Couscous, cooked in water, no added fat or salt	1.9
12103003	Couscous, cooked in water & fat, no added salt	1.8
12103004	Custard powder, dry mix, commercial	0.3
12103006	Flour, cornflour, from maize starch	0.3
12103007	Flour, cornflour, from maize & wheat starch	0.5
12103008	Flour, gluten free mix (rice, soy, corn & tapioca)	0.5
12103009	Flour, rice	2.1
12103010	Flour, rye, wholemeal	12.2
12103011	Flour, spelt	7.4
12103012	Flour, wheat, white, plain	3.8
12103013	Flour, wheat, white, self-raising	3.8
12103014	Flour, wheat, wholemeal, plain	11.2
12103015	Flour, wheat, wholemeal, self-raising	11.3
12103017	Rice paper wrapper, soaked in water	0.9
12103018	Semolina, uncooked	3.2
12103019	Semolina, cooked in cows milk, no added salt	0.6
12103020	Semolina, cooked in water, no added salt	1.0
12104001	Flour, wheat, white, high protein or bread making flour	3.8
12104002	Flour, wheat, white, self-raising, added calcium & folate	3.8
12104003	Flour, wheat, white, plain, added vitamins B1, B2, B3, B6, E & folate & Fe, Mg & Zn (Jackaroo)	3.8
12104004	Flour, wheat, white, self-raising, added vitamins B1, B2, B3, B6, E & folate & Fe, Mg & Zn (Jackaroo)	3.8
<b>122</b>	<b>Regular breads, and bread rolls (plain/unfilled/untopped varieties)</b>	
12201001	Bagel, from white flour, commercial	2.7
12201002	Bagel, from white flour, commercial, toasted	3.1

Food group code /identification <sup>a</sup>	Food group name	Cereal fibre (g) per 100g
12201003	Breadcrumbs, white	3.8
12201004	Bread, croutons, commercial or homemade	3.4
12201005	Bread, damper, from white flour, commercial	2.1
12201006	Bread, damper, from white flour, commercial, toasted	2.5
12201007	Bread, focaccia, plain, commercial	2.5
12201008	Bread, focaccia, plain, commercial, toasted	2.9
12201009	Bread, from spelt flour, commercial	3.9
12201010	Bread, from spelt flour, commercial, toasted	4.7
12201011	Bread, from white flour, commercial	2.5
12201012	Bread, from white flour, commercial, toasted	2.9
12201013	Bread, from white flour, commercial, low GI	3.1
12201014	Bread, from white flour, commercial, low GI, toasted	3.6
12201015	Bread, from white flour, chia seeds, commercial	2.3
12201016	Bread, from white flour, chia seeds, commercial, toasted	2.7
12201017	Bread, from white flour, ciabatta, commercial	2.6
12201018	Bread, from white flour, ciabatta, commercial, toasted	3.1
12201019	Bread, from white flour, French stick or baguette, commercial	2.8
12201020	Bread, from white flour, French stick or baguette, commercial, toasted	3.1
12201021	Bread, from white flour, pane di casa, commercial	2.6
12201022	Bread, from white flour, pane di casa, commercial, toasted	3.1
12201023	Bread, from white flour, sour dough, commercial	2.6
12201024	Bread, from white flour, sour dough, commercial, toasted	3.1
12201025	Bread roll, from white flour, commercial	2.6
12201026	Bread roll, from white flour, commercial, toasted	3.1
12201027	Bread roll, from white flour, fast food style	2.5
12201028	Bread or bread roll, Turkish, plain, commercial	2.6
12201029	Bread or bread roll, Turkish, plain, commercial, toasted	3.1
12202001	Bread, from white flour, commercial, added calcium	2.5
12202002	Bread, from white flour, commercial, added calcium, toasted	2.9

Food group code /identification <sup>a</sup>	Food group name	Cereal fibre (g) per 100g
12202003	Bread, from white flour, commercial, added fibre	4.3
12202004	Bread, from white flour, commercial, added fibre, toasted	5.0
12202005	Bread, from white flour, commercial, added fibre & vitamins B1, B3, B6 & E, Fe & Zn	4.8
12202006	Bread, from white flour, commercial, added fibre & vitamins B1, B3, B6 & E, Fe & Zn, toasted	5.6
12202007	Bread, from white flour, commercial, added iron	2.5
12202008	Bread, from white flour, commercial, added iron, toasted	2.9
12202009	Bread, from white flour, commercial, added omega-3 polyunsaturates	2.6
12202010	Bread, from white flour, commercial, added omega-3 polyunsaturates, toasted	2.9
12202011	Bread, damper, from white Jackaroo flour, added vitamins & minerals, homemade from basic ingredients	2.5
12202012	Bread, from white Jackaroo flour, commercial, added vitamins B1 & folate & Fe	4.7
12202013	Bread, from white Jackaroo flour, commercial, added vitamins B1 & folate & Fe, toasted	5.6
12203001	Bread, damper, from white flour, homemade from basic ingredients	2.1
12203002	Bread, flat, injera	2.5
12203003	Bread, from white flour, organic, commercial	4.2
12203004	Bread, from white flour, organic, commercial, toasted	4.9
12203005	Bread, from white flour, sour dough, homemade from basic ingredients	2.6
12203006	Bread, from white flour, sour dough, homemade from basic ingredients, toasted	3.1
12203007	Bread, from white flour, homemade from basic ingredients, added salt	2.5
12203008	Bread, from white flour, homemade from basic ingredients, added salt, toasted	2.9
12203009	Bread, from white flour, commercial, fresh, not further defined	2.7
12203010	Bread, from white flour, commercial, toasted, not further defined	3.2
12203011	Bread, from white flour, for homemade sandwiches	2.7
12203012	Bread, from white flour, for homemade sandwiches, toasted	3.2
12203013	Bread, from white or wholemeal flour, organic, commercial	4.2
12203014	Bread, from white or wholemeal flour, organic, commercial, toasted	4.9
12203015	Bread, Naan, commercial	2.0
12203016	Bread, Naan, homemade	2.0
12203017	Bread, paratha	4.0
12203018	Bread, pizza base, commercial	2.2

Food group code /identification <sup>a</sup>	Food group name	Cereal fibre (g) per 100g
12203019	Bread, pizza base, thick base, fast food-style	2.1
12203020	Bread, pizza base, thin base, fast food-style	2.2
12203021	Bread, pizza base, homemade from basic ingredients	2.2
12203022	Bread, pumpkin	1.9
12203023	Bread, pumpkin, toasted	2.2
12203024	Bread, damper, from white flour, homemade from basic ingredients	3.3
12203025	Bread, from white flour, for homemade sandwiches	2.7
12203026	Bread, from white flour, for homemade sandwiches, toasted	3.2
12203027	Bread, johnny (jonny) cake, from white flour, homemade from basic ingredients	2.8
12204001	Bread, mixed grain, commercial	5.0
12204002	Bread, mixed grain, commercial, toasted	5.9
12204003	Bread, mixed grain, added seeds, commercial	4.8
12204004	Bread, mixed grain, added seeds, commercial, toasted	5.6
12204005	Bread, mixed grain, extra grainy & seeds, added pumpkin seeds, commercial	3.8
12204006	Bread, mixed grain, extra grainy & seeds, added pumpkin seeds, commercial, toasted	4.5
12204007	Bread, mixed grain, French stick or baguette, commercial	5.6
12204008	Bread, mixed grain, French stick or baguette, commercial, toasted	6.2
12204009	Bread, mixed grain, commercial, fresh, not further defined	4.8
12204010	Bread, mixed grain, commercial, toasted, not further defined	5.7
12204011	Bread, mixed grain, for sandwiches purchased from a cafe, takeaway shop or canteen	4.8
12204012	Bread, mixed grain, for sandwiches purchased from a cafe, takeaway shop or canteen, toasted	5.7
12204013	Bread, from white flour, extra grainy & seeds, commercial	3.9
12204014	Bread, from white flour, extra grainy & seeds, commercial, toasted	4.6
12204015	Bread, soy & linseed, commercial	4.5
12204016	Bread, soy & linseed, commercial, toasted	5.3
12204017	Bread roll, mixed grain, commercial	4.4
12204018	Bread roll, mixed grain, commercial, toasted	5.2
12206001	Bread, from white or wholemeal flour, organic, added grains, commercial	3.8
12206002	Bread, from white or wholemeal flour, organic, added grains, commercial, toasted	4.5

Food group code /identification <sup>a</sup>	Food group name	Cereal fibre (g) per 100g
12206003	Bread, mixed grain, homemade from basic ingredients, added salt	4.6
12206004	Bread, mixed grain, homemade from basic ingredients, added salt, toasted	5.4
12206005	Bread, mixed grain, for homemade sandwiches	4.8
12206006	Bread, mixed grain, for homemade sandwiches, toasted	5.7
12207001	Bread, damper, from wholemeal flour, commercial	6.3
12207002	Bread, damper, from wholemeal flour, commercial, toasted	7.4
12207003	Bread, from wholemeal flour, commercial	5.7
12207004	Bread, from wholemeal flour, commercial, toasted	6.7
12207005	Bread, from wholemeal flour, added seeds, commercial	5.1
12207006	Bread, from wholemeal flour, added seeds, commercial, toasted	6.1
12207007	Bread, from wholemeal flour, mixed grain & seeds, commercial	4.6
12207008	Bread, from wholemeal flour, mixed grain & seeds, commercial, toasted	5.4
12207009	Bread, from wholemeal flour, mixed grain, with quinoa & flaxseeds, commercial	4.8
12207010	Bread, from wholemeal flour, mixed grain, with quinoa & flaxseeds, commercial, toasted	5.6
12207011	Bread, from wholemeal flour, extra grainy, four seeds, commercial	3.6
12207012	Bread, from wholemeal flour, extra grainy, four seeds, commercial, toasted	4.2
12207013	Bread, from wholemeal flour, extra grainy & seeds, commercial	5.7
12207014	Bread, from wholemeal flour, extra grainy & seeds, commercial, toasted	6.7
12207015	Bread, from wholemeal flour, extra grainy & seeds, added oats, commercial	5.2
12207016	Bread, from wholemeal flour, extra grainy & seeds, added oats, commercial, toasted	6.1
12207017	Bread, from wholemeal flour, sour dough, commercial	5.9
12207018	Bread, from wholemeal flour, sour dough, commercial, toasted	6.1
12207019	Bread, from white & wholemeal flour, commercial	3.8
12207020	Bread, from white & wholemeal flour, commercial, toasted	4.4
12207021	Bread roll, from wholemeal flour, commercial	5.4
12207022	Bread roll, from wholemeal flour, commercial, toasted	6.4
12208001	Bread, from wholemeal flour, commercial, added fibre	6.4
12208002	Bread, from wholemeal flour, commercial, added fibre, toasted	7.6
12208003	Bread, from wholemeal flour, commercial, added fibre & vitamins B1, B3, B6 & E, Fe & Zn	7.6



<b>Food group code /identification<sup>a</sup></b>	<b>Food group name</b>	<b>Cereal fibre (g) per 100g</b>
12208004	Bread, from wholemeal flour, commercial, added fibre & vitamins B1, B3, B6 & E, Fe & Zn, toasted	8.8
12208005	Bread, from wholemeal flour, commercial, added iron	5.7
12208006	Bread, from wholemeal flour, commercial, added iron, toasted	6.7
12208007	Bread, from wholemeal flour, commercial, added omega-3 polyunsaturates	5.7
12208008	Bread, from wholemeal flour, commercial, added omega-3 polyunsaturates, toasted	6.7
12209001	Bread, damper, from wholemeal flour, homemade from basic ingredients	6.4
12209002	Bread, from wholemeal flour, organic, commercial	4.2
12209003	Bread, from wholemeal flour, organic, commercial, toasted	5.0
12209004	Bread, from wholemeal flour, commercial, fresh, not further defined	5.7
12209005	Bread, from wholemeal flour, commercial, toasted, not further defined	6.7
12209006	Bread, from wholemeal flour, homemade from basic ingredients, added salt	7.3
12209007	Bread, from wholemeal flour, homemade from basic ingredients, added salt, toasted	8.6
12209008	Bread, from wholemeal flour, for homemade sandwiches	5.7
12209009	Bread, from wholemeal flour, for homemade sandwiches, toasted	6.7
12210001	Bread, from rye flour, dark, commercial	6.8
12210002	Bread, from rye flour, dark, commercial, toasted	8.0
12210003	Bread, from rye flour, light, commercial	4.8
12210004	Bread, from rye flour, light, commercial, toasted	5.6
12210005	Bread, from rye flour, sour dough, commercial	4.8
12210006	Bread, from rye flour, sour dough, commercial, toasted	5.6
12210007	Bread, from rye flour, added grains, commercial	10.7
12210008	Bread, from rye flour, added grains, commercial, toasted	12.6
12210009	Bread, pumpernickel, commercial	9.1
12210010	Bread, pumpernickel, commercial, toasted	10.7
12212001	Bread, from rye flour, organic, commercial	4.8
12212002	Bread, from rye flour, organic, commercial, toasted	5.6
12212003	Bread, from rye flour, homemade from basic ingredients	5.2
12212004	Bread, from rye flour, homemade from basic ingredients, toasted	6.1
12213001	Bread, gluten free, commercial	0.6

Food group code /identification <sup>a</sup>	Food group name	Cereal fibre (g) per 100g
12213002	Bread, gluten free, commercial, toasted	0.7
12213003	Bread, gluten free, with added grains, commercial	0.6
12213004	Bread, gluten free, with added grains, commercial, toasted	0.7
12213005	Bread, gluten free, homemade from basic ingredients	2.4
12213006	Bread, gluten free, homemade from basic ingredients, toasted	2.9
12214001	Bread, corn	1.9
12214002	Bread, commercial, fresh, not further defined	3.8
12214003	Bread, commercial, toasted, not further defined	4.5
12214004	Bread, homemade from basic ingredients, not further defined	3.9
12214005	Bread, homemade from basic ingredients, not further defined, toasted	4.6
12214006	Bread roll, commercial, fresh, not further defined	3.1
12214007	Bread roll, for use in hamburger or hot dog recipes	2.8
12214008	Bread roll, for use in subway sandwich recipes	3.3
12214009	Bread, tortilla, for use in Mexican recipes	2.6
12214010	Bread, fresh, not further defined	2.7
12214011	Bread, toasted, not further defined	3.2
<b>123</b>	<b>English-style muffins, flat breads, and savoury and sweet breads</b>	
12301001	Muffin, English style, from white flour, commercial, fresh/untoasted	2.7
12301002	Muffin, English style, from white flour, commercial, toasted	2.9
12301003	Muffin, English style, from white flour, commercial, added dried fruit, toasted	2.9
12301004	Muffin, English style, from wholemeal flour, commercial, toasted	6.3
12301005	Muffin, English style, mixed grain, commercial, toasted	3.8
12302001	Bread, chapatti, commercial	4.8
12302002	Bread, flat (pita or Lebanese), white, commercial	4.0
12302003	Bread, flat (pita or Lebanese), white, commercial, toasted	4.7
12302004	Bread, flat (pita or Lebanese), wholemeal, commercial	6.4
12302005	Bread, flat (pita or Lebanese), wholemeal, commercial, toasted	7.7
12302006	Bread, flat wrap, white, commercial	2.6
12302007	Bread, flat wrap, white, commercial, toasted	2.9

Food group code /identification <sup>a</sup>	Food group name	Cereal fibre (g) per 100g
12302008	Bread, flat wrap or tortilla, mixed grain	2.7
12302009	Bread, flat wrap or tortilla, mixed grain, toasted	3.0
12302010	Bread, flat wrap or tortilla, wholemeal, commercial	2.6
12302011	Bread, flat wrap or tortilla, wholemeal, commercial, toasted	2.9
12302012	Bread, Roti, commercial	8.3
12302013	Bread, tortilla, white, commercial	2.6
12302014	Bread, tortilla, white, commercial, toasted	3.1
12302015	Bread, flat, not further defined, commercial	3.7
12302016	Bread, flat, not further defined, commercial, toasted	4.4
12303001	Bread, flat wrap, corn, commercial	2.2
12303002	Bread, flat wrap, corn, commercial, toasted	2.5
12303003	Bread, flat wrap or tortilla, rice, commercial	2.4
12303004	Bread, flat wrap or tortilla, rye, commercial	4.7
12303005	Bread, flat wrap or tortilla, rye, commercial, toasted	5.2
12303006	Bread, tortilla, corn, commercial	2.6
12303007	Bread, tortilla, corn, commercial, toasted	2.8
12304001	Bread or bread roll, topped/mixed with cheese	2.1
12304002	Bread or bread roll, topped/mixed with cheese & bacon	1.6
12304003	Bread or bread roll, topped/mixed with cheese & frankfurt	1.5
12304004	Bread or bread roll, topped/mixed with cheese, meat & vegetables	1.6
12304005	Bread or bread roll, topped/mixed with cheese & vegemite	2.0
12304006	Bread or bread roll, topped/mixed with cheese & vegetables	1.7
12304007	Bread or bread roll, topped/mixed with olives	2.2
12304008	Bread or bread roll, topped/mixed with spinach & fetta	2.3
12305001	Bagel, fruit, commercial	2.4
12305002	Bagel, fruit, commercial, toasted	2.8
12305003	Bread, from wheat flour, commercial, added dried fruit	1.3
12305004	Bread, from wheat flour, commercial, added dried fruit, toasted	1.4
12305005	Bread, from wheat flour, homemade from basic ingredients, added dried fruit	1.9

Food group code /identification <sup>a</sup>	Food group name	Cereal fibre (g) per 100g
12305006	Bread, from wheat flour, homemade from basic ingredients, added dried fruit, toasted	2.1
12305007	Bun, sweet, chocolate or with chocolate chips, uniced	1.5
12305008	Bun, sweet, with sultanas, uniced	1.8
12305009	Bun, sweet, with fruit (other than sultanas), uniced	1.5
12305010	Panettone	1.9
12306001	Bun, sweet, steamed bun, filled with bean paste	1.1
12306002	Bun, sweet, sticky cinnamon, with icing	1.2
12306003	Bun, sweet, with custard, iced	1.1
12306004	Bun, sweet, with sultanas, iced	1.6
12306005	Bun, sweet, with fruit (other than sultanas), iced	1.4
12306006	Bun, sweet, with fruit (other than sultanas) & nuts, iced	1.2
12306007	Bun, sweet, with mock cream & jam, uniced	1.5
12306008	Bun, sweet, with taro	1.2
12306009	Bun, sweet, not further defined	1.7
12307001	Bread, garlic or herb, commercial, cooked	2.1
12307002	Bread, garlic or herb, homemade, cooked	3.4
12307003	French toast, white bread, plain	1.2
12307004	French toast, wholemeal bread, plain	2.6
<b>124</b>	<b>Pasta and pasta products (without sauce)</b>	
12401001	Noodle, wheat, Asian style, cooked	1.7
12401002	Noodle, wheat with egg, plain, dry	2.6
12401003	Noodle, wheat with egg, plain, boiled, no added fat	1.9
12401004	Noodle, cooked, not further defined	2.2
12401005	Pasta, white wheat flour, plain, dry	3.2
12401006	Pasta, white wheat flour, plain, boiled from dry, no added salt	2.0
12401007	Pasta, white wheat flour, plain, boiled from dry, with added salt	1.8
12401008	Pasta, white wheat flour, plain, fresh, uncooked	3.3
12401009	Pasta, white wheat flour, plain, fresh, boiled, no added salt	2.7
12401010	Pasta, white wheat flour, plain, homemade, boiled, no added salt	1.5

Food group code /identification <sup>a</sup>	Food group name	Cereal fibre (g) per 100g
12401011	Pasta, white wheat flour, plain, homemade, boiled, with added salt	1.5
12401012	Pasta, white wheat flour & egg, plain, dry	2.6
12401013	Pasta, white wheat flour & egg, plain, boiled, no added salt	1.9
12401014	Pasta, white wheat flour & egg, plain, boiled, with added salt	2.0
12401015	Pasta, white wheat flour & spinach, plain, dry	3.0
12401016	Pasta, white wheat flour & spinach, plain, boiled, no added salt	1.3
12401017	Pasta, white wheat flour & spinach, plain, boiled, with added salt	1.3
12401018	Pasta, wholemeal wheat flour, plain, dry	9.9
12401019	Pasta, wholemeal wheat flour, plain, boiled from dry, no added salt	5.7
12401020	Pasta, wholemeal wheat flour, plain, boiled from dry, with added salt	5.7
12401021	Noodles & pasta, boiled, for use in mixed dishes	1.6
12401022	Pasta, unfilled, for commercial pasta recipes	1.7
12401023	Pasta, unfilled, for homemade pasta recipes	2.2
12402001	Noodle, wheat, instant, unflavoured, dry, uncooked	8.7
12402002	Noodle, wheat, instant, unflavoured, boiled, drained	3.5
12402003	Noodle, wheat, instant, unflavoured, boiled, undrained	1.3
12402004	Noodle, wheat, instant, flavoured, dry, uncooked	7.9
12402005	Noodle, wheat, instant, flavoured, boiled, drained	3.2
12402006	Noodle, wheat, instant, flavoured, boiled, undrained	1.2
12402007	Noodle, wheat, instant, flavoured, fried or stir-fried, with or without fat	3.3
12402008	Noodle, wheat, instant, low fat, unflavoured, boiled, drained	3.5
12402009	Noodle, wheat, instant, low fat, unflavoured, boiled, undrained	1.3
12402010	Noodle, wheat, instant, low fat, flavoured, boiled, drained	3.2
12402011	Noodle, wheat, instant, low fat, flavoured, boiled, undrained	1.2
12402012	Noodle, wheat, instant, not further defined	2.9
12403001	Noodle, buckwheat or soba, dry	5.6
12403002	Noodle, buckwheat or soba, boiled, drained	2.2
12403003	Noodle, rice stick, boiled, drained	0.5
12403004	Pasta, gluten free, plain, boiled from dry, no added salt	1.0

