

## Weight change factors

### Weight changes and the nutrition information panel

The cooking process may change the weight of the recipe's ingoing ingredients, due to gains and/or losses in both water and/or fat. You need to take this weight change into account when producing a nutrition information panel.

### About weight changes

Weight change factors can be either negative (e.g. where a food loses moisture during cooking) or positive (e.g. where a dried legume absorbs water during boiling).

Weight changes in cooking can be influenced by a number of factors. For example, the degree of change can depend on the type of processing equipment used. Even the absence of a saucepan lid can have a big impact on the weight of a cooked food like a stew, due to evaporation of water. The degree of weight change can also depend on the surface area of the food, the processing time, and the cooking temperatures.

### About the weight change factors listed here

To assist you, a table of weight change factors has been provided below. These weight change factors have been drawn from numerous local and overseas sources. Values are not provided for some food groups due to the great variability within these groups.

These weight change factors are indicative of the net weight changes that occur in cooking. The majority of changes result from the loss or gain of water. But for foods including meats and fried foods, there may also be a loss or gain of fat.

You should note that these weight change factors are based on domestic food measures and cooking situations. As such, you should use these factors with caution because they do not account for industrial processes, where foods are processed in bulk amounts or where they are only partially hydrated.

The weight change factors listed here are indicative only, and are provided solely as a guide. It is better to calculate your own. The Explanatory Notes tells you how.

Food group ID	Food group name	Food description	Preparation method	Weight change factor
<b>02 CEREALS AND CEREAL PRODUCTS</b>				
<b>02A1 Flours, grains and starches</b>				
02A1	Grains, rice	Rice, grain	Boiled, Stewed, Pressure cooker stewed, Microwave stewed	170
02A1	Grains, rice	Rice, flavoured	Simmered	170
02A1	Grains, cornmeal	Cornmeal (polenta)	Simmered	557
02A1	Grains, cornmeal	Cornmeal (polenta), prepared	Simmered	-5
02A1	Grains, other than rice	Millet	Boiled, Stewed, Pressure cooker stewed, Microwave stewed	140
02A1	Grains, other than rice	Spelt	Boiled, Stewed, Pressure cooker stewed, Microwave stewed	80
02A1	Grains, other than rice	Other grains including barley, buckwheat, oat flakes, amaranth, quinoa and wheat	Boiled, Stewed, Pressure cooker stewed, Microwave stewed	200
<b>02A1 Noodles and pasta</b>				
02A1	Pasta	Dried pasta, white or wholewheat, including spaghetti, macaroni, fusilli, tagliatelle, penne, shells, twists, spirals, etc.	Boiled	131
02A1	Pasta	Fresh pasta, unfilled	Boiled	76
02A1	Pasta	Previously cooked pasta	Heated	-5
02A1	Noodles	Noodles, including Asian style, egg noodles etc.	Boiled	156

Food group ID	Food group name	Food description	Preparation method	Weight change factor
02A1	Noodles	Previously cooked noodles including Asian style, egg noodles etc.	Heated	-5
<b>02B1 Bread and bread products</b>				
02B1	Breads and bread rolls	Breads and bread rolls, white	Baked, from raw ingredients	-9
02B1	Breads and bread rolls	Breads and bread rolls, white	Toasted, Grilled	-15
02B1	Breads and bread rolls	Breads and bread rolls, mixed grain	Baked, from raw ingredients	-9
02B1	Breads and bread rolls	Breads and bread rolls, mixed grain	Toasted, Grilled	-15
02B1	Breads and bread rolls	Breads and bread rolls, wholemeal	Baked, from raw ingredients	-9
02B1	Breads and bread rolls	Breads and bread rolls, wholemeal	Toasted, Grilled	-15
02B1	Breads and bread rolls	Breads and bread rolls, rye	Baked, from raw ingredients	-9
02B1	Breads and bread rolls	Breads and bread rolls, rye	Toasted, Grilled	-15
02B1	Breads and bread rolls	Breads and bread rolls, fibre-increased	Baked, from raw ingredients	-9
02B1	Breads and bread rolls	Breads and bread rolls, fibre-increased	Toasted, Grilled	-15
02B1	Savoury filled or topped breads and bread rolls	Garlic bread, foccacia, bread with cheese, bacon, vegetables, fruit etc.	Baked, from raw ingredients	-9
02B1	Savoury filled or topped breads and bread rolls	Garlic bread, foccacia, bread with cheese, bacon, vegetables, fruit etc.	Toasted, Grilled	-10
02B1	Savoury filled or topped breads and bread rolls	Garlic bread, foccacia, bread with cheese, bacon, vegetables, fruit etc.	Pan-fried	-19
02B1/ 02F4	Tortilla, taco shells and corn bread	Tortillas	Pan-fried, from raw ingredients	-18
02B1	Flat breads	Puri, traditional South Asian food, white or brown	Deep-fried	-19
<b>02B2 English-style muffins and crumpets</b>				
02B2	English-style muffins	English-style muffins	Baked, from raw ingredients	-13
02B2	English-style muffins	English-style muffins	Toasted, Grilled	-14
02B2	Crumpets	Crumpets	Baked, from raw ingredients	-10
02B2	Crumpets	Crumpets	Toasted, Grilled	-10
<b>02C1/ 02C2 Biscuits</b>				
02C1	Biscuits, savoury	Biscuits, savoury, plain, low to moderate fat (<6%)	Baked, from raw ingredients	-13
02C1	Rice and corn crackers and cakes,	Rice cakes	Baked, from raw ingredients	-11
02C2	Biscuits, sweet	Biscuits, sweet, plain or flavoured, including short bread	Baked, from raw ingredients	-13
02C2	Biscuits, sweet	Biscuits, sweet, plain, with fruit or nuts	Baked, from raw ingredients	-7
02C2	Biscuits, sweet	Biscuits, sweet, fruit-filled or fancy	Baked, from raw ingredients	-7
02C2	Biscuits, sweet	Biscuits, sweet, cream-filled	Baked, from raw ingredients	-9
02C2	Biscuits, sweet	Biscuits, sweet, chocolate chip, homemade	Baked, from raw ingredients	-7
02C1/ 02C2	Biscuits, savoury and sweet	Short crust biscuit, flaky biscuit	Baked, from raw ingredients	-20
<b>02D1 Breakfast cereals, ready to eat</b>				
02D1	Breakfast cereal, bran	Breakfast cereal, bran	Baked, from raw ingredients	-11

