

List of components, ids, and their units per 100 g:

Compld	SrtOrd	Danish Names	English Names	Unit
0000	0000	Energi	Energy	kJ
0001	0001	Protein, total	Protein, total	g
0002	0002	total-N	total-N	g
0003	0003	Fedt, total	Fat, total	g
0004	0004	mættede fedtsyrer	saturated fatty acids	g
0005	0005	monoumætt. fedtsyrer	monounsaturated fatty acids	g
0006	0006	polyumætt. fedtsyrer	polyunsaturated fatty acids	g
0008	0007	Kulhydrat, total	Carbohydrate, total	g
0007	0008	kulhydrat, tilgængelig	carbohydrate, available	g
0009	0009	tilsat sukker	added sugar	g
0010	0010	kostfibre	dietary fibre	g
0011	0011	Alkohol	Alcohol	g
0012	0012	Aske	Ash	g
0013	0013	Vand	Moisture	g
0014	0014	A-vitamin	Vitamin A	RE
0015	0015	Retinol	retinol	µg
0016	0016	β-caroten	β-carotene	µg
0023	0023	D-vitamin	Vitamin D	µg
0024	0024	D3 cholecalciferol	D3 cholecalciferol	µg
0025	0025	D2 ergocalciferol	D2 ergocalciferol	µg
0284	0026	25-hydroxycholecalciferol	25-hydroxycholecalciferol	µg
0026	0027	E-vitamin	Vitamin E	aTE
0027	0028	alfa-tokoferol	alpha-tocopherol	mg
0035	0036	K-vitamin	Vitamin K	µg
0036	0037	B1-vitamin, thiamin	Vitamin B1, thiamin	mg
0037	0038	B2-vitamin, riboflavin	Vitamin B2, riboflavin	mg
0038	0039	Niacin	Niacin equivalents	NE
0039	0040	niacin	niacin	mg
0040	0041	tryptofans bidrag	tryptophan	mg
0041	0042	B6-vitamin	Vitamin B6	mg
0045	0046	Pantothensyre	Pantothenic Acid	mg
0046	0047	Biotin	Biotin	µg
0047	0048	Folat	Folates	µg
0049	0050	B12-vitamin	Vitamin B12	µg
0050	0051	C-vitamin	Vitamin C	mg
0051	0052	L-ascorbinsyre	L-Ascorbic Acid	mg
0052	0053	L-dehydroascorbinsyre	L-Dehydroascorbic acid	mg
0056	0057	Natrium, Na	Sodium, Na	mg
0057	0058	Kalium, K	Potassium, K	mg
0058	0059	Calcium, Ca	Calcium, Ca	mg
0059	0060	Magnesium, Mg	Magnesium, Mg	mg
0060	0061	Phosphor, P	Phosphorus, P	mg
0061	0062	Jern, Fe	Iron, Fe	mg
0064	0065	Kobber, Cu	Copper, Cu	mg
0065	0066	Zink, Zn	Zinc, Zn	mg
0066	0067	Jod, I	Iodine, I	µg
0067	0068	Mangan, Mn	Manganese, Mn	mg
0068	0069	Chrom, Cr	Chromium, Cr	µg

Explanation of units:

g = gram; mg = milligram; µg = microgram; RE = retinol equivalents; aTE = alfa-tocopherol equivalents; NE = niacin equivalents

