

# Urban Planning and Health Inequalities - Going from Macro to Micro Statistics 2014

**Luzia Gonçalves**

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visit\_data\_catalog\_at: <https://microdata.worldbank.org/index.php>

## Identification

### SURVEY ID NUMBER

CPV\_2014\_UPHI-STAT\_v01\_M\_v01\_A\_ESS

### TITLE

Urban Planning and Health Inequalities - Going from Macro to Micro Statistics 2014

### ABBREVIATION OR ACRONYM

UPHI-STAT 2014

### COUNTRY/ECONOMY

Name	Country code
Republic of Cabo Verde	CPV

### STUDY TYPE

Individual Food Consumption/Dietary Survey [hh/ifcs]

### ABSTRACT

This study explores three urban units; formal, transition and informal of the capital of Cape Verde, in terms of overweight/obesity, cardiometabolic risk, physical activity and other aspects related to the urban environment.

### KIND OF DATA

Sample survey data [ssd]

### UNIT OF ANALYSIS

Individuals

## Scope

### NOTES

The survey collected information on:

- SUBJECTS: information on the participants such as age, sex and geographical location.
- CONSUMPTION: information on all foods consumed by each participant in each survey day, including quantities and nutrient values.

The population group covered in the dataset was adults greater than or equal to 18 years old.

## Coverage

### GEOGRAPHIC COVERAGE

Sub-national coverage, only urban areas.

## Producers and sponsors

### PRIMARY INVESTIGATORS

Name	Affiliation
Luzia Gonçalves	Universidade Nova de Lisboa, Portugal

## Sampling

### SAMPLING PROCEDURE

A random sampling strategy based on geographical coordinates of private households was used to select in each household one adult (greater than or equal to 18 years old), living at least six months in the neighbourhood. To select a random sample a sampling frame was needed, i.e., a complete list of all residents at least 18 years old who lived in each unit for at least 6 months. Given the lack of this type of sampling frame, an alternative sampling frame was developed based on the geographical coordinates of private households in each urban unit, combining GIS and statistical software.

Nonclassical households (hospitals, orphanages, military, etc.) and homeless were not included in this study. The urban planning team identified the geographical coordinates corresponding to households, providing the centroid of the polygons which is supposed to represent a building or a detached house. However, the spatial visualization shows roofs which may represent a household or a set of households, for example, a building with 7 floors with 2 households per floor. In the last case, we repeated the corresponding geographical coordinate 14 times. Field workers were needed to complete this exhaustive field work in order to provide a more realistic list of households in each area. This list was exported to SPSS statistical software and a random sample was generated for each area.

#### WEIGHTING

No surveys weight were used in this survey.

## Data collection

#### DATES OF DATA COLLECTION

Start	End
2014-01-01	2014-03-31

#### DATA COLLECTION MODE

Face-to-face [f2f]

#### DATA COLLECTION NOTES

24-hour recall method was used, with no repeated recalls. Both week days and weekends were covered in the survey.

## Access policy

#### CONTACTS

Email
fao-who-gift@fao.org

#### CONFIDENTIALITY

The users shall not take any action with the purpose of identifying any individual entity (i.e. person, household, enterprise, etc.) in the micro dataset(s). If such a disclosure is made inadvertently, no use will be made of the information, and it will be reported immediately to FAO

#### ACCESS CONDITIONS

Users requesting access to any datasets must agree to the following minimal conditions:

- The micro dataset will only be used for statistical and/or research purposes;
- Any results derived from the micro dataset will be used solely for reporting aggregated information, and not for any specific individual entities or data subjects;
- The users shall not take any action with the purpose of identifying any individual entity (i.e. person, household, enterprise, etc.) in the micro dataset(s). If such a disclosure is made inadvertently, no use will be made of the information, and it will be reported immediately to FAO;
- The micro dataset cannot be re-disseminated by users or shared with anyone other than the individuals that are granted access to the micro dataset by FAO.

#### CITATION REQUIREMENTS

HMT-NOVA, Portugal, 2023, Planeamento Urbano e Desigualdades em Saúde – passando das estatísticas macro para as micro – UPHI-STAT (2014)

## Disclaimer and copyrights

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### DISCLAIMER

The user of the data acknowledges that the original collector of the data, the authorized distributor of the data, and the relevant funding agency bear no responsibility for use of the data or for interpretations or inferences based upon such uses

## Metadata production

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### DDI DOCUMENT ID

DDI\_CPV\_2014\_UPHI-STAT\_v01\_M\_v01\_A\_ESS\_FAO

### PRODUCERS

Name	Abbreviation	Affiliation	Role
Victoria Paduladequadros		Food and Agriculture Organization	Metadata producer
Oluwakayode Anidi		Food and Agriculture Organization	Metadata adapted for FAM
Development Economics Data Group	DECDG	The World Bank	Metadata adapted for World Bank Microdata Library

### DDI DOCUMENT VERSION

Identical to a metadata (CPV\_2014\_UPHI-STAT\_v01\_EN\_M\_v01\_A\_ESS) published on FAO microdata repository (<https://microdata.fao.org/index.php/catalog>). Some of the metadata fields have been edited.

**data\_dictionary**

<b>Data file</b>	<b>Cases</b>	<b>variables</b>
<b>data_anon_subjects</b>	587	23
<b>data_anon_consumption</b>	9089	79



**Data file: data\_anon\_subjects**

Cases: 587

variables: 23

**variables**

ID	Name	Label	Question
V254	ADM0_NAME	Country GAUL name	
V255	ADM1_NAME	Region GAUL name	
V256	ADM2_NAME	Sub-region GAUL name	
V257	WEIGHTING_FACTOR	Weighting factor used to normalize for age groups, gender, regions, etc.	
V258	AREA_TYPE	Type of area in which the subject is living.	
V259	HOUSEHOLD	Unique household identifier	
V260	SUBJECT	Unique subject identifier	
V261	ROUND	Round number. This variable is used when the survey was carried out over different seasons or clear separated time spans (rounds). If this is not the case, the round number will always be 1.	
V262	SEX	Sex	
V263	AGE_YEAR	Age in years	
V264	ANT_DAY	Day of anthropometric measurement	
V265	ANT_MONTH	Month of anthropometric measurement	
V266	ANT_YEAR	Year of anthropometric measurement	
V267	WEIGHT	Body weight in kg	
V268	HEIGHT	Height in cm	
V269	METHOD_WEIGHT	Method used to measure body weight	
V270	METHOD_HEIGHT	Method used to measure height	
V271	SPECIAL_DIET	Subject identified as having particular eating pattern	
V272	PREG_LACT	Pregnant or lactating status of female participants	
V273	BREASTFEEDING	Breastfeeding status of children	
V274	UNOVERREP	Subject identified as under or over reporter for energy	
V275	ACTIVITY	Physical Activity Level	
V276	VERSION	Date in which the file was prepared or updated for upload.	

total: 23

**Data file: data\_anon\_consumption**

Cases: 9089

variables: 79

**variables**

ID	Name	Label	Question
V277	SUBJECT	Unique subject identifier	
V278	ROUND	Round number. If the survey was not carried out over different season or clear separated time span, the round number will always be 1.	
V279	SURVEY_DAY	Ordinal number of the survey day	
V280	RESPONDER	Responder of the dietary assessment method	
V281	SEASON	Season of the year. This variable should be filled by the name of the season (as text).	
V282	CONSUMPTION_DAY	Day of consumption	
V283	CONSUMPTION_MONTH	Month of consumption	
V284	CONSUMPTION_YEAR	Year of consumption	
V285	WEEK_DAY	Code of the week day of consumption	
V286	EXCEPTION_DAY	The subject reported to have followed a exceptional diet in the specific day because of a special event (e.g. sickness, wedding party, religious event, fasting etc.)	
V287	CONSUMPTION_TIME_HOUR	Time of consumption (hours - from 00 to 23)	
V288	CONSUMPTION_TIME_MINUTES	Time of consumption (minutes - from 00 to 59)	
V289	MEAL_NAME	Name of eating occasion	
V290	PLACE	Place of consumption	
V291	FOOD_TYPE	Type of the eating occasion	
V292	RECIPE_CODE	Unique identifier of the recipe if applicable (code to be repeated for each ingredient belonging to the recipe)	
V293	RECIPE_DESCR	Description (name) of the recipe, when applicable, in local language (other than English)	
V294	RECIPE_DESCR_ENG	Description (name) of the recipe, when applicable, in English	
V295	FOODEX2_RECIPE_CODE	FoodEx2 code for the recipe (with facet if necessary)	
V296	FOODEX2_RECIPE_DESCR	FoodEx2 description of the recipe	
V297	AMOUNT_RECIPE	Amount consumed of the total recipe or composite food (g)	
V298	CODE_INGREDIENT	Original ingredient code in the dataset	
V299	INGREDIENT	Description of the food item/ingredient in local language (other than English)	
V300	INGREDIENT_ENG	Description of the food item/ingredient in English	
V301	FOODEX2 INGR_CODE	FoodEx2 code of the ingredient (with facet if necessary)	
V302	FOODEX2 INGR_DESCR	FoodEx2 description of the food item/ingredient	
V303	FOOD_AMOUNT_UNPROC	Food amount (edible) before processing/cooking (raw amount) (g). This variable can be used in three cases: 1. ingredients of recipes which were weighted before cooking/processing; 2. when all foods in the dataset are expressed as raw/unprocessed; 3. when	
V304	FOOD_AMOUNT_CONS	Food amount (edible) as consumed by the participant (g). This variable can refer to either the raw or cooked amount, depending on how the food was actually consumed by the participant.	



ID	Name	Label	Question
V305	FOOD_AMOUNT_REPORTED	Food amount (edible) as reported in the survey (g). This variable should always be filled. When it is not specified if the food amount reported refers to the unprocessed (raw) or as consumed form, only this variable should be filled. When it is only spe	
V306	ENERGY_kcal	Energy (kcal)	
V307	WATER_g	Water (g) (as a nutrient)	
V308	PROTEIN_g	Protein (g)	
V309	A_PROT_g	Animal (including dairy) protein (g)	
V310	V_PROT_g	Vegetal protein (g)	
V311	CARBOH_g	Carbohydrates (g)	
V312	SUGAR_g	Total sugars (g)	
V313	FIBTG_g	Fibre, total dietary (g)	
V314	ALCOHOL_g	Alcohol (g)	
V315	FAT_g	Fat (g)	
V316	SAT_FAT_g	Saturated fat (g)	
V317	MUFA_g	Monounsaturated fat (g)	
V318	PUFA_g	Poly-unsaturated fat (g)	
V319	TFA_g	Trans fatty acid (g)	
V320	CHOL_mg	Cholesterol (mg)	
V321	CALC_mg	Calcium (mg)	
V322	IRON_mg	Iron (mg)	
V323	ZINC_mg	Zinc (mg)	
V324	MG_mg	Magnesium (mg)	
V325	PHOS_mg	Phosphorus (mg)	
V326	POTA_mg	Potassium (mg)	
V327	NA_mg	Sodium (mg)	
V328	CU_mg	Copper (mg)	
V329	IOD_mcg	Iodine (Åµg/mcg)	
V330	SE_mcg	Selenium (Åµg/mcg)	
V331	MN_mg	Manganese (mg)	
V332	VITC_mg	Vitamin C (mg)	
V333	THIA_mg	Thiamine (vitamin B1) (mg)	
V334	RIBO_mg	Riboflavin (vitamin B2) (mg)	
V335	NIAC_mg	Niacin, (vitamin B3) (mg)	
V336	VITB5_mg	Vitamin B5 (mg)	
V337	VITB6_mg	Vitamin B6 (mg)	
V338	FOLDFE_mcg	Folate (Åµg/mcg dietary folate equivalent)	
V339	FOL_mcg	Folate, total (Åµg/mcg)	
V340	FOLFD_mcg	Folate food, naturally occurring food folates (Åµg/mcg)	
V341	FOLFRE_mcg	Folate, free (Åµg/mcg)	
V342	FOLAC_mcg	Folic acid (synthetic) (Åµg/mcg)	
V343	VITB12_mcg	Vitamin B12 (Åµg/mcg)	
V344	VITA_RAE_mcg	Vitamin A in Retinol Activity Equivalents (Åµg/mcg RAE)	
V345	VITA_RE_mcg	Vitamin A in Retinol Equivalents (Åµg/mcg RE)	
V346	BCAROT_mcg	Beta-carotene (Åµg/mcg)	
V347	RETOL_mcg	Retinol (Åµg/mcg)	

ID	Name	Label	Question
V348	VITD_mcg	Vitamin D (Âµg/mcg)	
V349	VITE_mg	Vitamin E, alpha-tocopherol equivalents (mg)	
V350	VITK_mcg	Vitamin K (Âµg/mcg)	
V351	PHY_mg	Phytate, total (mg)	
V352	ALA_g	Alpha-linolenic acid (g)	
V353	NIAC_EQ_mg	Niacin equivalents (mg)	
V354	TOCPHA_mg	Vitamin E, alpha-tocopherol (mg)	
V355	VERSION	Date in which the file was prepared or updated for upload.	

total: 79



**ADM0\_NAME: Country GAUL name****Data file:** data\_anon\_subjects**Overview**

Valid: 587 Invalid: 0

Type: Discrete Width: 11 Range: - Format: character

**Questions and instructions**

## CATEGORIES

Value	Category	Cases	
Cape_Verde		587	100%

**ADM1\_NAME: Region GAUL name****Data file:** data\_anon\_subjects**Overview**

Valid: 587 Invalid: 0

Type: Discrete Width: 8 Range: - Format: character

**Questions and instructions**

## CATEGORIES

Value	Category	Cases	
Santiago		587	100%

**ADM2\_NAME: Sub-region GAUL name****Data file:** data\_anon\_subjects**Overview**

Valid: 587 Invalid: 0

Type: Discrete Width: 5 Range: - Format: character

**Questions and instructions**

## CATEGORIES

Value	Category	Cases	
Praia		587	100%

**WEIGHTING\_FACTOR: Weighting factor used to normalize for age groups, gender, regions,**

**etc.**

**Data file:** data\_anon\_subjects

### Overview

Valid: 0 Invalid: 587

Type: Discrete Decimal: 0 Width: 8 Range: - Format: Numeric

### Questions and instructions

#### CATEGORIES

Value	Category
Sysmiss	

**AREA\_TYPE: Type of area in which the subject is living.**

**Data file:** data\_anon\_subjects

### Overview

Valid: 587 Invalid: 0 Minimum: 2 Maximum: 2 Mean: 2 Standard deviation: 0

Type: Discrete Decimal: 0 Width: 8 Range: 2 - 2 Format: Numeric

### Questions and instructions

#### CATEGORIES

Value	Category	Cases	
2		587	100%

**HOUSEHOLD: Unique household identifier**

**Data file:** data\_anon\_subjects

### Overview

Valid: 0 Invalid: 587

Type: Discrete Decimal: 0 Width: 8 Range: - Format: Numeric

### Questions and instructions

#### CATEGORIES

Value	Category
Sysmiss	

**SUBJECT: Unique subject identifier**

**Data file:** data\_anon\_subjects

## Overview

Valid: 587 Invalid: 0 Minimum: 1 Maximum: 587 Mean: 294 Standard deviation: 169.597  
 Type: Continuous Decimal: 0 Width: 8 Range: 1 - 587 Format: Numeric

**ROUND: Round number. This variable is used when the survey was carried out over different seasons or clear separated time spans (rounds). If this is not the case, the round number will always be 1.**

Data file: data\_anon\_subjects

## Overview

Valid: 587 Invalid: 0 Minimum: 1 Maximum: 1 Mean: 1 Standard deviation: 0  
 Type: Discrete Decimal: 0 Width: 8 Range: 1 - 1 Format: Numeric

## Questions and instructions

### CATEGORIES

Value	Category	Cases	
1		587	100%

## SEX: Sex

Data file: data\_anon\_subjects

## Overview

Valid: 587 Invalid: 0 Minimum: 1 Maximum: 2 Mean: 1.753 Standard deviation: 0.432  
 Type: Discrete Decimal: 0 Width: 8 Range: 1 - 2 Format: Numeric

## Questions and instructions

### CATEGORIES

Value	Category	Cases	
1		145	24.7%
2		442	75.3%

## AGE\_YEAR: Age in years

Data file: data\_anon\_subjects

## Overview

Valid: 576 Invalid: 11 Minimum: 18 Maximum: 84 Mean: 39.698 Standard deviation: 15.719  
 Type: Continuous Decimal: 0 Width: 8 Range: 18 - 84 Format: Numeric

**ANT\_DAY: Day of anthropometric measurement****Data file:** data\_anon\_subjects**Overview**

Valid: 0    Invalid: 587

Type: Discrete    Decimal: 0    Width: 8    Range: -    Format: Numeric

**Questions and instructions**

## CATEGORIES

Value	Category
Sysmiss	

**ANT\_MONTH: Month of anthropometric measurement****Data file:** data\_anon\_subjects**Overview**

Valid: 0    Invalid: 587

Type: Discrete    Decimal: 0    Width: 8    Range: -    Format: Numeric

**Questions and instructions**

## CATEGORIES

Value	Category
Sysmiss	

**ANT\_YEAR: Year of anthropometric measurement****Data file:** data\_anon\_subjects**Overview**

Valid: 587    Invalid: 0    Minimum: 2014    Maximum: 2014    Mean: 2014    Standard deviation: 0

Type: Discrete    Decimal: 0    Width: 8    Range: 2014 - 2014    Format: Numeric

**Questions and instructions**

## CATEGORIES

Value	Category	Cases	
2014		587	100%

**WEIGHT: Body weight in kg****Data file:** data\_anon\_subjects

**Overview**

Valid: 584   Invalid: 3   Minimum: 38   Maximum: 128.2   Mean: 69.307   Standard deviation: 15.053  
 Type: Continuous   Decimal: 2   Width: 8   Range: 38 - 128.2   Format: Numeric

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**HEIGHT: Height in cm**

Data file: data\_anon\_subjects

**Overview**

Valid: 584   Invalid: 3   Minimum: 144   Maximum: 192   Mean: 162.644   Standard deviation: 8.611  
 Type: Continuous   Decimal: 0   Width: 8   Range: 144 - 192   Format: Numeric