Food group ID	Food group name	Food description	Preparation method	Weight change factor
02D1	Breakfast cereal, mixed grain	Breakfast cereal, mixed grain	Baked, from raw ingredients	-11
02D1	Breakfast cereal, muesli	Breakfast cereal, mixed grain, with fruit and/or nuts, including muesli	Toasted	-11
<b>02D2 Breakfast cereals, cooked</b>				
02D2	Breakfast cereal, cooked	Breakfast cereal, hot porridge type, made from oats, including plain, flavoured and added fruit varieties, prepared	Simmered, Boiled	-16
02D2	Breakfast cereal, cooked	Rice porridge (congee), prepared	Simmered	-16
02D2	Breakfast cereal, cooked	Breakfast cereal, hot porridge type, made from cooked grains other than rice, prepared	Simmered	-13
<b>02E1 Cakes, cake mixes, slices, muffins, cake-type desserts</b>				
02E1	Cakes	Cakes with fruit	Baked, from raw ingredients	-6
02E1	Cakes	Cakes with no fruit	Baked, from raw ingredients	-11
02E1	Cake mixes	Cake mixes	Baked, from cake mix	-13
02E1	Cake-type muffins and mixes	Cake-type muffins and mixes	Baked, from raw ingredients	-9
02E1	Cake-type desserts	Cake-type desserts including	Boiled, Stewed, Pressure cooker stewed, Microwave stewed	-7
02E1	Cake-type desserts	Cake-type desserts, including puddings	Steamed, from raw ingredients	1
02E1	Slices	Cake type slices and biscuits	Baked, from raw ingredients	-8
02E1	Other desserts containing cereal	Sweet rice pudding, zarda, traditional South Asian, Pakistani food	Boiled, Stewed in milk	-1
<b>02E2 Buns and scones</b>				
02E2	Sweet breads, buns and scrolls	Buns and yeast-based products	Baked, from raw ingredients	-14
02E2	Scones and rock cakes	Scones	Baked, from raw ingredients	-20
<b>02E3 Batter-based products</b>				
02E3	Doughnuts	Doughnuts, yeast type	Deep-fried, from raw ingredients	6
02E3	Doughnuts	Doughnuts, cake type	Baked, from raw ingredients	-4
02E3	Pancakes and crepes	Pancakes and crepes, sweet, savoury or stuffed	Fried	-11
02E3	Drop scones and pikelets	Drop scones and pikelets	Grilled, from raw ingredients	-16
02E3	Batters and batter puddings	Yorkshire Pudding	Baked, from raw ingredients	-16
02E3	Waffles	Waffles, from raw ingredients	Contact fried	-22
<b>02E4 Pastries, pies and tarts</b>				
02E4	Pastries	Pastry, croissant, puff pastry with butter	Baked, from raw ingredients	-20
02E4	Pastries	Vol au vent case	Baked, from raw ingredients	-20
<b>02E5 Sweet pastry products</b>				
02E5	Sweet pastry products, single crust	Tarts and flans	Baked, from raw ingredients	-7
02E5	Sweet pastry products, double crust	Pies, slices and danishes	Baked, from raw ingredients	-7
<b>02E6 Savoury pastry products</b>				
02E6	Savoury pastry products	Chiko-type rolls, dim sims and spring rolls	Boiled or steamed, from raw	30
02E6	Savoury pastry products	Chiko-type rolls, dim sims and spring rolls	Deep-fried	-14
02E6	Savoury pastry products	Chiko-type rolls, dim sims and spring rolls	Pan-fried	-18