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Compld	SrtOrd	Danish Names	English Names	Unit
0069	0070	Selen, Se	Selenium, Se	µg
0072	0073	Nikkel, Ni	Nickel, Ni	µg
0124	0128	Fructose	Fructose	g
0126	0130	Glucose	Glucose	g
0130	0134	Lactose	Lactose	g
0131	0135	Maltose	Maltose	g
0132	0136	Saccharose	Saccharose	g
0138	0142	Sukkerarter, ialt	All sugars, total	g
0144	0149	Stivelse	Starch	g
0150	0155	Kostfibre, total (AOAC)	Dietary fibre, total (AOAC)	g
0174	0179	C4:0	C 4:0	g
0175	0180	C6:0	C 6:0	g
0176	0181	C8:0	C 8:0	g
0177	0182	C10:0	C 10:0	g
0178	0183	C12:0	C 12:0	g
0179	0184	C14:0	C 14:0	g
0180	0185	C15:0	C 15:0	g
0181	0186	C16:0	C 16:0	g
0182	0187	C17:0	C 17:0	g
0183	0188	C18:0	C 18:0	g
0184	0189	C20:0	C 20:0	g
0185	0190	C22:0	C 22:0	g
0186	0191	C24:0	C 24:0	g
0189	0193	C14:1, n-5	C 14:1	g
0191	0195	C16:1, n-7	C 16:1	g
0193	0197	C18:1, n-9	C 18:1, n-9	g
0194	0198	C18:1, n-7	C 18:1, cis n-7	g
0197	0201	C20:1, n-11	C 20:1, n-11	g
0198	0202	C22:1, n-9	C 22:1, n-9	g
0200	0204	C22:1, n-11	C 22:1, n-11	g
0257	0205	C24:1, n-9	C 24:1, n-9	g
0203	0207	C18:2, n-6	C 18:2, n-6	g
0206	0210	C18:3, n-3	C 18:3, n-3	g
0208	0212	C18:4, n-3	C 18:4, n-3	g
0211	0215	C20:4, n-6	C 20:4, n-6	g
0212	0216	C20:5, n-3	C 20:5, n-3	g
0214	0218	C22:5, n-3	C 22:5, n-3	g
0215	0219	C22:6, n-3	C 22:6, n-3	g
0259	0221	Andre fedtsyrer	Other fatty acids	g
0188	0222	Sum mættede	Sum saturated	g
0202	0223	Sum monoumættede	Sum monounsaturated	g
0217	0224	Sum polyumættede	Sum polyunsaturated	g
0218	0225	Sum n-3 fedtsyrer	Sum n-3 fatty acids	g
0219	0226	Sum n-6 fedtsyrer	Sum n-6 fatty acids	g
0221	0228	Transfedtsyrer, total	Trans fatty acids	g
0223	0230	Cholesterol	Cholesterol	mg
0236	0243	Isoleucin	Isoleucin	mg
0237	0244	Leucin	Leucine	mg

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Compld	SrtOrd	Danish Names	English Names	Unit
0238	0245	Lysin	Lysine	mg
0239	0246	Methionin	Methionine	mg
0240	0247	Cystin	Cystine	mg
0241	0248	Phenylalanin	Phenylalanine	mg
0242	0249	Tyrosin	Tyrosine	mg
0243	0250	Threonin	Threonine	mg
0244	0251	Tryptofan	Tryptophan	mg
0245	0252	Valin	Valine	mg
0246	0253	Arginin	Arginine	mg
0247	0254	Histidin	Histidine	mg
0248	0255	Alanin	Alanine	mg
0249	0256	Asparaginsyre	Aspartic acid	mg
0250	0257	Glutaminsyre	Glutamic acid	mg
0251	0258	Glycin	Glycine	mg
0252	0259	Prolin	Proline	mg
0253	0262	Serin	Serine	mg

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Description of data.

All data lines begin with MT (column 1-2, MT stands for MainTable) followed by the food number (FoodId, column 3-6) followed by a descriptor (tag) or component number (CompId, column 7-9). The descriptor indicates which information that follows on the same line, column 11-40 (see also the list of components).