---

**METHOD\_WEIGHT: Method used to measure body weight**

Data file: data\_anon\_subjects

**Overview**

Valid: 587   Invalid: 0   Minimum: 1   Maximum: 1   Mean: 1   Standard deviation: 0  
 Type: Discrete   Decimal: 0   Width: 8   Range: 1 - 1   Format: Numeric

**Questions and instructions**

## CATEGORIES

Value	Category	Cases	
1		587	100%

---

**METHOD\_HEIGHT: Method used to measure height**

Data file: data\_anon\_subjects

**Overview**

Valid: 587   Invalid: 0   Minimum: 1   Maximum: 1   Mean: 1   Standard deviation: 0  
 Type: Discrete   Decimal: 0   Width: 8   Range: 1 - 1   Format: Numeric

**Questions and instructions**

## CATEGORIES

Value	Category	Cases	
1		587	100%

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**SPECIAL\_DIET: Subject identified as having particular eating pattern**

Data file: data\_anon\_subjects



**Overview**

Valid: 586   Invalid: 1   Minimum: 1   Maximum: 4   Mean: 1.358   Standard deviation: 0.974  
 Type: Discrete   Decimal: 0   Width: 8   Range: 1 - 4   Format: Numeric

**Questions and instructions**

## CATEGORIES

Value	Category	Cases	
1		516	88.1%
4		70	11.9%
Sysmiss		1	

**PREG\_LACT: Pregnant or lactating status of female participants**

**Data file:** data\_anon\_subjects

**Overview**

Valid: 442   Invalid: 145   Minimum: 1   Maximum: 1   Mean: 1   Standard deviation: 0  
 Type: Discrete   Decimal: 0   Width: 8   Range: 1 - 1   Format: Numeric

**Questions and instructions**

## CATEGORIES

Value	Category	Cases	
1		442	100%
Sysmiss		145	

**BREASTFEEDING: Breastfeeding status of children**

**Data file:** data\_anon\_subjects

**Overview**

Valid: 0   Invalid: 587  
 Type: Discrete   Decimal: 0   Width: 8   Range: -   Format: Numeric

**Questions and instructions**

## CATEGORIES

Value	Category
Sysmiss	

**UNOVERREP: Subject identified as under or over reporter for energy****Data file:** data\_anon\_subjects**Overview**

Valid: 0    Invalid: 587

Type: Discrete    Decimal: 0    Width: 8    Range: -    Format: Numeric

**Questions and instructions**

## CATEGORIES

Value	Category
Sysmiss	

**ACTIVITY: Physical Activity Level****Data file:** data\_anon\_subjects**Overview**

Valid: 0    Invalid: 587

Type: Discrete    Decimal: 0    Width: 8    Range: -    Format: Numeric

**Questions and instructions**

## CATEGORIES

Value	Category
Sysmiss	

**VERSION: Date in which the file was prepared or updated for upload.****Data file:** data\_anon\_subjects**Overview**

Valid: 1    Invalid: 0

Type: Discrete    Width: 17    Range: -    Format: character

**Questions and instructions**

## CATEGORIES

Value	Category	Cases	
14 September 2023		1	100%

**SUBJECT: Unique subject identifier****Data file:** data\_anon\_consumption**Overview**

Valid: 9089   Invalid: 0   Minimum: 1   Maximum: 587   Mean: 299.064   Standard deviation: 168.794  
 Type: Continuous   Decimal: 0   Width: 8   Range: 1 - 587   Format: Numeric

**ROUND: Round number. If the survey was not carried out over different season or clear separated time span, the round number will always be 1.**

**Data file:** data\_anon\_consumption**Overview**

Valid: 9089   Invalid: 0   Minimum: 1   Maximum: 1   Mean: 1   Standard deviation: 0  
 Type: Discrete   Decimal: 0   Width: 8   Range: 1 - 1   Format: Numeric

**Questions and instructions**

## CATEGORIES

Value	Category	Cases	
1		9089	100%

**SURVEY\_DAY: Ordinal number of the survey day****Data file:** data\_anon\_consumption**Overview**

Valid: 9089   Invalid: 0   Minimum: 1   Maximum: 1   Mean: 1   Standard deviation: 0  
 Type: Discrete   Decimal: 0   Width: 8   Range: 1 - 1   Format: Numeric

**Questions and instructions**

## CATEGORIES

Value	Category	Cases	
1		9089	100%

**RESPONDER: Responder of the dietary assessment method****Data file:** data\_anon\_consumption**Overview**

Valid: 9089   Invalid: 0   Minimum: 7   Maximum: 7   Mean: 7   Standard deviation: 0  
 Type: Discrete   Decimal: 0   Width: 8   Range: 7 - 7   Format: Numeric

## Questions and instructions

### CATEGORIES

Value	Category	Cases	
7		9089	100%

**SEASON: Season of the year. This variable should be filled by the name of the season (as text).**

Data file: data\_anon\_consumption

### Overview

Valid: 0 Invalid: 9089

Type: Discrete Decimal: 0 Width: 8 Range: - Format: Numeric

## Questions and instructions

### CATEGORIES

Value	Category
Sysmiss	

**CONSUMPTION\_DAY: Day of consumption**

Data file: data\_anon\_consumption

### Overview

Valid: 9089 Invalid: 0 Minimum: 1 Maximum: 31 Mean: 11.678 Standard deviation: 5.408

Type: Continuous Decimal: 0 Width: 8 Range: 1 - 31 Format: Numeric

**CONSUMPTION\_MONTH: Month of consumption**

Data file: data\_anon\_consumption

### Overview

Valid: 9089 Invalid: 0 Minimum: 1 Maximum: 3 Mean: 2.471 Standard deviation: 0.532

Type: Discrete Decimal: 0 Width: 8 Range: 1 - 3 Format: Numeric

## Questions and instructions

### CATEGORIES

Value	Category	Cases	
1		153	1.7%
2		4503	49.5%

3		4433	48.8%
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## CONSUMPTION\_YEAR: Year of consumption

Data file: data\_anon\_consumption

### Overview

Valid: 9089 Invalid: 0 Minimum: 2014 Maximum: 2014 Mean: 2014 Standard deviation: 0  
Type: Discrete Decimal: 0 Width: 8 Range: 2014 - 2014 Format: Numeric

### Questions and instructions

#### CATEGORIES

Value	Category	Cases	
2014		9089	100%

## WEEK\_DAY: Code of the week day of consumption

Data file: data\_anon\_consumption

### Overview

Valid: 9089 Invalid: 0 Minimum: 1 Maximum: 7 Mean: 4.283 Standard deviation: 1.652  
Type: Discrete Decimal: 0 Width: 8 Range: 1 - 7 Format: Numeric

### Questions and instructions

#### CATEGORIES

Value	Category	Cases	
1		383	4.2%
2		1092	12%
3		1576	17.3%
4		2009	22.1%
5		1460	16.1%
6		1686	18.5%
7		883	9.7%

## EXCEPTION\_DAY: The subject reported to have followed a exceptional diet in the specific day because of a special event (e.g. sickness, wedding party, religious event, fasting etc.)

Data file: data\_anon\_consumption

### Overview

Valid: 0 Invalid: 9089

Type: Discrete    Decimal: 0    Width: 8    Range: -    Format: Numeric

## Questions and instructions

### CATEGORIES

Value	Category
Sysmiss	

## CONSUMPTION\_TIME\_HOUR: Time of consumption (hours - from 00 to 23)

Data file: data\_anon\_consumption

### Overview

Valid: 0    Invalid: 9089

Type: Discrete    Decimal: 0    Width: 8    Range: -    Format: Numeric

## Questions and instructions

### CATEGORIES

Value	Category
Sysmiss	

## CONSUMPTION\_TIME\_MINUTES: Time of consumption (minutes - from 00 to 59)

Data file: data\_anon\_consumption

### Overview

Valid: 0    Invalid: 9089

Type: Discrete    Decimal: 0    Width: 8    Range: -    Format: Numeric

## Questions and instructions

### CATEGORIES

Value	Category
Sysmiss	

## MEAL\_NAME: Name of eating occasion

Data file: data\_anon\_consumption

### Overview

Valid: 0    Invalid: 9089

Type: Discrete    Decimal: 0    Width: 8    Range: -    Format: Numeric

## Questions and instructions

### CATEGORIES

Value	Category
Sysmiss	

### PLACE: Place of consumption

Data file: data\_anon\_consumption

#### Overview

Valid: 0 Invalid: 9089

Type: Discrete Decimal: 0 Width: 8 Range: - Format: Numeric

## Questions and instructions

### CATEGORIES

Value	Category
Sysmiss	

### FOOD\_TYPE: Type of the eating occasion

Data file: data\_anon\_consumption

#### Overview

Valid: 0 Invalid: 9089

Type: Discrete Decimal: 0 Width: 8 Range: - Format: Numeric

## Questions and instructions

### CATEGORIES

Value	Category
Sysmiss	

### RECIPE\_CODE: Unique identifier of the recipe if applicable (code to be repeated for each ingredient belonging to the recipe)

Data file: data\_anon\_consumption

#### Overview

Valid: 0 Invalid: 9089

Type: Discrete Decimal: 0 Width: 8 Range: - Format: Numeric

## Questions and instructions

### CATEGORIES

Value	Category
Sysmiss	

**RECIPE\_DESCR:** Description (name) of the recipe, when applicable, in local language (other than English)

Data file: data\_anon\_consumption

### Overview

Valid: 0 Invalid: 9089

Type: Discrete Decimal: 0 Width: 8 Range: - Format: Numeric

## Questions and instructions

### CATEGORIES

Value	Category
Sysmiss	

**RECIPE\_DESCR\_ENG:** Description (name) of the recipe, when applicable, in English

Data file: data\_anon\_consumption

### Overview

Valid: 0 Invalid: 9089

Type: Discrete Decimal: 0 Width: 8 Range: - Format: Numeric

## Questions and instructions

### CATEGORIES

Value	Category
Sysmiss	

**FOODEX2\_RECIPE\_CODE:** FoodEx2 code for the recipe (with facet if necessary)

Data file: data\_anon\_consumption

### Overview

Valid: 0 Invalid: 9089

Type: Discrete Decimal: 0 Width: 8 Range: - Format: Numeric



## Questions and instructions

### CATEGORIES

Value	Category
Sysmiss	

### FOODEX2\_RECIPE\_DESCR: FoodEx2 description of the recipe

Data file: data\_anon\_consumption

#### Overview

Valid: 0 Invalid: 9089

Type: Discrete Decimal: 0 Width: 8 Range: - Format: Numeric

## Questions and instructions

### CATEGORIES

Value	Category
Sysmiss	

### AMOUNT\_RECIPE: Amount consumed of the total recipe or composite food (g)

Data file: data\_anon\_consumption

#### Overview

Valid: 0 Invalid: 9089

Type: Discrete Decimal: 0 Width: 8 Range: - Format: Numeric

## Questions and instructions

### CATEGORIES

Value	Category
Sysmiss	

### CODE\_INGREDIENT: Original ingredient code in the dataset

Data file: data\_anon\_consumption

#### Overview

Valid: 9089 Invalid: 0

Type: Discrete Width: 5 Range: - Format: character

## Questions and instructions

### CATEGORIES

Value	Category	Cases	
IS003		3	0%
IS006		1	0%
IS008		6	0.1%
IS016		31	0.3%
IS017		5	0.1%
IS019		6	0.1%
IS021		1	0%
IS023		37	0.4%
IS024		1	0%
IS025		246	2.7%
IS027		3	0%
IS029		23	0.3%
IS031		192	2.1%
IS032		55	0.6%
IS034		7	0.1%
IS041		8	0.1%
IS043		51	0.6%
IS050		37	0.4%
IS063		3	0%
IS066		1	0%
IS070		7	0.1%
IS071		4	0%
IS072		1	0%
IS074		5	0.1%
IS075		4	0%
IS076		46	0.5%
IS077		1	0%
IS079		1	0%
IS083		21	0.2%
IS086		16	0.2%
IS088		1	0%
IS089		1	0%
IS090		57	0.6%
IS091		14	0.2%
IS092		2	0%

IS093		1	0%
IS103		1	0%
IS106		1	0%
IS119		1	0%
IS125		2	0%
IS127		2	0%
IS134		2	0%
IS151		1	0%
IS153		1	0%
IS162		2	0%
IS165		6	0.1%
IS166		3	0%
IS168		2	0%
IS169		1	0%
IS170		45	0.5%
IS172		1	0%
IS176		1	0%
IS177		2	0%
IS179		1	0%
IS182		6	0.1%
IS183		27	0.3%
IS185		1	0%
IS187		1	0%
IS188		2	0%
IS193		1	0%
IS194		2	0%
IS196		2	0%
IS197		1	0%
IS201		1	0%
IS202		17	0.2%
IS203		7	0.1%
IS205		4	0%
IS206		37	0.4%
IS207		5	0.1%
IS217		4	0%
IS219		4	0%
IS220		1	0%
IS221		1	0%
IS226		1	0%

IS240		2	0%
IS241		14	0.2%
IS242		52	0.6%
IS243		2	0%
IS246		4	0%
IS247		2	0%
IS248		3	0%
IS250		2	0%
IS251		1	0%
IS252		3	0%
IS253		18	0.2%
IS255		7	0.1%
IS256		1	0%
IS257		4	0%
IS258		3	0%
IS260		6	0.1%
IS261		1	0%
IS262		3	0%
IS263		3	0%
IS264		7	0.1%
IS266		3	0%
IS268		1	0%
IS269		1	0%
IS272		4	0%
IS279		1	0%
IS286		1	0%
IS287		6	0.1%
IS288		3	0%
IS290		2	0%
IS291		1	0%
IS292		1	0%
IS294		5	0.1%
IS295		16	0.2%
IS297		15	0.2%
IS298		251	2.8%
IS300		20	0.2%
IS307		1	0%
IS308		3	0%
IS309		8	0.1%

IS312		4	0%
IS313		1	0%
IS319		2	0%
IS321		1	0%
IS323		3	0%
IS325		3	0%
IS328		1	0%
IS331		5	0.1%
IS337		3	0%
IS342		99	1.1%
IS345		2	0%
IS346		1	0%
IS349		6	0.1%
IS353		1	0%
IS355		1	0%
IS357		3	0%
IS358		37	0.4%
IS361		1	0%
IS362		2	0%
IS365		2	0%
IS366		8	0.1%
IS368		1	0%
IS372		3	0%
IS374		1	0%
IS375		3	0%
IS377		60	0.7%
IS382		2	0%
IS385		109	1.2%
IS386		6	0.1%
IS390		87	1%
IS391		1	0%
IS392		15	0.2%
IS394		1	0%
IS395		544	6%
IS398		1	0%
IS401		1	0%
IS403		283	3.1%
IS404		26	0.3%
IS405		3	0%

IS407		541	6%
IS412		61	0.7%
IS413		92	1%
IS415		3	0%
IS418		4	0%
IS419		24	0.3%
IS420		19	0.2%
IS421		3	0%
IS423		1	0%
IS427		1	0%
IS428		4	0%
IS429		426	4.7%
IS431		7	0.1%
IS432		1	0%
IS433		15	0.2%
IS434		16	0.2%
IS437		1	0%
IS438		33	0.4%
IS442		1	0%
IS443		5	0.1%
IS444		3	0%
IS446		3	0%
IS448		8	0.1%
IS461		5	0.1%
IS465		3	0%
IS467		7	0.1%
IS468		5	0.1%
IS469		85	0.9%
IS470		3	0%
IS471		1	0%
IS473		6	0.1%
IS474		1	0%
IS475		3	0%
IS476		17	0.2%
IS477		1	0%
IS478		3	0%
IS480		3	0%
IS481		11	0.1%
IS482		2	0%

IS483		3	0%
IS486		9	0.1%
IS489		1	0%
IS490		1	0%
IS491		1	0%
IS500		1	0%
IS502		3	0%
IS503		419	4.6%
IS504		21	0.2%
IS505		2	0%
IS506		1	0%
IS508		5	0.1%
IS510		7	0.1%
IS513		2	0%
IS515		1	0%
IS516		1	0%
IS517		2	0%
IS518		1	0%
IS520		1	0%
IS521		4	0%
IS524		1	0%
IS528		2	0%
IS529		40	0.4%
IS530		8	0.1%
IS531		2	0%
IS532		62	0.7%
IS534		365	4%
IS536		53	0.6%
IS543		1	0%
IS544		1	0%
IS553		6	0.1%
IS559		2	0%
IS561		145	1.6%
IS569		1	0%
IS570		4	0%
IS574		5	0.1%
IS576		24	0.3%
IS578		17	0.2%
IS579		27	0.3%

IS580		1	0%
IS584		98	1.1%
IS586		81	0.9%
IS587		7	0.1%
IS589		34	0.4%
IS590		230	2.5%
IS591		41	0.5%
IS592		6	0.1%
IS593		135	1.5%
IS594		7	0.1%
IS595		6	0.1%
IS596		7	0.1%
IS597		31	0.3%
IS598		47	0.5%
IS599		189	2.1%
IS600		13	0.1%
IS601		138	1.5%
IS604		1	0%
IS608		7	0.1%
IS611		49	0.5%
IS612		1	0%
IS615		115	1.3%
IS616		145	1.6%
IS619		2	0%
IS621		68	0.7%
IS622		1	0%
IS624		1	0%
IS625		4	0%
IS632		1	0%
IS634		1	0%
IS635		5	0.1%
IS636		209	2.3%
IS643		7	0.1%
IS654		2	0%
IS658		13	0.1%
IS660		7	0.1%
IS661		1	0%
IS662		65	0.7%
IS663		4	0%



IS672		7	0.1%
IS673		1	0%
IS676		4	0%
IS677		5	0.1%
IS679		26	0.3%
IS680		30	0.3%
IS684		2	0%
IS685		1	0%
IS689		2	0%
IS691		10	0.1%
IS693		1	0%
IS695		1	0%
IS699		1	0%
IS700		8	0.1%
IS701		2	0%
IS712		1	0%
IS714		21	0.2%
IS726		25	0.3%
IS729		6	0.1%
IS730		1	0%
IS731		1	0%
IS735		2	0%
IS736		2	0%
IS739		5	0.1%
IS740		28	0.3%
IS742		159	1.7%
IS743		6	0.1%
IS744		1	0%
IS747		1	0%
IS750		1	0%
IS751		3	0%
IS752		6	0.1%
IS753		12	0.1%
IS754		46	0.5%
IS762		1	0%
IS763		19	0.2%
IS765		3	0%
IS766		18	0.2%
IS767		24	0.3%