Food group ID	Food group name	Food description	Preparation method	Weight change factor
02E6	Savoury pastry products, single crust	Quiches, tarts and flans	Baked, from raw ingredients	-14
	Savoury pastry products, doubled			
02E6	crust	Pies, rolls, samosas and envelopes	Baked, from raw ingredients, Fried	-15
<b>02F Mixed dishes where cereal is the major ingredient</b>				
02F1	Pizza	Bread, pizza base, thick	Baked, from raw ingredients	-16
02F1	Pizza	Bread, pizza base, thin	Baked, from raw ingredients	-15
02F2	Sandwiches and filled rolls	Sandwiches	Grilled	-18
02F4	Savoury dumplings	Savoury dumplings	Steamed	39
	Savoury pasta/noodle and sauce			
02F4	dishes	Ravioli	Boiled	18
	Savoury pasta/noodle and sauce	Lasagne, savoury pasta and sauce		
02F4	dishes	dishes, noodle stew with beef, etc	Baked, Stewed	-19
02F4	Savoury pasta/noodle and sauce	Dehydrated pasta or noodle mixed	Reconstituted according to manufacturer's instructions, baked	586
02F4	Savoury rice-based dishes	Risotto, made from pre-cooked rice	Stewed	-34
<b>03 EGGS</b>				
03A1	Eggs, chicken	Eggs, chicken	Fried, Boiled, Scrambled	-12
03B1	Egg dishes, chicken, savoury	Eggs, chicken, benedict	Scrambled	-2
03B1	Egg dishes, chicken, savoury	Eggs, chicken, omelette	Fried, Baked	-8
03B1	Egg dishes, chicken, savoury	Eggs, chicken, soufflé	Fried, Baked	-8
03B1	Egg dishes, chicken, savoury	Quiche	Baked, from raw ingredients	-21
<b>05 FISH AND FISH PRODUCTS</b>				
<b>05A1 Fin fish</b>				
05A1	Fin fish, fresh or frozen	Whole fish	Microwaved	-21
05A1	Fin fish, fresh or frozen	Whole fish	Earth oven cooking	-27
		Whole fish or fillets, floured or non-floured		
05A1	Fin fish, fresh or frozen		Fried	-30
05A1	Fin fish, fresh or frozen	Whole, very small fish, floured	Shallow fried	-38
05A1	Fin fish, fresh or frozen	Whole fish or fillets	Baked, Grilled, Barbecued	-24
05A1	Fin fish, fresh or frozen	Fillets	Steamed, Boiled, Poached	-16
05A1	Fin fish, battered or crumbed	Fish finger	Deep Fried, Pan-fried, Baked	-12
05A1	Fin fish, breaded	Whole fish or fillets, breaded	Fried	-19
05A1	Fin fish, breaded	Whole, very small fish, breaded	Fried	-27
05A1	Smoked fish	Smoked fish	Baked, Grilled	-25
05A1	Smoked fish	Smoked fish	Microwaved, Poached, Steamed	-17
<b>05C1 Crustacea and molluscs</b>				
05C1	Crustacea, fresh or frozen	Prawn, king, garlic, homemade	Poached	-20
05C1	Molluscs	Squid or calamari	Poached	-20
	Crustacea and molluscs, battered or crumbed	Crustacea and molluscs, battered or crumbed		
05C1	crumbed		Pan-fried, from raw ingredients	-16
<b>Processed fish, crustacea and molluscs</b>				
<b>05D1/05D2</b>				
05D1	Packed Fin Fish	Packed fin fish, drained	Microwaved, Poached, Steamed	-17
05D1	Packed Fin Fish	Packed fin fish, drained	Baked	-24
05D1	Packed Fin Fish	Packed fin fish, drained	Grilled	-26
<b>05D1/05D2 Mixed dishes where fish or seafood is the major ingredient</b>				
	Mixed dishes with fish as the major ingredient	Mixed dishes with fish as the major ingredient, with cereal products, from raw ingredients	Stewed	-16
05D1	ingredient			
	Mixed dishes with fish as the major ingredient	Cod fillet, cooked, with sauce	Stewed	-33
05D1	ingredient			