Food group code /identification <sup>a</sup>	Food group name	Cereal fibre (g) per 100g
12403005	Pasta, gluten free, plain, boiled from dry, with added salt	1.0
12403006	Pasta, maize flour (corn) based, plain, dry	11.0
12403007	Pasta, maize flour (corn) based, plain, cooked	4.8
12404001	Pasta, filled with meat, fresh, commercial, boiled, without added sauce	1.8
12404002	Pasta, filled with spinach & ricotta, fresh, commercial, boiled, without added sauce	1.3
12404003	Pasta, filled with spinach & ricotta, fresh, homemade, boiled, without added sauce	0.8
12404004	Pasta, filled with vegetables, fresh, commercial, boiled, without added sauce	1.1
<b>125</b>	<b>Breakfast cereals, ready to eat</b>	
12501001	Breakfast cereal, flakes of corn, unfortified	4.6
12501002	Breakfast cereal, flakes of corn, no added sugar or salt, unfortified	13.2
12501003	Breakfast cereal, puffed or popped corn, no added sugar or salt, unfortified	13.2
12502001	Breakfast cereal, crispy corn pillows, honey, added vitamins B1, B2, B3 & folate	1.0
12502002	Breakfast cereal, flakes of corn, added vitamins B1, B2, B3 & folate	1.9
12502003	Breakfast cereal, flakes of corn, added vitamins B1, B2, B3, C & folate, Fe & Zn	3.1
12502004	Breakfast cereal, flakes of corn, added vitamins B1, B2, B3, B6, E & folate & Fe	3.1
12502005	Breakfast cereal, flakes of corn, added vitamins B1, B2, B3 & folate & Fe	3.1
12502006	Breakfast cereal, flakes of corn, with psyllium, added vitamins B1, B2, B3 & folate & Fe	8.4
12502007	Breakfast cereal, flakes of corn, not further defined	3.3
12502008	Breakfast cereal, flakes of corn, added nuts, added vitamins B1, B2, B3, C & folate, Fe & Zn	2.0
12502009	Breakfast cereal, flakes of corn, added nuts, added vitamins B1, B2, B3, B6, folate & E	3.2
12502010	Breakfast cereal, flakes of corn, added nuts, added vitamins B1, B2, B3 & folate & Fe	3.2
12502011	Breakfast cereal, frosted flakes of corn, added vitamins B1, B2, B3, C, E & folate, Fe & Zn	1.5
12502012	Breakfast cereal, corn based, not further defined	3.3
12503001	Breakfast cereal, puffed or popped rice, no added sugar or salt, unfortified	2.2
12503002	Breakfast cereal, puffed or popped rice, cocoa coating, no added sugar or salt, unfortified	5.8
12503003	Breakfast cereal, puffed or popped rice, cocoa coating, unfortified	2.2
12504001	Breakfast cereal, flakes of rice, added vitamins B1, B2, B3 & folate & Fe	2.9
12504002	Breakfast cereal, puffed or popped rice, added vitamins B1, B2 & B3 & Fe	0.9
12504003	Breakfast cereal, puffed or popped rice, added vitamins B1, B3 & folate & Fe	3.5

<b>Food group code /identification<sup>a</sup></b>	<b>Food group name</b>	<b>Cereal fibre (g) per 100g</b>
12504004	Breakfast cereal, puffed or popped rice, added vitamins B1, B2, B3 & folate & Fe	3.1
12504005	Breakfast cereal, puffed or popped rice, added vitamins B1, B2, B3, C & folate, Fe & Zn	0.9
12504006	Breakfast cereal, puffed or popped rice, not further defined	1.5
12504007	Breakfast cereal, puffed or popped rice, cocoa coating, added vitamins B1, B2, B3 & folate & Fe	1.1
12504008	Breakfast cereal, puffed or popped rice, cocoa coating, added vitamins B1, B2, B3, C & folate, Ca, Fe & Zn	1.1
12505001	Breakfast cereal, wheat bran, flakes, unfortified	12
12505002	Breakfast cereal, whole wheat, biscuit, no added sugar or salt, unfortified	13.2
12505003	Breakfast cereal, whole wheat, biscuit, no added sugar, unfortified	11.7
12505004	Breakfast cereal, whole wheat, biscuit, added sugar & salt, unfortified	11.0
12505005	Breakfast cereal, whole wheat, flakes, no added sugar, unfortified	11.7
12505006	Breakfast cereal, whole wheat, puffed, no added sugar or salt, unfortified	10.7
12505007	Breakfast cereal, whole wheat, puffed, honey, unfortified	5.0
12506001	Breakfast cereal, wheat bran, flakes, added vitamins B1, B2 B3, B6, & folate, Fe & Zn	19.2
12506002	Breakfast cereal, wheat bran, pellets, added vitamins B1, B2 & folate	29.8
12506003	Breakfast cereal, wheat bran, pellets, added vitamins B1, B2, B3 & folate & Fe	35.8
12506004	Breakfast cereal, wheat bran, pellets, added vitamins E & folate, Ca & Zn	28.1
12506005	Breakfast cereal, wheat bran, pellets, added vitamins A, B1, B2, B3, E & folate, Ca & Fe	39.5
12506006	Breakfast cereal, wheat bran, pellets, not further defined	32.6
12506007	Breakfast cereal, whole wheat, biscuit, added vitamins B1, B2 & B3	10.5
12506008	Breakfast cereal, whole wheat, biscuit, added vitamins B1, B2 & B3, Ca, Fe & Zn	11.0
12506009	Breakfast cereal, whole wheat, biscuit, added vitamins B1, B2, B3 & folate, Fe & Zn	11.0
12506010	Breakfast cereal, whole wheat, biscuit, bran, added vitamins B1, B2, B3 & folate & Fe	17.1
12506011	Breakfast cereal, whole wheat, biscuit, not further defined	11.5
12506012	Breakfast cereal, whole wheat, flakes, added vitamins B1, B2, B3 & folate	11.7
12506013	Breakfast cereal, whole wheat, flakes, added vitamins B1, B2, B3, C & folate & Fe	10.8
12506014	Breakfast cereal, whole wheat, small biscuit, added vitamins B1, B2, B3 & folate	12.2
12506015	Breakfast cereal, wheat based, commercial, not further defined	20.9
12507001	Breakfast cereal, whole wheat, puffed, honey, added vitamins B1, B2, B3, B6, E & folate	4.7
12507002	Breakfast cereal, whole wheat, small biscuit, with honey, added vitamins B1, B2, B3 & folate, Fe & Zn	9.0

Food group code /identification <sup>a</sup>	Food group name	Cereal fibre (g) per 100g
12508001	Breakfast cereal, whole wheat, flakes, added dried fruit &/or nuts, no added sugar, unfortified	14.2
12509001	Breakfast cereal, wheat bran, flakes, sultanas, added vitamins B1, B2, B3, B6 & folate, Fe & Zn	13.7
12509002	Breakfast cereal, whole wheat, small biscuit, with apricot, added vitamins B1, B2, B3 & folate, Ca & Fe	9.1
12509003	Breakfast cereal, whole wheat, small biscuit, with berries, added vitamins B1, B2, B3 & folate, Ca & Fe	9.1
12509004	Breakfast cereal, whole wheat, small biscuit, with blackcurrant paste, added vitamins B1, B2, B3 & folate	7.9
12509005	Breakfast cereal, whole wheat, small biscuit, with fruit paste, added vitamins B1, B2, B3 & C & Fe	6.7
12509006	Breakfast cereal, whole wheat, flakes, dried fruit, added vitamins B1, B2, B3, C & folate	10.0
12509007	Breakfast cereal, whole wheat, flakes, dried fruit & nuts, added fibre, vitamins B1, B2, B3 & folate, Ca & Fe	12.3
12510001	Breakfast cereal, wheat bran, flakes, honey & almond, added vitamins B1, B2 B3, B6 & folate, Fe & Zn	15.1
12510002	Breakfast cereal, wheat bran, flakes, sultanas, added vitamins B1, B2, B3 & folate & Fe	14.2
12510003	Breakfast cereal, wheat bran, small biscuit, with sultana paste, added vitamins B1, B2, B3, B6, E & folate, Fe & Zn	15.3
12511001	Breakfast cereal, mixed grain (barley & soy), flakes, honey, unfortified	25.5
12511002	Breakfast cereal, mixed grain (wheat & corn), flakes or extruded, no added salt, unfortified	2.5
12511003	Breakfast cereal, mixed grain (wheat, oat & corn), flakes or extruded, no added salt, unfortified	2.5
12511004	Breakfast cereal, mixed grain (wheat, rice & oat), flakes, honey, unfortified	12.5
12511005	Breakfast cereal, oat & whole wheat, biscuit, added salt, unfortified	10.2
12512001	Breakfast cereal, mixed grain (rice & wheat), flakes, added vitamins B1, B2, B3, B6 & folate, Ca, Fe & Zn	2.7
12512002	Breakfast cereal, mixed grain (wheat, oat, rice & corn), clusters, added vitamins B1, B2, B3, C & folate, Fe & Zn	6.7
12512003	Breakfast cereal, mixed grain (wheat, corn, rice & oat), extruded, added vitamins B1, B2, B3, B6, C, E & folate, Ca, Fe & Zn	10.1
12512004	Breakfast cereal, mixed grain (wheat, corn, rice & oat), flakes, added vitamins B1, B2, B3, B6, E & folate, Ca & Fe	15.6
12512005	Breakfast cereal, mixed grain (wheat, rice & oat), flakes, honey, added vitamins B1, B2, B3 & folate & Fe	7.2
12512006	Breakfast cereal, whole wheat, biscuit, multigrain, added vitamins B1, B2, B3 & E & Fe	9.0
12513001	Breakfast cereal, mixed grain (wheat & corn), extruded, chocolate malt coating, added vitamins B1, B2, B3, B6, C, E & folate, Ca, Fe & Zn	6.1
12513002	Breakfast cereal, mixed grain (wheat, oat & corn), extruded, added vitamins B1, B2, B3, B6 & C, Ca & Fe	2.5
12513003	Breakfast cereal, mixed grain (wheat, oat & corn), extruded, added vitamins B1, B2, B3, B6, C & folate, Fe & Zn	4.4
12513004	Breakfast cereal, mixed grain (wheat, oat & corn), extruded, added vitamins B1, B2, B3, B6, C & folate, Ca, Fe & Zn	2.5
12513005	Breakfast cereal, mixed grain (wheat, oat & corn), extruded, fruit flavours, added vitamins B1, B2, B3, C & folate, Fe & Zn	2.4
12513006	Breakfast cereal, mixed grain (wheat, corn, rice & oat), extruded, honey, added vitamins B1, B2, B3, B6, C, E & folate, Ca, Fe & Zn	10.3
12513007	Breakfast cereal, mixed grain (wheat, oat & corn), extruded, cocoa coating, added B1, B2, B3, B6, C & folate, Ca, Fe & Zn	6.8



Food group code /identification <sup>a</sup>	Food group name	Cereal fibre (g) per 100g
12513008	Breakfast cereal, mixed grain (wheat, corn & rice), extruded, cocoa coating, added vitamins B1, B2, B3, B6, C, E & folate, Ca, Fe, Mg & Zn	7.2
12513009	Breakfast cereal, mixed grain (wheat, corn, rice & oat), crispy pillows, cocoa coating, added vitamins B1, B2, B3 & folate	1.9
12513010	Breakfast cereal, mixed grain (rice & wheat), flakes, almond & honey, vitamins B1, B2, B3, B6 & folate, Ca, Fe & Zn	2.0
12514001	Breakfast cereal, mixed grain (barley & oat), flakes, honey, added fruit, nuts & seeds, unfortified	17.8
12514002	Breakfast cereal, mixed grain (wheat & oat), flakes, dried fruit, no added salt, unfortified	7.5
12514003	Breakfast cereal, mixed grain (wheat, rice & oat), flakes, dried fruit, no added salt, unfortified	7.5
12514004	Breakfast cereal, mixed grain (wheat, rice & oat), flakes, cashew, almond, hazelnut & coconut, unfortified	6.9
12514005	Breakfast cereal, mixed grain (wheat, rice & oat), flakes & clusters, apple & raisins, unfortified	7.6
12514006	Breakfast cereal, mixed grain (wheat, corn, rice & oat), flakes, added fruit &/or nuts, no added salt, unfortified	6.9
12514007	Muesli, commercial, gluten free	7.7
12514008	Muesli, commercial, toasted, added dried fruit, unfortified	6.5
12514009	Muesli, commercial, toasted, added dried fruit & nuts, unfortified	8.5
12514010	Muesli, commercial, toasted, added nuts, unfortified	6.9
12514011	Muesli, homemade, toasted, added dried fruit	10.8
12514012	Muesli, homemade, toasted, added dried fruit & nuts	9.7
12514013	Muesli, homemade, toasted, added dried fruit & seeds	9.5
12514014	Muesli, homemade, toasted, added dried fruit, nuts & seeds	8.6
12514015	Muesli, homemade, toasted, added nuts & seeds	10.1
12514016	Muesli, commercial, untoasted or natural style, added dried fruit, unfortified	7.7
12514017	Muesli, commercial, untoasted or natural style, added dried fruit, low fat, unfortified	10.3
12514018	Muesli, commercial, untoasted or natural style, added dried fruit & nuts, unfortified	6.9
12514019	Muesli, commercial, untoasted or natural style, added nuts & seeds	9.7
12514020	Muesli, homemade, untoasted or natural, added dried fruit	11.7
12514021	Muesli, homemade, untoasted or natural, added dried fruit & nuts	10.7
12514022	Muesli, homemade, untoasted or natural, added dried fruit & seeds	10.5
12514023	Muesli, homemade, untoasted or natural, added dried fruit, nuts & seeds	9.4
12514024	Muesli, homemade, untoasted or natural, added nuts & seeds	11.3
12515001	Breakfast cereal, mixed grain (rice & wheat), flakes, berries, added vitamins B1, B2, B3, B6 & folate, Ca, Fe & Zn	2.4
12515002	Breakfast cereal, mixed grain (rice & wheat), flakes, fruit & nut, added vitamins B1, B2, B3, B6, E & folate, Ca, Fe & Zn	3.5

Food group code /identification <sup>a</sup>	Food group name	Cereal fibre (g) per 100g
12515003	Breakfast cereal, mixed grain (rice & wheat), flakes, nuts, added vitamins B1, B2 & B3, Ca & Fe	6.9
12515004	Breakfast cereal, mixed grain (wheat & corn), flakes, berries & sultanas, added vitamins A, B1, B2, B3, B6, E & folate, Ca, Fe & Zn	8.9
12515005	Breakfast cereal, mixed grain (wheat & corn), flakes, sultana, apple & currant, added vitamins B1, B2, B3, B6, E & folate, Ca, Fe & Zn	10.2
12515006	Breakfast cereal, mixed grain (wheat & oat), clusters, almond, added vitamins B1, B2, B3, B6, C, E & folate, Ca, Fe & Zn	8.5
12515007	Breakfast cereal, mixed grain (wheat & oat), flakes, apple, sultana & cranberry, added vitamins B1, B2, B3, B6, C, E & folate	9.8
12515008	Breakfast cereal, mixed grain (wheat & oat), flakes, apricot & sultana, added vitamins B1, B2, B3 & folate & Fe	7.5
12515009	Breakfast cereal, mixed grain (wheat & oat), flakes, berries, added vitamins B1, B2, B3 & folate & Fe	7.3
12515010	Breakfast cereal, mixed grain (wheat, oat & corn), clusters, honey, nuts, added vitamins B1, B2, B3, E, C & folate, Fe & Zn	2.5
12515011	Breakfast cereal, mixed grain (wheat, oat & corn), flakes, fruit, added vitamins B1, B2, B3, B6, E & folate, Ca, Fe & Zn	7.8
12515012	Breakfast cereal, mixed grain (wheat, oat & corn), flakes, fruit & nuts, added vitamins B1, B2, B3, C & folate & Fe	8.2
12515013	Breakfast cereal, mixed grain (wheat, oat & corn), flakes, fruit & nuts, added vitamins B1, B2, B3, B6, E & folate, Ca, Fe & Zn	6.4
12515014	Breakfast cereal, mixed grain (wheat, rice & oat), flakes & clusters, apple, added vitamins B1, B2, B3, B6, E & folate, Fe & Zn	13.3
12515015	Breakfast cereal, mixed grain (wheat, oat & corn), flakes & clusters, pomegranate & berries, added vitamins A, B1, B2, B3, B6, E & folate, Ca, Fe & Zn	7.3
12515016	Breakfast cereal, mixed grain (wheat, rice & oat), flakes & clusters, sultanas, added vitamins B1, B2, B3, B6, C & folate, Fe & Zn	8.2
12515017	Breakfast cereal, mixed grain (wheat, rice & oat), flakes, dried fruit, added vitamins B1, B2, B3 & E & Fe	12.6
12515018	Breakfast cereal, mixed grain (wheat, corn, rice & oat), clusters, apple & almonds, added vitamins B1, B2, B3 & folate & Fe	6.0
12515019	Breakfast cereal, mixed grain (wheat, corn, rice & oat), clusters, sultana & berries, added vitamins B1, B2, B3, E & folate, Ca & Fe	6.0
12515020	Breakfast cereal, mixed grain (wheat, corn, rice & oat), flakes & clusters, honey & macadamias, added vitamins B1, B2, B3, E & folate, Ca & Fe	7.6
12515021	Breakfast cereal, mixed grain (wheat, corn, rice & oat), flakes, apricot & coconut, added vitamins B1, B2, B3, E & folate, Ca & Fe	7.0
12515022	Breakfast cereal, mixed grain (wheat, corn, rice & oat), flakes, berries, added vitamins B1, B2, B3, E & folate, Ca & Fe	6.3
12515023	Breakfast cereal, mixed grain (wheat, corn, rice & oat), flakes, fruit, added vitamins B1, B2, B3 & folate & Fe	6.1
12515024	Breakfast cereal, mixed grain (wheat, corn, rice & oat), flakes, fruit, added vitamins B1, B2, B3, & folate, Ca & Fe	7.2
12515025	Breakfast cereal, mixed grain (wheat, corn, rice & oat), flakes, fruit & nuts, added vitamins B1, B2, B3, C & folate & Fe	6.9
12515026	Breakfast cereal, mixed grain, commercial, not further defined	6.2
12515027	Muesli, commercial, toasted, added dried fruit & nuts, added vitamins B2, B3, E & folate & Ca	6.2
12516001	Breakfast cereal, barley, flakes, honey, added sultanas, unfortified	22.1
12516002	Breakfast cereal, cocoa coating, commercial, not further defined	1.2
12516003	Breakfast cereal, not further defined	9.7
<b>126</b>	<b>Breakfast cereals, hot porridge style</b>	

Food group code /identification <sup>a</sup>	Food group name	Cereal fibre (g) per 100g
12601001	Porridge, rolled oats, prepared with water	1.8
12601002	Porridge, rolled oats, prepared with regular fat cows milk	1.7
12601003	Porridge, rolled oats, prepared with reduced fat cows milk	1.7
12601004	Porridge, rolled oats, prepared with skim cows milk	1.7
12601005	Porridge, rolled oats, prepared with cows milk	1.7
12601006	Porridge, rolled oats, prepared with rice milk	1.7
12601007	Porridge, rolled oats, prepared with soy milk	1.7
12601008	Porridge, rolled oats, prepared with cows milk & water	1.7
12601009	Porridge, rolled oats, prepared with soy milk & water	1.7
12601010	Porridge, rolled oats, with added fibre & Ca, prepared with cows milk	2.0
12601011	Porridge, rolled oats mixed with sugar or honey & other flavours, prepared with water	1.6
12601012	Porridge, rolled oats mixed with sugar or honey & other flavours, prepared with cows milk	1.6
12601013	Porridge, rolled oats mixed with sugar or honey & other flavours, prepared with soy milk	1.6
12601014	Porridge, rolled oats mixed with sugar, flavours & dried fruit, prepared with water	1.5
12601015	Porridge, rolled oats mixed with sugar, flavours & dried fruit, prepared with cows milk	1.5
12601016	Porridge, rolled oats mixed with sugar, flavours & dried fruit, prepared with soy milk	1.5
12601017	Oats, rolled, mixed with sugar or honey & other flavours, uncooked	6.8
12601018	Oats, rolled, mixed with sugar, flavours & dried fruit, uncooked	6.9
12602001	Porridge, rice (congee), cooked with water	0.2
12602002	Porridge, brown rice, with added dry fruit, cooked with cows milk	0.4
12602003	Rice, ground brown rice, with added dry fruit, uncooked	2.6
12602004	Paste, flour mixed with sugar & cows milk	0.7
<b>13</b>	<b>CEREAL BASED PRODUCTS AND DISHES</b>	
<b>131</b>	<b>Sweet biscuits</b>	
13101001	Biscuit, sweet, Anzac style, commercial	3.2
13101002	Biscuit, sweet, Anzac style, homemade from basic ingredients, fat not further defined	2.2
13101003	Biscuit, sweet, Butternut Snap style, commercial	2.0
13101004	Biscuit, sweet, chocolate flavoured, commercial	1.3
13101005	Biscuit, sweet, chocolate flavoured, homemade from basic ingredients, fat not further defined	1.4