IS769		10	0.1%
IS770		21	0.2%
IS771		203	2.2%
IS772		1	0%
IS773		1	0%
IS776		2	0%
IS777		1	0%
IS780		2	0%
IS783		25	0.3%
IS786		40	0.4%
IS787		7	0.1%
IS788		1	0%
IS794		3	0%
IS795		3	0%
IS796		1	0%
IS798		5	0.1%
IS799		19	0.2%
IS803		3	0%
IS804		2	0%
IS805		7	0.1%
IS807		3	0%
IS808		1	0%
IS813		41	0.5%
IS814		23	0.3%
IS817		3	0%
IS818		1	0%
IS819		66	0.7%
IS820		28	0.3%
IS821		88	1%
IS822		1	0%
IS823		6	0.1%
IS824		66	0.7%
IS825		5	0.1%
IS840		11	0.1%
IS845		1	0%
IS852		1	0%
IS855		4	0%
IS862		1	0%
IS864		1	0%

IS867		3	0%
IS877		1	0%
IS887		1	0%
IS888		2	0%
IS890		2	0%
IS895		2	0%
IS898		1	0%
IS899		3	0%
IS900		8	0.1%
IS904		1	0%
IS908		1	0%
IS919		1	0%
IS926		23	0.3%
IS927		7	0.1%
IS932		34	0.4%
IS937		1	0%
IS944		2	0%
IS946		1	0%
IS948		7	0.1%
IS950		47	0.5%
IS951		3	0%
IS952		6	0.1%
IS953		2	0%
IS954		3	0%
IS955		6	0.1%
IS958		4	0%
IS959		1	0%
IS960		10	0.1%
IS968		1	0%
IS971		1	0%
IS972		330	3.6%

## INGREDIENT: Description of the food item/ingredient in local language (other than English)

Data file: data\_anon\_consumption

### Overview

Valid: 9089   Invalid: 0  
 Type: Discrete   Width: 78   Range: -   Format: character

## Questions and instructions

### CATEGORIES

Value	Category	Cases	
ABACATE		1	0%
ABOBORA CRISTALIZADA		4	0%
ABOBORA CRUA		27	0.3%
ACUCAR AMARELO		3	0%
ACUCAR BRANCO		419	4.6%
AGRIAO CRU		1	0%
AIPO CRU		1	0%
ALCOOLICAS DESTILADAS - AGUARDENTE		6	0.1%
ALCOOLICAS DESTILADAS - BRANDY		1	0%
ALCOOLICAS DESTILADAS, GIN - RUM- WHISKY		1	0%
ALCOOLICAS DESTILADAS, LICOR SIMPLES		2	0%
ALCOOLICAS FERMENTADAS - CERVEJA BRANCA		25	0.3%
ALCOOLICAS FERMENTADAS - VINHO MADURO BRANCO		1	0%
ALCOOLICAS FERMENTADAS - VINHO MADURO TINTO		21	0.2%
ALFACE CRUA		98	1.1%
ALHO CRU		6	0.1%
AMEIJOA ABERTA AO NATURAL SEM SAL		1	0%
AMENDOIM, MIOLO		1	0%
AMENDOIM, MIOLO, TORRADO COM SAL		2	0%
AMENDOIM, MIOLO, TORRADO SEM SAL		8	0.1%
ANANAS		1	0%
ANONA		5	0.1%
ARROZ COZIDO SIMPLES		283	3.1%
ARROZ DE CENOURA COM AZEITE		3	0%
ARROZ DE FRANGO		4	0%
ARROZ DE MANTEIGA		26	0.3%
ARROZ DE TOMATE COM AZEITE		541	6%
ARROZ INTEGRAL CRU		1	0%
ATUM CONSERVA EM OLEO		23	0.3%
ATUM FRESCO, BIFE COZINHADO COM AZEITE E COM VINHO		41	0.5%
AZEITE (4 MARCAS)		544	6%
BACALHAU FRESCO COZIDO		3	0%
BACALHAU SECO E SALGADO, DEMOLHADO ASSADO NO FORNO COM AZEITE		3	0%
BACALHAU SECO E SALGADO, DEMOLHADO COZIDO		7	0.1%
BACALHAU SECO E SALGADO, DEMOLHADO CRU		2	0%

BACALHAU SECO E SALGADO, DEMOLHADO FILETES FRITOS	1	0%
BACON GRELHADO SEM ADICAO DE SAL	4	0%
BANANA	209	2.3%
BANHA DE PORCO	1	0%
BASE EM PO PARA BEBIDA DE LARANJA	6	0.1%
BATATA ASSADA NO FORNO	7	0.1%
BATATA COZIDA	81	0.9%
BATATA DOCE ASSADA	7	0.1%
BATATA DOCE CRUA	135	1.5%
BATATA ESTUFADA COM CEBOLA, AZEITE E OLEO ALIMENTAR	230	2.5%
BATATA FRITA CASEIRA (EM PALITOS)	41	0.5%
BATATA FRITA, DE PACOTE (EM RODELAS)	6	0.1%
BATATA, PURE	34	0.4%
BEBIDA A BASE DE SOJA COM ACUCAR, COM CALCIO, SAL E AROMAS	1	0%
BEBIDA A BASE DE SOJA COM ACUCAR, SAL E AROMAS	1	0%
BERBIGAO CRU	1	0%
BERINGELA CRUA	2	0%
BETERRABA (RAIZ) COZIDA SEM SAL	7	0.1%
BETERRABA (RAIZ) CRUA	6	0.1%
BOLACHA AGUA E SAL	5	0.1%
BOLACHA CHOCOLATE	3	0%
BOLACHA INTEGRAL (TRIGO)	7	0.1%
BOLACHA MANTEIGA	5	0.1%
BOLACHA MARIA	85	0.9%
BOLACHA TORRADA	3	0%
BOLO DE ARROZ	6	0.1%
BOLO DE BOLACHA MARIA	1	0%
BOLO DE CHOCOLATE	3	0%
BOLO DE COCO	17	0.2%
BOLO FERRADURA	1	0%
BOLO INGLES	3	0%
CABRITO PEITO CRU	2	0%
CACAU EM PO	2	0%
CALDEIRADA DE CABRITO COM AZEITE E BANHA	2	0%
CALDEIRADA DE SAFIO, RAIA E TAMBORIL	2	0%
CALDO PREPARADO COM CUBO DE CARNE DE GALINHA (DILUICAO 2%)	20	0.2%
CAMARAO COZIDO	1	0%
CANTARILHO (REDFISH) ASSADO COM CEBOLA, TOMATE, AZEITE E BACON	1	0%
CARAPAU CRU	3	0%

CARAPAU FRITO	66	0.7%
CARAPAU GRELHADO	1	0%
CARNEIRO COSTEleta OU PERNA MAGRA FRITA COM MARGARINA, SEM MOLHO	2	0%
CARNEIRO PA ASSADA COM AZEITE E MARGARINA	1	0%
CARNEIRO PEITO GORDO COZIDO	1	0%
CARNEIRO PERNA GORDA ESTUFADA, SEM MOLHO	1	0%
CAVALA COZIDA	88	1%
CAVALA CRUA	28	0.3%
CAVALA FILETES, CONSERVA EM AZEITE	1	0%
CEBOLA COZIDA	47	0.5%
CEBOLA CRUA	31	0.3%
CEBOLA FRITA COM OLEO ALIMENTAR	189	2.1%
CENOURA COZIDA	138	1.5%
CENOURA CRUA	13	0.1%
CHERNE GRELHADO	1	0%
CHICHARRO COZIDO	66	0.7%
CHICHARRO CRU	6	0.1%
CHICHARRO GRELHADO	5	0.1%
CHOCOLATE DE LEITE	5	0.1%
CHOCOLATE EM BARRA, CULINARIA	1	0%
CHOURICO DE CARNE DE PORCO, GORDO, CRU	99	1.1%
CHOURICO DE SANGUE COZIDO SEM ADICAO DE SAL	1	0%
CHOURICO DE SANGUE CRU	2	0%
COCO SECO, RALADO	7	0.1%
COGUMELOS ENLATADOS, ESCORRIDOS	1	0%
COMPOTA ANANAS	1	0%
CORACAO DE VACA, ESTUFADO COM BANHA E MARGARINA	2	0%
COURGETTE CRUA	68	0.7%
COURGETTE FRITA COM OLEO ALIMENTAR	1	0%
COUVE BRANCA COZIDA	6	0.1%
COUVE GALEGA COZIDA	2	0%
COUVE LOMBARDA COZIDA	145	1.6%
CREME PARA BARRAR DE CACAU E AVELAS (8 MARCAS)	3	0%
CREME VEGETAL CULINARIO, 75% GORDURA, SEM SAL	3	0%
CREME VEGETAL PARA BARRAR 72% GORDURA, 33% ACIDOS GORDOS POLINSATURADOS	1	0%
CREME VEGETAL PARA BARRAR 70% GORDURA, 53% ACIDOS GORDOS MONOINSATURADOS	1	0%
CREME VEGETAL PARA BARRAR 70% GORDURA, COM SAL	60	0.7%
CROISSANT	3	0%
CUBO DE CARNE DE GALINHA PARA CALDO	251	2.8%

CUBO DE CARNE DE VACA PARA CALDO	15	0.2%
DOCE FRAMBOESA	2	0%
DOCE MORANGO	5	0.1%
DONUT	11	0.1%
DONUT RECHEADO COM DOCE DE FRUTA	2	0%
ECLAIR DE CHOCOLATE	3	0%
ERVILHAS GRAO, CONGELADAS COZIDAS	5	0.1%
ERVILHAS GRAO, FRESCAS COZIDAS	4	0%
ERVILHAS GRAO, FRESCAS CRUAS	1	0%
ESPARGUETE COZIDO	24	0.3%
ESPARGUETE ESTUFADO COM CENOURA E AZEITE	19	0.2%
ESPARGUETE ESTUFADO COM CENOURA E MARGARINA	3	0%
ESPINAFRES CRUS	7	0.1%
FARINHA DE MILHO TIPO 70	92	1%
FARINHA DE PAU (MANDIOCA)	1	0%
FARINHA DE TRIGO TIPO 55	3	0%
FARINHA LACTEA MACAS TIPO CERELAC (COM FARINHA DE TRIGO)	1	0%
FARINHA LACTEA TIPO CERELAC (COM FARINHA DE TRIGO)	2	0%
FAVAS FRESCAS COZIDAS	24	0.3%
FAVAS SECAS COZIDAS (DEMOLHADAS)	2	0%
FEIJAO BRANCO COZIDO (DEMOLHADO)	62	0.7%
FEIJAO BRANCO CRU	2	0%
FEIJAO FRADE (FEIJAO MIUDO) COZIDO (DEMOLHADO)	8	0.1%
FEIJAO FRADE (FEIJAO MIUDO) CRU	40	0.4%
FEIJAO MANTEIGA COZIDO (DEMOLHADO)	365	4%
FEIJAO MANTEIGA, BURGER DE FEIJAO FRITO COM AZEITE	1	0%
FEIJAO MANTEIGA, BURGER DE FEIJAO FRITO COM OLEO DE MILHO	1	0%
FEIJAO MANTEIGA, FEIJOADA COM CARNE DE PORCO	47	0.5%
FEIJAO MANTEIGA, FEIJOADA COM CARNE DE PORCO E DE VACA	3	0%
FEIJAO VERDE FRESCO COZIDO	17	0.2%
FERMENTO FRESCO DE PADEIRO	1	0%
FIAMBRE	37	0.4%
FIGADO DE PORCO, CRU	1	0%
FIGADO DE PORCO, FRITO COM MARGARINA E BANHA	3	0%
FIGADO DE PORCO, FRITO, SEM MOLHO	3	0%
FIGADO DE VACA, FRITO, SEM MOLHO	3	0%
FIGADO DE VITELA, FRITO COM BANHA E MANTEIGA	1	0%
FLOCOS DE AVEIA	3	0%
FLOCOS DE MILHO TIPO CORN FLAKES	5	0.1%

FLOCOS DE TRIGO	3	0%
FLOCOS DE TRIGO COM MEL TIPO NESTUM	7	0.1%
FLOCOS DE TRIGO E ARROZ ENRIQUECIDOS COM VITAMINAS, CALCIO E FERRO	8	0.1%
FRANGO (1/4 DE FRANGO) PEITO E ASA COM PELE COZIDO	1	0%
FRANGO (1/4 DE FRANGO) PEITO E ASA COM PELE ESTUFADO COM AZEITE E MARGARINA	18	0.2%
FRANGO (1/4 DE FRANGO) PEITO E ASA COM PELE ESTUFADO COM MARGARINA	3	0%
FRANGO (1/4 DE FRANGO) PEITO E ASA COM PELE GRELHADO	7	0.1%
FRANGO (1/4 DE FRANGO) PERNA COM PELE ASSADA, SEM MOLHO	1	0%
FRANGO (1/4 DE FRANGO) PERNA COM PELE COZIDA	1	0%
FRANGO (1/4 DE FRANGO) PERNA COM PELE ESTUFADA COM AZEITE E MARGARINA	4	0%
FRANGO (1/4 DE FRANGO) PERNA COM PELE ESTUFADA COM MARGARINA	3	0%
FRANGO (1/4 DE FRANGO) PERNA COM PELE GRELHADA	6	0.1%
FRANGO INTEIRO COM PELE COZIDO	2	0%
FRANGO INTEIRO COM PELE CRU	31	0.3%
FRANGO INTEIRO COM PELE ESTUFADO COM AZEITE E MARGARINA	52	0.6%
FRANGO INTEIRO COM PELE ESTUFADO COM MARGARINA	14	0.2%
FRANGO INTEIRO COM PELE ESTUFADO, SEM MOLHO	2	0%
FRANGO INTEIRO SEM PELE COZIDO	4	0%
FRANGO INTEIRO SEM PELE CRU	5	0.1%
FRANGO INTEIRO SEM PELE ESTUFADO COM AZEITE E MARGARINA	3	0%
FRANGO INTEIRO SEM PELE ESTUFADO COM MARGARINA	2	0%
FRANGO INTEIRO SEM PELE GRELHADO	2	0%
FRANGO PEITO COM PELE COZIDO	3	0%
FRANGO PEITO COM PELE ESTUFADO COM AZEITE E MARGARINA	1	0%
FRANGO PEITO COM PELE ESTUFADO, SEM MOLHO	1	0%
FRANGO PEITO SEM PELE ESTUFADO COM AZEITE E MARGARINA	4	0%
FRANGO, PERNA SEM PELE COZIDA	3	0%
FRANGO, PERNA SEM PELE ESTUFADA COM AZEITE E MARGARINA	7	0.1%
FRANGO, PERNA SEM PELE ESTUFADA COM MARGARINA	3	0%
GAROUPA COZIDA	8	0.1%
GAROUPA CRUA	3	0%
GELADO CASEIRO COM BOLACHAS E NATAS	1	0%
GELADO DE AGUA (SORVETE)	2	0%
GELATINA DESIDRATADA, PO OU FOLHA	1	0%
GELATINA PREPARADA COM ANANAS EM CONSERVA	1	0%
GELATINA PREPARADA COM LARANJA E SUMO DE LARANJA	2	0%
GELEIA DE CASCA DE LARANJA	7	0.1%
GORAZ ASSADO COM CEBOLA, TOMATE, AZEITE E OLEO ALIMENTAR	11	0.1%
GRAO-DE-BICO COZIDO (DEMOLHADO)	53	0.6%



HAMBURGER DE PORCO, FRITO, SEM MOLHO	16	0.2%
HAMBURGER DE VACA, GRELHADO	5	0.1%
IOGURTE ACUCARADO BATIDO MEIO GORDO	7	0.1%
IOGURTE ACUCARADO BATIDO MEIO GORDO COM FRUTA	4	0%
IOGURTE ACUCARADO LIQUIDO MEIO GORDO	4	0%
IOGURTE AROMATIZADO ACUCARADO BATIDO MEIO GORDO	1	0%
IOGURTE AROMATIZADO ACUCARADO LIQUIDO MAGRO	1	0%
IOGURTE AROMATIZADO ACUCARADO SOLIDO MEIO GORDO	5	0.1%
IOGURTE NATURAL SOLIDO MAGRO	1	0%
IOGURTE NATURAL SOLIDO MEIO GORDO	46	0.5%
LARANJA (3 VARIEDADES)	13	0.1%
LEITE CABRA	1	0%
LEITE CABRA CRU	4	0%
LEITE CONDENSADO	1	0%
LEITE CREME	1	0%
LEITE EM PO	2	0%
LEITE M/GORDO	5	0.1%
LEITE UHT M/GORDO	1	0%
LEITE VACA CONDENSADO	6	0.1%
LEITE VACA EM PO GORDO	187	2.1%
LEITE VACA EM PO MEIO GORDO	56	0.6%
LEITE VACA ESTERILIZADO GORDO	1	0%
LEITE VACA ESTERILIZADO MEIO GORDO	1	0%
LEITE VACA M/G	1	0%
LEITE VACA UHT	1	0%
LEITE VACA UHT AROMATIZADO MEIO GORDO	23	0.3%
LEITE VACA UHT GORDO	38	0.4%
LEITE VACA UHT MAGRO	3	0%
LEITE VACA UHT MEIO GORDO	240	2.6%
LIMAO	1	0%
LINGUA DE VACA, ESTUFADA, SEM MOLHO	5	0.1%
LINGUADO CRU	1	0%
LINGUICA	6	0.1%
MACA COM CASCA	65	0.7%
MACA SEM CASCA	4	0%
MAIONESE CASEIRA, COM OVO E AZEITE	23	0.3%
MAIONESE CASEIRA, COM OVO E OLEO DE SOJA	7	0.1%
MANTEIGA COM SAL	109	1.2%
MANTEIGA SEM SAL	6	0.1%