Food group ID	Food group name	Food description	Preparation method	Weight change factor
05D2	Mixed dishes with crustacea, molluscs or other seafood products as the major ingredient	Includes seafood stir-fries and curries with sauce	Fried, Baked	-17
05D2	Mixed dishes with crustacea, molluscs or other seafood products as the major ingredient	Mixed dishes with crustacea, molluscs or other seafood products as the major ingredient, with cereal products, from raw ingredients	Baked	-18
<b>06 FRUIT</b>				
<b>06C1 Stone fruit</b>				
06C1	Stone fruit	Apricots	Stewed	135
06C1	Stone fruit	Peaches, frozen, unsweetened	Stewed	87
06C1	Stone fruit	Plums	Stewed	151
06C1	Stone fruit	Stone fruit, unspecified	Stewed	122
<b>06D1 Other fruit</b>				
06D1	Apples	Apples	Microwaved	-6
06D1	Apples	Apples, sweetened/unsweetened	Baked	-7
06D1	Apples	Apples, sweetened/unsweetened/intense sweetened	Stewed	89
06D1	Apples	Apple puree, apple jelly	Stewed	-11
06D1	Bananas	Bananas	Baked	-20
06D1	Pears	Pears	Stewed	115
<b>06C1/06D1 Dried or preserved fruit</b>				
06D1	Dried fruit and mixes	Apples, dried, soaked and prepared as per instructions	Boiled	300
06D1	Dried fruit and mixes	Figs, dried	Stewed	49
06D1	Dried fruit and mixes	Pears, dried	Stewed	113
<b>06E1 Mixed dishes where fruit is the major ingredient</b>				
06E1	Mixed dishes where fruit is the major ingredient	Mixed dishes where fruit is the major ingredient	Baked, from raw ingredients	-7
<b>08 MEAT, POULTRY AND GAME</b>				
08	Unspecified muscle meat	Unspecified muscle meat	Dry cooked and wet cooked, several methods	-30
<b>08A1/08A4 Beef and veal</b>				
08A1	Beef	Beef	Boiled	-39
08A1	Beef	Beef	Grilled	-30
08A1	Beef	Beef	Roasted	-37
08A1	Beef	Beef, rare	Dry cooked, several methods	-22
08A1	Beef	Beef, medium	Dry cooked, several methods	-22
08A1	Beef	Beef, well done and/or totally trimmed	Stewed	-37
08A1	Beef	Beef, unspecified level of doneness	Stewed	-40
08A1	Beef	Beef, pre-cooked slice	Heated	-10
08A1	Beef	Steak, rare	Pan-fried	-22
08A1	Beef	Steak, medium	Pan-fried	-29
08A1	Beef	Steak, trimmed and/or well done	Dry cooked, several methods	-37
08A1	Beef	Mince, patty	Pan-fried, Baked	-25
08A1	Beef	Mince, patty	Microwaved, Grilled, Boiled	-30
08A1	Beef	Roast, rare	Roasted	-26
08A1	Beef	Roast, medium	Roasted	-31

Food group ID	Food group name	Food description	Preparation method	Weight change factor
08A1	Beef	Roast, well done	Roasted	-43
08A1	Beef	Strips, stir fry	Stir fried	-45
08A4	Veal	Veal	Dry cooked, several methods	-30
08A4	Veal	Fillet, trimmed	Pan-fried	-41
08A4	Veal	Escalope, chop	Grilled, Pan-fried	-26
<b>08A2 Lamb and mutton</b>				
08A2	Lamb	Lamb	Boiled	-43
08A2	Lamb	Lamb	Dry cooked and wet cooked, several methods	-30
08A2	Lamb	Lamb	Grilled	-29
08A2	Lamb	Lamb	Stewed	-32
08A2	Lamb	Lamb or mutton	Fried	-33
08A2	Lamb	Lamb or mutton	Microwaved	-28
08A2	Lamb	Lamb or mutton	Roasted, Baked	-29
<b>08A3 Pork</b>				
08A3	Pork	Pork	Stewed, Boiled	-38
08A3	Pork	Steak	Pan-fried	-17
08A3	Pork	Mince, patty	Pan-fried, Grilled, Baked	-25
08A3	Pork	Roast, chop, stir fry strips, diced	Roasted, Baked, Pan-fried, Stir fried, Barbecued	-29
<b>08B1 Game and other carcase meats</b>				
08B1	Goat	Goat	Microwaved	-28
08B1	Goat	Goat	Roasted, Baked	-29
08B1	Game and other carcase meats	Rabbit, whole	Roasted	-12
<b>08C1/08C2 Poultry and other feathered game</b>				
08C1	Chicken	Chicken	Grilled	-27
08C1	Chicken	Chicken	Microwaved	-22
08C1	Chicken	Chicken	Pan-fried, deep-fried	-31
08C1	Chicken	Chicken	Roasted, Baked	-33
08C1	Chicken	Chicken	Stewed, Steam baked	-25
08C1	Other poultry	Turkey breast or escalope	Deep-fried	-35
08C1	Other poultry	Turkey breast or escalope	Pan-fried	-24
08C1	Other poultry	Turkey, restructured steak	Grilled, Baked	-21
08C1	Other poultry	Turkey, whole, leg	Baked, Roasted	-43
08C2	Feathered game	Ostrich, fillet, sirloin or leg	Pan-fried, Baked	-37
<b>08D1 Offal and offal products</b>				
08D1	Heart	Beef	Stewed, Cooked in sauce	-34
08D1	Kidney	Pork	Pan-fried	-30
08D1	Kidney	Pork	Stewed, Cooked in sauce	-49
08D1	Liver	Beef	Stewed, Cooked in sauce	-23
08D1	Liver	Beef, pork or chicken	Pan-fried	-18
08D1	Tongue	Veal	Boiled	-20
<b>08E2 Sausages, frankfurts and saveloys</b>				
08E2	Sausage	Sausage	Boiled	-6
08E2	Sausage	Cooked and canned	Heated by boiling	3
08E2	Sausage	German sausage, Obertlander or Rote style	Pan-fried	-6
08E2	Sausage	German sausage, Rheinische style	Pan-fried	-15
08E2	Sausage	Sausage	Grilled, Pan-fried	-23
08E2	Frankfurts and saveloys	Frankfurts and saveloys	Boiled	-3
<b>08E3 Processed meat</b>				