Food group code /identification <sup>a</sup>	Food group name	Cereal fibre (g) per 100g
13101006	Biscuit, sweet, chocolate flavoured, bite-size shell, unfilled for pods recipes, commercial	1.8
13101007	Biscuit, sweet, fortune cookie, commercial	2.0
13101008	Biscuit, sweet, ginger flavoured, commercial	1.7
13101009	Biscuit, sweet, gingerbread, homemade from basic ingredients, fat not further defined, uniced	1.7
13101010	Biscuit, sweet, honey jumble, homemade from basic ingredients, fat not further defined, uniced	1.5
13101011	Biscuit, sweet, oatmeal, commercial	2.5
13101012	Biscuit, sweet, plain, commercial	2.0
13101013	Biscuit, sweet, plain, homemade from basic ingredients, butter or dairy blend	1.6
13101014	Biscuit, sweet, plain, homemade from basic ingredients, fat not further defined	1.6
13101015	Biscuit, sweet, plain, sponge finger, commercial	2.0
13101016	Biscuit, sweet, shortbread style, commercial	1.9
13101017	Biscuit, sweet, shortbread style, homemade from basic ingredients, butter or dairy blend	1.8
13101018	Biscuit, sweet, shortbread style, with custard powder, commercial	1.7
13101019	Biscuit, sweet, shortbread style, with custard powder, homemade from basic ingredients, fat not further defined	1.5
13101020	Biscuit, sweet, sugar-glazed pastry, commercial	1.9
13101021	Biscuit, sweet, wafer style	1.8
13101022	Biscuit, sweet, wheatmeal, commercial	5.6
13101023	Biscuit, sweet, plain assorted, commercial, not further defined	1.9
13101024	Biscuit, sweet, not further defined	1.7
13101025	Biscuit mix, sweet, dry mix	1.9
13101026	Cone, wafer style, for ice cream	3.2
13101027	Cone, waffle style, for ice cream	2.4
13101028	Cone, for ice cream, not further defined	3.0
13102001	Biscuit, sweet, almond spekulatius (butter almond cookie), commercial	1.7
13102002	Biscuit, sweet, biscotti (almond bread), commercial	1.8
13102003	Biscuit, sweet, fruit-filled, commercial	1.3
13102004	Biscuit, sweet, fruit-filled, commercial, reduced fat	3.7
13102005	Biscuit, sweet, gluten free, non-chocolate flavour	0.2
13102008	Biscuit, sweet, with coconut, commercial	3.0

Food group code /identification <sup>a</sup>	Food group name	Cereal fibre (g) per 100g
13102009	Biscuit, sweet, with dried fruit, commercial	1.8
13102010	Biscuit, sweet, with dried fruit & icing, commercial	1.5
13102011	Biscuit, sweet, with dried fruit & nuts, commercial	1.2
13102012	Biscuit, sweet, with nuts, commercial	2.0
13102013	Biscuit, sweet, with nuts, reduced fat, commercial	2.9
13102014	Biscuit, sweet, with nuts, homemade from basic ingredients, fat not further defined	1.3
13102015	Biscuit, sweet, with peanuts, homemade from basic ingredients, fat not further defined	1.3
13102016	Breakfast pastry, sweet, fruit-paste filled, commercial	0.8
13103001	Biscuit, sweet, gingerbread, homemade from basic ingredients, fat not further defined, iced	1.5
13103002	Biscuit, sweet, honey jumble, homemade from basic ingredients, fat not further defined, iced	1.4
13103003	Biscuit, sweet, jam-filled, commercial	1.4
13103004	Biscuit, sweet, jam-filled, reduced fat, commercial	1.4
13103005	Biscuit, sweet, jam-filled, homemade from basic ingredients, fat not further defined	1.3
13103006	Biscuit, sweet, marshmallow filling, commercial	2.5
13103007	Biscuit, sweet, plain, with icing, commercial	1.5
13103008	Biscuit, sweet, plain, homemade from basic ingredients, fat not further defined, iced	1.4
13103009	Biscuit, sweet, sandwich, syrup wafer, commercial	1.6
13104002	Biscuit, sweet, sandwich, butternut snap biscuit, chocolate cream filling, commercial	1.5
13104003	Biscuit, sweet, sandwich, chocolate flavour biscuit, cream filling, commercial	1.2
13104004	Biscuit, sweet, sandwich, chocolate flavoured shortbread style biscuit, chocolate icing filling, commercial	1.5
13104005	Biscuit, sweet, sandwich, cream & jam filling, commercial	1.3
13104006	Biscuit, sweet, sandwich, shortbread style biscuit, icing filling, commercial	1.2
13104007	Biscuit, sweet, sandwich, shortbread style biscuit, icing filling, homemade from basic ingredients	1.0
13104008	Biscuit, sweet, sandwich, vanilla flavour biscuit, cream filling, commercial	1.5
13104009	Biscuit, sweet, sandwich, vanilla flavour biscuit, cream filling, white chocolate coated, commercial	0.6
13104010	Biscuit, sweet, sandwich, wafer layers, cream filling, chocolate flavoured, commercial	1.4
13104011	Biscuit, sweet, sandwich, wafer layers, cream filling, non-chocolate flavours, commercial	1.7
13104012	Biscuit, sweet, sandwich, wafer layers, cream filling, commercial, not further defined	1.4
13104013	Biscuit, sweet, cream assorted, commercial, not further defined	1.3

Food group code /identification <sup>a</sup>	Food group name	Cereal fibre (g) per 100g
13105001	Biscuit, sweet, chocolate chip, commercial	1.7
13105002	Biscuit, sweet, chocolate chip, reduced fat, commercial	2.6
13105003	Biscuit, sweet, chocolate chip, homemade from basic ingredients, fat not further defined	1.2
13105004	Biscuit, sweet, chocolate chip & caramel, commercial	1.1
13105005	Biscuit, sweet, chocolate chip & nut, commercial	1.3
13105006	Biscuit, sweet, gluten free, chocolate flavoured with chocolate chips	0.1
13105007	Biscuit, sweet, marshmallow filling, chocolate-coated, commercial	0.8
13105008	Biscuit, sweet, plain, chocolate-coated, commercial	0.8
13105009	Biscuit, sweet, with coconut, chocolate base, commercial	2.9
13105010	Biscuit, sweet, wheatmeal, chocolate-coated, commercial	3.9
13106001	Biscuit, sweet, biscuit base, caramel filling, chocolate-coated, commercial	0.3
13106002	Biscuit, sweet, biscuit base, mint filling, chocolate-coated, commercial	0.4
13106003	Biscuit, sweet, chocolate flavoured, bite-size shell, filled with layers of caramel & chocolate, commercial	0.6
13106004	Biscuit, sweet, sandwich, cream filling, chocolate-coated, commercial	0.4
13106005	Biscuit, sweet, sandwich, cream & caramel filling, chocolate-coated, commercial	0.3
13106006	Biscuit, sweet, sandwich, wafer layers, cream filling, chocolate flavoured, chocolate coated, commercial	1.0
13106007	Biscuit, sweet, chocolate, commercial, not further defined	1.1
13107001	Biscuit, sweet, plain, carob-coated, commercial	0.8
<b>132</b>	<b>Savoury biscuits</b>	
13201001	Biscuit, savoury, from wheat flour, crispbread, puffed & toasted	3.0
13201002	Biscuit, savoury, from wheat flour, crispbread, puffed & toasted, reduced fat	3.1
13201003	Biscuit, savoury, from white wheat flour, plain snack cracker style, reduced fat	2.6
13201004	Biscuit, savoury, from white wheat flour, Salada style	3.5
13201005	Biscuit, savoury, from white wheat flour, Salada style, reduced fat	3.9
13201006	Biscuit, savoury, from white wheat flour, wafer style	3.0
13201007	Biscuit, savoury, from white wheat flour, water cracker style	2.8
13201008	Biscuit, savoury, from wholemeal wheat flour	7.9
13201009	Biscuit, savoury, from wholemeal wheat flour, added grains	6.0
13201010	Biscuit, savoury, from wholemeal wheat flour, crispbread	12.5

Food group code /identification <sup>a</sup>	Food group name	Cereal fibre (g) per 100g
13201011	Biscuit, savoury, from wholemeal wheat flour, Salada style, high fibre	13.2
13201012	Biscuit, savoury, from wholemeal wheat flour & rye flour, crispbread, puffed	7.6
13201013	Biscuit, savoury, not further defined	4.2
13202001	Biscuit, savoury, from white wheat flour, cheese-flavoured	3.5
13202002	Biscuit, savoury, from white wheat flour, other flavours	2.0
13202003	Biscuit, savoury, from white wheat flour, flaky cracker style	2.8
13202004	Biscuit, savoury, from white wheat flour, flatbread style	2.8
13202005	Biscuit, savoury, from white wheat flour, plain snack cracker style	3.6
13202006	Biscuit, savoury, from white wheat flour, stick, salted	3.1
13202007	Biscuit, savoury, from white wheat flour, plain, not further defined	3.3
13203001	Biscuit, savoury, from rye flour, crispbread	14.3
13203002	Biscuit, savoury, from rye flour, crispbread, with added grains (buckwheat, linseed, soy, sesame)	12.7
13204001	Biscuit, savoury, rice cake, from brown rice, plain	4.4
13204002	Biscuit, savoury, rice cake, from brown rice, flavoured	3.0
13204003	Biscuit, savoury, rice cake, from brown rice, carob coated	2.2
13204004	Biscuit, savoury, rice cracker, plain	2.0
13204005	Biscuit, savoury, rice cracker, cheese based flavours	1.7
13204006	Biscuit, savoury, rice cracker, seaweed flavoured	1.9
13204007	Biscuit, savoury, rice cracker, sour cream based flavours	1.7
13204008	Biscuit, savoury, rice cracker, other flavours	1.9
13204009	Biscuit, savoury, rice cracker, from brown rice, all flavours	2.3
13204010	Biscuit, savoury, rice cracker, not further defined	1.9
13204011	Biscuit, savoury, rice flour, peanut cracker	1.3
13205001	Biscuit, savoury, corn cake, plain, salted	8.9
13205002	Biscuit, savoury, corn cake, multigrain, salted	10.0
13205003	Biscuit, savoury, corn, crispbread, puffed & toasted	3.0
<b>133</b>	<b>Cakes, muffins, scones, cake-type desserts</b>	
13301001	Cake mix, chocolate flavour, dry powder	1.0
13301002	Cake or cupcake, black forest (chocolate-cherry), layered, cream-filled, commercial	0.4

Food group code /identification <sup>a</sup>	Food group name	Cereal fibre (g) per 100g
13301003	Cake or cupcake, black forest (chocolate-cherry), layered, cream-filled, homemade from basic ingredients	0.5
13301004	Cake or cupcake, chocolate, commercial, uniced	0.8
13301005	Cake or cupcake, chocolate, commercial, uniced, filled with cream	0.6
13301006	Cake or cupcake, chocolate, commercial, sugar based icing	0.6
13301007	Cake or cupcake, chocolate, commercial, sugar based icing, filled with cream	0.5
13301008	Cake or cupcake, chocolate, homemade from basic ingredients, butter or dairy blend, uniced	0.8
13301009	Cake or cupcake, chocolate, homemade from basic ingredients, butter or dairy blend, sugar based icing	0.6
13301010	Cake or cupcake, chocolate, homemade from basic ingredients, margarine spread, uniced	0.8
13301011	Cake or cupcake, chocolate, homemade from basic ingredients, margarine spread, sugar based icing	0.6
13301012	Cake or cupcake, chocolate, homemade from basic ingredients, oil, uniced	0.8
13301013	Cake or cupcake, chocolate, homemade from basic ingredients, oil, sugar based icing	0.6
13301014	Cake or cupcake, chocolate, homemade from basic ingredients, undefined fat, uniced	0.8
13301015	Cake or cupcake, chocolate, homemade from basic ingredients, undefined fat, uniced, filled with cream	0.7
13301016	Cake or cupcake, chocolate, homemade from basic ingredients, undefined fat, sugar based icing	0.6
13301017	Cake or cupcake, chocolate, homemade from basic ingredients, undefined fat, sugar based icing, filled with cream	0.6
13301019	Cake, cupcake or muffin, chocolate, prepared from dry mix, undefined fat, uniced	0.6
13301020	Cake, cupcake or muffin, chocolate, prepared from dry mix, undefined fat, sugar based icing	0.5
13301021	Cake or cupcake, coffee, homemade from basic ingredients, undefined fat, uniced	0.8
13301022	Cake or cupcake, coffee, homemade from basic ingredients, undefined fat, iced	0.6
13301024	Cake or cupcake, mud, caramel or white chocolate, uniced	0.1
13301025	Cake or cupcake, mud, caramel or white chocolate, sugar based icing	0.6
13301026	Cake or cupcake, mud, dark chocolate, commercial, chocolate ganache icing	0.4
13301027	Cake or cupcake, mud, dark chocolate, homemade from basic ingredients, undefined fat, uniced	0.2
13301028	Cake or cupcake, mud, dark chocolate, homemade from basic ingredients, undefined fat, chocolate ganache icing	0.1
13301029	Cake, cupcake or muffin, vanilla with chocolate chip, prepared from dry mix, undefined fat, uniced	0.9
13302001	Cake mix, sponge, dry powder	1.7
13302002	Cake or cupcake, sponge, plain, commercial, uniced, unfilled	1.2
13302003	Cake or cupcake, sponge, plain, commercial, uniced, filled with cream	0.9
13302004	Cake or cupcake, sponge, plain, commercial, uniced, filled with jam	0.9



Food group code /identification <sup>a</sup>	Food group name	Cereal fibre (g) per 100g
13302005	Cake or cupcake, sponge, plain, commercial, uniced, filled with jam & cream	0.9
13302006	Cake or cupcake, sponge, plain, commercial, iced, unfilled	1.0
13302007	Cake or cupcake, sponge, plain, commercial, iced, filled with cream	0.7
13302008	Cake or cupcake, sponge, plain, homemade from basic ingredients, uniced	1.0
13302009	Cake or cupcake, sponge, plain, homemade from basic ingredients, uniced, filled with jam &/or cream	0.8
13302010	Cake or cupcake, sponge, plain, homemade from basic ingredients, iced, unfilled	0.8
13302011	Cake or cupcake, sponge, plain, uniced, filled with fruit & cream	0.8
13302012	Cake or cupcake, sponge, chocolate flavoured, commercial, uniced, filled with jam & cream	0.9
13302013	Cake or cupcake, sponge, chocolate flavoured, commercial, iced, filled with cream	0.7
13302014	Cake or cupcake, sponge, plain, prepared from dry mix, undefined fat, uniced, unfilled	1.2
13302015	Cake or cupcake, sponge, plain, prepared from dry mix, undefined fat, iced	1.3
13302016	Cake, lamington, unfilled	1.3
13302017	Cake, lamington, filled with jam &/or cream	1.0
13303001	Bread, banana, commercial	1.0
13303002	Bread, banana, commercial, toasted	1.2
13303003	Bread, banana, homemade	1.3
13303004	Bread, banana, homemade, toasted	1.5
13303005	Cake mix, plain, dry powder	1.4
13303006	Cake mix, orange & poppy seed, dry powder	1.4
13303007	Cake or cupcake, banana, commercial, uniced	1.0
13303008	Cake or cupcake, banana, commercial, iced	0.8
13303009	Cake or cupcake, banana, homemade from basic ingredients, butter or dairy blend, uniced	1.0
13303010	Cake or cupcake, banana, homemade from basic ingredients, butter or dairy blend, iced	0.8
13303011	Cake or cupcake, banana, homemade from basic ingredients, margarine, uniced	1.0
13303012	Cake or cupcake, banana, homemade from basic ingredients, oil, uniced	1.0
13303013	Cake or cupcake, banana, homemade from basic ingredients, undefined fat, uniced	1.0
13303014	Cake or cupcake, banana, homemade from basic ingredients, undefined fat, iced	0.8
13303015	Cake, cupcake or muffin, banana, prepared from dry mix, uniced	0.8
13303016	Cake or cupcake, berry, undefined fat, uniced	0.9

Food group code /identification <sup>a</sup>	Food group name	Cereal fibre (g) per 100g
13303017	Cake or cupcake, berry, reduced fat, commercial, uniced	2.0
13303018	Cake, cupcake or muffin, berry, prepared from dry mix, undefined fat, uniced	0.9
13303019	Cake or cupcake, caramel, uniced	1.0
13303020	Cake or cupcake, caramel, iced	0.8
13303021	Cake or cupcake, carrot, commercial, uniced	0.7
13303022	Cake or cupcake, carrot, commercial, iced	0.5
13303023	Cake or cupcake, carrot, commercial, iced, filled with cream	0.4
13303024	Cake or cupcake, carrot, homemade from basic ingredients, butter or dairy blend, uniced	0.7
13303025	Cake or cupcake, carrot, homemade from basic ingredients, butter or dairy blend, iced	0.6
13303026	Cake or cupcake, carrot, homemade from basic ingredients, oil, uniced	0.7
13303027	Cake or cupcake, carrot, homemade from basic ingredients, oil, iced	0.6
13303028	Cake or cupcake, carrot, homemade from basic ingredients, undefined fat, uniced	0.7
13303029	Cake or cupcake, carrot, homemade from basic ingredients, undefined fat, iced	0.6
13303030	Cake or cupcake, citrus, commercial, uniced	1.1
13303031	Cake or cupcake, citrus, commercial, iced	0.9
13303032	Cake or cupcake, citrus, homemade from basic ingredients, undefined fat, uniced	1.1
13303033	Cake or cupcake, citrus, homemade from basic ingredients, undefined fat, uniced, filled with cream	0.8
13303034	Cake or cupcake, citrus, homemade from basic ingredients, undefined fat, iced	0.9
13303035	Cake or cupcake, coconut, commercial or homemade, uniced	0.9
13303036	Cake or cupcake, date loaf, commercial, uniced	1.0
13303037	Cake or cupcake, date loaf, homemade from basic ingredients, undefined fat, uniced	1.0
13303038	Cake or cupcake, date loaf, commercial or homemade, undefined fat, iced	0.8
13303039	Cake, friand, commercial, uniced	0.3
13303040	Cake, friand, homemade from basic ingredients, uniced	0.3
13303041	Cake, fruit, dark in colour, commercial, uniced	0.3
13303042	Cake, fruit, light in colour, commercial, uniced	1.0
13303043	Cake, fruit, commercial, uniced	0.7
13303044	Cake, fruit, commercial, reduced fat, uniced	1.0
13303045	Cake, fruit, commercial, iced	0.5

Food group code /identification <sup>a</sup>	Food group name	Cereal fibre (g) per 100g
13303046	Cake, fruit, homemade from basic ingredients, butter or dairy blend, uniced	0.3
13303047	Cake, fruit, homemade from basic ingredients, undefined fat, uniced	0.4
13303048	Cake, fruit, homemade from basic ingredients, undefined fat, iced	0.3
13303049	Cake or cupcake, honey, commercial or homemade, uniced	1.0
13303050	Cake or cupcake, honey, commercial or homemade, uniced, filled with cream	0.8
13303051	Cake or cupcake, honey, commercial or homemade, iced	0.8
13303053	Cake or cupcake, orange & poppy seed, commercial or homemade, uniced	0.7
13303054	Cake or cupcake, orange & poppy seed, commercial or homemade, iced	0.6
13303055	Cake, cupcake or muffin, orange & poppy seed, prepared from dry mix, undefined fat, uniced	0.9
13303056	Cake, cupcake or muffin, orange & poppy seed, prepared from dry mix, undefined fat, sugar based icing	0.7
13303057	Cake, pineapple upside down cake, homemade from basic ingredients, fat not further defined	0.8
13303058	Cake or cupcake, plain butter cake, commercial, uniced	1.2
13303059	Cake or cupcake, plain butter cake, commercial, iced	1.1
13303060	Cake or cupcake, plain butter cake, homemade from basic ingredients, butter or dairy blend, uniced	1.6
13303061	Cake or cupcake, plain butter cake, homemade from basic ingredients, butter or dairy blend, iced	1.1
13303062	Cake or cupcake, plain butter cake, homemade from basic ingredients, margarine, uniced	1.5
13303063	Cake or cupcake, plain butter cake, homemade from basic ingredients, margarine, iced	1.2
13303064	Cake or cupcake, plain butter cake, homemade from basic ingredients, oil, uniced	1.4
13303065	Cake or cupcake, plain butter cake, homemade from basic ingredients, undefined fat, uniced	1.4
13303066	Cake or cupcake, plain butter cake, homemade from basic ingredients, undefined fat, iced	1.1
13303067	Cake or cupcake, plain butter cake, commercial or homemade, iced, cream filling	0.7
13303068	Cake, cupcake or muffin, plain butter cake, prepared from dry mix, undefined fat, uniced	0.9
13303069	Cake, cupcake or muffin, plain butter cake, prepared from dry mix, undefined fat, iced	0.7
13303070	Cake or cupcake, plum, homemade from basic ingredients, undefined fat, uniced	0.5
13303071	Cake or cupcake, pumpkin, homemade from basic ingredients, undefined fat, uniced	1.0
13303072	Cake or cupcake, sultana, commercial or homemade from basic ingredients, uniced	0.9
13303073	Cake, tea cake, commercial, uniced	0.8
13303074	Cake, tea cake, apricot, homemade from basic ingredients, undefined fat, uniced	1.0
13303075	Cake, tea cake, cinnamon topped, homemade from basic ingredients, undefined fat, uniced	0.8

