

FREQUENTLY ASKED QUESTIONS

GENERAL QUESTIONS

What does NUTTAB stand for?

NUTTAB is an abbreviation for **NUT**rient **TAB**les.

What is NUTTAB?

NUTTAB is a reference database that contains data on the nutrient content of Australian foods. NUTTAB is referred to as a reference database because it contains mostly analysed data. Only a small proportion of data in NUTTAB comes from other sources such as recipe calculations, food labels, imputing from similar foods or by borrowing from other countries.

The range of foods published in NUTTAB does not cover all the foods available in Australia. Foods included in NUTTAB tend to be those that are staple foods in our diet or commonly used ingredients in other foods. The range of nutrients presented for each food varies depending on the analytical data available. FSANZ tries to focus nutrient analysis on foods that are either a rich source of a nutrient or an important contributor to nutrient intakes.

What is *NUTTAB 2010*?

NUTTAB 2010 is FSANZ's most recent reference database, with data preparation completed in 2010.

How is *NUTTAB 2010* different from other NUTTAB publications?

NUTTAB 2010 incorporates FSANZ's most recent analytical data. Nutrient analysis has focussed on foods that are commonly consumed in Australia such as bread and milk, and foods that have changed in composition such as margarine spreads.

NUTTAB 2010 also includes revised sodium and fatty acid data for some processed foods and revised beef, lamb, veal, mutton and pork data.

Nutrient data for vitamin D, trans fatty acids and amino acids (including some original tryptophan values) have been provided as separate data files on the FSANZ website. This is due to the limited data available for these nutrients and, for vitamin D, concerns around the currently available analytical methods and results. Likewise, people looking for data on Indigenous foods should refer to the separate Indigenous food data file, also provided on the FSANZ website.

Errors identified in *NUTTAB 2006* have been fixed in *NUTTAB 2010*.

How is *NUTTAB 2010* published?

NUTTAB 2010 is published as:

- The *NUTTAB 2010* online searchable database which allows users to browse and search for information relating to specific foods and nutrients. It is available to all users from the FSANZ website (www.foodstandards.gov.au)
- The *NUTTAB 2010* electronic database files which allow users to incorporate food and nutrient data directly into Excel or specialised databases for manipulation. It is

available to all users from the FSANZ website (www.foodstandards.gov.au) as .txt (nutrient data) and .tab (food data) files.

Both the online searchable database and the electronic database files contain the same food and nutrient data.

Nutrient data for vitamin D, trans fatty acids and amino acids are provided as separate data files on the FSANZ website. Data on Indigenous foods are also provided in a separate data file on the FSANZ website.

Is *NUTTAB 2010* intended to replace older *NUTTAB* publications?

Yes, *NUTTAB 2010* is intended to replace *NUTTAB 2006*, *NUTTAB 1995*, its *1997 Supplement*, *Nutritional Values of Australian Foods* (1992), as well as *Food for Health* (1991).

NUTTAB 2010 is not intended to replace *AUSNUT 2007* developed to support the 2007 National Children's Nutrition and Physical Activity survey or *AUSNUT 1999* developed to support the 1995 National Nutrition Survey.

How do I get a copy of *NUTTAB 2010*?

NUTTAB 2010 is available from the FSANZ website. We will ask you to provide some basic details when requesting the electronic database files so that we can let you know about future updates and tailor future releases to best meet your needs.

Am I able to reproduce the nutrient data published in *NUTTAB 2010*?

The food composition data in *NUTTAB 2010* is copyright. *NUTTAB 2010* is licensed by FSANZ under a Creative Commons Attribution-ShareAlike 3.0 Australia licence. To view a copy of this licence, visit <http://creativecommons.org/licenses/by-sa/3.0/au/>

In essence, you are free to copy, communicate and adapt *NUTTAB 2010*, as long as you correctly attribute the work to FSANZ, distribute any derivative work (i.e. new work based on this work) only under this licence, and abide by the additional term for use of *NUTTAB 2010*. Further information is available from the FSANZ website. FSANZ reserves the right to set out the terms and conditions for the use of *NUTTAB 2010*.

Will FSANZ continue to publish updated versions of *NUTTAB*?

FSANZ hopes to continue gathering nutrient information from analyses conducted throughout the agency for presentation in upcoming *NUTTAB* publications. It is not possible to guarantee the timing of these future *NUTTAB* updates.

I think there might be a mistake in some of the data you have presented. How does this happen?

While FSANZ makes considerable effort to ensure the quality of data in *NUTTAB 2010*, FSANZ makes no warranty that the information contained in *NUTTAB 2010* will be free from error, or if used will ensure compliance with the relevant requirements of the *Australia New Zealand Food Standards Code*.

Before relying on the information presented in *NUTTAB 2010*, you should carefully evaluate the accuracy, completeness and relevance of this information for your purposes, and should consider the need to obtain appropriate expert advice relevant to your particular circumstances.

There are limitations associated with food composition databases. Nutrient data published in *NUTTAB 2010* may represent an average of the nutrient content of a particular sample of foods and ingredients, determined at a particular time. The nutrient composition of foods and ingredients can vary substantially between batches and brands because of a number of factors, including changes in season, changes in formulation, processing practices and ingredient source.