Food group ID	Food group name	Food description	Preparation method	Weight change factor
08E3	Bacon	Bacon	Baked	-66
08E3	Bacon	Bacon	Grilled	-32
08E3	Bacon	Bacon	Microwaved	-36
08E3	Bacon	Bacon	Pan-fried	-40
08E3	Bacon	Bacon, mild cure	Boiled	-20
08E3	Processed delicatessen meat, red	Beef	Smoked, Baked	-34
08E3	Processed delicatessen meat, white	Pork	Smoked, Baked	-34
08E3	Processed delicatessen meat, white	Turkey	Smoked, Baked	-27
08E3	Processed delicatessen meat, white	Meatloaf, from raw ingredients	Baked	-23
<b>08F1 Mixed dishes where beef, lamb and pork is the major ingredient</b>				
08F1	Beef or veal stew, casserole or stir fry, with cereal products	Beef or veal, with cereal products, from raw ingredients	Stewed, Simmered, Stir fried	-14
08F1	Beef or veal stew, casserole or stir fry, with gravy or sauce only	General value for dishes including stews, casseroles & dishes like moussaka or goulash	Stewed, Baked	-41
08F1	Beef or veal, crumbed, battered, meatloaf or patty type with cereal	Breaded or battered escalope, schnitzel, milanesas, burger, mince with cereal, beef based meat ball, kofte etc.	Grilled, Pan-fried, Deep-fried	-25
08F1	Beef or veal, crumbed, battered, meatloaf or patty type, with vegetable	Beef or veal, crumbed, battered, meatloaf or patty type with vegetable, from raw ingredients	Pan-fried	-20
08F1	Beef or veal, crumbed, battered, meatloaf or patty type, with cereal and vegetable	Beef or veal, crumbed, battered, meatloaf or patty type with cereal and vegetable, from raw ingredients	Pan-fried, Grilled, Baked, Microwaved	-16
08F1	Lamb stew, casserole or stir fry, with cereal products	Lamb, with cereal products, from raw ingredients	Stewed	-16
08F1	Lamb stew, casserole or stir fry, with gravy or sauce only	Lamb kebab, traditional South Asian food	Grilled	-24
08F1	Lamb stew, casserole or stir fry, with gravy or sauce only	Palusami, traditional Fijian mixed food	Earth oven cooked, Steamed	-31
08F1	Lamb stew, casserole or stir fry, with gravy or sauce only	General value for dishes including Irish stew, Lancashire hotpot and pot roast	Stewed, Baked, Stir fried	-31
08F1	Lamb crumbed, battered, meatloaf or patty type with cereal	Lamb, crumbed, battered, meatloaf or patty type with cereal, from raw ingredients	Pan-fried	-25
08F1	Lamb crumbed, battered, meatloaf or patty type with vegetable	Lamb, crumbed, battered, meatloaf or patty type with vegetable, from raw ingredients	Pan-fried	-25
08F1	Lamb crumbed, battered, meatloaf or patty type with cereal and vegetable	Lamb, crumbed, battered, meatloaf or patty type with cereal and vegetable, from raw ingredients	Pan-fried	-25
08F1	Unspecified red meat, mixed dish	Meat, with cereal products, from raw ingredients	Stewed, Simmered, Stir fried	-18
08F1	Unspecified red meat, mixed dish	Meat, with gravy or sauce only, from raw ingredients	Stewed, Simmered, Stir fried	-22
<b>08F1 Mixed dishes where pork, bacon or ham is the major ingredient</b>				

Food group ID	Food group name	Food description	Preparation method	Weight change factor
08F1	Pork, bacon, ham stew, casserole, stir fry with cereal products	Pork, bacon, ham, with cereal products, from raw ingredients	Stewed, Simmered, Stir fried	-13
08F1	Pork, bacon, ham stew, casserole, stir fry with gravy or sauce only	Dishes including stews, stir fries, casseroles, kebabs, sweet and sour pork, goulash etc.	Stewed, Simmered, Stir fried	-35
08F1	Pork, bacon, ham, crumbed, battered, meatloaf or patty type with either cereal and/or vegetable	Chops, escalope, schnitzel (crumbed or battered), pork based meat balls with vegetable and cereal	Pan Fried, Deep-fried	-14
08F1	Pork sausage dishes	Pork sausage dishes, from raw ingredients	Stewed	-15
08F1	Unspecified meat, mixed dish	Burger, mince, meat ball, meat loaf, either unknown composition or beef & pork mixture	Pan Fried, Deep-fried	-16
08F1	Unspecified meat, mixed dish	Burger, mince, meat ball, meat loaf, either unknown composition or beef & pork mixture	Stewed, Baked, Boiled	-20
<b>08F1 Mixed dishes where poultry or game is the major ingredient</b>				
08F1	Poultry or game stew, casserole or stir fry, with cereal products	Poultry or game, with cereal products, from raw ingredients	Stewed, Stir fried	-16
08F1	Poultry or game stew, casserole or stir fry, with gravy or sauce only	Chicken soup pot, canned	Heated	-1
08F1	Poultry or game stew, casserole or stir fry, with gravy or sauce only	Dishes including chicken curries and traditional South Asian foods	Fried, Stir fried, Grilled, Stewed	-19
08F1	Poultry or game, crumbed, battered, meatloaf or patty type with cereal	Breaded chicken or turkey breast, leg or escalope	Pan-fried, Deep-fried	-25
08F1	Poultry or game, crumbed, battered, meatloaf or patty type with cereal	Chicken nuggets, light	Fried	-4
08F1	Poultry or game, crumbed, battered, meatloaf or patty type with cereal	Chicken nuggets, tempura	Fried	-16
<b>09 MILK AND MILK PRODUCTS</b>				
<b>09D2 Dishes where milk is the major ingredient</b>				
09D2	Custard	Custard, regular fat, from powder	Simmered	-15
09D2	Custard	Custard, regular fat, from raw ingredients	Simmered, Baked	-16
09D2	Dairy desserts	Blancmange	Boiled	-5
09D2	Dairy desserts	Milk pudding, rasmalai traditional South Asian milk dessert	Boiled, Baked	-19
09D2	Sweet sauces, milk-based	Sauce, chocolate, homemade	Simmered, from raw ingredients	-5
<b>10 SAVOURY SAUCES, CONDIMENTS, SOUPS AND SNACK FOODS</b>				
<b>10A1 Gravies and savoury sauces</b>				
10A1	Gravy, dry mix	Gravy, from dry mix	Simmered	-14
10A1	Gravy, prepared	Gravy, from raw ingredients	Simmered	-20
10A1	Pasta and simmer sauces, tomato-based	Pasta sauce, tomato-based (no meat), from raw ingredients	Simmered	-17