MARGARINA VEGETAL CULINARIA, COM ALHO E SAL	2	0%
MARMELADA	7	0.1%
MASSA COM OVO COZIDA	1	0%
MASSA MIUDA CRUA	4	0%
MEL	21	0.2%
MELANCIA	1	0%
MILHO, GRAO SECO CRU	61	0.7%
MOLHO DE LOMBO DE PORCO FRITO COM BANHA	1	0%
MOLHO DE TOMATE	34	0.4%
MOLHO DE TOMATE, KETCHUP	10	0.1%
MORANGO	4	0%
NAO ALCOOLICAS, AGUA MINERAL NATURAL GASOCARBONICA, PEDRAS SALGADAS	3	0%
NAO ALCOOLICAS, BEBIDA REFRIGERANTE COLA	19	0.2%
NAO ALCOOLICAS, BEBIDA REFRIGERANTE DE LARANJA	18	0.2%
NAO ALCOOLICAS, BEBIDA REFRIGERANTE GASOSA	3	0%
NAO ALCOOLICAS, CAFE (INFUSAO) - BICA (3 MARCAS)	24	0.3%
NAO ALCOOLICAS, CAFE INFUSAO - CAFE DE CAFETEIRA (3 MARCAS)	10	0.1%
NAO ALCOOLICAS, CAFE INFUSAO - VALOR MEDIO (BICA 60% E CAFE DE CAFETEIRA 40%)	21	0.2%
NAO ALCOOLICAS, CAFE SOLUVEL (PO) COM CAFEINA (2 MARCAS)	203	2.2%
NAO ALCOOLICAS, CAFE SOLUVEL (PO) COM CAFEINA (PRODUTO BRANCO)	1	0%
NAO ALCOOLICAS, CAFE SOLUVEL (PO) DESCAFEINADO (2 MARCAS)	1	0%
NAO ALCOOLICAS, NECTAR LARANJA	1	0%
NAO ALCOOLICAS, NECTAR LIGHT PESSEGO	1	0%
NAO ALCOOLICAS, NECTAR MACA	3	0%
NAO ALCOOLICAS, NECTAR PERA	6	0.1%
NAO ALCOOLICAS, NECTAR PESSEGO	12	0.1%
NAO ALCOOLICAS, NECTAR TUTTI - FRUTTI	46	0.5%
NAO ALCOOLICAS, SUCEDANEO DE CAFE (PO) COM 20% DE CAFE	2	0%
NAO ALCOOLICAS, SUMO DE FRUTOS 100%, ANANAS	2	0%
NAO ALCOOLICAS, SUMO DE FRUTOS 100%, LARANJA	28	0.3%
NAO ALCOOLICAS, SUMO DE FRUTOS 100%, PESSEGO	1	0%
NAO ALCOOLICAS, SUMO DE FRUTOS CONCENTRADO, ANANAS	5	0.1%
NAO ALCOOLICAS, SUMO DE FRUTOS CONCENTRADO, LARANJA	159	1.7%
NAO ALCOOLICAS, SUMO FRESCO DE LIMAO (ESPRESSADO)	1	0%
NATA NAO MATURADA PASTEURIZADA 36% GORDURA	3	0%
NATA PARA BATER PASTEURIZADA 34% GORDURA	1	0%
OLEO ALIMENTAR	15	0.2%
OLEO DE GIRASSOL	87	1%
OLEO DE PALMA	1	0%

OLEOS DE MILHO	1	0%
OMOLETA COM MANTEIGA	1	0%
OVO (DE GALINHA) COZIDO	16	0.2%
OVO (DE GALINHA) ESTRELADO COM AZEITE	57	0.6%
OVO (DE GALINHA) ESTRELADO COM MANTEIGA	1	0%
OVO (DE GALINHA) ESTRELADO COM MARGARINA	1	0%
OVO (DE GALINHA) INTEIRO CRU	21	0.2%
OVO (DE GALINHA) MEXIDO COM MANTEIGA	14	0.2%
OVO (DE GALINHA) MEXIDO COM MARGARINA	2	0%
PAIO DE LOMBO	1	0%
PAO DE CENTEIO INTEGRAL	1	0%
PAO DE FORMA, DE TRIGO COM PASSAS	1	0%
PAO DE FORMA, DE TRIGO ENRIQUECIDO	7	0.1%
PAO DE LEITE (TRIGO)	33	0.4%
PAO DE MILHO	4	0%
PAO DE TRIGO	426	4.7%
PAO DE TRIGO INTEGRAL	15	0.2%
PAO DE TRIGO INTEGRAL COM SEMENTES DE SESAMO	16	0.2%
PAO DO CORACAO (TRIGO)	1	0%
PAO-DE-LO	9	0.1%
PAPAIA	26	0.3%
PARGO LEGITIMO ASSADO COM CEBOLA, TOMATE E AZEITE	1	0%
PARGO MULATO ASSADO COM CEBOLA, TOMATE E AZEITE	4	0%
PASTA DE FIGADO DE PORCO (PATE)	1	0%
PASTEL DE BACALHAU	2	0%
PASTEL DE NATA	1	0%
PASTILHA ELASTICA	4	0%
PATO SEM PELE ESTUFADO COM MARGARINA	1	0%
PEPINO CRU	49	0.5%
PERA (5 VARIEDADES)	30	0.3%
PERA CRISTALIZADA	2	0%
PERU PEITO COM PELE ESTUFADO COM MARGARINA	6	0.1%
PERU PEITO SEM PELE ASSADO COM MARGARINA	3	0%
PERU PEITO SEM PELE PANADO	2	0%
PERU PERNA COM PELE ESTUFADA COM MARGARINA	1	0%
PESCADA (VALOR MEDIO)* FRITA	1	0%
PESCADA DA AFRICA DO SUL CRUA	1	0%
PESCADA DA AFRICA DO SUL FRITA	1	0%
PESCADA DO CHILE FRITA	3	0%

PESSEGO (2 VARIEDADES)		1	0%
PIMENTO CRU		1	0%
PIZZA DE QUEIJO E TOMATE		3	0%
PIZZA DE QUEIJO, TOMATE E FIAMBRE		6	0.1%
PO ACHOCOLATADO COM ALTO TEOR DE GORDURA		7	0.1%
PORCO COSTELETA GORDA CRUA		1	0%
PORCO COSTELETA GORDA GRELHADA		2	0%
PORCO COSTELETA MEIO GORDA ESTUFADA COM AZEITE E BANHA		3	0%
PORCO COSTELETA MEIO GORDA ESTUFADA COM AZEITE E MARGARINA		2	0%
PORCO COSTELETA MEIO GORDA ESTUFADA COM OLEO ALIMENTAR E BANHA		6	0.1%
PORCO ENTRECOSTO ESTUFADO COM AZEITE E BANHA		2	0%
PORCO LOMBO ASSADO COM AZEITE E MARGARINA		1	0%
PORCO LOMBO ASSADO COM MARGARINA		1	0%
PORCO LOMBO CRU		1	0%
PORCO LOMBO FRITO COM MANTEIGA		1	0%
PORCO LOMBO FRITO COM MARGARINA		2	0%
PORCO LOMBO GRELHADO		1	0%
PORCO PERNA GORDA ASSADA COM AZEITE E MARGARINA		6	0.1%
PORCO PERNA GORDA ASSADA COM OLEO ALIMENTAR E MARGARINA		27	0.3%
PORCO PERNA MAGRA ASSADA COM AZEITE E MARGARINA		2	0%
PORCO PERNA MAGRA ASSADA, SEM MOLHO		1	0%
PORCO PERNA MAGRA ESTUFADA COM AZEITE E BANHA		45	0.5%
PORCO PERNA MAGRA ESTUFADA COM AZEITE E MARGARINA		1	0%
PORCO PERNA MAGRA ESTUFADA COM OLEO ALIMENTAR E BANHA		1	0%
PORCO TOUCINHO ENTREMEADO FRESCO CRU		1	0%
PORCO TOUCINHO ENTREMEADO LIGEIRAMENTE SALGADO, COZIDO SEM ADICAO DE SAL		8	0.1%
PORCO TOUCINHO ENTREMEADO LIGEIRAMENTE SALGADO, CRU		3	0%
PRESUNTO		3	0%
PUDIM DE LEITE E OVOS		1	0%
PUDIM FLAN CASEIRO		1	0%
QUEIJADA DE REQUEIJAO		1	0%
QUEIJO FLAMENGO 45% GORDURA		37	0.4%
QUEIJO FUNDIDO 40% GORDURA		8	0.1%
REBUCADOS		1	0%
REQUEIJAO 13% DE PROTEINA		51	0.6%
RISSOL		1	0%
RISSOL DE CAMARAO		6	0.1%
SAL		330	3.6%
SALMAO COZIDO		1	0%

SALSA CRUA	1	0%
SALSICHA FRESCA CRUA	1	0%
SALSICHA FRESCA ESTUFADA COM COUVE E AZEITE	2	0%
SALSICHA TIPO FRANKFURT FRITA (ESCORRIDO O OLEO) SEM ADICAO DE SAL	8	0.1%
SALSICHA TIPO FRANKFURT GRELHADA SEM ADICAO DE SAL	2	0%
SARDINHA MEIO GORDA CONSERVA EM AGUA, SEM ESPINHA E SEM PELE	2	0%
SARDINHA MEIO GORDA CONSERVA EM AZEITE	2	0%
SARDINHA MEIO GORDA FRITA	1	0%
SOPA A LAVRADOR	3	0%
SOPA ABOBORA	2	0%
SOPA COUVE LOMBARDA	40	0.4%
SOPA DE COZIDO	7	0.1%
SOPA JULIANA	3	0%
SOPA NABICAS (OU DE GRELOS DE NABO)	1	0%
SOPA PEIXE COM MASSA	19	0.2%
SOPA, CANJA DE GALINHA	25	0.3%
SOPA, CREME DE CENOURA	1	0%
SOPA, PURE DE VEGETAIS	5	0.1%
TAMARA SECA	2	0%
TANGERINA	10	0.1%
TOMATE CONSERVA AO NATURAL	145	1.6%
TOMATE CRU	115	1.3%
TOSTA DE TRIGO INTEGRAL	1	0%
UVA BRANCA (5 VARIEDADES)	1	0%
UVA SECA (PASSAS)	1	0%
VACA BIFE (VALOR MEDIO DE ACEM, ALCATRA E LOMBO) CRU	4	0%
VACA BIFE (VALOR MEDIO DE ACEM, ALCATRA E LOMBO) FRITO COM MANTEIGA	4	0%
VACA BIFE (VALOR MEDIO DE ACEM, ALCATRA E LOMBO) FRITO, SEM MOLHO	1	0%
VACA PARA ASSAR CRUA	2	0%
VACA PARA COZER OU ESTUFAR MAGRA CRUA	1	0%
VACA PARA COZER OU ESTUFAR MAGRA ESTUFADA COM AZEITE E MARGARINA	37	0.4%
VACA PARA COZER OU ESTUFAR MAGRA ESTUFADA COM MARGARINA	5	0.1%
VACA PARA COZER OU ESTUFAR MAGRA ESTUFADA COM OLEO ALIMENTAR E MARGARINA	4	0%
VACA PARA COZER OU ESTUFAR MAGRA, ESTUFADA - JARDINEIRA	1	0%
VACA PARA COZER OU ESTUFAR MEIO GORDA, ESTUFADA COM AZEITE E MARGARINA	17	0.2%
VACA PARA COZER OU ESTUFAR MEIO GORDA, ESTUFADA COM OLEO ALIMENTAR E MARGARINA	7	0.1%
VACA PARA COZER OU ESTUFAR MEIO GORDA, ESTUFADA, SEM MOLHO	1	0%
VITELA PEITO MAGRO ESTUFADO, SEM MOLHO	1	0%

**INGREDIENT\_ENG: Description of the food item/ingredient in English****Data file:** data\_anon\_consumption**Overview**

Valid: 0 Invalid: 9089

Type: Discrete Decimal: 0 Width: 8 Range: - Format: Numeric

**Questions and instructions**

## CATEGORIES

Value	Category
Sysmiss	

**FOODEX2\_INGR\_CODE: FoodEx2 code of the ingredient (with facet if necessary)****Data file:** data\_anon\_consumption**Overview**

Valid: 9089 Invalid: 0

Type: Discrete Width: 65 Range: - Format: character

**Questions and instructions**

## CATEGORIES

Value	Category	Cases	
A000T#F28.A07HS		61	0.7%
A001D#F28.A07GG		283	3.1%
A001E#F28.A07HS		1	0%
A002Q		92	1%
A003X		3	0%
A004X		427	4.7%
A004X#F04.A01ME		1	0%
A004X#F10.A0F6C		7	0.1%
A004Z		4	0%
A005E		15	0.2%
A005E#F04.A015K		16	0.2%
A005K#F04.A003X\$F04.A02LT		33	0.4%
A005P		1	0%
A005Y#F04.A042P		5	0.1%
A006E		1	0%

A007E#F28.A0BA1		24	0.3%
A007M#F28.A0BA1		1	0%
A007P		4	0%
A009X#F22.A07SH		85	0.9%
A009Y		5	0.1%
A009Z		3	0%
A00AA		7	0.1%
A00AH#F04.A0EQD		3	0%
A00AN		3	0%
A00AN#F04.A003F		6	0.1%
A00AN#F04.A009V		1	0%
A00AQ		9	0.1%
A00AQ#F04.A014K		17	0.2%
A00AT#F04.A02QZ		1	0%
A00BG		3	0%
A00BK		1	0%
A00BM		3	0%
A00BR		11	0.1%
A00BR#F04.A01MM		2	0%
A00CC#F04.A02MK		1	0%
A00DD		5	0.1%
A00DH		3	0%
A00EF		3	0%
A00EF#F08.A033J		7	0.1%
A00GB#F28.A0BA1		145	1.6%
A00GC#F28.A0BA1		6	0.1%
A00GN#F28.A0BA1		2	0%
A00GZ#F28.A07HS		6	0.1%
A00HC#F28.A07GR\$F04.A036T		189	2.1%
A00HC#F28.A07HS		31	0.3%
A00HC#F28.A0BA1		47	0.5%
A00JB#F28.A07HS		1	0%
A00JD#F28.A07HS		2	0%
A00JM#F28.A07HS		49	0.5%
A00JR#F28.A07GR\$F04.A036T		1	0%
A00JR#F28.A07HS		68	0.7%
A00KH#F28.A07HS		27	0.3%
A00KJ		1	0%
A00KX#F28.A07HS		98	1.1%

A00MJ#F28.A07HS		7	0.1%
A00ND#F28.A07HS		1	0%
A00PG#F28.A0BA1		17	0.2%
A00QG#F28.A07HS		6	0.1%
A00QG#F28.A0BA1\$F10.A0CQE		7	0.1%
A00QH#F28.A07HS		13	0.1%
A00QH#F28.A0BA1		138	1.5%
A00RY#F28.A07HS		1	0%
A00TZ#F20.A0F2X		1	0%
A00YE#F28.A07HS		1	0%
A00ZC		145	1.6%
A00ZT#F28.A07GX		7	0.1%
A00ZT#F28.A0BA1		81	0.9%
A010C#F28.A07GX		7	0.1%
A010C#F28.A07HS		135	1.5%
A012A#F28.A0BA1		24	0.3%
A012J#F28.A07HS		1	0%
A012J#F28.A07KQ\$F28.A0BA1		5	0.1%
A012J#F28.A0BA1		4	0%
A012X#F28.A07HS		2	0%
A012X#F28.A0BA1		62	0.7%
A013A#F28.A0BA1		365	4%
A013H#F28.A0BA1		2	0%
A013M#F28.A0BA1		53	0.6%
A013N		40	0.4%
A013N#F28.A07GG		8	0.1%
A015H#F20.A07QF		1	0%
A015H#F28.A07HC\$F10.A0CJK\$F20.A07QF		2	0%
A015H#F28.A07HC\$F10.A0CQE\$F20.A07QF		8	0.1%
A01BY		1	0%
A01CH		10	0.1%
A01DJ#F20.A07QE		65	0.7%
A01DJ#F20.A07QF		4	0%
A01DP		30	0.3%
A01DX#F10.A0F2R		1	0%
A01EA		4	0%
A01GM		1	0%
A01LB		1	0%
A01LC		209	2.3%



A01LG		26	0.3%
A01LL		5	0.1%
A01LP		1	0%
A01ME		1	0%
A01MF		2	0%
A01MN		5	0.1%
A01MP		2	0%
A01NJ#F04.A01DR		7	0.1%
A01NK		7	0.1%
A01PQ		1	0%
A01QX#F02.A07XS\$F28.A07GM\$F20.A0F4V		1	0%
A01QX#F28.A07GM\$F04.A036P\$F04.A0F1G\$F10.A077B		17	0.2%
A01QX#F28.A07GM\$F04.A036T\$F04.A0F1G\$F10.A077B		7	0.1%
A01QX#F28.A07GM\$F04.A036T\$F04.A0F1G\$F20.A0F4V		4	0%
A01QX#F28.A07GM\$F04.A0F1G\$F04.A036P\$F20.A0F4V		37	0.4%
A01QX#F28.A07GM\$F04.A0F1G\$F20.A0F4V		5	0.1%
A01QX#F28.A07GM\$F10.A077B		1	0%
A01QX#F28.A07GM\$F20.A0F4V		1	0%
A01QX#F28.A07GR\$F03.A06JA		1	0%
A01QX#F28.A07GR\$F04.A039C\$F03.A06JA		4	0%
A01QX#F28.A07HS		2	0%
A01QX#F28.A07HS\$F03.A06JA		4	0%
A01QX#F28.A07HS\$F20.A0F4V		1	0%
A01RG#F02.A07XQ\$F28.A07GM\$F04.A036P\$F04.A037V\$F20.A0F4V		45	0.5%
A01RG#F02.A07XQ\$F28.A07GM\$F04.A036P\$F04.A039D\$F20.A0F4V		1	0%
A01RG#F02.A07XQ\$F28.A07GM\$F04.A036T\$F04.A037V\$F20.A0F4V		1	0%
A01RG#F02.A07XQ\$F28.A07GY\$F04.A036P\$F04.A039D\$F20.A0F4V		2	0%
A01RG#F02.A07XQ\$F28.A07GY\$F04.A039D\$F04.A036P\$F10.A0CRE		6	0.1%
A01RG#F02.A07XQ\$F28.A07GY\$F04.A039D\$F04.A036T\$F10.A0CRE		27	0.3%
A01RG#F02.A07XQ\$F28.A07GY\$F20.A0F4V		1	0%
A01RG#F28.A07GM\$F04.A036P\$F04.A037V\$F10.A077B\$F20.A07QL		3	0%
A01RG#F28.A07GM\$F04.A036P\$F04.A037V\$F20.A07QL		2	0%
A01RG#F28.A07GM\$F04.A036P\$F04.A039D\$F10.A077B\$F20.A07QL		2	0%
A01RG#F28.A07GM\$F04.A037V\$F04.A036T\$F10.A077B\$F20.A07QL		6	0.1%
A01RG#F28.A07GR\$F04.A039C		1	0%
A01RG#F28.A07GR\$F04.A039D		2	0%
A01RG#F28.A07GY\$F04.A036P\$F04.A039D		1	0%
A01RG#F28.A07GY\$F04.A039D		1	0%
A01RG#F28.A07HS		1	0%

