

SUPPLEMENTARY TABLE 1- FOR UNSPECIFIED FOOD ITEMS AND QUANTITIES

FOR FOODWORKS 2009  
PROFESSIONAL EDITION

<b>FOOD ITEM</b>	<b>DEFAULT INPUT</b>	<b>DEFAULT QUANTITIES</b>
Bacon	"Pork, bacon, lean&fat, uncooked" + "Butter, salted"/"Vegetable Oil"	3 Rashers + 1 Tb Butter/Oil
Baked Beans	"Beans, baked, in tomato sauce, canned"	100g w toast; 200g w/o
Beef (In Sandwich)	"beef, bolar roast, lean&fat, trm, roasted"	1 slice
Beer	"Beer, standard, draught&lager"	Can - 330ml; Glass - 300ml; Pint 500ml; Jug 1000ml
Biscuit (Chocolate) (unspecified)	"Biscuit, chocolate coated"	2 biscuits
Biscuit (unspecified)	"Biscuit, basic, NZ recipe"	2 biscuits
Bourbon	"Whisky"	50ml/50g
Bread (Bun/Roll) (Unspecified)	"Bread roll, white, pre-packaged"	50g
Bread (Rye - Toasted)	"Bread, rye, heavy, toasted"	2 Slices
Bread (Vogels)	"Vogels Sunflower and Barley"	60g (2 Slices)
Bread (Vogels - Toasted)	"Vogels Toast Soy and Linseed Toast"	60g (2 Slices)
Bread (Wheatmeal)	"Bread, wheatmeal, sliced, prepacked"	2 Slices
Bread (Wholemeal)	"Bread, wholemeal, sliced&unsliced"	2 Medium Slices
Butter (In Sandwich)	"Butter, semi-soft"	10g per Sandwich
Cake (unspecified)	"Cake, fancy, iced"	1 slice
Carrot (In Sandwich)	"Carrot, flesh, raw"	0.25 Cup, Sliced
Cassava	"Cassava, boiled"	150g
Cheese	"Cheese, cheddar, mild"	40g
Cheese (In Sandwich)	"Cheese, cheddar, mild"	40g; 80g for Toasted Sandwich
Chicken (unspecified)	"Chicken, breast, lean&fat, roasted" + "Butter, salted"/"Vegetable Oil"	1 single breast (chicken) + 10g Butter/Oil
Chips (i.e. "packet" chips)	"Potato crisps, plain"	1 small packet
Chips (i.e. Fish and Chips)	"Potato, fries, independent shops, plain cut"	1 "average serve"
Chocolate (unspecified)	"Chocolate bar, milk"	1 small bar
Coffee (Unspecified)	"Coffee, instant, powder" + "Water, municipal" + "Milk, fluid, standard"	1 Cup - 1 tsp Coffee Powder + 250ml Water + 20ml Standard Milk
Cornflakes	"Corn flakes"	50g
Croissant	"Croissant"	Small (7 to 12 cm long)
Crumble (Apple/Fruit)	"Pudding, apple crumble, baked"	100g
Curry	"Curry, beef/chicken/fish/lamb/vegetarian with gravy, stewed" + "Rice, white, polished, boiled"	200g curry + 1 cup rice