Food group code /identification <sup>a</sup>	Food group name	Cereal fibre (g) per 100g
13303076	Cake, custard filled, with & without icing	1.2
13303077	Cake, gluten free, with & without icing	0.2
13304001	Muffin bar, fruit flavoured	1.2
13304002	Muffin, cake-style, apple, commercial, uniced	1.4
13304003	Muffin, cake-style, apple, homemade from basic ingredients, uniced	1.4
13304004	Muffin, cake-style, apricot, homemade from basic ingredients, uniced	1.1
13304005	Muffin, cake-style, banana, commercial, uniced	1.4
13304006	Muffin, cake-style, banana, homemade from basic ingredients, uniced	1.3
13304007	Muffin, cake-style, berry, commercial, uniced	1.1
13304008	Muffin, cake-style, berry, homemade from basic ingredients, uniced	1.4
13304009	Muffin, cake-style, bran, with or without dried fruit, commercial, uniced	4.6
13304010	Muffin, cake-style, bran, with or without dried fruit, homemade from basic ingredients, uniced	4.6
13304011	Muffin, cake-style, chocolate, homemade from basic ingredients, uniced	1.5
13304012	Muffin, cake-style, chocolate chip, commercial, uniced	1.2
13304013	Muffin, cake-style, chocolate chip, homemade from basic ingredients, uniced	1.3
13304014	Muffin, cake-style, chocolate, with or without chocolate chip, commercial, uniced	1.0
13304015	Muffin, cake-style, coconut & lemon, homemade from basic ingredients, uniced	0.9
13304016	Muffin, cake-style, orange & poppy seed, commercial, uniced	1.5
13304017	Muffin, cake-style, plain, commercial, uniced	1.5
13304018	Muffin, cake-style, raspberry & white chocolate, commercial, uniced	1.2
13304019	Muffin, cake-style, raspberry & white chocolate, homemade from basic ingredients, uniced	1.1
13304020	Muffin, cake-style, commercial, not further defined	1.6
13304021	Muffin, cake-style, savoury, homemade from basic ingredients	1.3
13305001	Pudding, chocolate, homemade from basic ingredients	0.7
13305002	Pudding, plum, canned, commercial	1.0
13305003	Pudding, plum, steamed or boiled, homemade from basic ingredients	0.9
13305004	Pudding, self-saucing, chocolate flavoured, prepared from dry mix	1.0
13305005	Pudding, self-saucing, other flavours, prepared from dry mix	1.4
13305006	Pudding, sticky date, commercial	0.5

Food group code /identification <sup>a</sup>	Food group name	Cereal fibre (g) per 100g
13305007	Pudding, sticky date, homemade from basic ingredients	0.5
13305008	Dumpling, sweet, soaked in syrup	1.0
13306001	Cake or cupcake, berry shortcake, undefined fat	1.2
13306002	Confectionery, rum ball (rumball)	0.6
13306003	Slice, brownie, chocolate, with nuts, commercial	0.8
13306004	Slice, brownie, chocolate, with nuts, homemade from basic ingredients, fat not further defined	0.9
13306005	Slice, brownie, chocolate, without nuts, homemade from basic ingredients, butter or dairy blend	0.6
13306006	Slice, brownie, chocolate, without nuts, homemade from basic ingredients, with oil	0.6
13306007	Slice, brownie, chocolate, without nuts, homemade from basic ingredients, fat not further defined	0.6
13306008	Slice, caramel, commercial	0.7
13306009	Slice, caramel, homemade from basic ingredients, fat not further defined	0.5
13306010	Slice, cherry, homemade from basic ingredients, fat not further defined	0.6
13306011	Slice, chocolate, commercial, chocolate icing	0.8
13306012	Slice, chocolate, homemade from basic ingredients, fat not further defined, chocolate icing	0.8
13306013	Slice, coconut, with jam, commercial	0.8
13306014	Slice, coconut, with jam, homemade from basic ingredients, fat not further defined	1.0
13306015	Slice, dried fruit, homemade from basic ingredients, fat not further defined	0.9
13306016	Slice, fruit mince, commercial, with icing	1.0
13306017	Slice, hedgehog, commercial, chocolate icing	0.3
13306018	Slice, hedgehog, homemade from basic ingredients, fat not further defined, chocolate icing	0.6
13306019	Slice, jelly, commercial	0.3
13306020	Slice, jelly, homemade from basic ingredients, fat not further defined	0.3
13306021	Slice, lemon, homemade from basic ingredients, fat not further defined	0.7
13306022	Slice, meringue, with jam, homemade from basic ingredients, fat not further defined	1.2
13306023	Slice, muesli, with sultanas & apricot, homemade from basic ingredients, fat not further defined	2.6
13306024	Slice, nut, homemade from basic ingredients, fat not further defined	0.7
13306025	Slice, oat, with caramel, marshmallow & chocolate, homemade from basic ingredients, fat not further defined	1.8
13306026	Slice, passionfruit	0.6
13306027	Slice, vanilla, commercial, with icing (except chocolate flavoured)	0.4

Food group code /identification <sup>a</sup>	Food group name	Cereal fibre (g) per 100g
13306028	Slice, vanilla, homemade from basic ingredients, fat not further defined, with icing (except chocolate flavoured)	0.8
13306029	Slice, not further defined	1.0
13307001	Rock cake, commercial or homemade	1.7
13307002	Scone, date, commercial	1.5
13307003	Scone, date, homemade from basic ingredients	2.0
13307004	Scone, plain, commercial	2.1
13307005	Scone, plain, homemade from basic ingredients	2.3
13307006	Scone, pumpkin, commercial	2.6
13307007	Scone, pumpkin, homemade from basic ingredients	2.0
13307008	Scone, sultana, commercial	1.9
13307009	Scone, sultana, homemade from basic ingredients	2.0
13307010	Scone, wholemeal, commercial	7.6
13307011	Scone, wholemeal, homemade from basic ingredients	7.0
13308001	Scone, cheese, commercial	2.1
13308002	Scone, cheese, homemade from basic ingredients	2.2
13308003	Scone, chocolate, with chocolate chips, commercial	1.7
13309001	Pudding, bread & butter, homemade from basic ingredients, butter or dairy blend	0.6
13309002	Pudding, lemon delicious, homemade from basic ingredients	0.4
13309003	Pudding, made from cake or bread, with mixed berries & cream	0.2
13309004	Pudding, vanilla & other non-chocolate flavours, homemade from basic ingredients	0.4
<b>134</b>	<b>Pastries</b>	
13401001	Pancake, Chinese	1.9
13401002	Cannoli, unfilled, fried	1.8
13401003	Croissant, commercial, plain	2.6
13401004	Pastry, choux, commercial, baked, unfilled	0.8
13401005	Pastry, choux, homemade from basic ingredients, raw	0.7
13401006	Pastry, choux, homemade from basic ingredients, baked, unfilled	1.1
13401007	Pastry, dumpling wrapper style, raw	2.3
13401008	Pastry, gow gee wrapper style, raw	1.2

Food group code /identification <sup>a</sup>	Food group name	Cereal fibre (g) per 100g
13401009	Pastry, dumpling wrapper, not further defined	1.8
13401010	Pastry, filo (fillo), commercial, raw	2.5
13401011	Pastry, filo (fillo), commercial, baked	4.3
13401012	Pastry, puff, with butter, commercial, raw	3.4
13401013	Pastry, puff, with butter, commercial, baked	4.4
13401014	Pastry, puff, vegetable oil, commercial, raw	3.4
13401015	Pastry, puff, vegetable oil, commercial, baked	1.6
13401016	Pastry, puff, commercial, raw, not further defined	3.4
13401017	Pastry, shortcrust style, commercial, raw	0.8
13401018	Pastry, shortcrust style, commercial, baked	1.8
13401019	Pastry, shortcrust style, reduced fat, commercial, raw	0.8
13401020	Pastry, shortcrust style, homemade from basic ingredients, baked	2.7
13401021	Pastry, shortcrust, wholemeal, commercial, raw	5.9
13401022	Pastry, shortcrust, wholemeal, commercial, baked	10.4
13401023	Pastry, spring roll, homemade from basic ingredients, raw	2.0
13401024	Pastry, for use in quiche recipes, raw	1.8
13402001	Baklava	0.8
13402002	Pie, sweet, apple, commercial	0.8
13402003	Pie, sweet, apple, fast food outlet	0.8
13402004	Pie, sweet, apple, from frozen, baked	0.8
13402005	Pie, sweet, apple, from frozen, reduced fat, baked	0.8
13402006	Pie, sweet, apple, homemade	0.3
13402007	Pie, sweet, apple & berry, from frozen, baked	0.7
13402008	Pie, sweet, apple & rhubarb	1.0
13402009	Pie, sweet, fruit (apple or apricot), commercial	0.8
13402010	Pie, sweet, fruit mince, commercial	0.5
13402011	Pie, sweet, fruit mince, homemade	1.3
13402012	Pie, sweet, mixed berry, homemade	1.2
13402013	Pie, sweet, pecan, commercial	0.5

Food group code /identification <sup>a</sup>	Food group name	Cereal fibre (g) per 100g
13402014	Pie, sweet, stone fruit, homemade	1.0
13402015	Strudel, apple, commercial	0.8
13402016	Strudel, apple, homemade	0.8
13402017	Tart, jam, commercial	0.8
13402018	Tart, jam, homemade	1.1
13402019	Tart or tarte tatin, apricot, homemade	0.7
13402020	Tart or tarte tatin, banana, homemade	1.5
13402021	Tart or tarte tatin, pineapple, homemade	2.1
13402022	Turnover, apple	1.7
13403001	Cake, moon, commercial	1.2
13403002	Cannoli, filled with vanilla, ricotta & cream cheese filling	1.0
13403003	Croissant, chocolate filled, commercial	2.1
13403004	Danish, custard filled	1.8
13403005	Danish, custard & fruit filled	2.4
13403006	Danish, custard & pecan filled, commercial	1.5
13403007	Eclair or profiterole, cream filled, commercial, chocolate icing	0.4
13403008	Eclair or profiterole, custard filled, commercial, chocolate icing	0.3
13403009	Eclair or profiterole, custard filled, homemade from basic ingredients	0.5
13403010	Eclair or profiterole, cream & custard filled, commercial, chocolate icing	0.3
13403011	Eclair or profiterole, mock cream filled, reduced fat, commercial, chocolate icing	0.2
13403012	Pie, sweet, lemon meringue, commercial	0.5
13403013	Pie, sweet, lemon meringue, homemade	0.7
13403014	Pie, sweet, pumpkin, commercial or homemade	0.4
13403015	Tart, caramel, homemade	0.7
13403016	Tart, chocolate, homemade	0.7
13403017	Tart, custard, commercial	1.0
13403018	Tart, custard, homemade	1.1
13403019	Tart, frangipane or almond, commercial or homemade	1.5
13403020	Tart, lemon or lime, commercial	0.3



Food group code /identification <sup>a</sup>	Food group name	Cereal fibre (g) per 100g
13403021	Tart, lemon or lime, homemade	0.6
13404001	Quiche, bacon & vegetables, homemade	0.4
13404002	Quiche, chicken & vegetable, homemade	0.4
13404003	Quiche, Lorraine, commercial, baked	1.4
13404004	Quiche, Lorraine, homemade	0.5
13404005	Quiche, meat & vegetable, homemade	0.4
13404006	Quiche, mixed vegetables, homemade	0.4
13404007	Quiche, plain, homemade	0.6
13404008	Quiche, pumpkin, homemade	0.4
13404009	Quiche, salmon or tuna, commercial	0.3
13404010	Quiche, salmon or tuna, homemade from basic ingredients	0.4
13404011	Quiche, spinach, commercial	0.3
13404012	Quiche, spinach, homemade	0.5
13405001	Dim sim, vegetable & meat filling, purchased frozen, microwaved or steamed	1.0
13405002	Dumpling or wonton, savoury, chicken, steamed, boiled or microwaved	1.0
13405003	Dumpling or wonton, savoury, meat, steamed, boiled or microwaved	1.1
13405004	Dumpling or wonton, savoury, meat & seafood, steamed, boiled or microwaved	1.0
13405005	Dumpling or wonton, savoury, seafood, steamed, boiled or microwaved	1.0
13405006	Dumpling or wonton, savoury, vegetable, steamed, boiled or microwaved	1.1
13405007	Pastry, filled with salmon, with or without vegetables, homemade from basic ingredients	1.7
13405008	Pastry, filled with spinach, commercial, ready to eat	2.1
13405009	Pastry, filled with spinach, homemade from basic ingredients	1.3
13405010	Pastry, filled with spinach & cheese, from frozen, baked, no added fat	1.9
13405011	Pastry, filled with spinach & cheese, commercial, ready to eat	1.9
13405012	Pasty, filled with vegetables, commercial, baked	1.8
13405013	Pasty, filled with vegetables, homemade from basic ingredients	0.5
13405014	Pasty, filled with vegetables & meat, commercial, ready to eat	1.1
13405015	Pasty, filled with vegetables & meat, homemade from basic ingredients	0.3
13405016	Pie, savoury, chicken & vegetable, commercial	1.1

<b>Food group code /identification<sup>a</sup></b>	<b>Food group name</b>	<b>Cereal fibre (g) per 100g</b>
13405017	Pie, savoury, chicken & vegetable, homemade from basic ingredients	0.9
13405018	Pie, savoury, meat, commercial	1.4
13405019	Pie, savoury, meat, commercial, family size	1.2
13405020	Pie, savoury, meat, from frozen, baked or microwaved	1.4
13405021	Pie, savoury, meat & cheese, commercial	1.3
13405022	Pie, savoury, meat & kidney, commercial	1.3
13405023	Pie, savoury, meat, kidney & vegetable filling, homemade from basic ingredients	0.4
13405024	Pie, savoury, meat & mushroom, from frozen, baked or microwaved	1.3
13405025	Pie, savoury, meat & vegetable filling, homemade from basic ingredients	0.4
13405026	Pie, savoury, meat filling, topped with potato, commercial	1.0
13405027	Pie, savoury, pumpkin & feta (feta), homemade from basic ingredients	1.2
13405028	Pie, savoury, salmon & vegetable, homemade from basic ingredients	1.7
13405029	Pie, savoury, seafood & vegetable, homemade from basic ingredients	0.5
13405030	Pie, savoury, spinach & cheese, commercial	1.9
13405031	Pie, savoury, vegetable, homemade from basic ingredients	0.2
13405034	Pie, steak & kidney, canned	0.8
13405035	Sausage roll, commercial, ready to eat	2.7
13405036	Sausage roll, from frozen, baked or microwaved	2.7
13405037	Sausage roll, homemade from basic ingredients, baked	2.0
13405038	Sausage roll, chicken, homemade from basic ingredients, baked	1.4
13405039	Spring roll or rice paper roll, chicken & vegetable filling, fresh	0.1
13405040	Spring roll or rice paper roll, chicken, prawn & vegetable filling, fresh	0.1
13405041	Spring roll or rice paper roll, prawn & vegetable filling, fresh	0.1
13405042	Spring roll or rice paper roll, vegetable filling, fresh	0.2
13406001	Chiko roll, takeaway style, deep fried	2.3
13406002	Curry puff, beef & vegetable, deep fried, commercial	1.2
13406003	Curry puff, beef & vegetable, homemade from basic ingredients	1.2
13406004	Dim sim, vegetable &/or meat filling, takeaway style, deep fried	1.1
13406005	Dumpling or wonton, savoury, chicken, fried	1.3

Food group code /identification <sup>a</sup>	Food group name	Cereal fibre (g) per 100g
13406006	Dumpling or wonton, savoury, meat, fried	1.4
13406007	Dumpling or wonton, savoury, meat & vegetable filled, takeaway style, cooked	1.1
13406008	Dumpling or wonton, savoury, seafood, fried	1.3
13406009	Prawn toast, white bread, fried	0.7
13406010	Samosa, meat & vegetable, deep fried	1.7
13406011	Samosa, vegetable, deep fried	1.7
13406012	Spring roll, meat &/or vegetable, purchased frozen, baked	1.0
13406013	Spring roll, meat &/or vegetable, purchased frozen, deep fried	1.0
13406014	Spring roll, meat filling, takeaway style, deep fried	1.0
13406015	Spring roll, meat & vegetable filling, fried, homemade from basic ingredients	0.4
13406016	Spring roll, vegetable filling, takeaway style, deep fried	1.2
13406017	Spring roll, meat & vegetable filling, takeaway style, deep fried	1.0
<b>135</b>	<b>Mixed dishes where cereal is the major ingredient</b>	
13501001	Pizza, bacon & egg, thick base, BBQ sauce, fast food chain	1.2
13501002	Pizza, bacon & egg, thin base, BBQ sauce, fast food chain	1.2
13501003	Pizza, cheese & pesto, purchased frozen, uncooked	2.6
13501004	Pizza, chicken & bacon, BBQ sauce, purchased frozen, baked	1.2
13501005	Pizza, chicken & bacon, thick base, BBQ sauce, takeaway style or homemade	1.3
13501006	Pizza, chicken & bacon, thin base, BBQ sauce, takeaway style	1.2
13501007	Pizza, chicken & bacon, thick base, BBQ sauce, fast food chain	1.2
13501008	Pizza, chicken & bacon, thin base, BBQ sauce, fast food chain	1.2
13501009	Pizza, chicken & vegetable, thick base, takeaway style & homemade	1.2
13501010	Pizza, ham & cheese, frozen, baked	1.3
13501011	Pizza, ham & cheese, thick base, takeaway style & homemade	1.4
13501012	Pizza, ham & cheese, flat bread base, homemade	2.0
13501013	Pizza, ham & pineapple, purchased frozen, baked	2.1
13501014	Pizza, ham & pineapple, thick base, takeaway style & homemade	1.4
13501015	Pizza, ham & pineapple, thin base, takeaway style	1.1
13501016	Pizza, ham & pineapple, thick base, fast food chain	1.7

Food group code /identification <sup>a</sup>	Food group name	Cereal fibre (g) per 100g
13501017	Pizza, ham & pineapple, thin base, fast food chain	1.6
13501018	Pizza, lamb, thick base, takeaway style & homemade	1.2
13501019	Pizza, meat lovers, BBQ sauce, purchased frozen, baked	1.1
13501020	Pizza, meat lovers, thick base, takeaway style & homemade	1.4
13501021	Pizza, meat lovers, thick base, BBQ sauce, fast food chain	1.3
13501022	Pizza, pepperoni, thick base, takeaway style & homemade	1.7
13501023	Pizza, pepperoni, thick base, fast food chain	1.5
13501024	Pizza, prawn & vegetable, thick base, takeaway style & homemade	1.2
13501025	Pizza, prosciutto, thick base, takeaway style & homemade	1.7
13501026	Pizza, seafood, thin base, purchased frozen, baked	1.1
13501027	Pizza, seafood, thick base, takeaway style & homemade	1.1
13501028	Pizza, seafood, thin base, takeaway style	1.0
13501029	Pizza, seafood, thick base, fast food chain	1.1
13501030	Pizza, seafood, thin base, fast food chain	1.0
13501031	Pizza, supreme, thick base, takeaway style & homemade	1.3
13501032	Pizza, supreme, thick base, fast food chain	1.5
13501033	Pizza, supreme, thin base, fast food chain	1.4
13501034	Pizza, tomato sauce, thick base, takeaway style or homemade	2.5
13501035	Pizza, vegetable, purchased frozen, baked	1.4
13501036	Pizza, vegetable, thick base, takeaway style & homemade	1.4
13501037	Pizza, vegetable, thin base, takeaway style	1.2
13501038	Pizza, vegetable, thick base, fast food chain	1.3
13501039	Pizza, vegetable, thin base, fast food chain	1.2
13501040	Pizza, vegetable, flat bread base, homemade	2.2
13501041	Pizza, vegetable, gluten free base, takeaway style & homemade	0.4
13502001	Pizza, supreme, purchased frozen, baked	2.0
13502002	Pizza, supreme, thin base, takeaway style	1.1
13502003	Pizza, cheese & tomato, purchased frozen, baked	1.3
13502004	Pizza, cheese & tomato, thick base, takeaway style or homemade	1.5

Food group code /identification <sup>a</sup>	Food group name	Cereal fibre (g) per 100g
13502005	Pizza, cheese & tomato, thin base, takeaway style	1.3
13502006	Pizza, cheese & tomato, thick base, fast food chain	1.4
13502007	Pizza, cheese & tomato, thin base, fast food chain	1.2
13502008	Pizza, pepperoni, thin base, takeaway style	1.4
13502009	Pizza, pepperoni, purchased frozen, baked	1.5
13502010	Pizza, pepperoni, thin base, fast food chain	1.3
13502011	Pizza, meat lovers, thin base, fast food chain	1.1
13502012	Pizza, meat lovers, thin base, takeaway style	1.2
13502013	Pizza, ham & cheese, thin base, takeaway style	1.1
13502014	Pizza, chicken & vegetable, thin base, takeaway style	0.9
13502015	Pizza, prawn & vegetable, thin base, takeaway style	0.9
13502016	Pizza, ham & cheese, thin base, fast food chain	1.1
13502017	Pizza, chicken & vegetable, thin base, fast food chain	0.9
13502018	Pizza, supreme, stuffed crust, fast food chain	1.1
13502019	Pizza, supreme, flat bread base, homemade	2.0
13502020	Pizza, cheese & tomato, flat bread base, homemade	2.3
13502021	Pizza, chicken & vegetable, flat bread base, homemade	1.7
13502022	Pizza, pepperoni, flat bread base, homemade	2.5
13503001	Filled bread roll, Asian-style, pork, mayonnaise, pate & vegetables	0.8
13503002	Filled bread roll, commercial, bacon & egg, no sauce	2.2
13503003	Filled bread roll, commercial, bacon & egg, water based sauce	2.1
13503004	Filled bread roll, commercial, bacon & egg, cheese, water based sauce	1.9
13503005	Filled bread roll, commercial, beef, no sauce	2.0
13503006	Filled bread roll, commercial, beef, water based sauce	1.9
13503007	Filled bread roll, commercial, beef, cheese, no sauce	1.8
13503008	Filled bread roll, commercial, beef, cheese, oil based sauce	1.7
13503009	Filled bread roll, commercial, beef, cheese & water based sauce	1.7
13503010	Filled bread roll, commercial, chicken & no sauce	2.0
13503011	Filled bread roll, commercial, chicken & oil based sauce	2.0