A01RG#F28.A07HS\$F10.A0CRE\$F20.A07QL		1	0%
A01RG#F28.A0EJY		1	0%
A01RG#F28.A0EJY\$F10.A0CRE\$F20.A07QL		2	0%
A01RL#F02.A07XQ\$F28.A07GM\$F10.A0CRE		1	0%
A01RL#F02.A07XQ\$F28.A07GY\$F04.A036P\$F04.A039D		1	0%
A01RL#F02.A07XS\$F28.A07HS		2	0%
A01RL#F02.A07XS\$F28.A0BA1\$F10.A077A		1	0%
A01RL#F28.A07GR\$F04.A0F1G\$F26.A07XD		2	0%
A01SP#F02.A07XQ\$F28.A07GM\$F04.A036P\$F04.A0F1G\$F20.A07QR		7	0.1%
A01SP#F02.A07XQ\$F28.A07GM\$F04.A0F1G\$F04.A036P\$F20.A07QQ		4	0%
A01SP#F02.A07XQ\$F28.A07GM\$F04.A0F1G\$F20.A07QQ		3	0%
A01SP#F02.A07XQ\$F28.A07GM\$F04.A0F1G\$F20.A07QR		3	0%
A01SP#F02.A07XQ\$F28.A07GY\$F20.A07QQ		1	0%
A01SP#F02.A07XQ\$F28.A0BA1\$F20.A07QQ		1	0%
A01SP#F02.A07XQ\$F28.A0BA1\$F20.A07QR		3	0%
A01SP#F02.A07XQ\$F28.A0EJY\$F20.A07QQ		6	0.1%
A01SP#F02.A07XS\$F28.A07GM\$F04.A036P\$F04.A0F1G\$F20.A07QQ		1	0%
A01SP#F02.A07XS\$F28.A07GM\$F04.A036P\$F04.A0F1G\$F20.A07QR		4	0%
A01SP#F02.A07XS\$F28.A07GM\$F20.A07QQ		1	0%
A01SP#F02.A07XS\$F28.A0BA1\$F20.A07QQ		3	0%
A01SP#F03.A06HY\$F20.A07QR		5	0.1%
A01SP#F28.A07GM\$F03.A06HY\$F20.A07QQ		2	0%
A01SP#F28.A07GM\$F04.A036P\$F04.A0F1G\$F20.A07QQ		18	0.2%
A01SP#F28.A07GM\$F04.A0F1G\$F03.A06HY\$F20.A07QQ		14	0.2%
A01SP#F28.A07GM\$F04.A0F1G\$F03.A06HY\$F20.A07QR		2	0%
A01SP#F28.A07GM\$F04.A0F1G\$F04.A036P\$F03.A06HY\$F20.A07QQ		52	0.6%
A01SP#F28.A07GM\$F04.A0F1G\$F04.A036P\$F03.A06HY\$F20.A07QR		3	0%
A01SP#F28.A07GM\$F04.A0F1G\$F20.A07QQ		3	0%
A01SP#F28.A07HS\$F03.A06HY\$F20.A07QQ		31	0.3%
A01SP#F28.A0BA1\$F03.A06HY\$F20.A07QQ		2	0%
A01SP#F28.A0BA1\$F03.A06HY\$F20.A07QR		4	0%
A01SP#F28.A0BA1\$F20.A07QQ		1	0%
A01SP#F28.A0EJY\$F03.A06HY\$F20.A07QR		2	0%
A01SP#F28.A0EJY\$F20.A07QQ		7	0.1%
A01SQ#F02.A07XQ\$F28.A07GM\$F04.A039D\$F20.A07QQ		1	0%
A01SQ#F02.A07XS\$F28.A07GM\$F04.A039D\$F20.A07QQ		6	0.1%
A01SQ#F02.A07XS\$F28.A07GY\$F04.A039D\$F20.A07QR		3	0%
A01SQ#F02.A07XS\$F28.A07HK\$F20.A07QR		2	0%
A01SR#F28.A07GM\$F04.A039D\$F20.A07QR		1	0%

A01XF#F28.A07GR		3	0%
A01XF#F28.A07GR\$F04.A037V\$F04.A039C		1	0%
A01XJ#F28.A07GR\$F04.A037V\$F04.A039D		3	0%
A01XJ#F28.A07GR\$F28.A0BA1		3	0%
A01XJ#F28.A07HS		1	0%
A020S#F28.A07GM		5	0.1%
A020T#F28.A07GM\$F04.A037V\$F04.A0F1G		2	0%
A022T		3	0%
A022X#F28.A07HS		1	0%
A022X#F28.A0BA1\$F04.A042P		3	0%
A022X#F28.A0BA1\$F04.A042P\$F10.A0CQE		8	0.1%
A022X#F28.A0EJY\$F10.A0CQE		4	0%
A023K		37	0.4%
A024F#F28.A07GM\$F04.A00GQ\$F04.A036P		2	0%
A024F#F28.A0BA1\$F04.A0F1T		2	0%
A024F#F28.A0BA1\$F04.A0F1T\$F10.A0CQE		1	0%
A024G		7	0.1%
A025C#F28.A07HS\$F04.A01RG\$F10.A077A		99	1.1%
A025H#F04.A01RG		1	0%
A026B#F28.A0EJY\$F10.A0CQE		2	0%
A026C#F28.A07GV\$F10.A0CQE		8	0.1%
A026R		1	0%
A02AT#F28.A07HS		1	0%
A02BV#F28.A0BA1\$F10.A166Y		3	0%
A02CB#F28.A07GR		5	0.1%
A02CB#F28.A07HS		1	0%
A02CN#F01.A092P\$F28.A07GR		66	0.7%
A02CN#F01.A092P\$F28.A07HS		3	0%
A02CN#F01.A092P\$F28.A0EJY		1	0%
A02CN#F28.A07HS		6	0.1%
A02CN#F28.A0BA1		66	0.7%
A02CN#F28.A0EJY		5	0.1%
A02CV#F28.A07GG		88	1%
A02CV#F28.A07HS		28	0.3%
A02DA#F28.A07GR\$F10.A077B		1	0%
A02DX#F28.A0BA1\$F04.A03MT\$F04.A036P		41	0.5%
A02GB#F28.A0BA1		1	0%
A02HA#F10.A0CQE		1	0%
A02HE#F28.A07HS		1	0%

A02LT#F10.A077B		5	0.1%
A02LV#F28.A07HY		1	0%
A02LV#F28.A07HY\$F10.A077B		1	0%
A02LY#F28.A07HY		39	0.4%
A02LZ		1	0%
A02LZ#F28.A07HY		241	2.7%
A02MA#F28.A07HY		3	0%
A02MB		1	0%
A02MB#F28.A07HS		4	0%
A02MK		1	0%
A02ML#F28.A07HV\$F07.A073Z		1	0%
A02ML#F28.A07HV\$F07.A074B		3	0%
A02MP#F28.A07HY\$F04.A02LV\$F10.A077B		23	0.3%
A02NE#F04.A047A\$F10.A077B\$F10.A077J		5	0.1%
A02NE#F10.A077B		46	0.5%
A02NE#F10.A077C		1	0%
A02NQ#F04.A047A\$F10.A077B\$F10.A077J		1	0%
A02NQ#F04.A047A\$F10.A077C\$F10.A077J		1	0%
A02NQ#F04.A04RK\$F10.A077B\$F10.A077J		4	0%
A02NQ#F10.A077B\$F10.A077J		11	0.1%
A02PG		1	0%
A02PG#F27.A02LV		6	0.1%
A02PJ		2	0%
A02PJ#F27.A02LV\$F10.A077B		56	0.6%
A02PK#F27.A02LV		187	2.1%
A02PY#F04.A02LT\$F04.A031F		1	0%
A02PY#F22.A07SS		1	0%
A02QA#F04.A16FJ\$F04.A02ML		1	0%
A02QZ		51	0.6%
A02SV#F07.A074L		37	0.4%
A031A#F07.A074F		8	0.1%
A031G		21	0.2%
A032B#F27.A031G		16	0.2%
A032C#F27.A031G\$F04.A036P		57	0.6%
A032C#F27.A031G\$F04.A039C		15	0.2%
A032C#F27.A031G\$F04.A039D		2	0%
A032C#F27.A031G\$F04.A0F1G		1	0%
A032H#F27.A010V\$F10.A0F5H		3	0%
A032J		419	4.6%

A033J		21	0.2%
A034J		5	0.1%
A034X		1	0%
A035M		4	0%
A036H#F04.A01PB		1	0%
A036H#F04.A0DZB\$F04.A03AM		2	0%
A036J		2	0%
A036R		544	6%
A036T		15	0.2%
A036Y		1	0%
A037D		87	1%
A037N		1	0%
A037V		1	0%
A039C#F10.A0CJK		109	1.2%
A039C#F10.A0CQE		6	0.1%
A039D#F04.A00GZ\$F10.A0CJK		2	0%
A039H#F07.A075R		1	0%
A039H#F10.A077J\$F07.A075P		1	0%
A039H#F10.A0CJK\$F07.A075P		60	0.7%
A03AB		1	0%
A03AF		2	0%
A03AH		1	0%
A03AM		28	0.3%
A03BD		3	0%
A03BG		1	0%
A03BH		12	0.1%
A03BH#F10.A0CRG		1	0%
A03BJ		6	0.1%
A03BL		46	0.5%
A03CA		159	1.7%
A03DS		3	0%
A03EX		3	0%
A03FJ		18	0.2%
A03FR		19	0.2%
A03GF#F04.A06RR		6	0.1%
A03GQ		204	2.2%
A03GR		1	0%
A03HG		2	0%
A03HH#F10.A0CRE		7	0.1%

A03KA		31	0.3%
A03KB		24	0.3%
A03MB		25	0.3%
A03MV		1	0%
A03MX		21	0.2%
A03NS		2	0%
A03PD		7	0.1%
A03PE		1	0%
A03QZ#F04.A003X		2	0%
A03QZ#F04.A003X\$F04.A01DJ		1	0%
A03TJ#F09.A0EXH\$F10.A077J\$F10.A0CJK		1	0%
A03TJ#F10.A077J\$F10.A0CJK		1	0%
A03TR#F10.A0CQE\$F07.A075V		3	0%
A03VH#F04.A00HC\$F04.A036P\$F04.A036T		230	2.5%
A03VM#F28.A07GR\$F04.A00PJ\$F04.A036Y		1	0%
A03VM#F28.A07GR\$F04.A013A\$F04.A036P		1	0%
A03VR#F04.A013A\$F04.A01TN		3	0%
A03VR#F04.A01RG\$F04.A013A		47	0.5%
A03VY#F04.A01RL\$F04.A036P\$F04.A037V		2	0%
A03XF#F28.A07GR\$F04.A01RG		16	0.2%
A03XF#F28.A0EJY\$F04.A01QX		5	0.1%
A03XJ#F28.A07GM\$F04.A02DQ\$F04.A02BJ\$F04.A02AL		2	0%
A03XS#F28.A07GY\$F04.A00HB\$F04.A0DMX\$F04.A036P\$F04.A0FAV		1	0%
A03XS#F28.A07GY\$F04.A00HC\$F04.A0DMX\$F04.A029R\$F04.A036P\$F04.A036T		11	0.1%
A03XS#F28.A07GY\$F04.A00HC\$F04.A0DMX\$F04.A036P\$F04.A02AN\$F04.A022X		1	0%
A03XS#F28.A07GY\$F04.A00HC\$F04.A0DMX\$F04.A036P\$F04.A0FAV		4	0%
A03YN#F04.A039C		1	0%
A03ZP#F04.A0DMX		3	0%
A03ZY#F04.A0DMX\$F04.A023K		6	0.1%
A040C#F28.A07GR\$F04.A003Y		1	0%
A040C#F28.A07GR\$F04.A02GB\$F04.A003Y		6	0.1%
A040C#F28.A07GV\$F04.A02BV		2	0%
A040R#F04.A00QH\$F04.A036P		19	0.2%
A040R#F04.A00QH\$F04.A039D		3	0%
A040Z#F04.A039C		26	0.3%
A041G#F04.A00QH\$F04.A036P		3	0%
A041G#F04.A0DMX\$F04.A036R		541	6%
A041H#F04.A01SP		4	0%
A041L#F04.A00GB		40	0.4%

A041L#F28.A00KH		2	0%
A041S#F04.A0DNG		1	0%
A041X#F04.A0CDQ		19	0.2%
A042P		330	3.6%
A043G		251	2.8%
A044C		34	0.4%
A044P		10	0.1%
A044X#F04.A031F\$F04.A036X\$F22.A07SS		7	0.1%
A044X#F04.A036P\$F04.A031F\$F22.A07SS		23	0.3%
A048R		1	0%
A049A		1	0%
A04QY#F27.A001D\$F27.A001M\$F09.A0EVG\$F09.A0EXH\$F09.A0EXD		8	0.1%
A0BYS#F22.A07SH		6	0.1%
A0BYV#F28.A07GV		41	0.5%
A0BZ7		15	0.2%
A0BZ9		11	0.1%
A0BZ9#F04.A00QH\$F03.A06JG		1	0%
A0BZB#F28.A07MR\$F04.A043G		20	0.2%
A0BZC		7	0.1%
A0BZC#F04.A01SP\$F04.A001C		25	0.3%
A0C6D#F04.A03GS\$F04.A0F2E		2	0%
A0C6K		34	0.4%
A0C6P		3	0%
A0C75#F28.A0BA1		1	0%
A0CHT#F22.A07SH		3	0%
A0DMX#F28.A07HS		115	1.3%
A0DZB		13	0.1%
A0EQD#F03.A06JJ		1	0%
A0ETS#F04.A00KH		4	0%
A0ETS#F27.A01DP		2	0%
A0F0N#F27.A014K\$F03.A06JC		7	0.1%
A0FAS#F28.A07HA		1	0%
A0FAS#F28.A07HS		3	0%
A0FAS#F28.A0BA1		8	0.1%
A0FBT#F06.A06XJ		23	0.3%
A0FBV#F27.A02CV\$F06.A06XJ		1	0%
A0FBZ#F06.A06XJ\$F10.A077B		2	0%
A0FBZ#F06.A06YG\$F10.A077B\$F20.A07QM\$F20.A07QR		2	0%
A0FCB#F28.A07GR\$F28.A07KG		1	0%

A0FCB#F28.A07GY\$F28.A07KG\$F04.A036P		3	0%
A0FCB#F28.A07KG\$F28.A07HS		2	0%
A0FCB#F28.A07KG\$F28.A0BA1		7	0.1%
A16BR#F28.A07GR\$F04.A01RG\$F04.A037V		1	0%
A16MR		5	0.1%
A18PR		1	0%

## FOODEX2\_INGR\_DESCR: FoodEx2 description of the food item/ingredient

Data file: data\_anon\_consumption

### Overview

Valid: 9089

Type: Discrete Width: 200 Range: - Format: character

### Questions and instructions

#### CATEGORIES

Value	Category	Cases	
clair, INGREDIENT = Chocolate and similar		3	0%
Apples, PART-CONSUMED-ANALYSED = W/o peel		4	0%
Apples, PART-CONSUMED-ANALYSED = With peel		65	0.7%
Aubergines, PROCESS = Raw, no heat treatment		2	0%
Avocados		1	0%
Bacon, PROCESS = Cooking and similar thermal preparation processes, INGREDIENT = Salt		3	0%
Bacon, PROCESS = Cooking and similar thermal preparation processes, INGREDIENT = Salt, QUALITATIVE-INFO = Without added salt		8	0.1%
Bacon, PROCESS = Grilling/griddling (high temperature cooking), QUALITATIVE-INFO = Without added salt		4	0%
Bacon, PROCESS = Raw, no heat treatment		1	0%
Baking yeast		1	0%
Beans and meat meal, INGREDIENT = Lima beans (dry), INGREDIENT = Bovine and pig fresh meat		3	0%
Beans and meat meal, INGREDIENT = Pig fresh meat, INGREDIENT = Lima beans (dry)		47	0.5%
Beer		25	0.3%
Beetroots, PROCESS = Cooking and similar thermal preparation processes, QUALITATIVE-INFO = Without added salt		7	0.1%
Beetroots, PROCESS = Raw, no heat treatment		6	0.1%
Biscuits, chocolate		3	0%
Biscuits, sweet, plain, PREPARATION-PRODUCTION-PLACE = Food industry prepared		85	0.9%
Biscuits, sweet, wheat wholemeal		7	0.1%
Black eyed peas (dry)		40	0.4%