Food group ID	Food group name	Food description	Preparation method	Weight change factor
	Pasta and simmer sauces, oil- cream- or cheese-based	Savoury sauces including white sauce, cheese sauce, bearnaise sauce, hollandaise sauce etc., homemade	Simmered	-14
10A1	Savoury sauces, dry mix	Savoury sauces, from dry mix	Simmered	-14
10A1	Savoury sauces	Savoury sauces, including tomato sauce, from raw ingredients	Simmered	-17
10A1	Savoury sauces	Savoury sauce, with onion, from meat-based stews and casseroles, from raw ingredients	Simmered	-17
10A1	Savoury sauces	Savoury pasta and sauce dishes	Casseroled, from raw ingredients	-9
10A1	Simmer sauces	Simmer sauces, from raw ingredients	Simmered	-18
<b>10C1 Soup (prepared, ready to eat)</b>				
10C1	Soup, containing chicken	Soup, containing chicken, from raw ingredients	Simmered	-19
10C1	Soup, containing fish or seafood	Soup, containing fish or seafood, from raw ingredients	Simmered	-15
10C1	Soup, containing meat (beef, lamb or ham)	Soup, containing shoulder or brisket, from raw ingredients	Simmered, Boiled	-21
10C1	Soup, tomato-based	Soup, tomato-based, from raw ingredients	Simmered	-19
10C1	Soup, pumpkin-based	Soup, pumpkin, homemade	Simmered	-15
10C1	Soup, other vegetable-based	Soup, vegetable-based, including leek, carrots etc.	Simmered	-19
<b>10C1 Soup (dry mix, reconstituted)</b>				
10C1	Soup, instant, dry mix	Soup, containing chicken, instant dry mix	Reconstituted with water, simmered	781
10C1	Soup, instant, dry mix	Soup, containing fish or seafood, instant dry mix	Reconstituted with water, simmered	615
10C1	Soup, instant, dry mix	Soup, containing meat (beef, lamb or ham), instant dry mix	Reconstituted with water, boiled or simmered	514
10C1	Soup, instant, dry mix	Soup, tomato-based, instant dry mix	Reconstituted with water, simmered	781
10C1	Soup, dry mix	Soup, tomato-based, from dry mix	Simmered	-19
10C1	Soup, instant, dry mix	Soup, pumpkin-based, instant dry mix	Reconstituted with water, simmered	865
10C1	Soup, instant, dry mix	Soup, vegetable-based, instant dry mix	Reconstituted with water, simmered	1081
10C1	Soup, dry mix	Soup, vegetable-based, from dry mix	Simmered	-19
10C1	Soup, dry mix	Soup, cottage cheese with barley, dry mix	Reconstituted with water, simmered	616
<b>10C1 Soup, canned, condensed</b>				
10C1	Soup, ready to eat, canned or microwaveable	Soup, containing chicken, canned, ready to eat	Heated	-1
10C1	Soup, ready to eat, canned or microwaveable	Soup, containing fish or seafood, canned, ready to eat	Heated	-1
10C1	Soup, ready to eat, canned or microwaveable	Soup, containing meat (beef, lamb or ham), canned, ready to eat	Heated	-1