<b>Food group code /identification<sup>a</sup></b>	<b>Food group name</b>	<b>Cereal fibre (g) per 100g</b>
13503012	Filled bread roll, commercial, chicken & water based sauce	2.0
13503013	Filled bread roll, commercial, chicken, cheese & no sauce	1.8
13503014	Filled bread roll, commercial, chicken, cheese & oil based sauce	1.8
13503015	Filled bread roll, commercial, chicken, cheese & water based sauce	1.8
13503016	Filled bread roll, commercial, crumbed chicken, no sauce	2.3
13503017	Filled bread roll, commercial, crumbed chicken, cheese & no sauce	2.1
13503018	Filled bread roll, commercial, crumbed chicken, cheese & oil based sauce	2.0
13503019	Filled bread roll, commercial, crumbed chicken, cheese & water based sauce	2.0
13503020	Filled bread roll, commercial, ham & salami, cheese, oil based sauce	1.8
13503021	Filled bread roll, commercial, ham & salami, cheese, water based sauce	1.8
13503022	Filled bread roll, commercial, ham, oil based sauce	2.5
13503023	Filled bread roll, commercial, ham, cheese, no sauce	1.8
13503024	Filled bread roll, commercial, ham, cheese, oil based sauce	1.8
13503025	Filled bread roll, commercial, ham, cheese, water based sauce	1.8
13503026	Filled bread roll, commercial, meatball & no sauce	1.8
13503027	Filled bread roll, commercial, meatball, cheese, no sauce	1.7
13503028	Filled bread roll, commercial, meatball, cheese & oil based sauce	1.6
13503029	Filled bread roll, commercial, meatball, cheese & water based sauce	1.6
13503030	Filled bread roll, commercial, tuna & water based sauce	1.6
13503031	Filled bread roll, commercial, tuna, cheese & no sauce	1.5
13503032	Filled bread roll, commercial, tuna, cheese & oil based sauce	1.5
13503033	Filled bread roll, commercial, vegetable & water based sauce	2.0
13503034	Filled bread roll, commercial, vegetable, cheese & no sauce	1.9
13503035	Filled bread roll, commercial, vegetable, cheese & oil based sauce	1.8
13503036	Filled bread roll, commercial, vegetable, cheese & water based sauce	1.8
13503037	Hot dog, bread roll, frankfurt filling	1.6
13503038	Hot dog, bread roll, frankfurt & onion filling	1.2
13503039	Hot dog, bread roll, frankfurt, onion & sauce filling	1.1
13503040	Hot dog, bread roll, frankfurt & sauce filling	1.4

Food group code /identification <sup>a</sup>	Food group name	Cereal fibre (g) per 100g
13503041	Hot dog, bread roll, frankfurt, onion, meat & sauce filling	1.0
13503042	Kebab wrap, beef, with salad, takeaway	1.5
13503043	Kebab wrap, beef, with salad & sauce, takeaway	1.4
13503044	Kebab wrap, beef, with salad, cheese & sauce, takeaway	1.3
13503045	Kebab wrap, chicken, with salad, takeaway	1.4
13503046	Kebab wrap, chicken, with salad & sauce, takeaway	1.3
13503047	Kebab wrap, chicken, with salad, cheese & sauce, takeaway	1.2
13503048	Kebab wrap, falafel, with salad & sauce, takeaway	1.4
13503049	Kebab wrap, lamb, with salad, takeaway	1.4
13503050	Kebab wrap, lamb, with salad & sauce, takeaway	1.3
13503051	Kebab wrap, lamb, with salad & sauce, homemade from basic ingredients	1.3
13503052	Kebab wrap, lamb, with salad, cheese & sauce, takeaway	1.2
13503053	Sandwich or roll, filled with chicken	2.2
13503054	Sandwich or roll, filled with chicken & salad	1.5
13503055	Sandwich or roll, filled with egg	1.8
13503056	Sandwich or roll, filled with ham	2.8
13503057	Sandwich or roll, filled with ham & cheese, toasted	2.0
13503058	Sandwich or roll, filled with ham & salad	1.7
13503059	Sandwich or roll, filled with ham & tomato, toasted	2.5
13503060	Sandwich or roll, filled with peanut butter	3.1
13503061	Sandwich or roll, filled with roast beef or lamb	1.6
13503062	Sandwich or roll, filled with roast beef or lamb & salad	1.2
13503063	Sandwich or roll, filled with salad	1.4
13503064	Sandwich or roll, filled with tuna	1.8
13503065	Sandwich or roll, filled with tuna & salad	1.3
13503066	Sandwich or roll, filled with vegemite	3.3
13503067	Sandwich or roll, not further defined	2.1
13503068	Wrap, filled, not further defined	1.2
13503069	Hot dog, bread roll, vegetarian style frankfurt filling	1.6

Food group code /identification <sup>a</sup>	Food group name	Cereal fibre (g) per 100g
13503070	Sandwich or roll, filled with canned spaghetti, toasted	1.8
13504001	Hot dog, bread roll, frankfurt, cheese & sauce filling	1.1
13504002	Hot dog, bread roll, frankfurt, cheese, onion & sauce filling	0.9
13504003	Sandwich or roll, filled with cheese	2.5
13504004	Sandwich or roll, filled with cheese, toasted	3.0
13504005	Sandwich or roll, filled with ham & cheese	2.1
13504006	Sandwich or roll, filled with vegemite & cheese	2.4
13504007	Sandwich or roll, not further defined, toasted	2.8
13505001	Bacon burger, bread roll, bacon rasher, with cheese, takeaway & homemade	1.7
13505002	Bacon burger, bread roll, bacon rasher, with cheese & salad, takeaway & homemade	1.1
13505003	Bacon burger, bread roll, bacon rasher, with salad, takeaway & homemade	1.2
13505004	Chicken burger, white roll, chicken breast, with bacon, cheese, egg & sauce, fast food chain-style	0.6
13505005	Chicken burger, white roll, chicken breast, with bacon, cheese, lettuce & mayonnaise, fast food chain	1.0
13505006	Chicken burger, white roll, chicken breast, with cheese, lettuce & mayonnaise, fast food chain	0.9
13505007	Chicken burger, white roll, chicken breast, with lettuce, tomato & mayonnaise, fast food chain	0.9
13505008	Chicken burger, white roll, double chicken breast, with cheese, lettuce, chilli sauce & mayonnaise, fast food chain	0.9
13505009	Chicken burger, white roll, crumbed chicken breast, with bacon, cheese, lettuce, mayonnaise & BBQ sauce, fast food chain	1.0
13505010	Chicken burger, white roll, crumbed chicken breast, with bacon, cheese, lettuce, pineapple & mayonnaise, fast food	1.0
13505011	Chicken burger, white roll, crumbed chicken breast, with bacon, cheese, lettuce, tomato & mayonnaise, fast food chain	1.2
13505012	Chicken burger, white roll, crumbed chicken breast, with cheese & mayonnaise, fast food chain	1.2
13505013	Chicken burger, white roll, crumbed chicken breast, with cheese, lettuce, hash brown, mayonnaise & sauce, fast food	1.0
13505014	Chicken burger, white roll, crumbed chicken breast, with cheese, lettuce, onion, tomato, relish & mayonnaise, fast food chain	1.2
13505015	Chicken burger, white roll, crumbed chicken breast, with lettuce & mayonnaise, fast food chain	1.2
13505016	Chicken burger, bread roll, chicken fillet or patty, takeaway & homemade	1.5
13505017	Chicken burger, bread roll, chicken fillet or patty & salad, takeaway & homemade	1.5
13505018	Chicken burger, bread roll, chicken fillet or patty, with bacon & salad, takeaway & homemade	1.0
13505019	Chicken burger, bread roll, chicken fillet or patty & cheese, takeaway & homemade	1.4
13505020	Chicken burger, bread roll, chicken fillet or patty, with cheese & salad, takeaway & homemade	0.7
13505021	Chicken roll, white roll, chicken, with mayonnaise, fast food chain	1.3



Food group code /identification <sup>a</sup>	Food group name	Cereal fibre (g) per 100g
13505022	Fish burger, with cheese, fast food chain	1.4
13505023	Hamburger, white roll, beef patty, with bacon, beetroot, cheese, egg, lettuce, onion & tomato & tomato sauce, fast food chain	0.7
13505024	Hamburger, white roll, beef patty, with bacon, cheese, lettuce, onion rings, tomato, pickles, mayonnaise & sauce, fast food chain	0.8
13505025	Hamburger, white roll, beef patty, with beetroot, cheese, lettuce, onion, tomato & tomato sauce, fast food chain	0.8
13505026	Hamburger, white roll, beef patty, with cheese, lettuce, onion, pickles, tomato, mayonnaise & tomato sauce, fast food chain	0.7
13505027	Hamburger, white roll, beef patty, with cheese, lettuce, sauce, fast food chain	1.4
13505028	Hamburger, white roll, beef patty, with lettuce, onion, pickles & tomato, mayonnaise & sauce, fast food chain	0.8
13505029	Hamburger, white roll, beef patty, with pickles, tomato sauce & mustard, fast food chain	1.4
13505030	Hamburger, white roll, 2 beef patties, with lettuce, onion, pickles, tomato, mayonnaise & sauce, fast food chain	0.6
13505031	Hamburger, bread roll, beef patty, takeaway & homemade	1.7
13505032	Hamburger, bread roll, beef patty, with avocado & cheese, takeaway & homemade	1.5
13505033	Hamburger, bread roll, beef patty, with avocado, cheese & salad, takeaway & homemade	1.1
13505034	Hamburger, bread roll, beef patty, with bacon & cheese, takeaway & homemade	1.4
13505035	Hamburger, bread roll, beef patty, with bacon, cheese & salad, takeaway & homemade	1.0
13505036	Hamburger, bread roll, beef patty, with bacon & salad, takeaway & homemade	1.1
13505037	Hamburger, bread roll, beef patty, with cheese, takeaway & homemade	1.6
13505038	Hamburger, bread roll, beef patty, with cheese & salad, takeaway & homemade	1.1
13505039	Hamburger, bread roll, beef patty, with egg & salad, takeaway & homemade	1.0
13505040	Hamburger, bread roll, beef patty, with salad, takeaway & homemade	1.1
13505041	Hamburger, bread roll, goat fillet or patty, with salad, takeaway & homemade	1.0
13505042	Hamburger, bread roll, lamb fillet or patty, takeaway & homemade	1.7
13505043	Hamburger, bread roll, lamb fillet or patty, with cheese, takeaway & homemade	1.5
13505044	Hamburger, bread roll, lamb fillet or patty, with cheese & salad, takeaway & homemade	1.1
13505045	Hamburger, bread roll, lamb fillet or patty, with salad, takeaway & homemade	1.1
13505046	Hamburger, bread roll, processed meat, with onion, takeaway & homemade	1.3
13505047	Muffin, English style, with bacon, cheese & egg, fast food chain	1.3
13505048	Muffin, English style, with bacon & beef sausage patty, fast food chain	1.3
13505049	Muffin, English style, with beef sausage patty, cheese & egg, fast food chain	1.1
13505050	Steak sandwich, bread roll, beef steak, takeaway & homemade	0.8

Food group code /identification <sup>a</sup>	Food group name	Cereal fibre (g) per 100g
13505051	Steak sandwich, bread roll, beef steak, with cheese, takeaway & homemade	0.7
13505052	Steak sandwich, bread roll, beef steak, with cheese & salad, takeaway & homemade	0.5
13505053	Steak sandwich, bread roll, beef steak, with salad, takeaway & homemade	0.5
13505054	Vegetable burger, bread roll, vegetable patty, with cheese, lettuce, onion, sauce & mayonnaise, fast food chain	1.0
13505055	Vegetable or lentil burger, bread roll, vegetable patty, takeaway & homemade	1.6
13505056	Vegetable or lentil burger, bread roll, vegetable patty, with cheese, takeaway & homemade	1.5
13505057	Vegetable or lentil burger, bread roll, vegetable patty, with cheese & salad, takeaway & homemade	1.1
13505058	Vegetable or lentil burger, bread roll, vegetable patty, with salad, takeaway & homemade	1.1
13505059	Mixed dish, cheeseburger, potato fries & soft drink, fast food style	0.3
13505060	Bacon burger, bread roll, bacon rasher, with egg, takeaway & homemade	1.6
13505061	Fish burger, bread roll, with salad & mayonnaise, takeaway & homemade	1.0
13506001	Hamburger, white roll, beef patty, with bacon, cheese, onion, pickles & sauce, fast food chain	1.3
13506002	Hamburger, white roll, beef patty, with cheese, onion, pickles & sauce, fast food chain	1.4
13506003	Hamburger, white roll, 2 beef patties, with bacon, cheese, lettuce, onion, pickles, tomato, mayonnaise & sauce, fast food chain	0.5
13506004	Hamburger, white roll, 2 beef patties, with bacon, cheese, lettuce, tomato & mayonnaise, fast food style	0.7
13506005	Hamburger, white roll, 2 beef patties, with cheese, onion, pickles & sauce, fast food chain	1.1
13506006	Hamburger, white roll, beef patty, with cheese, sauce, fast food chain	0.7
13507001	Breakfast wrap, white tortilla, bacon, egg , cheese & sauce, fast food chain	0.7
13507002	Chicken wrap, white tortilla, coated chicken breast strips, with salad & mayonnaise, fast food chain	1.1
13507003	Chicken wrap, white tortilla, chicken breast strips, with salad & mayonnaise, fast food chain	0.8
13507004	Frozen meal, Mexican wrap, beef, rice & vegetables, energy controlled portion	0.7
13507005	Mexican nachos, corn chips, with salsa	2.8
13507006	Mexican taco, hard shell, bean, with cheese & salsa	1.4
13507007	Mexican taco, hard shell, bean, with cheese, salad & salsa	1.0
13507008	Mexican taco, hard shell, beef, with cheese, salad & salsa	1.0
13507009	Mexican taco, hard shell, beef, with salad & salsa	1.1
13507010	Mexican taco, hard shell, beef & bean, with cheese, salad & salsa	1.0
13507011	Mexican taco, hard shell, chicken, with cheese, salad & salsa	1.0
13507012	Mexican taco, hard shell, chicken, with salad & salsa	1.1

Food group code /identification <sup>a</sup>	Food group name	Cereal fibre (g) per 100g
13507013	Mexican taco, hard shell, chicken & bean, with cheese, salad & salsa	1
13507014	Mexican wrap, bean, with cheese, guacamole, salad & salsa	0.5
13507015	Mexican wrap, bean, with cheese & salsa	0.8
13507016	Mexican wrap, bean, with cheese, salad & salsa	0.6
13507017	Mexican wrap, bean, with salad & salsa	0.6
13507018	Mexican wrap, beef & bean, with cheese, salad & salsa	0.6
13507019	Mexican wrap, beef, with cheese & salsa	0.7
13507020	Mexican wrap, beef, with cheese, salad & salsa	0.6
13507021	Mexican wrap, beef, with cheese, guacamole & salsa	0.7
13507022	Mexican wrap, beef, with cheese, guacamole, salad & salsa	0.5
13507023	Mexican wrap, beef, with salad & salsa	0.6
13507024	Mexican wrap, beef & bean, with cheese & salsa	0.8
13507025	Mexican wrap, beef & bean, with cheese, guacamole, salad & salsa	0.5
13507026	Mexican wrap, beef & bean, with salad & salsa	0.6
13507027	Mexican wrap, chicken, with cheese & salsa	0.7
13507028	Mexican wrap, chicken, with cheese, salad & salsa	0.6
13507029	Mexican wrap, chicken, with cheese, guacamole & salsa	0.7
13507030	Mexican wrap, chicken, with cheese, guacamole, salad & salsa	0.5
13507031	Mexican wrap, chicken, with salad & salsa	0.6
13507032	Mexican wrap, chicken & bean, with cheese & salsa	0.8
13507033	Mexican wrap, chicken & bean, with cheese, salad & salsa	0.6
13507034	Mexican wrap, chicken & bean, with salad & salsa	0.6
13507035	Mexican wrap, fish, with cheese, guacamole, salad & salsa	0.5
13507036	Mexican wrap, with cheese, guacamole, salad & salsa	0.7
13508001	Mexican nachos, corn chips, beans, with cheese & salsa	1.7
13508002	Mexican nachos, corn chips, beans, with cheese, guacamole & salsa	1.4
13508003	Mexican nachos, corn chips, beef, with cheese & salsa	1.5
13508004	Mexican nachos, corn chips, beef, with cheese, guacamole & salsa	1.3
13508005	Mexican nachos, corn chips, beef & bean, with cheese & salsa	1.5

Food group code /identification <sup>a</sup>	Food group name	Cereal fibre (g) per 100g
13508006	Mexican nachos, corn chips, beef & bean, with cheese, guacamole & salsa	1.3
13508007	Mexican nachos, corn chips, with cheese, guacamole, salad & salsa	1.8
13508008	Mexican nachos, corn chips, with cheese & salsa	2.3
13508009	Mexican nachos, corn chips, with cheese, salad & salsa	1.8
13508010	Mexican taco, hard shell, beef, with cheese & salsa	1.3
13508011	Mexican taco, hard shell, beef & bean, with cheese & salsa	1.4
13508012	Mexican wrap, with cheese & salsa	1.3
13509001	Cannelloni, homemade, filled with spinach & ricotta, with commercial based tomato sauce	0.4
13509002	Cannelloni, homemade, filled with spinach & ricotta, with homemade tomato based sauce	0.4
13509003	Cannelloni, homemade, filled with spinach & ricotta, with homemade tomato based sauce, added meat	0.3
13509004	Frozen meal, beef lasagne, energy controlled portion	0.7
13509005	Frozen meal, pasta with bolognese sauce	0.7
13509006	Lasagne (Lasagna), beef, commercial, purchased fresh or frozen, cooked	1.0
13509007	Lasagne (Lasagna), beef, no added vegetables, homemade	0.6
13509008	Lasagne (Lasagna), beef, with added vegetables, homemade	0.6
13509009	Lasagne (Lasagna), chicken, with added vegetables, cheese, homemade	0.6
13509010	Lasagne (Lasagna), vegetable, homemade	0.3
13509011	Macaroni & cheese, homemade, cooked unfilled pasta, homemade cheese sauce	1.4
13509012	Noodles, fried or stir-fried, not further defined, with sauce	1.9
13509013	Pasta dish, commercial, cooked unfilled pasta, beef bolognese sauce	0.9
13509014	Pasta dish, commercial, cooked unfilled pasta, beef bolognese sauce & added vegetables	0.9
13509015	Pasta dish, homemade, cooked unfilled pasta, commercial beef bolognese sauce	1.1
13509016	Pasta dish, homemade, cooked unfilled pasta, commercial beef bolognese sauce & added vegetables	1.2
13509017	Pasta dish, homemade, cooked unfilled pasta, homemade beef bolognese sauce	1.2
13509018	Pasta dish, homemade, cooked unfilled pasta, homemade beef bolognese sauce & added vegetables	1.1
13509019	Pasta dish, commercial, cooked unfilled pasta, carbonara sauce, added chicken, with or without added vegetables	0.9
13509020	Pasta dish, commercial, cooked unfilled pasta, dairy based sauce, added chicken, with or without added vegetables	0.8
13509021	Pasta dish, commercial, cooked unfilled pasta, dairy based sauce, added seafood, with or without added vegetables	0.8
13509022	Pasta dish, homemade, cooked unfilled pasta, commercial dairy based sauce	1.2

<b>Food group code /identification<sup>a</sup></b>	<b>Food group name</b>	<b>Cereal fibre (g) per 100g</b>
13509023	Pasta dish, homemade, cooked unfilled pasta, commercial dairy based sauce, added bacon, with or without added vegetables	1.1
13509024	Pasta dish, homemade, cooked unfilled pasta, commercial dairy based sauce, added chicken, with or without added vegetables	1.1
13509025	Pasta dish, homemade, cooked unfilled pasta, commercial dairy based sauce, added meat, with or without added vegetables	1.1
13509026	Pasta dish, homemade, cooked unfilled pasta, commercial dairy based sauce, added seafood, with or without added vegetables	1.1
13509027	Pasta dish, homemade, cooked unfilled pasta, commercial dairy based sauce, added vegetables	1.2
13509028	Pasta dish, homemade, cooked unfilled pasta, homemade dairy based sauce, added bacon, with or without added vegetables	1.0
13509029	Pasta dish, homemade, cooked unfilled pasta, homemade dairy based sauce, added chicken, with or without added vegetables	1.2
13509030	Pasta dish, homemade, cooked unfilled pasta, homemade dairy based sauce, added meat, with or without added vegetables	1.2
13509031	Pasta dish, homemade, cooked unfilled pasta, homemade dairy based sauce, added seafood, with or without added vegetables	1.2
13509032	Pasta dish, homemade, cooked unfilled pasta, homemade dairy based sauce, added vegetables	1.1
13509033	Pasta dish, cooked unfilled pasta, oil based sauce	1.7
13509034	Pasta dish, cooked unfilled pasta, oil based sauce, added bacon, with or without added vegetables	1.2
13509035	Pasta dish, cooked unfilled pasta, oil based sauce, added chicken, with or without added vegetables	1.1
13509036	Pasta dish, cooked unfilled pasta, oil based sauce, added seafood, with or without added vegetables	1.2
13509037	Pasta dish, cooked unfilled pasta, oil based sauce, added vegetables	1.2
13509038	Pasta dish, commercial, cooked unfilled pasta, tomato based sauce	1.0
13509039	Pasta dish, commercial, cooked unfilled pasta, tomato based sauce, added bacon, with or without added vegetables	0.9
13509040	Pasta dish, commercial, cooked unfilled pasta, tomato based sauce, added chicken, with or without added vegetables	0.9
13509041	Pasta dish, commercial, cooked unfilled pasta, tomato based sauce, added seafood, with or without added vegetables	0.9
13509042	Pasta dish, commercial, cooked unfilled pasta, tomato based sauce, added vegetables	1.0
13509043	Pasta dish, homemade, cooked unfilled pasta, commercial tomato based sauce	1.2
13509044	Pasta dish, homemade, cooked unfilled pasta, commercial tomato based sauce, added bacon, with or without added vegetables	1.1
13509045	Pasta dish, homemade, cooked unfilled pasta, commercial tomato based sauce, added chicken, with or without added vegetables	1.1
13509046	Pasta dish, homemade, cooked unfilled pasta, commercial tomato based sauce, added seafood, with or without added vegetables	1.1
13509047	Pasta dish, homemade, cooked unfilled pasta, commercial tomato based sauce, added vegetables	1.2
13509048	Pasta dish, homemade, cooked unfilled pasta, homemade tomato based sauce	1.1
13509049	Pasta dish, homemade, cooked unfilled pasta, homemade tomato based sauce, added bacon, with or without added vegetables	1.1
13509050	Pasta dish, homemade, cooked unfilled pasta, homemade tomato based sauce, added chicken, with or without added vegetables	1.2
13509051	Pasta dish, homemade, cooked unfilled pasta, homemade tomato based sauce, added liver, with or without added vegetables	1.3