Black eyed peas (dry), PROCESS = Cooking in water	8	0.1%
Boiled eggs, SOURCE-COMMODITIES = Hen eggs	16	0.2%
Bovine heart, PROCESS = Stewing, INGREDIENT = Pork lard, INGREDIENT = Margarines and similar	2	0%
Bovine liver, PROCESS = Frying	3	0%
Bovine liver, PROCESS = Frying, INGREDIENT = Pork lard, INGREDIENT = Butter	1	0%
Bovine tongue, PROCESS = Stewing	5	0.1%
Brandy	1	0%
Bread and rolls with special ingredients added, INGREDIENT = Wheat flour, INGREDIENT = Milk	33	0.4%
Broad beans (dry), PROCESS = Cooking and similar thermal preparation processes	2	0%
Broad beans (without pods), PROCESS = Cooking and similar thermal preparation processes	24	0.3%
Butter biscuits	5	0.1%
Butter, QUALITATIVE-INFO = With added salt	109	1.2%
Butter, QUALITATIVE-INFO = Without added salt	6	0.1%
Cakes	3	0%
Cakes, INGREDIENT = Biscuits	1	0%
Cakes, INGREDIENT = Rice flour	6	0.1%
Candied or sugar preserved vegetables, INGREDIENT = Pumpkins	4	0%
Candied or sugar preserved vegetables, SOURCE-COMMODITIES = Pears	2	0%
Canned mackerel, SOURCE-COMMODITIES = Mackerel, atlantic, SURROUNDING-MEDIUM = In vegetable oil	1	0%
Canned mushrooms, PART-CONSUMED-ANALYSED = W/o surrounding medium	1	0%
Canned sardines, SURROUNDING-MEDIUM = In vegetable oil, QUALITATIVE-INFO = Half fat or medium fat	2	0%
Canned sardines, SURROUNDING-MEDIUM = In water, QUALITATIVE-INFO = Half fat or medium fat, PART-CONSUMED-ANALYSED = W/o bone, PART-CONSUMED-ANALYSED = W/o skin	2	0%
Canned tunas and similar, SURROUNDING-MEDIUM = In vegetable oil	23	0.3%
Carbonated natural mineral water	3	0%
Carrots, PROCESS = Cooking and similar thermal preparation processes	138	1.5%
Carrots, PROCESS = Raw, no heat treatment	13	0.1%
Cassava flour	1	0%
Celeries, PROCESS = Raw, no heat treatment	1	0%
Cereal flakes and similar, SOURCE-COMMODITIES = Rice grain, SOURCE-COMMODITIES = Wheat and similar-, FORTIFICATION-AGENT = Vitamins, FORTIFICATION-AGENT = Calcium, FORTIFICATION-AGENT = Iron	8	0.1%
Cereals with an added high protein food which have to be reconstituted with water or other protein-free liquid, INGREDIENT = Wheat flour	2	0%
Cereals with an added high protein food which have to be reconstituted with water or other protein-free liquid, INGREDIENT = Wheat flour, INGREDIENT = Apples	1	0%
Cheese cream sponge cake, INGREDIENT = Cream cheese	1	0%
Chewing gum	4	0%

Chicken fresh meat, PART-NATURE = Breast (as part-nature), PROCESS = Cooking and similar thermal preparation processes, PART-CONSUMED-ANALYSED = With skin	3	0%
Chicken fresh meat, PART-NATURE = Breast (as part-nature), PROCESS = Stewing, INGREDIENT = Olive oils, INGREDIENT = Margarines and similar, PART-CONSUMED-ANALYSED = W/o skin	4	0%
Chicken fresh meat, PART-NATURE = Breast (as part-nature), PROCESS = Stewing, INGREDIENT = Olive oils, INGREDIENT = Margarines and similar, PART-CONSUMED-ANALYSED = With skin	1	0%
Chicken fresh meat, PART-NATURE = Breast (as part-nature), PROCESS = Stewing, PART-CONSUMED-ANALYSED = With skin	1	0%
Chicken fresh meat, PART-NATURE = Leg (as part-nature), PROCESS = Cooking and similar thermal preparation processes, PART-CONSUMED-ANALYSED = W/o skin	3	0%
Chicken fresh meat, PART-NATURE = Leg (as part-nature), PROCESS = Cooking and similar thermal preparation processes, PART-CONSUMED-ANALYSED = With skin	1	0%
Chicken fresh meat, PART-NATURE = Leg (as part-nature), PROCESS = Grilling/griddling (high temperature cooking), PART-CONSUMED-ANALYSED = With skin	6	0.1%
Chicken fresh meat, PART-NATURE = Leg (as part-nature), PROCESS = Roasting, PART-CONSUMED-ANALYSED = With skin	1	0%
Chicken fresh meat, PART-NATURE = Leg (as part-nature), PROCESS = Stewing, INGREDIENT = Margarines and similar, INGREDIENT = Olive oils, PART-CONSUMED-ANALYSED = With skin	4	0%
Chicken fresh meat, PART-NATURE = Leg (as part-nature), PROCESS = Stewing, INGREDIENT = Margarines and similar, PART-CONSUMED-ANALYSED = W/o skin	3	0%
Chicken fresh meat, PART-NATURE = Leg (as part-nature), PROCESS = Stewing, INGREDIENT = Margarines and similar, PART-CONSUMED-ANALYSED = With skin	3	0%
Chicken fresh meat, PART-NATURE = Leg (as part-nature), PROCESS = Stewing, INGREDIENT = Olive oils, INGREDIENT = Margarines and similar, PART-CONSUMED-ANALYSED = W/o skin	7	0.1%
Chicken fresh meat, PHYSICAL-STATE = Whole/unsplit form, including artificial forms, PART-CONSUMED-ANALYSED = W/o skin	5	0.1%
Chicken fresh meat, PROCESS = Cooking and similar thermal preparation processes, PART-CONSUMED-ANALYSED = With skin	1	0%
Chicken fresh meat, PROCESS = Cooking and similar thermal preparation processes, PHYSICAL-STATE = Whole/unsplit form, including artificial forms, PART-CONSUMED-ANALYSED = W/o skin	4	0%
Chicken fresh meat, PROCESS = Cooking and similar thermal preparation processes, PHYSICAL-STATE = Whole/unsplit form, including artificial forms, PART-CONSUMED-ANALYSED = With skin	2	0%
Chicken fresh meat, PROCESS = Grilling/griddling (high temperature cooking), PART-CONSUMED-ANALYSED = With skin	7	0.1%
Chicken fresh meat, PROCESS = Grilling/griddling (high temperature cooking), PHYSICAL-STATE = Whole/unsplit form, including artificial forms, PART-CONSUMED-ANALYSED = W/o skin	2	0%
Chicken fresh meat, PROCESS = Raw, no heat treatment, PHYSICAL-STATE = Whole/unsplit form, including artificial forms, PART-CONSUMED-ANALYSED = With skin	31	0.3%
Chicken fresh meat, PROCESS = Stewing, INGREDIENT = Margarines and similar, INGREDIENT = Olive oils, PHYSICAL-STATE = Whole/unsplit form, including artificial forms, PART-CONSUMED-ANALYSED = W/o skin	3	0%
Chicken fresh meat, PROCESS = Stewing, INGREDIENT = Margarines and similar, INGREDIENT = Olive oils, PHYSICAL-STATE = Whole/unsplit form, including artificial forms, PART-CONSUMED-ANALYSED = With skin	52	0.6%
Chicken fresh meat, PROCESS = Stewing, INGREDIENT = Margarines and similar, PART-CONSUMED-ANALYSED = With skin	3	0%

Chicken fresh meat, PROCESS = Stewing, INGREDIENT = Margarines and similar, PHYSICAL-STATE = Whole/unsplit form, including artificial forms, PART-CONSUMED-ANALYSED = W/o skin	2	0%
Chicken fresh meat, PROCESS = Stewing, INGREDIENT = Margarines and similar, PHYSICAL-STATE = Whole/unsplit form, including artificial forms, PART-CONSUMED-ANALYSED = With skin	14	0.2%
Chicken fresh meat, PROCESS = Stewing, INGREDIENT = Olive oils, INGREDIENT = Margarines and similar, PART-CONSUMED-ANALYSED = With skin	18	0.2%
Chicken fresh meat, PROCESS = Stewing, PHYSICAL-STATE = Whole/unsplit form, including artificial forms, PART-CONSUMED-ANALYSED = With skin	2	0%
Chickpeas (dry), PROCESS = Cooking and similar thermal preparation processes	53	0.6%
Chili peppers, PROCESS = Raw, no heat treatment	1	0%
Chocolate and similar, PHYSICAL-STATE = Bars / tables	1	0%
Chocolate cake	3	0%
Chocolate spread	3	0%
Chorizo and similar, PROCESS = Raw, no heat treatment, INGREDIENT = Pig fresh meat, QUALITATIVE-INFO = Full fat	99	1.1%
Clams, QUALITATIVE-INFO = Without added salt	1	0%
Cockles, PROCESS = Raw, no heat treatment	1	0%
Cocoa beverage-preparation, powder, QUALITATIVE-INFO = High fat	7	0.1%
Cocoa powder	2	0%
Cod, PROCESS = Cooking and similar thermal preparation processes, QUALITATIVE-INFO = Fresh	3	0%
Coffee beverages	31	0.3%
Coffee espresso (beverage)	24	0.3%
Cola beverages, caffeinic	19	0.2%
Collards, PROCESS = Cooking and similar thermal preparation processes	2	0%
Common banana	209	2.3%
Common peaches	1	0%
Condensed milk (sometimes with added sugars)	1	0%
Condensed milk (sometimes with added sugars), SOURCE-COMMODITIES = Cow milk	6	0.1%
Cooked pork ham	37	0.4%
Courgettes, PROCESS = Frying, INGREDIENT = Seed oils	1	0%
Courgettes, PROCESS = Raw, no heat treatment	68	0.7%
Cow milk, PROCESS = UHT	1	0%
Cow milk, PROCESS = UHT, QUALITATIVE-INFO = Half fat or medium fat	1	0%
Cow milk, semi skimmed (half fat)	1	0%
Cow milk, semi skimmed (half fat), PROCESS = UHT	241	2.7%
Cow milk, skimmed (low fat), PROCESS = UHT	3	0%
Cow milk, whole, PROCESS = UHT	39	0.4%
Cow, ox or bull fresh meat, PART-NATURE = Breast (as part-nature), PROCESS = Stewing, PART-CONSUMED-ANALYSED = Excluding visible fat	1	0%

Cow, ox or bull fresh meat, PROCESS = Frying, INGREDIENT = Butter, PHYSICAL-STATE = Slices, steaks or other flat cuts	4	0%
Cow, ox or bull fresh meat, PROCESS = Frying, PHYSICAL-STATE = Slices, steaks or other flat cuts	1	0%
Cow, ox or bull fresh meat, PROCESS = Raw, no heat treatment	2	0%
Cow, ox or bull fresh meat, PROCESS = Raw, no heat treatment, PART-CONSUMED-ANALYSED = Excluding visible fat	1	0%
Cow, ox or bull fresh meat, PROCESS = Raw, no heat treatment, PHYSICAL-STATE = Slices, steaks or other flat cuts	4	0%
Cow, ox or bull fresh meat, PROCESS = Stewing, INGREDIENT = Margarines and similar, INGREDIENT = Olive oils, PART-CONSUMED-ANALYSED = Excluding visible fat	37	0.4%
Cow, ox or bull fresh meat, PROCESS = Stewing, INGREDIENT = Margarines and similar, PART-CONSUMED-ANALYSED = Excluding visible fat	5	0.1%
Cow, ox or bull fresh meat, PROCESS = Stewing, INGREDIENT = Olive oils, INGREDIENT = Margarines and similar, QUALITATIVE-INFO = Half fat or medium fat	17	0.2%
Cow, ox or bull fresh meat, PROCESS = Stewing, INGREDIENT = Seed oils, INGREDIENT = Margarines and similar, PART-CONSUMED-ANALYSED = Excluding visible fat	4	0%
Cow, ox or bull fresh meat, PROCESS = Stewing, INGREDIENT = Seed oils, INGREDIENT = Margarines and similar, QUALITATIVE-INFO = Half fat or medium fat	7	0.1%
Cow, ox or bull fresh meat, PROCESS = Stewing, PART-CONSUMED-ANALYSED = Excluding visible fat	1	0%
Cow, ox or bull fresh meat, PROCESS = Stewing, QUALITATIVE-INFO = Half fat or medium fat	1	0%
Crackers and breadsticks, INGREDIENT = Salt	5	0.1%
Cream and cream products	1	0%
Cream cheese	51	0.6%
Cream, plain, PROCESS = Pasteurisation, FAT-CONTENT = 34 % fat	1	0%
Cream, plain, PROCESS = Pasteurisation, FAT-CONTENT = 36 % fat	3	0%
Crisp bread, PLACE=Food industry prepared	3	0%
Crisp bread, wheat, wholemeal	1	0%
Croissant	3	0%
Cucumbers,PROCESS = Raw, no heat treatment	49	0.5%
Doughnuts-berliner	11	0.1%
Doughnuts-berliner, INGREDIENT = Jam of fruit / vegetables	2	0%
Dried dates	2	0%
Dried durum pasta	4	0%
Dried egg pasta, PROCESS = Cooking and similar thermal preparation processes	1	0%
Dried nuts/seeds and related flours and powders, SOURCE-COMMODITIES = Coconuts, PHYSICAL-STATE = Fragments / granules / splinters	7	0.1%
Dried vine fruits (raisins etc.)	1	0%
Duck fresh meat, PROCESS = Stewing, INGREDIENT = Traditional margarine, PART-CONSUMED-ANALYSED = W/o skin	1	0%
Finger food, PROCESS = Deep frying, INGREDIENT = Cod	2	0%
Finger food, PROCESS = Frying, INGREDIENT = Shrimps, common, INGREDIENT = Wheat flour white	6	0.1%
Finger food, PROCESS = Frying, INGREDIENT = Wheat flour white	1	0%

Firm/semi-hard cheese (gouda and edam type), FAT-CONTENT = 45 % fat	37	0.4%
Fish and seafood based dishes, PROCESS = Stewing, INGREDIENT = Rays, INGREDIENT = Anglerfish, monkfish and stargazers, INGREDIENT = Conger, european	2	0%
Fish and vegetables meal, PROCESS = Roasting, INGREDIENT = Onions and similar-, INGREDIENT = Tomatoes, INGREDIENT = Olive oils, INGREDIENT = Snappers	1	0%
Fish and vegetables meal, PROCESS = Roasting, INGREDIENT = Onions, INGREDIENT = Tomatoes, INGREDIENT = Marine fish, INGREDIENT = Olive oils, INGREDIENT = Seed oils	11	0.1%
Fish and vegetables meal, PROCESS = Roasting, INGREDIENT = Onions, INGREDIENT = Tomatoes, INGREDIENT = Olive oils, INGREDIENT = Scorpion fishes, INGREDIENT = Bacon	1	0%
Fish and vegetables meal, PROCESS = Roasting, INGREDIENT = Onions, INGREDIENT = Tomatoes, INGREDIENT = Olive oils, INGREDIENT = Snappers	4	0%
Fish soup, INGREDIENT = Pasta, plain (not stuffed), cooked	19	0.2%
Flavoured milks, PROCESS = UHT, INGREDIENT = Cow milk, QUALITATIVE-INFO = Half fat or medium fat	23	0.3%
Flounders, PROCESS = Raw, no heat treatment	1	0%
Frankfurt-type sausage, PROCESS = Grilling/griddling (high temperature cooking), QUALITATIVE-INFO = Without added salt	2	0%
Frankfurter sausage, PROCESS = Deep frying, QUALITATIVE-INFO = Without added salt	8	0.1%
French beans (with pods), PROCESS = Cooking and similar thermal preparation processes	17	0.2%
French fries from cut potato, PROCESS = Deep frying	41	0.5%
Fresh raw sausages	7	0.1%
Fried eggs, SOURCE-COMMODITIES = Hen eggs, INGREDIENT = Butter	15	0.2%
Fried eggs, SOURCE-COMMODITIES = Hen eggs, INGREDIENT = Margarines and similar	1	0%
Fried eggs, SOURCE-COMMODITIES = Hen eggs, INGREDIENT = Olive oils	57	0.6%
Fried eggs, SOURCE-COMMODITIES = Hen eggs, INGREDIENT = Traditional margarine	2	0%
Fruit compote, pineapple	1	0%
Functional vegetable margarines/fats, FAT-CONTENT = 72 % fat	1	0%
Functional vegetable margarines/fats, QUALITATIVE-INFO = With added salt, FAT-CONTENT = 70 % fat	60	0.7%
Functional vegetable margarines/fats, QUALITATIVE-INFO = With added sugar, FAT-CONTENT = 70 % fat	1	0%
Garden peas (without pods), PROCESS = Cooking and similar thermal preparation processes	4	0%
Garden peas (without pods), PROCESS = Freezing, PROCESS = Cooking and similar thermal preparation processes	5	0.1%
Garden peas (without pods), PROCESS = Raw, no heat treatment	1	0%
Garlic, PROCESS = Raw, no heat treatment	6	0.1%
Gelatine dessert, INGREDIENT = Canned or jarred pineapple	1	0%
Gelatine dessert, INGREDIENT = Oranges, INGREDIENT = Juice, orange	2	0%
Goat fresh meat, PART-NATURE = Breast (as part-nature), PROCESS = Cooking and similar thermal preparation processes, QUALITATIVE-INFO = Full fat	1	0%
Goat fresh meat, PART-NATURE = Breast (as part-nature), PROCESS = Raw, no heat treatment	2	0%
Goat fresh meat, PART-NATURE = Leg (as part-nature), PROCESS = Roasting, INGREDIENT = Olive oils, INGREDIENT = Traditional margarine	1	0%
Goat fresh meat, PART-NATURE = Leg (as part-nature), PROCESS = Stewing, QUALITATIVE-INFO = High fat	1	0%

