

Option ID	Variable	Code	Variable Group	Unit	Notes	Metadata ID
1	1001 Available Carbohydrate (g/100g)	1001	Proximate Analysis	g/100g	NULL	1
2	1002 Total Carbohydrate (g/100g)	1002	Proximate Analysis	g/100g	NULL	1
3	1003 Carbohydrate (g/100g)	1003	Proximate Analysis	g/100g	NULL	1
4	1004 Crude Protein (g/100g)	1004	Proximate Analysis	g/100g	NULL	1
5	1005 Total Protein (g/100g)	1005	Proximate Analysis	g/100g	NULL	1
6	1006 Protein (g/100g)	1006	Proximate Analysis	g/100g	NULL	1
7	1007 Crude Fat (g/100g)	1007	Proximate Analysis	g/100g	NULL	1
8	1008 Total Fat (g/100g)	1008	Proximate Analysis	g/100g	NULL	1
9	1009 Fat (g/100g)	1009	Proximate Analysis	g/100g	NULL	1
10	1010 Ash (g/100g)	1010	Proximate Analysis	g/100g	NULL	1
11	1011 Crude Fibre (g/100g)	1011	Proximate Analysis	g/100g	NULL	1
12	1012 Total Fibre (g/100g)	1012	Proximate Analysis	g/100g	NULL	1
13	1013 Fibre (g/100g)	1013	Proximate Analysis	g/100g	NULL	1
14	1014 Moisture/water (g/100g)	1014	Proximate Analysis	g/100g	NULL	1
15	2001 Energy (kCal/100g)	2001	Energy	kCal/100g	NULL	1
16	2002 Energy (kJ/100g)	2002	Energy	kJ/100g	NULL	1
17	3001 Alpha Carotene (mcg/100g)	3001	Vitamins and their precursors	mcg/100g	Provitamin A carotenoids	1
18	3002 Beta Carotene (mcg/100g)	3002	Vitamins and their precursors	mcg/100g	Provitamin A carotenoids	1
19	3003 Beta Cryptoxanthin (mcg/100g)	3003	Vitamins and their precursors	mcg/100g	Provitamin A carotenoids	1
20	3004 Carotenoids (mcg/100g)	3004	Vitamins and their precursors	mcg/100g	NULL	1
21	3005 Lutein (mcg/100g)	3005	Vitamins and their precursors	mcg/100g	NULL	1
22	3006 Lycopene (mcg/100g)	3006	Vitamins and their precursors	mcg/100g	NULL	1
23	3007 Retinol (mcg/100g)	3007	Vitamins and their precursors	mcg/100g	NULL	1
24	3008 Total Vitamin B (mg/100g)	3008	Vitamins and their precursors	mg/100g	NULL	1
25	3009 Vitamin A RAE (mcg/100g)	3009	Vitamins and their precursors	mcg/100g	NULL	1
26	3010 Vitamin B1 Thiamin (mg/100g)	3010	Vitamins and their precursors	mg/100g	NULL	1
27	3011 Vitamin B12 Cobalamin (mcg/100g)	3011	Vitamins and their precursors	mcg/100g	NULL	1
28	3012 Vitamin B2 Riboflavin (mg/100g)	3012	Vitamins and their precursors	mg/100g	NULL	1
29	3013 Vitamin B3 Niacin (mg/100g)	3013	Vitamins and their precursors	mg/100g	NULL	1
30	3014 Vitamin B5 Pantothenic Acid (mg/100g)	3014	Vitamins and their precursors	mg/100g	NULL	1
31	3015 Vitamin B6 Pyridoxine (mg/100g)	3015	Vitamins and their precursors	mg/100g	NULL	1
32	3016 Vitamin B7 Biotin (mcg/100g)	3016	Vitamins and their precursors	mcg/100g	NULL	1
33	3017 Vitamin B8 Inositol (mcg/100g)	3017	Vitamins and their precursors	mcg/100g	NULL	1
34	3018 Vitamin B9 Folate (mcg/100g)	3018	Vitamins and their precursors	mcg/100g	NULL	1
35	3019 Vitamin C Ascorbic Acid (mg/100g)	3019	Vitamins and their precursors	mg/100g	NULL	1

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36	3020 Vitamin Choline (mg/100g)	3020	Vitamins and their precursors	mg/100g	NULL	1
37	3021 Vitamin D (IU/100g)	3021	Vitamins and their precursors	IU/100g	NULL	1
38	3022 Vitamin E Tocopherol (mg/100g)	3022	Vitamins and their precursors	mg/100g	NULL	1
39	3023 Vitamin E Tocopherol Alpha (mg/100g)	3023	Vitamins and their precursors	mg/100g	NULL	1
