

Appendix C. Major food groups with listed food items.

Food group	Examples of food items included
Grains and pasta	Rice (boiled, fried, risotto, sushi, salad), flour, pasta/noodles, bran, cereal-based products and dishes (pasta and sauce, lasagne, pasta salad, noodle soup, chow mein)
Bread	All types of bread (rolls, pita, foccacia, garlic), bagels, crumpets, sweet buns
Breakfast cereals	All types (muesli, wheat biscuits, porridge, puffed/flaked/extruded cereals)
Biscuits*	Sweet biscuits (plain, chocolate coated, fruit filled, cream filled), crackers
Cakes and muffins*	All cakes and muffins, slices, scones, pancakes, doughnuts, pastry
Bread-based dishes	Sandwiches, filled rolls, hamburgers, hotdogs, pizza, nachos, doner kebabs, wontons, spring rolls, stuffings
Puddings and desserts	Milk puddings, cheesecake, fruit crumbles, mousse, steamed sponges, sweet pies, pavlova, meringues
Milk	All milk (cow, soy, rice, goat and flavoured milk), milkshakes, milk powder
Dairy products	Cream, sour cream, yoghurt, dairy food, ice-cream, dairy-based dips
Cheese	Cheddar, edam, specialty (blue, brie, feta, etc), ricotta, cream cheese, cottage cheese, processed cheese
Butter and margarine	Butter, margarine, butter/margarine blends, reduced-fat spreads
Fats and oils	Canola, olive, sunflower and vegetable oils, dripping, lard
Eggs and egg dishes	Poached, boiled, scrambled and fried eggs, omelettes, self-crusting quiches, egg stir-fries
Beef and veal	All muscle meats (steak, mince, corned beef, roast, schnitzel, etc), stews, stir-fries
Lamb and mutton	All muscle meats (chops, roast, mince, etc), stews, stir-fries, curries

Pork	All muscle meats (roast, chop, steak, schnitzel, etc), bacon, ham, stews, stir-fries
Poultry	All chicken, duck, turkey and mutton/bird muscle meats and processed meat, stews and stir-fries
Other meat	Venison, rabbit, goat, liver (lamb's fry), pâté (liver), haggis
Sausages and processed meats	Sausages, luncheon, frankfurters, saveloys/cheerios, salami, meatloaf and patties
Pies and pasties	All pies including potato top, pasties, savouries, sausage rolls, quiche with pastry
Fish and seafood	All fish (fresh, frozen, smoked, canned, battered, fingers, etc), shellfish, squid, crab, fish/seafood dishes (pies, casseroles and fritters), fish/seafood products
Vegetables	All vegetables (fresh, frozen, canned) including mixes, coleslaw, tomatoes, green salads, legumes and pulses, legume products and dishes (baked beans, hummus, tofu), vegetable dishes
Potatoes, kumara and taro	Mashed, boiled, baked potatoes and kumara, hot chips, crisps, hash browns, wedges, potato dishes (stuffed, scalloped potatoes), taro roots and stalks
Snack foods	Corn chips, popcorn, extruded snacks (burger rings etc), grain crisps
Fruit	All fruit, fresh, canned, cooked and dried
Nuts and seeds	Peanuts, almonds, sesame seeds, peanut butter, chocolate/nut spreads, coconut (including milk and cream), nut-based dips (pestos)
Sugar and sweets	Sugars, syrups, confectionery, chocolate, jam, honey, jelly, sweet toppings and icing, ice-blocks, artificial sweeteners
Soups and stocks	All instant and homemade soups (excluding noodle soups), stocks and stock powder
Savoury sauces and condiments	Gravy, tomato and cream-based sauces, soy, tomato and other sauces, cheese sauces, mayonnaise, oil & vinegar dressings, chutney, marmite
Non-alcoholic beverages	All teas, coffee and substitutes, hot chocolate drinks, juices, cordial, soft drinks,

	water, powdered drinks, sports and energy drinks
Alcoholic beverages	Wine, beer, spirits, liqueurs and cocktails, ready-to-drink alcoholic sodas (RTDs)
Supplements providing energy*	Meal replacements, protein supplements (powders and bars)
Snack bars*	Muesli bars, wholemeal fruit bars, puffed cereal bars, nut and seed bars

Some foods may not be assigned to the same food groups as in the 1997 National Nutrition Survey so care should be taken when making direct comparisons. For example, Muesli bars were assigned to biscuits in the 1997 National Nutrition Survey, but to snack bars in the 2008/09 New Zealand Adult Nutrition Survey.

* Comparable with 2002 National Children's Nutrition Survey but not comparable with 1997 National Nutrition Survey.