Goat fresh meat, PROCESS = Frying, INGREDIENT = Margarines and similar, GENERIC-TERM = Unspecified	2	0%
Goat milk	1	0%
Goat milk, PROCESS = Raw, no heat treatment	4	0%
Groupers, PROCESS = Cooking and similar thermal preparation processes	8	0.1%
Groupers, PROCESS = Griddling	1	0%
Groupers, PROCESS = Raw, no heat treatment	3	0%
Hakes, PROCESS = Frying	5	0.1%
Hakes, PROCESS = Raw, no heat treatment	1	0%
Ham, pork	3	0%
Hard candies	1	0%
Hen eggs	21	0.2%
Honey	21	0.2%
Horse mackerels, PROCESS = Cooking and similar thermal preparation processes	66	0.7%
Horse mackerels, PROCESS = Grilling/griddling (high temperature cooking)	5	0.1%
Horse mackerels, PROCESS = Raw, no heat treatment	6	0.1%
Horse mackerels, SOURCE = Atlantic horse mackerel (as animal), PROCESS = Frying	66	0.7%
Horse mackerels, SOURCE = Atlantic horse mackerel (as animal), PROCESS = Grilling/griddling (high temperature cooking)	1	0%
Horse mackerels, SOURCE = Atlantic horse mackerel (as animal), PROCESS = Raw, no heat treatment	3	0%
Hot drinks and infusions composite ingredients, INGREDIENT = Coffee imitate ingredients, INGREDIENT = Coffee beverage-preparation, powder	2	0%
Ice cream, milk-based, INGREDIENT = Sponge biscuits, INGREDIENT = Cream, plain	1	0%
Imitation cream, QUALITATIVE-INFO = Without added salt, FAT-CONTENT = 75 % fat	3	0%
Instant coffee powder	204	2.2%
Instant coffee powder, decaffeinated	1	0%
Jam, raspberries	2	0%
Jam, strawberries	5	0.1%
Juice concentrate, orange	159	1.7%
Juice concentrate, pineapple	5	0.1%
Juice, lemon	1	0%
Juice, orange	28	0.3%
Juice, peach	1	0%
Juice, pineapple	2	0%
Legumes based dishes, PROCESS = Frying, INGREDIENT = Lima beans (dry), INGREDIENT = Olive oils	1	0%
Legumes based dishes, PROCESS = Frying, INGREDIENT = Lima beans (with pods), INGREDIENT = Maize oil, edible	1	0%
Lemons	1	0%
Lettuces (generic), PROCESS = Raw, no heat treatment	98	1.1%

Lima beans (dry), PROCESS = Cooking and similar thermal preparation processes	365	4%
Liqueurs	2	0%
Mackerel, atlantic, PROCESS = Cooking in water	88	1%
Mackerel, atlantic, PROCESS = Raw, no heat treatment	28	0.3%
Maize flour	92	1%
Maize grain, PROCESS = Raw, no heat treatment	61	0.7%
Maize oil, edible	1	0%
Marmalade, INGREDIENT = Quinces	7	0.1%
Marmalade, oranges	7	0.1%
Matured charcuterie products for cooking, INGREDIENT = Pig fresh meat	1	0%
Mayonnaise sauce, INGREDIENT = Olive oils, INGREDIENT = Whole eggs, PREPARATION-PRODUCTION-PLACE = Home prepared (family, social networks, proxies)	23	0.3%
Mayonnaise sauce, INGREDIENT = Whole eggs, INGREDIENT = Soya bean oil, refined, PREPARATION-PRODUCTION-PLACE = Home prepared (family, social networks, proxies)	7	0.1%
Meat and vegetable soup, with puree or pieces	7	0.1%
Meat and vegetable soup, with puree or pieces, INGREDIENT = Chicken fresh meat, INGREDIENT = Rice and similar-	25	0.3%
Meat burger (no sandwich), PROCESS = Frying, INGREDIENT = Pig fresh meat	16	0.2%
Meat burger (no sandwich), PROCESS = Grilling/griddling (high temperature cooking), INGREDIENT = Cow, ox or bull fresh meat	5	0.1%
Meat sauce, PROCESS = Frying, INGREDIENT = Pig fresh meat, INGREDIENT = Pork lard	1	0%
Meat soup, clear, PROCESS = Reconstitution from concentrate, powder or other dehydrated form, INGREDIENT = Stock cubes or granulate, chicken	20	0.2%
Meat stew, INGREDIENT = Goat fresh meat, INGREDIENT = Olive oils, INGREDIENT = Pork lard	2	0%
Milk chocolate	5	0.1%
Milk powder	2	0%
Milk powder, SOURCE-COMMODITIES = Cow milk, QUALITATIVE-INFO = Half fat or medium fat	56	0.6%
Milk powder, full fat, SOURCE-COMMODITIES = Cow milk	187	2.1%
Milk, QUALITATIVE-INFO = Half fat or medium fat	5	0.1%
Mixed fruit nectars	46	0.5%
Mixed vegetables soup, INGREDIENT = Turnips and similar-	1	0%
Mixed vegetables soup, with puree or pieces	11	0.1%
Mixed vegetables soup, with puree or pieces, INGREDIENT = Carrots, PHYSICAL-STATE = Puree-type	1	0%
Navy beans (dry seeds), PROCESS = Cooking and similar thermal preparation processes	62	0.7%
Navy beans (dry seeds), PROCESS = Raw, no heat treatment	2	0%
Nectar, apple	3	0%
Nectar, orange	1	0%
Nectar, peach	12	0.1%
Nectar, peach, QUALITATIVE-INFO = Light	1	0%
Nectar, pear	6	0.1%

Oat rolled grains	3	0%
Olive oil, refined	544	6%
Omelette, plain, INGREDIENT = Butter	1	0%
Onions, PROCESS = Cooking and similar thermal preparation processes	47	0.5%
Onions, PROCESS = Frying, INGREDIENT = Seed oils	189	2.1%
Onions, PROCESS = Raw, no heat treatment	31	0.3%
Oranges	13	0.1%
Palm oil/fat	1	0%
Papayas	26	0.3%
Parsley, PROCESS = Raw, no heat treatment	1	0%
Pasta, cooked, with vegetables, INGREDIENT = Carrots, INGREDIENT = Olive oils	19	0.2%
Pasta, cooked, with vegetables, INGREDIENT = Carrots, INGREDIENT = Traditional margarine	3	0%
Pasta, plain (not stuffed), uncooked, PROCESS = Cooking and similar thermal preparation processes	24	0.3%
Pastry based on laminated dough, INGREDIENT = Cream and cream products	1	0%
Pate, pork liver	1	0%
Peanuts, PART-CONSUMED-ANALYSED = W/o peel	1	0%
Peanuts, PROCESS = Toasting / coffee roasting, QUALITATIVE-INFO = With added salt, PART-CONSUMED-ANALYSED = W/o peel	2	0%
Peanuts, PROCESS = Toasting / coffee roasting, QUALITATIVE-INFO = Without added salt, PART-CONSUMED-ANALYSED = W/o peel	8	0.1%
Pears	30	0.3%
Pig fresh meat, PART-NATURE = Leg (as part-nature), PROCESS = Roasting, INGREDIENT = Olive oils, INGREDIENT = Traditional margarine, PART-CONSUMED-ANALYSED = Excluding visible fat	2	0%
Pig fresh meat, PART-NATURE = Leg (as part-nature), PROCESS = Roasting, INGREDIENT = Traditional margarine, INGREDIENT = Olive oils, QUALITATIVE-INFO = High fat	6	0.1%
Pig fresh meat, PART-NATURE = Leg (as part-nature), PROCESS = Roasting, INGREDIENT = Traditional margarine, INGREDIENT = Seed oils, QUALITATIVE-INFO = High fat	27	0.3%
Pig fresh meat, PART-NATURE = Leg (as part-nature), PROCESS = Roasting, PART-CONSUMED-ANALYSED = Excluding visible fat	1	0%
Pig fresh meat, PART-NATURE = Leg (as part-nature), PROCESS = Stewing, INGREDIENT = Olive oils, INGREDIENT = Pork lard, PART-CONSUMED-ANALYSED = Excluding visible fat	45	0.5%
Pig fresh meat, PART-NATURE = Leg (as part-nature), PROCESS = Stewing, INGREDIENT = Olive oils, INGREDIENT = Traditional margarine, PART-CONSUMED-ANALYSED = Excluding visible fat	1	0%
Pig fresh meat, PART-NATURE = Leg (as part-nature), PROCESS = Stewing, INGREDIENT = Seed oils, INGREDIENT = Pork lard, PART-CONSUMED-ANALYSED = Excluding visible fat	1	0%
Pig fresh meat, PROCESS = Frying, INGREDIENT = Butter	1	0%
Pig fresh meat, PROCESS = Frying, INGREDIENT = Traditional margarine	2	0%
Pig fresh meat, PROCESS = Grilling/griddling (high temperature cooking)	1	0%
Pig fresh meat, PROCESS = Grilling/griddling (high temperature cooking), QUALITATIVE-INFO = High fat, PART-CONSUMED-ANALYSED = With bone	2	0%
Pig fresh meat, PROCESS = Raw, no heat treatment	1	0%



Pig fresh meat, PROCESS = Raw, no heat treatment, QUALITATIVE-INFO = High fat, PART-CONSUMED-ANALYSED = With bone	1	0%
Pig fresh meat, PROCESS = Roasting, INGREDIENT = Olive oils, INGREDIENT = Traditional margarine	1	0%
Pig fresh meat, PROCESS = Roasting, INGREDIENT = Traditional margarine	1	0%
Pig fresh meat, PROCESS = Stewing, INGREDIENT = Olive oils, INGREDIENT = Pork lard, PART-CONSUMED-ANALYSED = With bone	2	0%
Pig fresh meat, PROCESS = Stewing, INGREDIENT = Olive oils, INGREDIENT = Pork lard, QUALITATIVE-INFO = Half fat or medium fat, PART-CONSUMED-ANALYSED = With bone	3	0%
Pig fresh meat, PROCESS = Stewing, INGREDIENT = Olive oils, INGREDIENT = Traditional margarine, QUALITATIVE-INFO = Half fat or medium fat, PART-CONSUMED-ANALYSED = With bone	2	0%
Pig fresh meat, PROCESS = Stewing, INGREDIENT = Pork lard, INGREDIENT = Seed oils, QUALITATIVE-INFO = Half fat or medium fat, PART-CONSUMED-ANALYSED = With bone	6	0.1%
Pig liver, PROCESS = Frying, INGREDIENT = Pork lard, INGREDIENT = Traditional margarine	3	0%
Pig liver, PROCESS = Frying, PROCESS = Cooking and similar thermal preparation processes	3	0%
Pig liver, PROCESS = Raw, no heat treatment	1	0%
Pineapples	1	0%
Pizza and similar with cheese topping, INGREDIENT = Tomatoes	3	0%
Pizza and similar with cheese, meat, and vegetables, INGREDIENT = Tomatoes, INGREDIENT = Cooked pork ham	6	0.1%
Pork lard	1	0%
Potato crisps from potato slices, PREPARATION-PRODUCTION-PLACE = Food industry prepared	6	0.1%
Potato puree from potatoes	34	0.4%
Potatoes and vegetables meal, INGREDIENT = Onions, INGREDIENT = Olive oils, INGREDIENT = Seed oils	230	2.5%
Potatoes, PROCESS = Baking	7	0.1%
Potatoes, PROCESS = Cooking and similar thermal preparation processes	81	0.9%
Powdered drink bases, INGREDIENT = Orange flavour	6	0.1%
Preparations for gelling home-made food	1	0%
Preserved tomato, whole or pieces	145	1.6%
Processed cheese and spreads, FAT-CONTENT = 40 % fat	8	0.1%
Processed maize-based flakes	5	0.1%
Processed wheat-based flakes	3	0%
Processed wheat-based flakes, SWEETENING-AGENT = Honey	7	0.1%
Pumpkins, PROCESS = Raw, no heat treatment	27	0.3%
Rice and meat meal, INGREDIENT = Chicken fresh meat	4	0%
Rice and vegetables meal, INGREDIENT = Carrots, INGREDIENT = Olive oils	3	0%
Rice and vegetables meal, INGREDIENT = Tomatoes, INGREDIENT = Olive oil, refined	541	6%
Rice based dishes, cooked, INGREDIENT = Butter	26	0.3%
Rice grain, PROCESS = Cooking in water	283	3.1%
Rice grain, brown, PROCESS = Raw, no heat treatment	1	0%
Rye-wheat bread and rolls, wholemeal	1	0%

Salmons, PROCESS = Cooking and similar thermal preparation processes	1	0%
Salt	330	3.6%
Salted cod, PROCESS = Drying (dehydration), PROCESS = Cooking and similar thermal preparation processes	7	0.1%
Salted cod, PROCESS = Drying (dehydration), PROCESS = Raw, no heat treatment	2	0%
Salted cod, PROCESS = Frying, PROCESS = Drying (dehydration)	1	0%
Salted cod, PROCESS = Roasting, PROCESS = Drying (dehydration), INGREDIENT = Olive oils	3	0%
Sardines and sardine-type fishes, PROCESS = Frying, QUALITATIVE-INFO = Half fat or medium fat	1	0%
Sausages, PROCESS = Cooking and similar thermal preparation processes, INGREDIENT = Animal blood	2	0%
Sausages, PROCESS = Cooking and similar thermal preparation processes, INGREDIENT = Animal blood, QUALITATIVE-INFO = Without added salt	1	0%
Sausages, PROCESS = Stewing, INGREDIENT = Portuguese kales, INGREDIENT = Olive oils	2	0%
Savoy cabbages, PROCESS = Cooking and similar thermal preparation processes	145	1.6%
Seed oils	15	0.2%
Shrimps, common, PROCESS = Cooking and similar thermal preparation processes	1	0%
Soft drink, flavoured, no fruit	3	0%
Soft drink, orange flavour	18	0.2%
Soups (ready-to-eat), INGREDIENT = Savoy cabbages	40	0.4%
Soups (ready-to-eat), PROCESS = Pumpkins	2	0%
Soya drink, FORTIFICATION-AGENT = Calcium, QUALITATIVE-INFO = With added sugar, QUALITATIVE-INFO = With added salt	1	0%
Soya drink, QUALITATIVE-INFO = With added sugar, QUALITATIVE-INFO = With added salt	1	0%
Spinaches, PROCESS = Raw, no heat treatment	7	0.1%
Sponge cake	9	0.1%
Sponge cake, INGREDIENT = Coconuts	17	0.2%
Starchy pudding, INGREDIENT = Milk, INGREDIENT = Whole eggs	1	0%
Starchy pudding, PREPARATION-PRODUCTION-PLACE = Home prepared (family, social networks, proxies)	1	0%
Stock cubes or granulate, chicken	251	2.8%
Stock cubes or granulate, meat	15	0.2%
Strawberries	4	0%
Sucrose (common sugar), SOURCE-COMMODITIES = Sugar canes, QUALITATIVE-INFO = Yellow	3	0%
Sunflower seed oil, edible	87	1%
Sweet potatoes, PROCESS = Baking	7	0.1%
Sweet potatoes, PROCESS = Raw, no heat treatment	135	1.5%
Sweetsops	5	0.1%
Table grapes, QUALITATIVE-INFO = White	1	0%
Tangerines	10	0.1%
Tomato ketchup and related sauces	10	0.1%

Tomato-containing cooked sauces	34	0.4%
Tomatoes, PROCESS = Raw, no heat treatment	115	1.3%
Traditional margarine, INGREDIENT = Garlic, QUALITATIVE-INFO = With added salt	2	0%
Tuna, PROCESS = Cooking and similar thermal preparation processes, INGREDIENT = Wine, INGREDIENT = Olive oils	41	0.5%
Turkey fresh meat, PART-NATURE = Breast (as part-nature), PROCESS = Breeding, PART-CONSUMED-ANALYSED = W/o skin	2	0%
Turkey fresh meat, PART-NATURE = Breast (as part-nature), PROCESS = Roasting, INGREDIENT = Traditional margarine, PART-CONSUMED-ANALYSED = W/o skin	3	0%
Turkey fresh meat, PART-NATURE = Breast (as part-nature), PROCESS = Stewing, INGREDIENT = Traditional margarine, PART-CONSUMED-ANALYSED = With skin	6	0.1%
Turkey fresh meat, PART-NATURE = Leg (as part-nature), PROCESS = Stewing, INGREDIENT = Traditional margarine, PART-CONSUMED-ANALYSED = With skin	1	0%
Unsweetened spirits	7	0.1%
Water-based ice creams	2	0%
Watercresses, PROCESS = Raw, no heat treatment	1	0%
Watermelons	1	0%
Wheat bread and rolls	427	4.7%
Wheat bread and rolls, INGREDIENT = Dried vine fruits (raisins etc.)	1	0%
Wheat bread and rolls, QUALITATIVE-INFO = Fortified	7	0.1%
Wheat bread and rolls, brown or wholemeal	15	0.2%
Wheat bread and rolls, brown or wholemeal, INGREDIENT = Sesame seeds	16	0.2%
Wheat bread and rolls, white with maize	4	0%
Wheat flour	3	0%
White cabbage, PROCESS = Cooking and similar thermal preparation processes	6	0.1%
White sugar	419	4.6%
Wine, red	21	0.2%
Wine, white	1	0%
Yeast leavened pastry	1	0%
Yoghurt drinks, including sweetened and/or flavoured variants, INGREDIENT = Food flavourings, QUALITATIVE-INFO = Half fat or medium fat, QUALITATIVE-INFO = With added sugar	1	0%
Yoghurt drinks, including sweetened and/or flavoured variants, INGREDIENT = Food flavourings, QUALITATIVE-INFO = Low fat (naturally or reduced), QUALITATIVE-INFO = With added sugar	1	0%
Yoghurt drinks, including sweetened and/or flavoured variants, INGREDIENT = Fruit used as fruit, QUALITATIVE-INFO = Half fat or medium fat, QUALITATIVE-INFO = With added sugar	4	0%
Yoghurt drinks, including sweetened and/or flavoured variants, QUALITATIVE-INFO = Half fat or medium fat, QUALITATIVE-INFO = With added sugar	11	0.1%
Yoghurt, INGREDIENT = Food flavourings, QUALITATIVE-INFO = Half fat or medium fat, QUALITATIVE-INFO = With added sugar	5	0.1%
Yoghurt, QUALITATIVE-INFO = Half fat or medium fat	46	0.5%
Yoghurt, QUALITATIVE-INFO = Low fat (naturally or reduced)	1	0%

**FOOD\_AMOUNT\_UNPROC:** Food amount (edible) before processing/cooking (raw amount) (g). This variable can be used in three cases: 1. ingredients of recipes which were weighted before cooking/processing; 2. when all foods in the dataset are expressed as raw/unprocessed; 3. when

Data file: data\_anon\_consumption

### Overview

Valid: 0 Invalid: 9089  
Type: Discrete Decimal: 0 Width: 8 Range: - Format: Numeric

### Questions and instructions

#### CATEGORIES

Value	Category
Sysmiss	

**FOOD\_AMOUNT\_CONS:** Food amount (edible) as consumed by the participant (g). This variable can refer to either the raw or cooked amount, depending on how the food was actually consumed by the participant.