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Eggs (scrambled)	"Eggs, scrambled, w/milk in butter"	2 eggs
Energy Drink	"Fruit Drink, V Drink"	1 Can (250ml)
Fish (Tuna - flavoured)	"Tuna, in savoury sauce, canned"	100g
Fish (Tuna - Lite)	"Tuna, canned in brine, drained"	100g
Fish (Tuna - unspecified)	"Tuna, canned in oil"	100g
Fruit Juice	"Juice, orange&apple, unsw, Just Juice"	250ml
Fruit Salad	"Fruit salad, fruit&syrup, canned"	120g
Ham (In Sandwich)	"Ham, sliced, sandwich"	1 slice
Ham (Steak)	"Pork, ham steak, lean&fat, grilled"	1 Steak
HP Sauce	"Sauce, barbecue"	20ml
Ice Cream	"Ice cream, vanilla, standard"	140g
Jam (unspecified)	"Jam, artificially sweetened"	10g
Lettuce (In Sandwich)	"Lettuce, inner&outer leaves, raw"	1 medium leaf
Margarine (In Sandwich)	"Margarine, spread, Miracle"	10g
Marmalade (unspecified)	"Marmalade, artificially sweetened"	10g
Milk	"Milk, Standard"	250ml
Milkshake	"Milkshake, assorted flavour, McDonalds"	450ml
Mince (unspecified)	"Beef, mince, lean&fat(12%), stewed"	195g
Mixed Vegetables	"Vegetables, 3 mixed, frozen, boiled, drained"	60g
Muesli	"Muesli, natural, sanitarium" + "Milk, fluid, standard"	55g Muesli + 0.5 Cup Milk
Muesli Bar (Chocolate-Coated)	"Nice&Natural Nut Bar - Chocolate"	30g
Muffin	"Muffin, assorted flavours, toasted"	1 muffin
Onion (cooked)	"Onion, flesh, fried in dripping"	100g
Onion (In Sandwich)	"Onion, flesh, raw"	0.25 Cup, Chopped
Onion (raw)	"Onion, flesh, raw"	1 "onion"
Pasta	"Pasta, plain, boiled"	150g
Peanut Butter (unspecified)	"Peanut Butter, smth&crh, sugar&salt added"	10g
Pepperoni (In Sandwich)	"Salami, uncooked"	4 slices
Peppers (In Sandwich)	"Pepper, sweet, red, raw"	0.25 Cup

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Pizza Bread	"Pizza, cheese&tomato"	1 individual lunch-time pan pizza
Porridge (cooked)	"Porridge, prepared with milk"	130g
Potato (unspecified)	"Potato, rua, boiled, salt added"	1 potato
Pumpkin (unspecified)	"Pumpkin, flesh&skin, roasted"	135g
Rice (unspecified)	"Rice, white, polished, boiled"	150g
Salad (unspecified)	"Salad, lettuce without cheese" + "Dressing, Salad, Kraft"	2 Cups Salad + 1 Tb Dressing
Salami (In Sandwich)	"Salami, uncooked"	4 Slices
Sandwich - Club	"Sandwich, white bread, ham/bacon&veg"	1 sandwich
Sausage (unspecified)	"Sausage, preckd, dry fried, asst meats&flvr"	2 sausage
Soup	"Soup, bone&vegetable broth"	Standard - 250ml; Large - 500ml
Spaghetti (Canned)	"Spaghetti in tomato sauce, canned"	100g w toast; 200g w/o
Steak (unspecified)	"Beef, rump steak, lean(85%)&fat,raw" + "Butter, salted"/"Vegetable Oil"	Small - 1x Steak, Medium - 1.5 Steak, Large - 2 Steak + 1 Tb Butter/Oil
Stewed Fruit	"(Fruit), cooking, with sugar, stewed "	135g
Stir-fry (with meat)	"Beef/Chicken/Lamb stir-fried with vegetables"	200g
Tapioca	"Tapioca, raw"	150g
Tea	"Tea, black, infused, weak"	1 Cup - 250ml Tea + 20ml Standard Milk
Tomato	"Tomato, flesh, skin&seeds, raw"	1 tomato
Tomato (In Sandwich)	"Tomato, flesh, skin&seeds, raw"	0.5 Tomato
Whisky	"Whisky"	Nip - 50ml/50g; 1 Shot - 25ml/25g
Wine (Brut)	"Wine, white, dry"	Glass - 150ml (NB - Foodworks "Glass" is equivalent to a small glass)
Wine (Chardonnay)	"Wine, white, medium"	Glass - 150ml (NB - Foodworks "Glass" is equivalent to a small glass)
Wine (Gewutz)	"Wine, white, sweet"	Glass - 150ml (NB - Foodworks "Glass" is equivalent to a small glass)
Wine (Pinot Gris)	"Wine, white, medium"	Glass - 150ml (NB - Foodworks "Glass" is equivalent to a small glass)
Wine (Reisling)	"Wine, white, sweet"	Glass - 150ml (NB - Foodworks "Glass" is equivalent to a small glass)
Wine (Sauvignon Blanc)	"Wine, white, medium"	Glass - 150ml (NB - Foodworks "Glass" is equivalent to a small glass)
Wine (Unspecified)	"Wine, white, medium"	Glass - 150ml (NB - Foodworks "Glass" is equivalent to a small glass)
Yoghurt (homemade)	"Yoghurt, plain, unsweetened"	150g
Yoghurt (unspecified)	"Yoghurt, asst fruit&flavours, sweetened"	150g