Food group code /identification <sup>a</sup>	Food group name	Cereal fibre (g) per 100g
13509052	Pasta dish, homemade, cooked unfilled pasta, homemade tomato based sauce, added mixed seafood, with or without added vegetables	1.2
13509053	Pasta dish, homemade, cooked unfilled pasta, homemade tomato based sauce, added salmon or tuna, with or without added vegetables	1.2
13509054	Pasta dish, homemade, cooked unfilled pasta, homemade tomato based sauce, added vegetables	1.1
13509055	Pasta dish, cooked unfilled pasta, commercial tomato based sauce, added meat	1.0
13509056	Pasta dish, cooked unfilled pasta, homemade tomato based sauce, added meat	1.1
13509057	Pasta dish, cooked filled pasta, beef bolognese sauce	0.7
13509058	Pasta dish, cooked filled pasta, dairy based sauce, added bacon, with or without added vegetables	0.8
13509059	Pasta dish, cooked filled pasta, dairy based sauce, added meat	0.7
13509060	Pasta dish, cooked filled pasta, dairy based sauce, added vegetables	0.7
13509061	Pasta dish, cooked filled pasta, oil based sauce, added vegetables	0.9
13509062	Pasta dish, cooked filled pasta, tomato based sauce	0.8
13509063	Pasta dish, cooked filled pasta, tomato based sauce, added bacon	0.8
13509064	Pasta dish, cooked filled pasta, tomato based sauce, added meat	0.7
13509065	Pasta dish, cooked filled pasta, tomato based sauce, added meat & vegetables	0.7
13509066	Pasta dish, cooked filled pasta, tomato based sauce, added vegetables	0.7
13509067	Pasta dish, not further defined	1.1
13509068	Pasta in cream based sauce, dry mix only	2.9
13509069	Pasta in cream based sauce, prepared from dry mix with regular fat milk cows & margarine spread	0.7
13509070	Pasta in tomato based sauce, dry mix	2.9
13509071	Pasta in tomato based sauce, prepared from dry mix with water & margarine spread	0.6
13509072	Spaghetti in meat sauce, canned, regular	0.6
13509073	Spaghetti in tomato & cheese sauce, canned, regular	0.5
13509074	Spaghetti in tomato & cheese sauce, canned, reduced salt	0.5
13509075	Stir-fry, commercial, noodles, added chicken & vegetable	0.8
13509076	Stir-fry, commercial, noodles, added vegetable	0.8
13509077	Stir-fry, commercial, rice noodles, added prawn, egg & vegetable (pad Thai)	0.3
13509078	Stir-fry, commercial, rice noodles, added prawn, pork, egg & vegetable (mee grob)	2.3
13509079	Salad, noodle, with chicken, vegetables & nuts	0.2
13509080	Salad, noodle, with vegetables	0.4

Food group code /identification <sup>a</sup>	Food group name	Cereal fibre (g) per 100g
13509081	Salad, pasta with vegetables, added dressing	1.0
13509082	Salad, pasta with vegetables & cheese, added dressing	0.9
13509083	Lasagne (Lasagna), kangaroo, with added vegetables, homemade	0.6
13510001	Pasta dish, commercial, cooked unfilled pasta, carbonara sauce, added bacon, with or without added vegetables	0.9
13510002	Pasta dish, homemade, cooked unfilled pasta, homemade carbonara sauce, added bacon, with or without added vegetables	1.2
13510003	Pasta dish, commercial, cooked unfilled pasta, dairy based sauce	0.9
13510004	Pasta dish, commercial, cooked unfilled pasta, dairy based sauce, added bacon, with or without added vegetables	1.0
13510005	Pasta dish, commercial, cooked unfilled pasta, dairy based sauce, added vegetables	0.9
13510006	Pasta dish, homemade, cooked unfilled pasta, homemade dairy based sauce	1.2
13510007	Pasta dish, cooked filled pasta, dairy based sauce	0.7
13510008	Pasta dish, cooked filled pasta, oil based sauce	1.1
13511001	Paella, white rice, with chicken, chorizo & mixed vegetables	0.4
13511002	Paella, white rice, with chicken, chorizo, mixed vegetables & seafood	0.3
13511003	Paella, white rice, with mixed vegetables & seafood	0.3
13511004	Rice, brown, fried, no meat or vegetables, oil not further defined, homemade	2.0
13511005	Rice, brown, fried with bacon or ham, egg & mixed vegetables	0.9
13511006	Rice, brown, fried with chicken, egg & mixed vegetables	0.7
13511007	Rice, brown, fried with mixed vegetables	1.1
13511008	Rice, white, fried, no meat or vegetables, oil not further defined, homemade or commercial	1.2
13511009	Rice, white, fried with bacon or ham, egg & mixed vegetables	0.6
13511010	Rice, white, fried with bacon or ham, egg, mixed vegetables & nuts	0.5
13511011	Rice, white, fried with bacon or ham, egg, prawns & vegetables	0.3
13511012	Rice, white, fried with beef, lamb or pork & mixed vegetables	0.5
13511013	Rice, white, fried with chicken, egg & mixed vegetables	0.5
13511014	Rice, white, fried with chicken & mixed vegetables	0.5
13511015	Rice, white, fried with egg	0.8
13511016	Rice, white, fried with egg & mixed vegetables	0.6
13511017	Rice, white, fried with egg, mixed vegetables & seafood	0.5
13511018	Rice, white, fried with lentils	0.4

Food group code /identification <sup>a</sup>	Food group name	Cereal fibre (g) per 100g
13511019	Rice, white, fried with mixed vegetables	0.7
13511020	Rice, white, fried with mixed vegetables & seafood	0.5
13511021	Rice, white, pilaf style, with butter, stock & spices	1.1
13511022	Risotto, bacon or ham & mixed vegetables, with cheese	0.5
13511023	Risotto, beef, lamb or pork & mixed vegetable, with cheese	0.5
13511024	Risotto, chicken & mixed vegetables, with cheese	0.5
13511025	Risotto, mixed vegetables, with cheese	0.6
13511026	Risotto, mushroom, with cheese	0.7
13511027	Risotto, plain, with cheese	0.8
13511028	Risotto, prawn & mixed vegetables, with cheese	0.5
13511029	Risotto, pumpkin, with cheese	0.6
13511030	Salad, rice, with vegetables, added dressing	0.6
13513001	Gnocchi, potato, commercially prepared, boiled	0.8
13513002	Gnocchi, commercial or homemade, potato gnocchi, tomato based sauce	0.5
13513003	Gnocchi, homemade, potato gnocchi, commercial beef bolognese sauce	0.3
13513004	Gnocchi, homemade, potato gnocchi, commercial dairy based sauce	0.5
13513005	Gnocchi, homemade, potato gnocchi, homemade beef bolognese sauce	0.3
13513006	Steamed bun, savoury, plain	1.6
13513007	Steamed bun, savoury, pork	0.9
13513008	Dumpling, savoury, plain, homemade from basic ingredients	2.1
13514001	Sushi, bacon & vegetable, with seaweed	0.6
13514002	Sushi, beef, with seaweed	0.7
13514003	Sushi, California roll, commercial	0.7
13514004	Sushi, chicken, with seaweed	0.7
13514005	Sushi, chicken & avocado, with seaweed	0.6
13514006	Sushi, chicken & avocado, without seaweed	0.6
13514007	Sushi, crab stick, with seaweed	0.8
13514008	Sushi, egg, with seaweed	0.7
13514009	Sushi, fish, with seaweed	0.7



Food group code /identification <sup>a</sup>	Food group name	Cereal fibre (g) per 100g
13514010	Sushi, fish, without seaweed	0.6
13514011	Sushi, fried bean curd (inari)	0.6
13514012	Sushi, prawn, with seaweed	0.7
13514013	Sushi, prawn, without seaweed	0.6
13514014	Sushi, prawn tempura, with seaweed	1.1
13514015	Sushi, salmon & avocado, with seaweed	0.6
13514016	Sushi, salmon, with seaweed	0.7
13514017	Sushi, salmon, without seaweed	0.7
13514018	Sushi, tuna, with seaweed	0.7
13514019	Sushi, tuna, without seaweed	0.6
13514020	Sushi, tuna & avocado, with seaweed	0.6
13514021	Sushi, tuna & avocado, without seaweed	0.6
13514022	Sushi, vegetable, with seaweed	0.7
13514023	Sushi, not further defined	0.7
13515001	Breadcrumbs for coating food, commercial, uncooked	2.6
13515002	Breadcrumbs for coating food, homemade, uncooked	3.2
13515003	Couscous, homemade, cooked, with roast vegetables	1.1
13515004	Couscous, homemade, cooked with roast vegetables & meat	0.9
13515005	Mixed dish, polenta, with added tomato based sauce & cheese	0.6
13515006	Salad, couscous with cheese & vegetables	0.9
<b>136</b>	<b>Batter-based products</b>	
13601001	Crepe or pancake, banana, homemade from basic ingredients	1.0
13601002	Crepe or pancake, berry, homemade from basic ingredients	1.2
13601003	Crepe or pancake, buckwheat flour, homemade from basic ingredients	4.1
13601004	Crepe or pancake, buttermilk, homemade from basic ingredients	1.4
13601005	Crepe or pancake, chocolate, homemade from basic ingredients	1.0
13601006	Crepe or pancake, gluten free, commercial or homemade	0.2
13601007	Crepe or pancake, plain, commercial	2.1
13601008	Crepe or pancake, plain, dry mix	1.7

Food group code /identification <sup>a</sup>	Food group name	Cereal fibre (g) per 100g
13601009	Crepe or pancake, plain, prepared from dry mix using water	1.0
13601010	Crepe or pancake, plain, white wheat flour, homemade from basic ingredients	1.4
13601011	Crepe or pancake, potato, homemade from basic ingredients	0.1
13601012	Crepe or pancake, rice based, homemade from basic ingredients	0.6
13601013	Crepe or pancake, wholemeal wheat flour, commercial or homemade	4.1
13601014	Crepe or pancake, with savoury filling	0.7
13601015	Crepe or pancake, with butter & syrup, fast food chain	1.4
13602001	Pikelet, plain, commercial	2.1
13602002	Pikelet, plain, homemade from basic ingredients	1.7
13603001	Waffle, plain, frozen, commercial	1.2
13603002	Waffle, plain, fresh, homemade from basic ingredients	1.2
13603003	Waffle, berry, fresh, homemade from basic ingredients	1.2
13604001	Batter for coating food, commercial, uncooked	1.2
13604002	Batter for coating food, homemade, uncooked	1.0
13604003	Coating, homemade, for chicken & meat, uncooked	3.1
13604004	Coating, commercial, for fish & seafood, uncooked	1.4
13604005	Coating, homemade, for fish & seafood, uncooked	2.2
13604006	Fritter, banana, fried or deep-fried	0.6
13604007	Fritter, pineapple, fried or deep-fried	0.6
13604008	Yorkshire pudding, homemade from basic ingredients	1.3
13604009	Tempura for coating food, commercial, uncooked	1.0
13604010	Tempura for coating food, homemade, uncooked	1.2
13605001	Doughnut, cream filled	1.4
13605002	Doughnut, cream filled, with chocolate icing	0.8
13605003	Doughnut, custard filled	1.4
13605004	Doughnut, custard filled, with chocolate icing	0.8
13605005	Doughnut, custard & cream filled, with chocolate icing	0.8
13605006	Doughnut, jam filled, sugar coated	1.4
13605007	Doughnut, jam filled, with chocolate icing	1.3

<b>Food group code /identification<sup>a</sup></b>	<b>Food group name</b>	<b>Cereal fibre (g) per 100g</b>
13605008	Doughnut, unfilled, with cinnamon & sugar dusting	1.6
13605009	Doughnut, unfilled, glazed	0.7
13605010	Doughnut, unfilled, with chocolate flavoured icing	1.7
13605011	Doughnut, unfilled, with icing (except chocolate flavoured)	1.8
13606001	Crumpet, from white flour, commercial	2.3
13606002	Crumpet, from white flour, commercial, toasted	2.6
13606003	Crumpet, from wholemeal flour, commercial, toasted	3.9
<b>15</b>	<b>FISH AND SEAFOOD PRODUCTS AND DISHES</b>	
<b>151</b>	<b>Fin fish (excluding commercially sterile)</b>	
15101112	Whitebait, floured, fried, not further defined	0.2
<b>153</b>	<b>Other sea and freshwater foods</b>	
15303004	Mixed seafood, contains fish & shellfish, coated, baked, roasted, grilled, BBQ'd, fried or deep fried, fat not further defined	0.5
15303005	Mixed seafood, contains fish & shellfish, cooked, not further defined	0.2
<b>155</b>	<b>Fish and seafood products (homemade and takeaway)</b>	
15501001	Barramundi, coated, baked, roasted, fried, deep fried, grilled or BBQ'd, fat not further defined	0.4
15501002	Barramundi, coated, takeaway outlet, deep fried	0.5
15501003	Bassa (basa), coated, baked, roasted, fried, deep fried, grilled or BBQ'd, fat not further defined	0.3
15501004	Blue grenadier (hoki), coated, baked, roasted, grilled, BBQ'd, fried or deep fried, fat not further defined	0.3
15501005	Blue grenadier (hoki), coated, packaged frozen, baked, roasted, fried, grilled or BBQ'd, with or without added fat	1.0
15501006	Blue grenadier (hoki), coated, takeaway outlet, deep fried	0.5
15501007	Blue-eye trevalla, coated, takeaway outlet, deep fried	0.5
15501008	Cod or hake, coated, baked, roasted, grilled, BBQ'd, fried or deep fried, fat not further defined	0.3
15501009	Cod or hake, coated, packaged frozen, baked, roasted, fried, grilled or BBQ'd, with or without added fat	0.8
15501010	Cod or hake, coated, takeaway outlet, deep fried	0.5
15501011	Flathead, coated, baked, roasted, fried, deep-fried, grilled or BBQ'd, fat not further defined	0.3
15501012	Flathead, coated, takeaway outlet, deep fried	0.9
15501013	Garfish, coated, takeaway outlet, deep fried	0.5
15501014	Grouper, coated, baked, roasted, grilled, or BBQ'd, fat not further defined	0.3
15501015	John dory, coated, baked, roasted, fried, or BBQ'd, fat not further defined	0.3

Food group code /identification <sup>a</sup>	Food group name	Cereal fibre (g) per 100g
15501016	Ling, coated, baked, roasted, grilled, BBQ'd, fried or deep fried, fat not further defined	0.4
15501017	Mackerel, coated, takeaway outlet, deep fried	0.3
15501018	Mullet, coated, takeaway outlet, deep fried	0.5
15501019	Mulloway, coated, fried or deep fried, fat not further defined	0.4
15501020	Nile perch, coated, baked, roasted, grilled, BBQ'd, fried or deep fried, fat not further defined	0.4
15501021	Nile perch, coated, takeaway outlet, deep fried	0.5
15501022	Salmon, coated, baked, roasted, fried, grilled or BBQ'd, no added fat	0.4
15501023	Salmon, coated, baked, roasted, fried, grilled or BBQ'd, fat not further defined	0.3
15501024	Shark (flake), coated, baked, roasted, grilled or BBQ'd, fat not further defined	0.3
15501025	Shark (flake), coated, packaged frozen, baked, roasted, fried, grilled or BBQ'd, with or without added fat	0.8
15501026	Shark (flake), coated, takeaway outlet, deep fried	0.5
15501028	Snapper, coated, baked, roasted, fried, deep fried, grilled or BBQ'd, fat not further defined	0.3
15501029	Snapper, coated, takeaway outlet, deep fried	0.5
15501030	Trevally or kingfish, coated, baked, roasted, fried, deep fried, grilled or BBQ'd, fat not further defined	0.3
15501031	Trout, rainbow, coated, baked, roasted, fried, deep fried, grilled or BBQ'd, fat not further defined	0.4
15501032	Whiting, coated, baked, roasted, fried, deep fried, grilled, or BBQ'd, fat not further defined	0.3
15501033	Whiting, coated, packaged frozen, baked, roasted, fried, grilled, or BBQ'd, with or without added fat	0.4
15501034	Whiting, coated, takeaway outlet, deep fried	0.5
15501035	Fish, white flesh, coated, baked, roasted, fried, deep fried, grilled or BBQ'd, fat not further defined	0.3
15501036	Fish, white flesh, battered, packaged frozen, baked, roasted, fried, grilled or BBQ'd, with or without added fat	0.5
15501037	Fish, white flesh, battered, takeaway outlet, deep fried	0.6
15501038	Fish, white flesh, crumbed, packaged frozen, baked, roasted, fried, grilled or BBQ'd, with or without added fat	0.5
15501039	Fish, white flesh, crumbed, takeaway outlet, deep fried	1.0
15501040	Fish bite or cocktail, crumbed, takeaway outlet, deep fried	1.2
15501041	Fish finger, crumbed, packaged frozen, raw	1.1
15501042	Fish finger, crumbed, packaged frozen, baked, roasted, fried or grilled, no added fat	1.2
15501043	Fish finger, crumbed, packaged frozen, baked, roasted, fried, grilled or BBQ'd, fat not further defined	1.2
15502001	Crab, flesh, coated, fried or deep fried, fat not further defined	0.3
15502002	Prawn, coated, fried or deep fried, fat not further defined	0.3

Food group code /identification <sup>a</sup>	Food group name	Cereal fibre (g) per 100g
15502003	Prawn, coated, packaged frozen, baked, roasted, fried, grilled or BBQ'd, fat not further defined	0.6
15502004	Prawn, coated, takeaway outlet, deep fried	1.7
15502005	Lobster or crayfish, flesh, coated, fried or deep-fried, fat not further defined	0.6
15503001	Jellyfish, coated, baked, roasted, fried, grilled or BBQ'd, fat not further defined	0.3
15503002	Octopus, coated, takeaway outlet, fried, fat not further defined	0.4
15503003	Scallop with or without roe, coated, baked, roasted, grilled or BBQ'd, fat not further defined	0.4
15503004	Scallop with or without roe, coated, takeaway outlet, deep fried	0.4
15503005	Squid or calamari, battered, takeaway outlet, deep fried	0.4
15503006	Squid or calamari, crumbed, takeaway outlet, deep fried	1.6
15503007	Squid or calamari, coated, baked, roasted, fried, grilled or BBQ'd, fat not further defined	0.3
15503008	Squid or calamari, coated, packaged frozen, baked, roasted, fried, grilled or BBQ'd, with or without added fat	0.5
15504002	Fish ball, Asian style, purchased cooked	0.1
15504003	Fish ball, packaged frozen, boiled, steamed, poached, microwaved, no fat added	0.1
15504005	Fish patty or cake, crumbed, fried, fat not further defined	0.5
15504009	Mixed seafood, tempura coating, fried or deep fried, fat not further defined	0.3
15504012	Salmon patty or cake, crumbed, fried, fat not further defined	0.5
15504013	Seafood or fish stick (surimi), packaged frozen, raw	0.4
15504014	Seafood or fish stick (surimi), packaged frozen, fried, peanut oil	0.5
15504015	Seafood or fish stick (surimi), packaged frozen, boiled, microwaved, steamed or poached, no added fat	0.5
15504016	Seafood or fish stick (surimi), coated, takeaway outlet, deep fried	0.7
<b>156</b>	<b>Mixed dishes with fish or seafood as the major component</b>	
15601004	Casserole, homemade, salmon or tuna & vegetable, homemade dairy based sauce	0.1
15601012	Casserole or curry, homemade, fish, homemade gravy	0.1
15601013	Casserole or curry, homemade, fish & vegetables, homemade gravy	0.1
15602001	Casserole, homemade, salmon or tuna & vegetable, homemade sauce, with rice or pasta	0.5
15602002	Casserole, homemade, salmon or tuna & vegetable, commercial sauce, with rice or pasta	0.6
15602003	Curry, homemade, fish, homemade sauce, with rice or noodles	0.5
15602004	Curry, homemade, fish & rice	0.5
15602005	Curry, homemade, fish & vegetable, homemade tomato based sauce, with rice or noodles	0.5

<b>Food group code /identification<sup>a</sup></b>	<b>Food group name</b>	<b>Cereal fibre (g) per 100g</b>
15602006	Frozen meal, tuna mornay, with pasta & white sauce	0.7
15602007	Tuna mornay, homemade, cooked unfilled pasta, homemade white sauce, cheese & breadcrumbs	1.1
15602008	Snack pack, savoury, white wheat flour biscuit with tuna	0.4
15602009	Stir-fry, homemade, fish & vegetable, with rice or noodles	0.5
15603006	Salad, seafood, commercial, creamy dressing	0.4
15604001	Curry, commercial, prawn & vegetable, coconut milk sauce, with rice	0.4
15604002	Curry, homemade, prawn & vegetable, homemade tomato based sauce, with rice or noodles	0.5
15604003	Frozen meal, prawn & rice	0.4
15604004	Stir-fry, homemade, prawn & vegetable, with rice or noodles	0.4
15604005	Stir-fry, homemade, seafood & vegetable, with rice or noodles	0.6
<b>16</b>	<b>FRUIT PRODUCTS AND DISHES</b>	
<b>169</b>	<b>Mixed dishes where fruit is the major component</b>	
16901003	Crumble, apple, baked, homemade	0.6
16901004	Crumble, apple & berry, baked, homemade	0.6
16901005	Crumble, apple & rhubarb, baked, homemade	0.6
16901006	Crumble, stone fruits, baked, homemade	0.7
<b>17</b>	<b>EGG PRODUCTS AND DISHES</b>	
<b>172</b>	<b>Dishes where egg is the major ingredient</b>	
17201038	Eggs benedict, poached chicken egg, bacon or ham & hollandaise sauce, with bread or English muffin	0.7
17201041	Eggs benedict, poached chicken egg, with smoked salmon, spinach & hollandaise sauce, with bread or English muffin	0.7
17201058	Egg, chicken, scrambled or omelette, with canned spaghetti, cooked without added fat	0.2
17202001	Souffle, chocolate	0.1
17202002	Souffle, fruit	0.2
<b>18</b>	<b>MEAT, POULTRY AND GAME PRODUCTS AND DISHES</b>	
<b>180</b>	<b>Wild harvested meat, and meat dishes (NATSINPAS)</b>	
18012001	Casserole, homemade, kangaroo & vegetable, homemade sauce	0.3
18012002	Casserole or stew, homemade, wild caught meat & vegetable, homemade gravy	0.3
<b>181</b>	<b>Beef, sheep and pork, unprocessed</b>	
18101001	Beef, for use in kebabs, cooked	0.3