Data file: data\_anon\_consumption

### Overview

Valid: 0 Invalid: 9089  
Type: Discrete Decimal: 0 Width: 8 Range: - Format: Numeric

### Questions and instructions

#### CATEGORIES

Value	Category
Sysmiss	

**FOOD\_AMOUNT\_REPORTED:** Food amount (edible) as reported in the survey (g). This variable should always be filled. When it is not specified if the food amount reported refers to the unprocessed (raw) or as consumed form, only this variable should be filled. When it is only spe

Data file: data\_anon\_consumption

### Overview

Valid: 9089 Invalid: 0 Minimum: 1 Maximum: 1700 Mean: 72.763 Standard deviation: 82.355  
Type: Continuous Decimal: 2 Width: 8 Range: 1 - 1700 Format: Numeric

**ENERGY\_KCAL: Energy (kcal)****Data file:** data\_anon\_consumption**Overview**

Valid: 9089    Invalid: 0    Minimum: 0    Maximum: 3770.04    Mean: 107.099    Standard deviation: 121.646  
 Type: Continuous    Decimal: 2    Width: 8    Range: 0 - 3770.04    Format: Numeric

---

**WATER\_G: Water (g) (as a nutrient)****Data file:** data\_anon\_consumption**Overview**

Valid: 9089    Invalid: 0    Minimum: 0    Maximum: 1341    Mean: 49.871    Standard deviation: 70.385  
 Type: Continuous    Decimal: 2    Width: 8    Range: 0 - 1341    Format: Numeric

---

**PROTEIN\_G: Protein (g)****Data file:** data\_anon\_consumption**Overview**

Valid: 9089    Invalid: 0    Minimum: 0    Maximum: 168.3    Mean: 4.762    Standard deviation: 9.163  
 Type: Continuous    Decimal: 2    Width: 8    Range: 0 - 168.3    Format: Numeric

---

**A\_PROT\_G: Animal (including dairy) protein (g)****Data file:** data\_anon\_consumption**Overview**

Valid: 0    Invalid: 9089  
 Type: Discrete    Decimal: 0    Width: 8    Range: -    Format: Numeric

**Questions and instructions**

## CATEGORIES

Value	Category
Sysmiss	

---

**V\_PROT\_G: Vegetal protein (g)****Data file:** data\_anon\_consumption**Overview**

Valid: 0    Invalid: 9089  
 Type: Discrete    Decimal: 0    Width: 8    Range: -    Format: Numeric

## Questions and instructions

### CATEGORIES

Value	Category
Sysmiss	

### CARBOH\_G: Carbohydrates (g)

Data file: data\_anon\_consumption

#### Overview

Valid: 9089 Invalid: 0 Minimum: 0 Maximum: 229.2 Mean: 10.922 Standard deviation: 15.817  
 Type: Continuous Decimal: 2 Width: 8 Range: 0 - 229.2 Format: Numeric

### SUGAR\_G: Total sugars (g)

Data file: data\_anon\_consumption

#### Overview

Valid: 0 Invalid: 9089  
 Type: Discrete Decimal: 0 Width: 8 Range: - Format: Numeric

## Questions and instructions

### CATEGORIES

Value	Category
Sysmiss	

### FIBTG\_G: Fibre, total dietary (g)

Data file: data\_anon\_consumption

#### Overview

Valid: 9089 Invalid: 0 Minimum: 0 Maximum: 31.2 Mean: 1.024 Standard deviation: 1.783  
 Type: Continuous Decimal: 2 Width: 8 Range: 0 - 31.2 Format: Numeric

### ALCOHOL\_G: Alcohol (g)

Data file: data\_anon\_consumption

#### Overview

Valid: 9089 Invalid: 0 Minimum: 0 Maximum: 538.9 Mean: 0.23 Standard deviation: 6.312  
 Type: Continuous Decimal: 2 Width: 8 Range: 0 - 538.9 Format: Numeric

**FAT\_G: Fat (g)****Data file:** data\_anon\_consumption**Overview**

Valid: 9089   Invalid: 0   Minimum: 0   Maximum: 124   Mean: 4.705   Standard deviation: 8.072  
 Type: Continuous   Decimal: 2   Width: 8   Range: 0 - 124   Format: Numeric

---

**SAT\_FAT\_G: Saturated fat (g)****Data file:** data\_anon\_consumption**Overview**

Valid: 9089   Invalid: 0   Minimum: 0   Maximum: 77.4   Mean: 1.305   Standard deviation: 2.907  
 Type: Continuous   Decimal: 2   Width: 8   Range: 0 - 77.4   Format: Numeric

---

**MUFA\_G: Monounsaturated fat (g)****Data file:** data\_anon\_consumption**Overview**

Valid: 9089   Invalid: 0   Minimum: 0   Maximum: 70.74   Mean: 2.12   Standard deviation: 4.098  
 Type: Continuous   Decimal: 2   Width: 8   Range: 0 - 70.74   Format: Numeric

---

**PUFA\_G: Poly-unsaturated fat (g)****Data file:** data\_anon\_consumption**Overview**

Valid: 9089   Invalid: 0   Minimum: 0   Maximum: 38.5   Mean: 0.808   Standard deviation: 1.727  
 Type: Continuous   Decimal: 2   Width: 8   Range: 0 - 38.5   Format: Numeric

---

**TFA\_G: Trans fatty acid (g)****Data file:** data\_anon\_consumption**Overview**

Valid: 9089   Invalid: 0   Minimum: 0   Maximum: 3.936   Mean: 0.0468   Standard deviation: 0.163  
 Type: Continuous   Decimal: 2   Width: 8   Range: 0 - 3.936   Format: Numeric

---

**CHOL\_MG: Cholesterol (mg)****Data file:** data\_anon\_consumption**Overview**

Valid: 9089   Invalid: 0   Minimum: 0   Maximum: 524   Mean: 14.691   Standard deviation: 43.601  
 Type: Continuous   Decimal: 2   Width: 8   Range: 0 - 524   Format: Numeric

---

### **CALC\_MG: Calcium (mg)**

**Data file:** data\_anon\_consumption

#### **Overview**

Valid: 9089   Invalid: 0   Minimum: 0   Maximum: 2295   Mean: 33.859   Standard deviation: 84.13  
Type: Continuous   Decimal: 0   Width: 8   Range: 0 - 2295   Format: Numeric

---

### **IRON\_MG: Iron (mg)**

**Data file:** data\_anon\_consumption

#### **Overview**

Valid: 9089   Invalid: 0   Minimum: 0   Maximum: 59.5   Mean: 0.617   Standard deviation: 1.426  
Type: Continuous   Decimal: 2   Width: 8   Range: 0 - 59.5   Format: Numeric

---

### **ZINC\_MG: Zinc (mg)**

**Data file:** data\_anon\_consumption

#### **Overview**

Valid: 9089   Invalid: 0   Minimum: 0   Maximum: 18.88   Mean: 0.519   Standard deviation: 0.912  
Type: Continuous   Decimal: 2   Width: 8   Range: 0 - 18.88   Format: Numeric

---

### **MG\_MG: Magnesium (mg)**

**Data file:** data\_anon\_consumption

#### **Overview**

Valid: 9089   Invalid: 0   Minimum: 0   Maximum: 412   Mean: 15.902   Standard deviation: 19.542  
Type: Continuous   Decimal: 0   Width: 8   Range: 0 - 412   Format: Numeric

---

### **PHOS\_MG: Phosphorus (mg)**

**Data file:** data\_anon\_consumption

#### **Overview**

Valid: 9089   Invalid: 0   Minimum: 0   Maximum: 2101.76   Mean: 69.514   Standard deviation: 111.712  
Type: Continuous   Decimal: 2   Width: 8   Range: 0 - 2101.76   Format: Numeric

---

### **POTA\_MG: Potassium (mg)**

**Data file:** data\_anon\_consumption



**Overview**

Valid: 9089   Invalid: 0   Minimum: 0   Maximum: 3249   Mean: 180.16   Standard deviation: 222.827  
 Type: Continuous   Decimal: 0   Width: 8   Range: 0 - 3249   Format: Numeric

---

**NA\_MG: Sodium (mg)**

**Data file:** data\_anon\_consumption

**Overview**

Valid: 9089   Invalid: 0   Minimum: 0   Maximum: 24000   Mean: 251.601   Standard deviation: 573.626  
 Type: Continuous   Decimal: 0   Width: 8   Range: 0 - 24000   Format: Numeric

---

**CU\_MG: Copper (mg)**

**Data file:** data\_anon\_consumption

**Overview**

Valid: 0   Invalid: 9089  
 Type: Discrete   Decimal: 0   Width: 8   Range: -   Format: Numeric

**Questions and instructions**

## CATEGORIES

Value	Category
Sysmiss	

---

**IOD\_MCG: Iodine (Âµg/mcg)**

**Data file:** data\_anon\_consumption

**Overview**

Valid: 0   Invalid: 9089  
 Type: Discrete   Decimal: 0   Width: 8   Range: -   Format: Numeric

**Questions and instructions**

## CATEGORIES

Value	Category
Sysmiss	

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**SE\_MCG: Selenium (Âµg/mcg)**

**Data file:** data\_anon\_consumption

**Overview**

Valid: 0 Invalid: 9089

Type: Discrete Decimal: 0 Width: 8 Range: - Format: Numeric

**Questions and instructions**

## CATEGORIES

Value	Category
Sysmiss	

**MN\_MG: Manganese (mg)****Data file:** data\_anon\_consumption**Overview**

Valid: 0 Invalid: 9089

Type: Discrete Decimal: 0 Width: 8 Range: - Format: Numeric

**Questions and instructions**

## CATEGORIES

Value	Category
Sysmiss	

**VITC\_MG: Vitamin C (mg)****Data file:** data\_anon\_consumption**Overview**

Valid: 9089 Invalid: 0 Minimum: 0 Maximum: 528 Mean: 5.571 Standard deviation: 16.998

Type: Continuous Decimal: 2 Width: 8 Range: 0 - 528 Format: Numeric

**THIA\_MG: Thiamine (vitamin B1) (mg)****Data file:** data\_anon\_consumption**Overview**

Valid: 9089 Invalid: 0 Minimum: 0 Maximum: 6 Mean: 0.0695 Standard deviation: 0.155

Type: Continuous Decimal: 2 Width: 8 Range: 0 - 6 Format: Numeric

**RIBO\_MG: Riboflavin (vitamin B2) (mg)****Data file:** data\_anon\_consumption

**Overview**

Valid: 9089   Invalid: 0   Minimum: 0   Maximum: 6.75   Mean: 0.0832   Standard deviation: 0.221  
 Type: Continuous   Decimal: 2   Width: 8   Range: 0 - 6.75   Format: Numeric

---

**NIAC\_MG: Niacin, (vitamin B3) (mg)**

**Data file:** data\_anon\_consumption

**Overview**

Valid: 9089   Invalid: 0   Minimum: 0   Maximum: 77.5   Mean: 1.248   Standard deviation: 3.1  
 Type: Continuous   Decimal: 2   Width: 8   Range: 0 - 77.5   Format: Numeric

---

**VITB5\_MG: Vitamin B5 (mg)**

**Data file:** data\_anon\_consumption

**Overview**

Valid: 0   Invalid: 9089  
 Type: Discrete   Decimal: 0   Width: 8   Range: -   Format: Numeric

**Questions and instructions**

## CATEGORIES

Value	Category
Sysmiss	

---

**VITB6\_MG: Vitamin B6 (mg)**

**Data file:** data\_anon\_consumption

**Overview**

Valid: 9088   Invalid: 1   Minimum: 0   Maximum: 8.5   Mean: 0.123   Standard deviation: 0.263  
 Type: Continuous   Decimal: 2   Width: 8   Range: 0 - 8.5   Format: Numeric

---

**FOLDFE\_MCG: Folate (Âµg/mcg dietary folate equivalent)**

**Data file:** data\_anon\_consumption

**Overview**

Valid: 0   Invalid: 9089  
 Type: Discrete   Decimal: 0   Width: 8   Range: -   Format: Numeric

**Questions and instructions**

## CATEGORIES

Value	Category
Sysmiss	

### FOL\_MCG: Folate, total (Âµg/mcg)

Data file: data\_anon\_consumption

#### Overview

Valid: 9089 Invalid: 0 Minimum: 0 Maximum: 850 Mean: 12.854 Standard deviation: 29.849  
Type: Continuous Decimal: 0 Width: 8 Range: 0 - 850 Format: Numeric

### FOLFD\_MCG: Folate food, naturally occurring food folates (Âµg/mcg)

Data file: data\_anon\_consumption

#### Overview

Valid: 0 Invalid: 9089  
Type: Discrete Decimal: 0 Width: 8 Range: - Format: Numeric

#### Questions and instructions

#### CATEGORIES

Value	Category
Sysmiss	

### FOLFRE\_MCG: Folate, free (Âµg/mcg)

Data file: data\_anon\_consumption

#### Overview

Valid: 0 Invalid: 9089  
Type: Discrete Decimal: 0 Width: 8 Range: - Format: Numeric

#### Questions and instructions

#### CATEGORIES

Value	Category
Sysmiss	

### FOLAC\_MCG: Folic acid (synthetic) (Âµg/mcg)

Data file: data\_anon\_consumption

**Overview**

Valid: 0 Invalid: 9089

Type: Discrete Decimal: 0 Width: 8 Range: - Format: Numeric

**Questions and instructions**

## CATEGORIES

Value	Category
Sysmiss	

**VITB12\_MCG: Vitamin B12 (Âµg/mcg)****Data file:** data\_anon\_consumption**Overview**

Valid: 9089 Invalid: 0 Minimum: 0 Maximum: 98.52 Mean: 0.569 Standard deviation: 3.148

Type: Continuous Decimal: 2 Width: 8 Range: 0 - 98.52 Format: Numeric

**VITA\_RAE\_MCG: Vitamin A in Retinol Activity Equivalents (Âµg/mcg RAE)****Data file:** data\_anon\_consumption**Overview**

Valid: 0 Invalid: 9089

Type: Discrete Decimal: 0 Width: 8 Range: - Format: Numeric

**Questions and instructions**

## CATEGORIES

Value	Category
Sysmiss	

**VITA\_RE\_MCG: Vitamin A in Retinol Equivalents (Âµg/mcg RE)****Data file:** data\_anon\_consumption**Overview**

Valid: 9089 Invalid: 0 Minimum: 0 Maximum: 13515 Mean: 55.561 Standard deviation: 354.245

Type: Continuous Decimal: 0 Width: 8 Range: 0 - 13515 Format: Numeric

**BCAROT\_MCG: Beta-carotene (Âµg/mcg)****Data file:** data\_anon\_consumption

## Overview

Valid: 9089 Invalid: 0 Minimum: 0 Maximum: 28080 Mean: 200.51 Standard deviation: 825.577  
 Type: Continuous Decimal: 0 Width: 8 Range: 0 - 28080 Format: Numeric

## RETOL\_MCG: Retinol (Âµg/mcg)

Data file: data\_anon\_consumption

### Overview

Valid: 9089 Invalid: 0 Minimum: 0 Maximum: 14 Mean: 0.0367 Standard deviation: 0.391  
 Type: Discrete Decimal: 0 Width: 8 Range: 0 - 14 Format: Numeric

### Questions and instructions

#### CATEGORIES

Value	Category	Cases	
0		8868	97.6%
1		202	2.2%
2		4	0%
3		2	0%
5		1	0%
6		2	0%
7		1	0%
8		2	0%
9		2	0%
10		1	0%
11		1	0%
12		1	0%
13		1	0%
14		1	0%

## VITD\_MCG: Vitamin D (Âµg/mcg)

Data file: data\_anon\_consumption

### Overview

Valid: 9089 Invalid: 0 Minimum: 0 Maximum: 5780 Mean: 0.9 Standard deviation: 60.636  
 Type: Continuous Decimal: 2 Width: 8 Range: 0 - 5780 Format: Numeric

## VITE\_MG: Vitamin E, alpha-tocopherol equivalents (mg)

Data file: data\_anon\_consumption

**Overview**

Valid: 0 Invalid: 9089

Type: Discrete Decimal: 0 Width: 8 Range: - Format: Numeric

**Questions and instructions**

## CATEGORIES

Value	Category
Sysmiss	

**VITK\_MCG: Vitamin K (Âµg/mcg)****Data file:** data\_anon\_consumption**Overview**

Valid: 0 Invalid: 9089

Type: Discrete Decimal: 0 Width: 8 Range: - Format: Numeric

**Questions and instructions**

## CATEGORIES

Value	Category
Sysmiss	

**PHY\_MG: Phytate, total (mg)****Data file:** data\_anon\_consumption**Overview**

Valid: 0 Invalid: 9089

Type: Discrete Decimal: 0 Width: 8 Range: - Format: Numeric

**Questions and instructions**

## CATEGORIES

Value	Category
Sysmiss	

**ALA\_G: Alpha-linolenic acid (g)****Data file:** data\_anon\_consumption**Overview**

Valid: 9089 Invalid: 0 Minimum: 0 Maximum: 37 Mean: 0.644 Standard deviation: 1.425

Type: Continuous    Decimal: 2    Width: 8    Range: 0 - 37    Format: Numeric

---

### ■ NIAC\_EQ\_MG: Niacin equivalents (mg)

**Data file:** data\_anon\_consumption

#### Overview

Valid: 9089    Invalid: 0    Minimum: 0    Maximum: 98.52    Mean: 2.195    Standard deviation: 4.598  
 Type: Continuous    Decimal: 2    Width: 8    Range: 0 - 98.52    Format: Numeric

---

### ■ TOCPHA\_MG: Vitamin E, alpha-tocopherol (mg)

**Data file:** data\_anon\_consumption

#### Overview

Valid: 9088    Invalid: 1    Minimum: 0    Maximum: 42.5    Mean: 0.734    Standard deviation: 1.633  
 Type: Continuous    Decimal: 2    Width: 8    Range: 0 - 42.5    Format: Numeric

---

### ■ VERSION: Date in which the file was prepared or updated for upload.

**Data file:** data\_anon\_consumption

#### Overview

Valid: 1    Invalid: 0  
 Type: Discrete    Width: 9    Range: -    Format: character

#### Questions and instructions

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#### CATEGORIES

Value	Category	Cases	
14-Sep-23		1	100%

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# study\_resources

## technical\_documents

### Codebook

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title	Codebook
filename	fao_who_gift_code_book_fam.xlsx

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