If I have a question that has not been answered here, who should I contact?

All food composition queries should be emailed to: npc@foodstandards.gov.au.

FOOD AND NUTRIENT DATA

Are the data published in *NUTTAB 2010* up to date?

The data published in *NUTTAB 2010* are mainly analytical data. Although *NUTTAB 2010* contains analytical data collected from the 1980s onwards, it contains a considerable amount of analytical data collected from recent analyses. In particular, there have been a considerable number of changes to sodium, fatty acid and folate values.

Does *NUTTAB 2010* include products recently released on the market?

Where possible, nutrient data for products that have recently come onto the market have been included, however, where no new nutrient data for such products are available, the older data remains. It is not possible to include data for every food that is available in Australia.

Where does the nutrient data published in *NUTTAB 2010* come from?

NUTTAB 2010 contains mainly analysed data for Australian foods. The analytical data have been generated by FSANZ, the food industry and the scientific community through published papers. Although most of the data are analysed, a small proportion of data in *NUTTAB 2010* are derived by calculation, imputation or by borrowing from overseas food composition tables. For example, data may be borrowed for foods which are largely imported.

Each food will be assigned a derivation code, so you can determine where the data came from. There is also some more detailed information about the origin of the data in the Sampling Details for each food.

How are nutrients selected for publication in *NUTTAB 2010*?

The range of nutrients published in *NUTTAB 2010* will vary on the analytical data available and the confidence FSANZ place in the data. For some foods, only a limited range of nutrient data are available, whereas other foods may have values for hundreds of nutrients and other food constituents such as caffeine. As nutrient analysis is expensive, FSANZ tries to focus

nutrient analysis for inclusion in NUTTAB on foods that are either a rich source of a nutrient or an important contributor to nutrient intakes.

Why don't the individual fatty acids or the fatty acid classes add up to the total fat?

The measured total fat content in foods is not 100% fatty acids. Foods contain small amounts of other types of fats such as sterols, waxes and phospholipids. Therefore, when you add together the individual fatty acids or classes of fatty acids, the total is slightly less than the reported fat content. For some unusual foods, such as brain, almost half the fat present is not fatty acids.

I was comparing the nutrient data of a specific branded product I have to a similar product in the *NUTTAB 2010* publication. Although the food descriptions are the same, why don't the nutrient data match?

Nutrient values reported under a specific food name in *NUTTAB 2010* are not necessarily derived from the analysis of a single product. In some cases, composite samples have been analysed, which means that a number of very similar products that are not necessarily the same brand have been blended together to form a single sample, and then a portion of this sample has been analysed. Nutrient levels in foods can also vary substantially over time and between brands and varieties due to factors such as season, origin, formulation changes and natural variation. If you have any questions about the nutrients in a specific product you should check with the manufacturer.

What is specific gravity and how am I supposed to use this information?

The specific gravity is provided in the Food File and refers to the density of a product. It is calculated from the ratio of the mass of 1 mL of a food or beverage to that of 1 mL of water.

$$\text{i.e. specific gravity (g/mL) = weight (g) of 100 mL of food or beverage/100}$$

You can use this information to estimate nutrient levels in 100 mL of a beverage or other liquid food. Liquid foods published in *NUTTAB 2010* are also presented based on a per 100 mL basis. Note that all solid foods have been allocated a specific gravity of 0 by default.

SUPPORTING DOCUMENTATION AND OTHER

I would like to compare nutrient data for a product published in *NUTTAB 2006* with a product published in *NUTTAB 2010*, but I am not sure if they are the same product as the Food ID codes differ. Can you help me?

A file has been created that links foods published in *NUTTAB 2006* with those published in *NUTTAB 2010*. This matching file is available as part of the supporting documentation on the FSANZ website www.foodstandards.gov.au.

Unfortunately the Food ID assigned to a food in *NUTTAB 2006* cannot be carried over to *NUTTAB 2010*. This is because during the updating process the *NUTTAB 2006* foods are copied so that any updates made to the food or nutrient data will not affect the old published data. This process automatically produces a new Food ID to distinguish the

updated food record from the older food record. Not all foods in *NUTTAB 2006* will be in *NUTTAB 2010* and *vice versa*.

I am a bit confused by some of the nutrient names in *NUTTAB 2010*. Do you have a list of nutrient definitions as well as any equations that show me how certain nutrient values have been derived?

Information relating to each nutrient including equations published in *NUTTAB 2010* can be found with the online searchable database as part of the '*Browse nutrient list*' function on the FSANZ website and in Attachment 2 of the Explanatory Notes.

Do the data from *NUTTAB 2010* feed into the Nutrition Panel Calculator (NPC)?

At present, the NPC uses data from a subset of AUSNUT (called *AUSNUT Special Edition 3*). We are aiming to update the nutrient database that feeds into the NPC in the near future. These nutrient data will include some of the data published in *NUTTAB 2010*. However please be aware that the values for energy in *NUTTAB 2010* are not exactly as required for nutrition labelling purposes, primarily due to the different energy factors applied to sugars versus starch and other available carbohydrates. Therefore, if you need nutrient data to label your food, you should continue to use the data provided with the NPC.