Food group code /identification <sup>a</sup>	Food group name	Cereal fibre (g) per 100g
18101240	Beef, topside roast, untrimmed, breadcrumb coating, baked or roasted, no added fat	0.7
18101272	Beef, steak, untrimmed, coated, baked, roasted, fried, grilled or BBQ'd, fat not further defined	0.7
18102023	Lamb, chop, fully-trimmed, coated, baked, roasted, fried, grilled or BBQ'd, fat not further defined	0.7
18102032	Lamb, chop, semi-trimmed, coated, baked, roasted, fried, grilled or BBQ'd, fat not further defined	0.7
18102039	Lamb, chop, untrimmed, coated, baked, roasted, fried, grilled or BBQ'd, with or without added fat	0.8
18102186	Lamb, for use in hamburgers, cooked	0.3
18104007	Veal, cutlet, fully-trimmed, breadcrumb coating, baked, roasted, fried, grilled or BBQ'd, fat not further defined	0.7
<b>183</b>	<b>Poultry and feathered game</b>	
18302010	Duck, lean, skin & fat, coated, baked, roasted, fried, grilled or BBQ'd, with or without added fat	0.8
<b>184</b>	<b>Organ meats and offal, products and dishes</b>	
18405001	Black pudding, raw	0.4
18405002	Black pudding, fried, grilled, BBQ'd or baked, fat not further defined	0.5
<b>185</b>	<b>Sausages, frankfurts and saveloys</b>	
18501001	Sausage, beef, raw	0.3
18501002	Sausage, beef, fried	0.3
18501004	Sausage, beef, flavoured, fried, grilled, BBQ'd or baked	0.3
18501005	Sausage, beef, plain or flavoured, boiled, casserole, microwaved, poached, steamed, or stewed	0.3
18501006	Sausage, lamb, plain, fried, grilled, BBQ'd or baked	0.3
18501007	Sausage, lamb, flavoured, fried, grilled, BBQ'd or baked	0.3
18501008	Sausage, pork, raw	0.2
18501009	Sausage, pork, plain, fried	0.2
18501010	Sausage, pork, plain, grilled, BBQ'd or baked	0.2
18501011	Sausage, pork, flavoured, fried, grilled, BBQ'd or baked	0.2
18501012	Sausage, pork, plain or flavoured, boiled, casserole, microwaved, poached, steamed or stewed	0.2
18501013	Sausage, deep fried, commercial	0.3
18501014	Sausage, fried, grilled, BBQ'd or baked	0.2
18501015	Sausage, boiled, casserole, microwaved, poached, steamed or stewed	0.3
18501016	Sausage, for use on sandwiches, not further defined	0.2
18502001	Frankfurt, cooked	0.3

Food group code /identification <sup>a</sup>	Food group name	Cereal fibre (g) per 100g
18503001	Sausage, beef, plain or flavoured, reduced fat, raw	0.4
18503002	Sausage, beef, plain or flavoured, reduced fat, fried, grilled, BBQ'd or baked	0.4
18503003	Sausage, beef, plain or flavoured, reduced fat, boiled, casserole, microwaved, poached, steamed or stewed	0.4
<b>186</b>	<b>Processed meat</b>	
18606003	Beef, corned, with cereal, canned	1.0
18606005	Camp pie, canned	0.1
<b>187</b>	<b>Mixed dishes where beef, sheep, pork or mammalian game is the major component</b>	
18701002	Casserole, homemade, beef, homemade gravy	0.3
18701004	Casserole, homemade, beef, kidney & vegetable, homemade gravy	0.3
18701005	Casserole, homemade, beef & mushroom, homemade cream based sauce (stroganoff)	0.1
18701006	Casserole, homemade, beef & vegetable, commercial sauce	0.2
18701008	Casserole, homemade, beef & vegetables, homemade gravy	0.2
18701022	Frozen meal, roast beef & vegetables	0.5
18701036	Casserole, homemade, beef, homemade gravy	0.3
18701037	Casserole or curry, homemade, beef & vegetable, homemade gravy	0.3
18702001	Casserole, homemade, beef, homemade tomato based sauce, with rice or pasta	0.5
18702002	Casserole, homemade or commercial, beef & mushroom, homemade cream based sauce, with rice or pasta	0.5
18702003	Casserole, homemade, beef & vegetable, homemade cream based sauce, with rice or pasta	0.5
18702004	Casserole, homemade, beef & vegetable, homemade gravy, with rice or pasta	0.6
18702005	Casserole, homemade, beef & vegetable, homemade tomato based sauce, with rice or pasta	0.5
18702006	Casserole, homemade, beef, vegetable & legume, homemade sauce, with rice or pasta	0.6
18702007	Curry, homemade, beef & vegetable, commercial sauce, with rice or noodles	0.5
18702008	Curry, homemade, beef & vegetable, homemade coconut milk based sauce, with rice or noodles	0.5
18702009	Curry or casserole, homemade, beef & pasta, not further defined	1.1
18702010	Curry or casserole, homemade, beef & rice, not further defined	0.4
18702011	Curry or casserole, commercial, beef & vegetables, with rice, not further defined	0.4
18702012	Frozen meal, beef & noodles or pasta, energy controlled portion	0.8
18702013	Frozen meal, beef & rice, energy controlled portion	0.5
18702014	Stir-fry, commercial, beef, with noodles	0.8



Food group code /identification <sup>a</sup>	Food group name	Cereal fibre (g) per 100g
18702015	Stir-fry, commercial, beef & vegetable, with noodles	0.8
18702016	Stir-fry, homemade, beef, with rice or noodles	0.5
18702017	Stir-fry, homemade, beef & vegetable, with noodles	0.6
18702018	Stir-fry, homemade, beef & vegetable, with rice	0.4
18702019	Stir-fry, homemade, beef, vegetable & egg, with rice or noodles	0.4
18702020	Casserole or curry, homemade, beef & vegetable, homemade gravy, with rice or pasta	0.8
18702021	Stir-fry, homemade, beef & vegetable, with rice	0.5
18703001	Beef, schnitzel, breadcrumb coating, baked, roasted, fried, grilled or BBQ'd, no added fat	0.8
18703002	Beef, schnitzel, breadcrumb coating, baked, roasted, fried, grilled or BBQ'd, canola oil	0.7
18703003	Beef, schnitzel, breadcrumb coating, baked, roasted, fried, grilled or BBQ'd, olive oil	0.7
18703004	Beef, schnitzel, breadcrumb coating, baked, roasted, fried, grilled or BBQ'd, other oil	0.7
18703005	Beef, schnitzel, breadcrumb coating, baked, roasted, fried, grilled or BBQ'd, fat not further defined	0.7
18703006	Beef, steak, fully-trimmed, coated, baked, roasted, fried, grilled or BBQ'd, no added fat	0.7
18703007	Beef, steak, fully-trimmed, coated, baked, roasted, fried, grilled or BBQ'd, fat not further defined	0.7
18703008	Beef, steak, semi-trimmed, coated, baked, roasted, fried, grilled or BBQ'd, with or without added fat	0.7
18703009	Frozen meal, veal schnitzel with cheese & potato	0.5
18703011	Hamburger, no roll, beef patty, with salad, takeaway & homemade	0.3
18703012	Meatball or rissole, beef, commercial, cooked	0.4
18703013	Meatball or rissole, beef mince, <5% fat, homemade, raw	0.3
18703014	Meatball or rissole, beef mince, <5% fat, homemade, baked, roasted, fried, grilled or BBQ'd, no added fat	0.4
18703015	Meatball or rissole, beef mince, <5% fat, homemade, baked, roasted, fried, grilled or BBQ'd, fat not further defined	0.4
18703016	Meatball or rissole, beef mince, ~5-10% fat, homemade, raw	0.3
18703017	Meatball or rissole, beef mince, >10% fat, homemade, raw	0.3
18703018	Meatball or rissole, beef mince, homemade, raw	0.3
18703019	Meatball or rissole, beef mince, homemade, baked, roasted, fried, grilled or BBQ'd, no added fat	0.4
18703020	Meatball or rissole, beef mince, homemade, baked, roasted, fried, grilled or BBQ'd, fat not further defined	0.4
18703021	Meatloaf, homemade, beef	0.2
18704001	Veal, schnitzel, breadcrumb coating, baked, roasted, fried, grilled or BBQ'd, no added fat	0.7
18704002	Veal, schnitzel, breadcrumb coating, baked, roasted, fried, grilled or BBQ'd, canola oil	0.6

Food group code /identification <sup>a</sup>	Food group name	Cereal fibre (g) per 100g
18704003	Veal, schnitzel, breadcrumb coating, baked, roasted, fried, grilled or BBQ'd, olive oil	0.6
18704004	Veal, schnitzel, breadcrumb coating, baked, roasted, fried, grilled or BBQ'd, other oil	0.6
18704005	Veal, schnitzel, breadcrumb coating, baked, roasted, fried, grilled or BBQ'd, fat not further defined	0.6
18704006	Veal, schnitzel, breadcrumb coating, boiled, casseroled, microwaved, poached, steamed or stewed, no added fat	0.7
18704007	Veal, schnitzel, breadcrumb coating, cooked with tomato sauce & cheese (veal parmigiana)	0.4
18705004	Casserole, homemade, lamb & vegetable, homemade gravy	0.2
18705021	Casserole, homemade, lamb, offal & vegetable, homemade gravy	0.2
18705022	Casserole or curry, homemade, lamb, homemade gravy	0.2
18705023	Casserole or curry, homemade, lamb & vegetable, homemade gravy	0.3
18706001	Casserole, homemade, lamb & vegetable, tomato based sauce, with rice or pasta	0.5
18706002	Curry, homemade, lamb & rice	0.5
18706003	Curry, homemade, lamb & vegetable, homemade dairy based sauce, with rice or noodles	0.5
18706004	Roast dinner, commercial or homemade, lamb, vegetables, gravy & grains	0.4
18706005	Stir-fry, homemade, lamb & vegetable, with rice or noodles	0.5
18707001	Lamb, easy carve shoulder, semi-trimmed, breadcrumb coating, baked or roasted, no added fat	0.8
18707002	Lamb, frenched cutlet/rack, fully-trimmed, breadcrumb coating, baked, roasted, fried, grilled or BBQ'd, no added fat	0.8
18707003	Lamb, frenched cutlet/rack, fully-trimmed, breadcrumb coating, baked, roasted, fried, grilled or BBQ'd, fat not further defined	0.7
18707004	Lamb, frenched cutlet/rack, semi-trimmed, breadcrumb coating, baked, roasted, fried, grilled or BBQ'd, fat not further defined	0.7
18707005	Meatball or rissole, lamb mince, homemade, raw	0.3
18707006	Meatball or rissole, lamb mince, homemade, baked, roasted, fried, grilled or BBQ'd, no added fat	0.4
18707007	Meatball or rissole, lamb mince, homemade, baked, roasted, fried, grilled or BBQ'd, fat not further defined	0.4
18708012	Casserole or curry, homemade, pork & vegetable, homemade gravy	0.3
18709001	Frozen meal, pork & vegetables with rice	0.3
18709002	Mixed dish, homemade, pork & rice, not further defined	0.4
18709003	Roast pork, with rice, homemade	0.4
18709004	Stir-fry, homemade, pork & vegetable, with rice or noodles	0.5
18710001	Pork, coated, baked, roasted, fried, grilled or BBQ'd, no added fat	0.9
18710002	Pork, coated, baked, roasted, fried, grilled or BBQ'd, fat not further defined	0.8
18710003	Meatball or rissole, pork mince, homemade, raw	0.3

Food group code /identification <sup>a</sup>	Food group name	Cereal fibre (g) per 100g
18710004	Meatball or rissole, pork mince, homemade, baked, roasted, fried, grilled or BBQ'd, no added fat	0.4
18710005	Meatball or rissole, pork mince, homemade, baked, roasted, fried, grilled or BBQ'd, fat not further defined	0.4
18711001	Casserole, homemade, kangaroo, homemade sauce	0.3
18711003	Casserole, homemade, venison & vegetable, homemade gravy	0.2
18711005	Curry, homemade, goat, homemade sauce, with rice or noodles	0.5
18712001	Meatloaf, commercial, all meats	0.1
18712003	Mixed dish, not further defined	0.1
<b>188</b>	<b>Mixed dishes where sausage, bacon, ham or other processed meat is the major component</b>	
18801001	Casserole, homemade, sausage & vegetable, homemade tomato based sauce	0.1
18801002	Curry, homemade, sausage, homemade sauce	0.1
18801003	Frozen meal, sausage & vegetables	0.3
18801004	Saveloy, battered, deep fried, oil not further defined	1.0
18802001	Casserole, homemade, sausage & vegetable, homemade sauce, with rice or pasta	0.5
18803001	Fritter, corned beef, fried or deep-fried	0.9
18803002	Casserole or curry, homemade, canned meat & vegetable, homemade gravy	0.3
<b>189</b>	<b>Mixed dishes where poultry or feathered game is the major component</b>	
18901019	Frozen meal, roast chicken with vegetables	0.4
18901032	Casserole or curry, homemade, chicken, homemade gravy	0.2
18901033	Casserole or curry, homemade, chicken & vegetable, homemade gravy	0.3
18902001	Casserole, commercial, chicken & vegetable, with rice or pasta	0.6
18902002	Casserole, homemade, chicken & vegetable, homemade gravy, with rice or pasta	0.5
18902003	Casserole, homemade, chicken & vegetable, homemade cream based sauce, with rice or pasta	0.5
18902004	Casserole, homemade, chicken & vegetable, homemade fruit sauce, with rice or pasta	0.6
18902005	Casserole, homemade, chicken & vegetable, homemade tomato based sauce, with rice or pasta	0.6
18902006	Crepe or pancake, savoury, filled with duck & vegetables, with sauce (Peking duck)	0.3
18902007	Curry, homemade, chicken, commercial sauce, with rice or noodles	0.5
18902008	Curry, homemade, chicken, homemade coconut milk sauce, with rice or noodles	0.5
18902009	Curry, homemade, chicken & rice	0.5
18902010	Curry, homemade, chicken & vegetable, commercial sauce, with rice or noodles	0.5

Food group code /identification <sup>a</sup>	Food group name	Cereal fibre (g) per 100g
18902011	Curry, homemade, chicken & vegetable, homemade coconut milk sauce, with rice or noodles	0.5
18902012	Curry, homemade, chicken & vegetable, homemade dairy based sauce, with rice or noodles	0.5
18902013	Curry, homemade, chicken & vegetable, homemade tomato based sauce, with rice or noodles	0.5
18902014	Curry, homemade, chicken, vegetable & legume, homemade sauce, with rice or noodles	0.5
18902015	Frozen meal, chicken, vegetables & noodles or pasta, energy controlled portion	0.8
18902016	Frozen meal, curry, chicken & rice, coconut milk sauce	0.5
18902017	Frozen meal, curry, chicken & rice, Indian style	0.5
18902018	Frozen meal, curry, chicken & rice, energy controlled portion	0.5
18902019	Frozen meal, vegetables & pasta or noodles, energy controlled portion	0.6
18902020	Stir-fry, commercial, chicken, with rice or noodles	0.5
18902021	Stir-fry, commercial, chicken, with noodles	0.8
18902022	Stir-fry, homemade, chicken, with rice or noodles	0.5
18902023	Stir-fry, homemade, chicken & vegetable, commercial or homemade satay sauce, with rice or noodles	0.5
18902024	Stir-fry, homemade, chicken & vegetable, with noodles	0.6
18902025	Stir-fry, homemade, chicken & vegetable, with rice	0.4
18902026	Casserole or curry, homemade, chicken & vegetable, homemade gravy, with rice or pasta	0.7
18903001	Chicken, breast, flesh, breadcrumb coating, cooked, no added fat	0.7
18903002	Chicken, breast, flesh, breadcrumb coating, cooked, fat not further defined	0.7
18903003	Chicken, breast, flesh, purchased frozen with breadcrumb coating, cooked, no added fat	1.0
18903004	Chicken, breast, flesh, purchased frozen with breadcrumb coating, cooked, fat not further defined	0.7
18903005	Chicken, breast, flesh, coated, cooked, no added fat	0.8
18903006	Chicken, breast, flesh, coated, cooked, fat not further defined	0.8
18903007	Chicken, breast, flesh, skin & fat, coated, baked, roasted, fried, grilled or BBQ'd, fat not further defined	0.8
18903008	Chicken, drumstick, flesh, coated, cooked, no added fat	0.8
18903009	Chicken, drumstick, flesh, coated, cooked, fat not further defined	0.8
18903010	Chicken, drumstick, flesh, skin & fat, coated, cooked, no added fat	0.8
18903011	Chicken, drumstick, flesh, skin & fat, coated, cooked, fat not further defined	0.8
18903012	Chicken, fillet or kebab, flesh, coated, cooked, no added fat, no added marinade	0.8
18903013	Chicken, fillet or kebab, coated, cooked, fat not further defined, no added marinade	0.8

Food group code /identification <sup>a</sup>	Food group name	Cereal fibre (g) per 100g
18903014	Chicken, maryland, flesh, coated, cooked, no added fat	0.8
18903015	Chicken, maryland, flesh, coated, cooked, fat not further defined	0.8
18903016	Chicken, maryland, flesh, skin & fat, coated, cooked, no added fat	0.8
18903017	Chicken, thigh, flesh, coated, baked, roasted, fried, grilled or BBQ'd, no added fat	0.8
18903018	Chicken, thigh, flesh, coated, baked, roasted, fried, grilled or BBQ'd, fat not further defined	0.8
18903019	Chicken, wing, flesh, coated, baked, roasted, fried, grilled or BBQ'd, no added fat	0.8
18903020	Chicken, wing, flesh, skin & fat, coated, baked, roasted, fried, grilled or BBQ'd, no added fat	0.8
18903021	Chicken, wing, flesh, skin & fat, coated, baked, roasted, fried, grilled or BBQ'd, fat not further defined	0.8
18903022	Chicken, whole, flesh, skin & fat, coated, baked, roasted, fried, grilled or BBQ'd, no added fat	0.8
18903023	Chicken, flesh, coated, baked, roasted, fried, grilled or BBQ'd, no added fat	0.8
18903024	Chicken, for use in hamburgers, cooked	0.3
18903025	Chicken, battered, takeaway, restaurant or cafe style, with honey & lemon sauce	0.2
18903026	Chicken, bite-size pieces, coated, fast food chain, fried, fat not further defined	0.6
18903027	Chicken, breast, flesh, skin & fat, coated, fast food chain, fried, undefined fat	0.5
18903028	Chicken, breast strip, coated, fast food chain, fried, fat not further defined	0.8
18903029	Chicken, drumstick, flesh, skin & fat, coated, fast food chain, fried, undefined fat	0.6
18903030	Chicken, finger or chip, purchased frozen, baked, roasted, fried, grilled or BBQ'd, no added fat	1.0
18903031	Chicken, kiev, purchased frozen with breadcrumb coating, baked, roasted, fried, grilled or BBQ'd, cooked with or without added fat	1.0
18903032	Chicken, kiev, homemade from basic ingredients, baked, roasted, fried, grilled or BBQ'd, no added fat	0.8
18903033	Chicken, kiev, homemade from basic ingredients, baked, roasted, fried, grilled or BBQ'd, fat not further defined	0.7
18903034	Chicken, nugget, purchased frozen, baked, roasted, fried, grilled or BBQ'd, with or without added fat	1.0
18903035	Chicken, nugget, purchased from takeaway chain, fried, canola oil	1.0
18903036	Chicken, nugget, purchased from independent & chain takeaway outlets, fried, undefined oil	1.0
18903037	Chicken, nugget, purchased from takeaway chain, grilled	1.2
18903038	Chicken piece, flesh, skin & fat, coated, fast food outlet, fried, undefined oil	0.6
18903039	Chicken, schnitzel, breadcrumb coating, baked, roasted, fried, grilled or BBQ'd, no added fat	0.7
18903040	Chicken, schnitzel, breadcrumb coating, baked, roasted, fried, grilled or BBQ'd, butter, dairy blend or margarine	0.7
18903041	Chicken, schnitzel, breadcrumb coating, baked, roasted, fried, grilled or BBQ'd, canola oil	0.7
18903042	Chicken, schnitzel, breadcrumb coating, baked, roasted, fried, grilled or BBQ'd, olive oil	0.7