Food group ID	Food group name	Food description	Preparation method	Weight change factor
10C1	Soup, ready to eat, canned or microwaveable	Soup, tomato-based, canned, ready to eat	Heated	-1
10C1	Soup, ready to eat, canned or microwaveable	Soup, pumpkin-based, canned, ready to eat	Heated	-1
10C1	Soup, ready to eat, canned or microwaveable	Soup, vegetable-based, canned, ready to eat	Heated	-1
<b>10D1 Potato snacks</b>				
10D1	Potato crisps	Potato crisps, slices coated with oil	Baked	-36
<b>10D1 Corn snacks</b>				
10D1	Corn chips	Corn chips	Baked	-17
10D1	Popcorn	Corn, popped in oil	Popped	-10
<b>11 SEEDS AND NUTS</b>				
<b>11A1 Seeds and seed products</b>				
11A1	Seeds	Seeds	Dry roasted	-6
11A1	Seeds	Seeds	Fat roasted	-2
<b>11B1 Nuts and nut products</b>				
11B1	Nuts	Peanuts	Dry roasted	-2
11B1	Nuts	Peanuts	Fat roasted	-2
<b>12 SUGAR PRODUCTS AND DISHES</b>				
<b>12A1 Sugar, honey and toppings</b>				
12A1	Toppings, sweet	Toppings, sweet, from raw ingredients	Boiled	-14
<b>12A1 Preserves and sweet spreads</b>				
12A1	Jams and conserves	Jams and conserves, from raw ingredients	Boiled, Simmered	-14
12A1	Spreads, sweet, fruit flavoured	Lemon butter, homemade	Simmered, from raw ingredients	-10
12A1	Spreads, sweet, other flavours	Spreads, sweet, from raw ingredients	Boiled	-14
<b>12A1 Dishes and products where sugar is the major ingredient</b>				
12A1	Sugar-based desserts	Sugar-based desserts including meringue etc. from raw ingredients	Baked	-25
12A1	Frostings and icings	Frostings and icings with added fat, from raw ingredients	Boiled	-14
<b>12C1 Chocolate and chocolate-based confectionery</b>				
12C1	Chocolate	Chocolate, from raw ingredients	Simmered	-23
12C1	Chocolate-based confectionery	Chocolate-based confectionery, from raw ingredients	Simmered	-23
12C1	Carob and carob- or yoghurt-based confectionery	Carob and carob- or yoghurt-based confectionery, from raw ingredients	Simmered	-23
<b>12C1 Other confectionery</b>				
12C1	Lollies and other confectionery	Lollies and other confectionery, from raw ingredients	Boiled	-19
<b>13 VEGETABLES</b>				
<b>13A1 Potatoes</b>				
13A1	Potatoes	Potatoes, with or without peel	Boiled, Steamed	-2
13A1	Potatoes	Potatoes, mashed	Boiled then mashed	-2
13A1	Potato dishes	Potato stew prepared from dry mix	Prepared as per manufacturer's instructions, heated	684
13A1	Potato dishes	Potato gnocchi, potato dumpling etc.	Boiled	7

Food group ID	Food group name	Food description	Preparation method	Weight change factor
13A1	Potato dishes	Potato dishes, with potato as the major ingredient, plus sauce, from raw ingredients	Baked	-12
13A1	Potato dishes	Potato dishes, with potato as the major ingredient, plus sauce, from raw ingredients	Pan-fried	-18
13A1	Potato dishes	Potato bake, scalloped potatoes etc.	Baked	-27
13A1	Potato products	Potato products with fat, including wedges, chips, croquettes etc.	Fried, Baked	-32
13A1	Potato products	Potato products, battered or crumbed, from raw ingredients	Baked	-39
13A1	Potato products	Potatoes, chips, hot, fries (8cm x 0.6cm x 0.6cm)	Baked	-30
13A1	Potato products	Potatoes, chips, hot, fries (8cm x 0.6cm x 0.6cm)	Deep-fried	-46
13A1	Potato products	Potatoes, chips, hot, fries (8cm x 0.6cm x 0.6cm)	Pan-fried	-27
13A1	Potato products	Potatoes, chips, hot, regular (6cm x 1cm x 1cm)	Baked	-24
13A1	Potato products	Potatoes, chips, hot, regular (6cm x 1cm x 1cm)	Deep-fried	-32
<b>13A1 Cabbage, cauliflower and similar brassica vegetables</b>				
13A1	brassica vegetables	Cabbage, cauliflower and similar Brussels sprouts	Boiled	6
13A1	brassica vegetables	Cabbage, cauliflower and similar Brussels sprouts	Steamed	5
13A1	brassica vegetables	Cabbage, cauliflower and similar Brassica vegetables	Microwaved	-15
13A1	brassica vegetables	Cabbage, cauliflower and similar Brassica vegetables	Stewed	-2
13A1	brassica vegetables	Cabbage, cauliflower and similar Brassica vegetables other than green cabbage and brussels sprouts, including savoy cabbage, white cabbage, red cabbage, kohlrabi and sauerkraut	Boiled, Steamed	-4
13A1	brassica vegetables	Cabbage, cauliflower and similar Cabbage and bok choy	Stir fried	-30
<b>13A1 Carrot and similar root vegetables</b>				
13A1	Carrot and similar root vegetables	Canned product	Stewed	-3
13A1	Carrot and similar root vegetables	Sweet potato	Boiled	5
13A1	Carrot and similar root vegetables	Sweet potato	Fried, Baked	-20
13A1	Carrot and similar root vegetables	Sweet potato	Steamed	-5
13A1	Carrot and similar root vegetables	Root vegetables other than sweet potato	Boiled, Baked, Stewed	-8
13A1	Carrot and similar root vegetables	Root vegetables other than sweet potato	Steamed, Microwaved	-12
<b>13A1 Leaf and stalk vegetables</b>				