40	3024 Vitamin E Tocopherol Beta (mg/100g)	3024	Vitamins and their precursors	mg/100g	NULL	1
41	3025 Vitamin E Tocopherol Delta (mg/100g)	3025	Vitamins and their precursors	mg/100g	NULL	1
42	3026 Vitamin E Tocopherol Gamma (mg/100g)	3026	Vitamins and their precursors	mg/100g	NULL	1
43	3027 Vitamin K Phylloquinone (mcg/100g)	3027	Vitamins and their precursors	mcg/100g	NULL	1
44	3028 Zeaxanthin (mcg/100g)	3028	Vitamins and their precursors	mcg/100g	NULL	1
45	3029 Betaine (mg/100g)	3029	Vitamins and their precursors	mg/100g	NULL	1
46	3030 Carotenes (mg/100g)	3030	Vitamins and their precursors	mg/100g	NULL	1
47	3031 Lutein + Zeaxanthin (mcg/100g)	3031	Vitamins and their precursors	mcg/100g	NULL	1
48	3032 Tocotrienol Alpha (mg/100g)	3032	Vitamins and their precursors	mg/100g	NULL	1
49	3033 Tocotrienol Beta (mg/100g)	3033	Vitamins and their precursors	mg/100g	NULL	1
50	3034 Tocotrienol Delta (mg/100g)	3034	Vitamins and their precursors	mg/100g	NULL	1
51	3035 Tocotrienol Gamma (mg/100g)	3035	Vitamins and their precursors	mg/100g	NULL	1
52	3036 Vitamin D (mg/100g)	3036	Vitamins and their precursors	mg/100g	NULL	1
53	4001 Calcium Ca (mg/100g)	4001	Minerals	mg/100g	NULL	1
54	4002 Chloride Cl (mg/100g)	4002	Minerals	mg/100g	NULL	1
55	4003 Chromium Cr (mcg/100g)	4003	Minerals	mcg/100g	NULL	1
56	4004 Copper Cu (mg/100g)	4004	Minerals	mg/100g	NULL	1
57	4005 Fluoride F (mcg/100g)	4005	Minerals	mcg/100g	NULL	1
58	4006 Iodine I (mcg/100g)	4006	Minerals	mcg/100g	NULL	1
59	4007 Iron Fe (mg/100g)	4007	Minerals	mg/100g	NULL	1
60	4008 Magnesium Mg (mg/100g)	4008	Minerals	mg/100g	NULL	1
61	4009 Manganese Mn (mg/100g)	4009	Minerals	mg/100g	NULL	1
62	4010 Phosphorus P (mg/100g)	4010	Minerals	mg/100g	NULL	1
63	4011 Potassium K (mg/100g)	4011	Minerals	mg/100g	NULL	1
64	4012 Selenium Se (mcg/100g)	4012	Minerals	mcg/100g	NULL	1
65	4013 Sodium Na (mg/100g)	4013	Minerals	mg/100g	NULL	1
66	4014 Sulphur S (mg/100g)	4014	Minerals	mg/100g	NULL	1
67	4015 Zinc Zn (mg/100g)	4015	Minerals	mg/100g	NULL	1
68	4016 Nickel Ni (mg/100g)	4016	Minerals	mg/100g	NULL	1
69	5001 Mono Unsaturated Fat (g/100g)	5001	Fatty Acids	g/100g	NULL	1
70	5002 Poly Unsaturated Fat (g/100g)	5002	Fatty Acids	g/100g	NULL	1
71	5003 Saturated Fat (g/100g)	5003	Fatty Acids	g/100g	NULL	1
72	5004 MUFA 14:1 n-5 Myristoleic Acid (% in fat)	5004	Fatty Acids	% in fat	NULL	1

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73	5005 MUFA 16:1 n-7 Palmitoleic Acid (% in fat)	5005	Fatty Acids	% in fat	NULL	1
74	5006 MUFA 18:1 n-9 Oleic Acid (% in fat)	5006	Fatty Acids	% in fat	NULL	1
75	5007 MUFA 20:1 n-11 Gadoleic Acid (% in fat)	5007	Fatty Acids	% in fat	NULL	1
76	5008 MUFA 22:1 n-9 Erucic Acid (% in fat)	5008	Fatty Acids	% in fat	NULL	1
77	5009 MUFA 24:1 n-9 Nervonic Acid (% in fat)	5009	Fatty Acids	% in fat	NULL	1
78	5010 PUFA 18:2 n-6 Linoleic Acid (% in fat)	5010	Fatty Acids	% in fat	NULL	1
79	5011 PUFA 18:3 Linolenic Acid (% in fat)	5011	Fatty Acids	% in fat	NULL	1
80	5012 PUFA 18:3 n-3 Alpha Linolenic Acid (% in fat)	5012	Fatty Acids	% in fat	NULL	1
81	5013 PUFA 18:3 n-6 Gamma Linolenic Acid (% in fat)	5013	Fatty Acids	% in fat	NULL	1
82	5014 PUFA 18:4 n-3 Parinaric Acid (% in fat)	5014	Fatty Acids	% in fat	NULL	1
83	5015 PUFA 20:4 n-6 Arachidonic Acid (% in fat)	5015	Fatty Acids	% in fat	NULL	1