<b>Food group code /identification<sup>a</sup></b>	<b>Food group name</b>	<b>Cereal fibre (g) per 100g</b>
18903043	Chicken, schnitzel, breadcrumb coating, baked, roasted, fried, grilled or BBQ'd, other oil	0.7
18903044	Chicken, schnitzel, breadcrumb coating, baked, roasted, fried, grilled or BBQ'd, fat not further defined	0.7
18903045	Chicken, thigh, flesh, skin & fat, coated, fast food chain, fried, undefined fat	0.6
18903046	Chicken, wing, flesh, skin & fat, coated, fast food chain, fried, undefined fat	0.6
18903047	Chicken, wing, flesh, skin & fat, purchased frozen, breadcrumb coating, baked, roasted, fried, grilled or BBQ'd, with or without added fat	0.5
18903048	Meatball or rissole, chicken mince, homemade from basic ingredients, raw	0.3
18903049	Meatball or rissole, chicken mince, homemade, baked, roasted, fried, grilled or BBQ'd, no added fat	0.4
18903050	Meatball or rissole, chicken mince, homemade, baked, roasted, fried, grilled or BBQ'd, fat not further defined	0.4
18903051	Meatball or rissole, chicken mince, commercial, breadcrumb coating, cooked, fat not further defined	0.9
18903052	Meatloaf, homemade, chicken	0.2
18903053	Roast chicken, with stuffing & homemade gravy	0.2
18903054	Turkey, breast, lean, breadcrumb coating, baked, roasted, fried, grilled or BBQ'd, fat not further defined	0.8
<b>19</b>	<b>MILK PRODUCTS AND DISHES</b>	
<b>192</b>	<b>Yoghurt</b>	
19206001	Yoghurt, apple & cinnamon flavoured, regular fat (~3%), added cereals	0.2
19206002	Yoghurt, banana & honey flavoured, regular fat (~3%), added cereals	0.2
19206003	Yoghurt, berry flavoured, regular fat (~3%), added cereals	0.3
<b>195</b>	<b>Frozen milk products</b>	
19504002	Ice cream, sandwich, vanilla flavour, with chocolate flavour biscuit & chocolate coated, regular fat	0.4
19504009	Ice cream, chocolate flavour with confectionery & waffle cone, chocolate coated, regular fat	0.7
19504010	Ice cream, vanilla flavour with confectionery & waffle cone, chocolate coated, regular fat	0.7
19505001	Ice cream, sandwich, vanilla flavour, with chocolate flavour biscuit, regular fat	0.5
19505003	Ice cream, other flavours with confectionery & waffle cone, chocolate coated, regular fat	0.7
19508004	Ice cream, fried	0.9
19508005	Ice cream, soft serve, vanilla, with chocolate cream filled biscuit, fast food style	0.1
19508006	Ice cream cone, soft serve vanilla ice cream, with wafer cone, fast food style	0.2
<b>197</b>	<b>Other dishes where milk or a milk product is the major component</b>	
19701008	Pudding, rice, coconut cream, homemade from basic ingredients	0.5
19701009	Pudding, rice, dairy, vanilla, commercial	0.1

<b>Food group code /identification<sup>a</sup></b>	<b>Food group name</b>	<b>Cereal fibre (g) per 100g</b>
19701010	Pudding, rice, dairy, vanilla, homemade from basic ingredients	0.3
19701011	Pudding, rice, dairy, chocolate, commercial	0.3
19701012	Pudding, rice, dairy, chocolate, homemade from basic ingredients	0.3
19702001	Cake, cheesecake, biscuit base, chocolate or coffee flavoured cream cheese topping, commercial	0.5
19702002	Cake, cheesecake, biscuit base, fruit flavoured cream cheese topping, commercial	0.5
19702003	Cake, cheesecake, biscuit base, fruit flavoured cream cheese topping, homemade from basic ingredients	0.3
19702004	Cake, cheesecake, biscuit base, plain cream cheese topping, commercial	0.5
19702005	Cake, cheesecake, biscuit base, plain cream cheese topping, homemade from basic ingredients	0.4
19702006	Trifle, homemade from basic ingredients	0.1
19702007	Tiramisu, coffee, homemade from basic ingredients	0.3
<b>20</b>	<b>DAIRY AND MEAT SUBSTITUTES</b>	
<b>201</b>	<b>Dairy milk substitutes, unflavoured</b>	
20106002	Milk, oat, fluid, unfortified	1.2
20106003	Milk, oat, fluid, added calcium	1.1
<b>206</b>	<b>Meat substitutes</b>	
20601001	Meat alternative, commercial, cooked, no added fat	0.6
20601002	Meat alternative, commercial, cooked, fat not further defined	0.6
20601003	Sausage, vegetarian style, raw	0.6
20601004	Sausage, vegetarian style, added Fe, Zn and vitamin B12, raw	0.6
<b>207</b>	<b>Dishes where meat substitutes are the major component</b>	
20701002	Hamburger, no roll, vegetable & lentil patty, with salad, takeaway & homemade	0.5
<b>21</b>	<b>SOUP</b>	
<b>211</b>	<b>Soup, homemade from basic ingredients</b>	
21101005	Soup, broth with meat & noodles	0.3
21101008	Soup, chicken & vegetable, with grains or pasta, prepared with stock or water, homemade from basic ingredients	0.2
21101011	Soup, fish, prepared with stock or water, homemade from basic ingredients	0.2
21101013	Soup, ham & vegetable, with pasta or grains, prepared with stock or water, homemade from basic ingredients	0.1
21101015	Soup, lamb & vegetable, with grains or pasta, prepared with stock or water, homemade from basic ingredients	0.1
21101021	Soup, pork & vegetable, with grains or pasta, prepared with stock or water, homemade from basic ingredients	0.1

Food group code /identification <sup>a</sup>	Food group name	Cereal fibre (g) per 100g
21101023	Soup, seaweed, with or without meat, vegetables & grains or pasta	0.2
21101025	Soup, wonton, clear broth with dumplings	0.3
21102001	Soup, broth, Asian style, with egg & rice	0.1
21102004	Soup, minestrone, prepared, from cafe or restaurant	0.2
21102005	Soup, minestrone, prepared with stock or water, homemade from basic ingredients	0.2
21102009	Soup, mixed vegetable & pasta or grains, prepared with stock or water, homemade from basic ingredients	0.1
<b>212</b>	<b>Dry soup mix</b>	
21201001	Soup, Asian style meat & vegetable, with noodles, cup of soup, instant dry mix	0.5
21201002	Soup, Asian style seafood & vegetable, with noodles, cup of soup, instant dry mix	0.5
21201004	Soup, chicken & noodle, cup of soup, instant dry mix	1.2
21201007	Soup, chicken & vegetable, with pasta or croutons, cup of soup, instant dry mix	1.2
21202005	Soup, tomato, with or without noodles, cup of soup, instant dry mix	0.8
<b>213</b>	<b>Soup, prepared from dry soup mix</b>	
21301003	Soup, chicken & noodle, cup of soup, prepared from instant dry mix with water	0.1
21302002	Soup, cup of soup style with croutons, prepared from instant dry mix with water	0.4
21302005	Soup, tomato, with or without noodles, cup of soup, prepared from instant dry mix with water	0.1
<b>215</b>	<b>Soup, commercially sterile, prepared from condensed or sold ready to eat</b>	
21501001	Soup, chicken & noodle, ready to eat, canned	0.2
21502007	Soup, vegetable, ready to eat, canned	0.2
<b>216</b>	<b>Soup, not commercially sterile, purchased ready to eat</b>	
21601004	Soup, laksa, beef, chicken or pork, with noodles, prepared with coconut milk	0.3
21601005	Soup, laksa, prawn or seafood, with noodles, prepared with coconut milk	0.3
<b>23</b>	<b>SAVOURY SAUCES AND CONDIMENTS</b>	
<b>231</b>	<b>Gravies and savoury sauces</b>	
23101002	Gravy, prepared, commercial	1.2
23101003	Gravy, prepared from pan-drippings	0.7
23101005	Gravy, prepared, reduced salt, commercial	1.2
23103014	Sauce, HP, commercial, regular	0.2
23103026	Sauce, teriyaki, commercial	0.4



Food group code /identification <sup>a</sup>	Food group name	Cereal fibre (g) per 100g
23108001	Sauce, cheese, homemade with undefined cows milk & fat	0.2
23108004	Sauce, mustard, homemade	0.1
23108007	Sauce, stroganoff, homemade	0.2
23108008	Sauce, white, savoury, homemade with an undefined cows milk & fat	0.3
23109009	Paste, wasabi, commercial	0.3
23110001	Casserole base, cream style, dry mix	3.2
23110002	Casserole base, dry mix	4.9
<b>234</b>	<b>Stuffings</b>	
23401001	Stuffing, bread-based, commercial	1.9
<b>235</b>	<b>Dips</b>	
23501010	Dip, tomato &/or capsicum, homemade	0.9
23502009	Dip, eggplant, commercial	0.5
23504001	Dip, taramosalata, commercial	0.8
23504002	Dip, taramosalata, homemade	0.8
<b>24</b>	<b>VEGETABLE PRODUCTS AND DISHES</b>	
<b>241</b>	<b>Potatoes</b>	
24102032	Potato scallop, deep fried, saturated frying fat, salted	0.6
24103003	Potato, mashed, with gravy, as purchased from a fast food outlet	0.4
<b>249</b>	<b>Dishes where vegetable is the major component</b>	
24901006	Curry, homemade, okra, with rice or noodles	0.6
24901016	Curry, homemade, vegetable, homemade sauce, with rice or noodles	0.4
24901019	Stir-fry, homemade, egg & vegetable, with rice or noodles	0.5
24901023	Stir-fry, homemade, vegetable, with noodles	0.8
24901024	Stir-fry, homemade, vegetable, with rice	0.4
24901026	Stir-fry, homemade, vegetable & nut or legume, with rice or noodles	0.5
24902002	Cabbage roll, stuffed with tomato & rice	0.3
24902003	Capsicum, stuffed with meat & rice	0.2
24902004	Capsicum, stuffed with tomato & rice	0.4
24902005	Mixed vegetables, stuffed with meat & rice	0.2

Food group code /identification <sup>a</sup>	Food group name	Cereal fibre (g) per 100g
24902006	Mushroom, stuffed with cheese & bacon	0.7
24902008	Vine leaf, stuffed with rice & meat, homemade from basic ingredients	0.1
24902009	Vine leaf, stuffed with rice & tomato, commercial	0.5
24902010	Vine leaf, stuffed with rice & tomato, homemade from basic ingredients	0.5
24902011	Tomato, stuffed with breadcrumbs, cheese & vegetables, cooked	0.3
24903001	Fritter, corn, fried or deep-fried	0.6
24903002	Fritter, zucchini, fried or deep-fried	0.8
24903003	Mixed vegetable, tempura coating, fried or deep fried, fat not further defined	0.3
24903004	Onion ring, breadcrumb coating, fried	1.5
24903006	Zucchini slice, with bacon	0.4
24903007	Zucchini slice, without bacon	0.4
24904016	Salad, garden, added grains, no added dressing	0.7
24904030	Salad, tabouleh, commercial	1.5
24904031	Salad, tabouleh, homemade from basic ingredients	1.4
24905004	Salad, caesar, made with lettuce, bacon, parmesan & croutons, no added dressing	0.7
24905005	Salad, caesar, made with lettuce, bacon, parmesan, croutons & egg, no added dressing	0.6
24905006	Salad, chicken caesar, made with lettuce, bacon, parmesan, croutons & chicken, no added dressing	0.5
24905007	Salad, chicken caesar, made with lettuce, bacon, parmesan, croutons, egg & chicken, no added dressing	0.4
<b>25</b>	<b>LEGUMES AND PULSE PRODUCTS AND DISHES</b>	
<b>252</b>	<b>Mature legume and pulse product dishes</b>	
25202004	Casserole, homemade, vegetable & tofu, homemade tomato based sauce, with rice or pasta	0.5
25202005	Curry, homemade, chick pea & vegetable, homemade sauce, with rice or noodles	0.5
25202009	Falafel, chickpea patty, deep fried, fat not further defined	0.3
25202010	Rissole or patty, vegetable or lentil, commercial, baked, fried, grilled or BBQ'd, no added fat	0.6
25202011	Rissole or patty, vegetable or lentil, commercial, baked, fried, grilled or BBQ'd, fat not further defined	0.5
25202012	Rissole or patty, vegetable or lentil, homemade, baked, fried, grilled or BBQ'd, no added fat	0.6
25202013	Rissole or patty, vegetable or lentil, homemade, baked, fried, grilled or BBQ'd, fat not further defined	0.5
<b>26</b>	<b>SNACK FOODS</b>	
<b>262</b>	<b>Corn snacks</b>	

Food group code /identification <sup>a</sup>	Food group name	Cereal fibre (g) per 100g
26201001	Corn chips, cheese flavoured, salted	6.4
26201002	Corn chips, other flavours, salted	6.4
26201003	Corn chips, plain, toasted, no added salt	6.6
26201004	Corn chips, plain toasted, salted	6.6
26201005	Corn chips, puffed, plain, salted	5.0
26201006	Corn chips, not further defined	6.5
26201007	Taco shell, from corn flour, plain	8.1
26202001	Popcorn, air-popped, no added fat or salt	15.8
26202002	Popcorn, commercial, butter flavoured, salted	8.5
26202003	Popcorn, microwaved, butter flavoured, salted	8.5
26202004	Popcorn, regular, unflavoured, salted, vegetable oil	15.3
26202005	Popcorn, regular, unflavoured, unsalted, vegetable oil	16.5
26202006	Popcorn, commercial, sugar coating	5.2
<b>263</b>	<b>Extruded or reformed snacks</b>	
26301001	Chip or crisp, soy	0.2
26301002	Extruded snack, cheese flavoured	1.0
26301003	Extruded snack, non-cheese flavoured	1.0
26301004	Grain waves wheat snack, plain, original	6.4
26301005	Grain waves wheat snack, cheese or sour cream & chives	5.7
26301006	Grain waves wheat snack, other flavours	5.6
26301007	Rice crisps or chips, extruded, flavoured	7.6
<b>264</b>	<b>Other snacks</b>	
26401001	Cracker, with cheddar cheese	1.2
26401002	Cracker, with cheese not further defined	1.2
26401003	Noodle snack, wheat, flavoured, dry	1.5
26401009	Pretzels, salted	3.9
26401010	Snack mix, Bhuja	0.7
26401011	Snack pack, savoury, corn & rice biscuit with salsa	0.5
26401012	Snack pack, savoury, rice cracker with reduced fat cheddar cheese	0.6

Food group code /identification <sup>a</sup>	Food group name	Cereal fibre (g) per 100g
26401013	Snack pack, savoury, white wheat flour biscuit with cheese	0.8
26401014	Snack pack, savoury, white wheat flour biscuit with processed cheese spread	1.3
26401015	Snack pack, savoury, white wheat flour biscuit with processed vegemite flavoured cheese spread	1.4
26401016	Snack pack, savoury, wholemeal wheat flour biscuit with processed cheese spread	2.8
<b>28</b>	<b>CONFECTIONERY AND CEREAL/NUT/FRUIT/SEED BARS</b>	
<b>281</b>	<b>Chocolate and chocolate-based confectionery</b>	
28102004	Bar, nougat & nut centre, chocolate-coated	0.2
28102005	Bar, wafer & hazelnut, milk chocolate-coated	0.3
28102006	Bar, wafer or biscuit, caramel & peanut, milk chocolate-coated	0.3
28103004	Bar, nougat & caramel centre, milk chocolate coated, battered, deep fried	0.1
28103006	Bar, wafer & cream layers, chocolate-coated	0.5
28103007	Bar, wafer & fudge, milk chocolate-coated	0.2
28103008	Bar, wafer or biscuit & caramel, milk chocolate-coated	0.4
<b>282</b>	<b>Fruit, nut and seed-bars</b>	
28201001	Confectionery, white Christmas, homemade	0.1
28202002	Bar, muesli or snack, with caramel & sesame seeds	0.1
<b>283</b>	<b>Muesli or cereal style bars</b>	
28301001	Bar, muesli or snack, made from breakfast cereal	1.7
28301002	Bar, muesli or snack, made from breakfast cereal with milk solids	2.6
28301003	Bar, muesli or snack, made from breakfast cereal, with chocolate coating, added vitamins B1, B2, B3, B6 & folate, Ca, Fe & Zn	1.7
28301004	Bar, muesli or snack, made from puffed rice, added vitamins B1, B2, B3, C & folate, Fe, & Zn	0.5
28301005	Bar, muesli or snack, made from puffed rice, with chocolate flavour, chips or coating	1.5
28301006	Bar, snack style, chocolate fortified cereal, milk solids	2.1
28302001	Bar, muesli or snack, plain or with 10% dried fruit	6.9
28302002	Bar, muesli or snack, plain or with 10% dried fruit, added vitamins B1, B2, B3, folate & Fe	6.9
28302003	Bar, muesli or snack, plain or with 10% dried fruit, high fibre, added vitamins B1, B2, B3, B6, E, & folate, Fe & Zn	10.7
28302004	Bar, muesli or snack, with 10% dried fruit & 5% nuts	6.6
28302005	Bar, muesli or snack, with 10% dried fruit & 10% nuts	6.2
28302006	Bar, muesli or snack, with 10% dried fruit & 45% nuts, chocolate-coated	1.8

Food group code /identification <sup>a</sup>	Food group name	Cereal fibre (g) per 100g
28302007	Bar, muesli or snack, with 10% dried fruit & 60% nuts	2.3
28302008	Bar, muesli or snack, with 10% dried fruit & 60% nuts, yoghurt-coated	2.1
28302009	Bar, muesli or snack, with 15% dried fruit & 25% nuts, added vitamins B1, B2, B3, C & folate, Fe, & Zn	3.5
28302010	Bar, muesli or snack, with 20% dried fruit & 5% nuts	8.1
28302011	Bar, muesli or snack, with 20% dried fruit & 20% nuts, chocolate base	3.2
28302012	Bar, muesli or snack, with 30% dried fruit & 30% nuts	3.5
28302013	Bar, muesli or snack, with 10% nuts	7.7
28302014	Bar, muesli or snack, with 10% nuts, added flaxseeds	5.2
28302017	Bar, muesli or snack, gluten free, with 20% dried fruit & 20% seeds	0.4
28302018	Bar, muesli or snack, made from breakfast cereal with dried fruit	1.0
28302019	Bar, muesli or snack, made from breakfast cereal with nuts	2.6
28302020	Bar, muesli or snack, made from breakfast cereal, with chocolate & nuts, added vitamins B1, B2, B3, C & folate, Fe & Zn	0.8
28302021	Bar, muesli or snack, not further defined	5.7
28303001	Bar, muesli or snack, plain or with 10% dried fruit, chocolate-coated	4.4
28303002	Bar, muesli or snack, plain or with 10% dried fruit, yoghurt-coated	5.4
28303003	Bar, muesli or snack, plain or with 10% dried fruit, yoghurt-coated, added vitamins B1, B2, B3, folate & Fe	4.4
28303004	Bar, muesli or snack, with 15% dried fruit & 15% nuts, yoghurt-coated	4.6
28303005	Bar, muesli or snack, with 30% dried fruit, yoghurt-coated, added vitamins B1, B2, B3, folate & Fe	4.1
28303006	Bar, muesli or snack, with 10% nuts, chocolate-coated	6.2
28303007	Bar, muesli or snack, with chocolate chips or coating	6.3
28303008	Bar, muesli or snack, made from puffed rice, with chocolate flavour, chips or coating, added vitamins B1, B2, B3, C & folate, Fe, & Zn	0.4
28303009	Bar, muesli or snack, made from puffed rice, with yoghurt flavour coating, added vitamins B1, B2, B3, C & folate, Fe, & Zn	0.4
28304001	Bar, muesli or snack, fruit filled, baked	3.1
28304002	Bar, muesli or snack, fruit filled, high fibre, baked	5.3
28305004	Bar or biscuit, high protein, chocolate flavour, commercial	0.8
<b>284</b>	<b>Other confectionery</b>	
28401007	Licorice, black	3.0
28401008	Licorice, flavoured	3.0
28401009	Licorice, allsorts	1.2

Food group code /identification <sup>a</sup>	Food group name	Cereal fibre (g) per 100g
28405001	Confectionery, chocolate crackle	0.2
28405002	Confectionery, honey joy	1.3
<b>29</b>	<b>ALCOHOLIC BEVERAGES</b>	
<b>295</b>	<b>Other alcoholic beverages</b>	
29505002	Mirin	0.1
<b>30</b>	<b>SPECIAL DIETARY FOODS</b>	
<b>301</b>	<b>Formula dietary foods</b>	
30102004	Meal replacement drink, coffee flavour, added fibre, prepared with milk, any type	0.3
30102005	Meal replacement drink, coffee flavour, added fibre, prepared with water	0.3
30102009	Meal replacement drink, non-coffee flavours, added fibre, prepared with milk, any type	0.3
30102010	Meal replacement drink, non-coffee flavours, added fibre, prepared with water	0.3
30103002	Meal replacement powder, coffee flavour, added fibre	1.5
30103004	Meal replacement powder, non-coffee flavours, added fibre	1.5
30106001	Beverage, medical or special purpose, added vitamins & minerals	0.2
<b>31</b>	<b>MISCELLANEOUS</b>	
<b>313</b>	<b>Herbs, spices, seasonings and stock cubes</b>	
31303001	Seasoning mix, chilli-based, for tacos	1.3
<b>315</b>	<b>Chemical raising agents and cooking ingredients</b>	
31501001	Baking powder, dry powder	0.1
<b>32</b>	<b>INFANT FORMULAE AND FOODS</b>	
<b>322</b>	<b>Infant cereal products</b>	
32201001	Infant cereal, added vitamin C & Fe	1.7
32201002	Infant cereal, added vitamin C & Fe, prepared with water	0.2
32202001	Infant rusk, teething	4.8
<b>323</b>	<b>Infant foods</b>	
32302001	Mixed dish, infant food, meat & vegetable, puree or mash	0.1

a. Food group code/ identification derived from AUSNUT 2011-13 Food Nutrient Database, where two-digit codes indicate major food group, three-digit codes indicate sub-major food group, five-digit codes indicate minor food group, and eight-digit codes indicate food identification code.