Food group ID	Food group name	Food description	Preparation method	Weight change factor
13A1	Leaf and stalk vegetables	Leafy vegetables including spinach etc.	Boiled, Steamed, Pressure cooked, Microwaved, Stewed	-14
13A1	Leaf and stalk vegetables	Stalk vegetables including asparagus, celery, rhubarb, dill etc.	Boiled, Steamed, Pressure cooked, Microwaved, Stewed	-2
13A1	Leaf and stalk vegetables	Stalk vegetables including celery	Stir fried	-18
<b>13A1 Tomatoes</b>				
13A1	Tomato	Tomato	Boiled, Grilled	-20
13A1	Tomato	Tomato	Stewed	-10
<b>13A1 Other fruiting vegetables</b>				
13A1	Squash and zucchini	Zucchini, squash and choko	Boiled, Stewed	-20
13A1	Squash and zucchini	Zucchini, floured or battered	Fried, Shallow Fried, Stir fried	-40
13A1	Other fruiting vegetables	Eggplant	Grilled	-40
13A1	Other fruiting vegetables	Eggplant, green pepper, floured or battered	Shallow fried	-25
13A1	Other fruiting vegetables	Other fruiting vegetables including eggplant	Boiled, Microwaved, Stewed	-8
13A1	Other fruiting vegetables	Pumpkin	Baked	-15
13A1	Other fruiting vegetables	Pumpkin	Boiled	-4
<b>13A1 Other vegetables and vegetable combinations</b>				
13A1	Mixtures of two or more vegetables	Mixtures of two or more vegetables including cubed carrots and swedes, cut green beans, peas and corn	Boiled	-11
13A1	Mixtures of two or more vegetables	Mixture of two or more vegetables, canned	Heated	-5
13A1	Other vegetables	Cassava	Boiled	11
13A1	Other vegetables	Cassava	Earth oven cooked	-11
13A1	Other vegetables	Corn on cob	Boiled	-1
13A1	Other vegetables	Corn, kernels	Boiled, Steamed	-4
13A1	Other vegetables	Onion (cooked transparent), leek and garlic	Boiled, Baked, Pan Fried, Stewed	-13
13A1	Other vegetables	Onion (cooked brown)	Pan Fried	-44
13A1	Other vegetables	Other vegetables other than corn and mushrooms	Boiled, Steamed	-5
13A1	Other vegetables	Mushrooms, fresh, frozen or canned	Boiled, Pan-fried, Grilled	-33
13A1	Other vegetables	Mushrooms, dried, re-hydrated	Stewed, Grilled	-16
13A1	Other vegetables	Taro	Boiled	22
13A1	Other vegetables	Taro	Earth oven cooked	-17
<b>13A2 Legumes and pulses</b>				
13A2	Beans	Green beans and broad beans, fresh, frozen and canned	Boiled, Steamed, Microwaved, Heated	-7
13A2	Beans	Mung bean sprout, horse gram sprouts and other sprouts	Pressure cooker stewed, Microwave stewed	37
13A2	Mature legumes and pulses	Chickpea, common beans, split peas, whole lentils etc. dried	Boiled, Microwave stewed, Stewed	183
13A2	Peas and edible-podded peas	Chickpea and other sprouts	Pressure cooker stewed, Microwave stewed	16
13A2	Peas and edible-podded peas	Peas and edible-podded peas, fresh, frozen and canned	Boiled, Steamed, Microwaved, Heated	-9
13A2	Peas and edible-podded peas	Snowpeas	Stir fried	-20
<b>13B1 Mixed dishes where vegetable is the major ingredient</b>				

Food group ID	Food group name	Food description	Preparation method	Weight change factor
13B1	Vegetables and sauce	Frozen, ready to eat vegetarian meal	Heated on stove, Heated in microwave oven	0
13B1	Vegetables and sauce	Frozen, ready to eat vegetarian meal	Heated in oven	-7
13B1	Vegetables and sauce	Vegetables, canned, Pichelsteiner style	Heated	-1
13B1	Vegetables and sauce	Vegetable bake, casserole, chilli or curry	Baked, Stewed	-21
13B1	Vegetables and sauce only, from meat-based stews and casseroles	Vegetable stew with beef, from raw ingredients	Boiled, Pressure cooked	-13
13B1	Stuffed vegetable dishes	Stuffed vegetables and vegetable dishes, from raw ingredients	Pan-fried	-20
13B1	Stuffed vegetable dishes	Stuffed vegetables and vegetable dishes, from raw ingredients	Baked	-21
<b>13B2 Legume and pulse products and dishes</b>				
13B2	Dishes where mature legumes are the major ingredient	Canned products	Boiled, Pressure cooked	-1
13B2	Dishes where mature legumes are the major ingredient	Dishes including chilli con carne, bean stew, lentil stew with bacon, green peas stew etc.	Boiled, Pressure cooked, Fried, Baked, Grilled	-10
13B2	Dishes where mature legumes are the major ingredient	Dried products	As per manufacturer's instructions, boiled	350
13B2	Dishes where mature legumes are the major ingredient	Tofu	Pan-fried	-27