84	5016 PUFA 20:5 n-3 Eicosapentaenoic Acid (% in fat)	5016	Fatty Acids	% in fat	NULL	1
85	5017 PUFA 22:5 n-3 Docosapentaenoic Acid (% in fat)	5017	Fatty Acids	% in fat	NULL	1
86	5018 PUFA 22:6 n-3 Docosahexaenoic Acid (% in fat)	5018	Fatty Acids	% in fat	NULL	1
87	5019 SFA 4:0 Butanoic Acid (% in fat)	5019	Fatty Acids	% in fat	NULL	1
88	5020 SFA 6:0 Hexanoic Acid (% in fat)	5020	Fatty Acids	% in fat	NULL	1
89	5021 SFA 8:0 Octanoic Acid (% in fat)	5021	Fatty Acids	% in fat	NULL	1
90	5022 SFA 10:0 Decanoic Acid (% in fat)	5022	Fatty Acids	% in fat	NULL	1
91	5023 SFA 12:0 Lauric Acid (% in fat)	5023	Fatty Acids	% in fat	NULL	1
92	5024 SFA 14:0 Tetradecanoic Acid (% in fat)	5024	Fatty Acids	% in fat	NULL	1
93	5025 SFA 16:0 Palmitic Acid (% in fat)	5025	Fatty Acids	% in fat	NULL	1
94	5026 SFA 17:0 Margaric Acid (% in fat)	5026	Fatty Acids	% in fat	NULL	1
95	5027 SFA 18:0 Stearic Acid (% in fat)	5027	Fatty Acids	% in fat	NULL	1
96	5028 SFA 20:0 Arachidic Acid (% in fat)	5028	Fatty Acids	% in fat	NULL	1
97	5029 SFA 22:0 Docosanoic Acid (% in fat)	5029	Fatty Acids	% in fat	NULL	1
98	5030 SFA 24:0 Tetracosanoic Acid (% in fat)	5030	Fatty Acids	% in fat	NULL	1
99	6001 Alanine (mg/100g)	6001	Amino Acids	mg/100g	NULL	1
100	6002 Arginine (mg/100g)	6002	Amino Acids	mg/100g	NULL	1
101	6003 Asparagine (mg/100g)	6003	Amino Acids	mg/100g	NULL	1
102	6004 Aspartic Acid (mg/100g)	6004	Amino Acids	mg/100g	NULL	1
103	6005 Cysteine (mg/100g)	6005	Amino Acids	mg/100g	NULL	1
104	6006 Cysteine Acid (mg/100g)	6006	Amino Acids	mg/100g	NULL	1
105	6007 Glutamic Acid (mg/100g)	6007	Amino Acids	mg/100g	NULL	1
106	6008 Glycine (mg/100g)	6008	Amino Acids	mg/100g	NULL	1
107	6009 Histidine (mg/100g)	6009	Amino Acids	mg/100g	NULL	1
108	6010 Isoleucine (mg/100g)	6010	Amino Acids	mg/100g	NULL	1
109	6011 Leucine (mg/100g)	6011	Amino Acids	mg/100g	NULL	1
110	6012 Lysine (mg/100g)	6012	Amino Acids	mg/100g	NULL	1
111	6013 Methionine (mg/100g)	6013	Amino Acids	mg/100g	NULL	1
112	6014 Phenylalanine (mg/100g)	6014	Amino Acids	mg/100g	NULL	1
113	6015 Proline (mg/100g)	6015	Amino Acids	mg/100g	NULL	1
114	6016 Serine (mg/100g)	6016	Amino Acids	mg/100g	NULL	1
115	6017 Threonine (mg/100g)	6017	Amino Acids	mg/100g	NULL	1
116	6018 Tryptophan (mg/100g)	6018	Amino Acids	mg/100g	NULL	1

Option ID	Variable	Code	Variable Group	Unit	Notes	Metadata ID
117	6019 Tyrosine (mg/100g)	6019	Amino Acids	mg/100g	NULL	1
118	6020 Valine (mg/100g)	6020	Amino Acids	mg/100g	NULL	1
119	6021 Taurine (mg/100g)	6021	Amino Acids	mg/100g	NULL	1
120	5031 MUFA 16:1 n-9 Palmitoleic Acid (% in fat)	5031	Fatty Acids	% in fat	NULL	1
121	5032 MUFA 20:1 n-9 Gadoleic Acid (% in fat)	5032	Fatty Acids	% in fat	NULL	1
122	5033 MUFA 20:2 n-6 Eicosadienoic Acid (% in fat)	5033	Fatty Acids	% in fat	NULL	1
123	4017 Lead Pb (mg/100g)	4017	Minerals	mg/100g	NULL	1
124	1015 Soluble Dietary Fibre (g/100g)	1015	Proximate Analysis	g/100g	NULL	1
125	1016 Insoluble Dietary Fibre (g/100g)	1016	Proximate Analysis	g/100g	NULL	1
126	6022 Total essential amino acid (% of total amino acids)	6022	Amino Acids	%	NULL	1
127	6023 Total non-essential amino acid (% of total amino acids)	6023	Amino Acids	%	NULL	1
128	4017 Cobalt Co (mg/100g)	4017	Minerals	mg/100g	NULL	1