The following nine descriptors (tags) are followed by only one data field; the length is indicated below in []

DAN:	Danish food Name (DanName)	[max. 70 characters]
ENG:	English food name (EngName)	[max. 70 characters]
SYS:	Scientific name (SysName)	[max. 70 characters]
YLD:	Refuse in %	[max. 2 characters]
MGR:	Main food group (MainGrp)	[max. 2 characters]
SGR:	Food subgroup	[max. 2 characters]
NCF:	Nitrogen-to-protein conversion factor	[max. 5 characters]
FCF:	Fatty Acid Conversion factor	[max. 5 characters]
END:	Marks the end of each food record	

All other descriptors are alphanumeric numbers with leading zeros. They indicate the component id (CompId, See preceding list of components).

Data in columns

- In column 11-16, the mean value (BestLoc) is indicated.
- In column 17-22, the median (Median) is indicated. For amino acids and fatty acids this number is not the median, but the amino acid content in mg amino acids/g N and the fatty acid content in g fatty acid/100g fatty acid.
- In column 23-28, the lowest value in the range (Minimum) is indicated.
- In column 29-34, the highest value in the range (Maximum) is indicated
- In column 35-40, the number of analyses (NoAnal) is indicated
- In column 41 to the end of the line, the source of the data is indicated.

The data sources refer to the reference list found on URL: <http://www.foodcomp.dk/>.

The text file has variable length concerning the number of lines for each food as only data lines with a content have been included in the file.

Main groups (MainGrp) and sub groups (SubGrp) used in used in the food data set

MainGrp	SubGrp	English Name	Danish Name
01		Milk and milk products	Konsummælk og mælkekonserves
01	00	Other milk products	Andre mælkeprodukter
01	10	Unfermented milk products	Usyrnede mælkeprodukter
01	20	Fermented milk products	Syrnede mælkeprodukter
01	30	Whole milk	Råmælk o.l.
01	80	Whey	Valle
01	90	UHT milk, canned milk products	Mælkekonserves
02		Cheese and cheese products	Ost og osteprodukter
02	00	Other cheeses	Andre osteprodukter
02	10	Hard, unripened cheese	Fast surmælksost
02	20	Soft, unripened cheese	Blød surmælksost
02	30	Hard, ripened cheese	Fast løbeost
02	40	Soft, ripened cheese	Blød løbeost
02	50	Semisoft, ripened cheese	Halvfast løbeost
02	60	Whey cheese	Valleost
02	70	Processed cheese	Smelteost
03		Ice cream, fruit ice and other ice	Konsumis
03	00	Other ice	Anden is
03	10	Ice cream	Flødeis
03	20	Ice cream, low fat	Mælkeis
03	30	Fruit ice etc.	Limonadeis
03	40	Sherbet	Sorbet
03	50	Non dairy, vegetable based ice	Ermolis
03	90	Frozen desserts	Dybfrosne desserter
04		Grains, cereals and cereal products	Korn og stivelsesprodukter
04	00	Other cereal products	Andre kornprodukter
04	10	Grain	Kornsorter
04	20	Groats	Gryn
04	30	Flours	Mel
04	40	Breads	Brød
04	50	Cakes, pastry etc.	Andet bagværk
04	51	Pastry	Wienerbrød
04	52	Swiss rolls, sponge cakes, madeiras	Skærekager
04	53	Cream pastry	Fløde-/cremekager
04	54	Biscuits	Tørkager
04	55	Other cakes, pastry	Kager, andet
04	60	Breakfast cereals	Morgenprodukter
04	70	Pasta products	Pastaprodukter

Main groups (MainGrp) and sub groups (SubGrp) used in used in the food data set

MainGrp	SubGrp	English Name	Danish Name
05		Vegetables and vegetable products	Grønsager og grønsagsprodukter
05	00	Other vegetables	Andre grønsager
05	10	Roots and tubers	Rod- og knoldgrøntsager
05	20	Leafy and stem vegetables	Blad- og stængelgrøntsager
05	30	Fruiting vegetables	"Frukt"-grøntsager
05	40	Pulses, legumes	Bælgplanter
05	50	Composite or umbellifer plants	Kurve- og skærmpplanter
05	60	Mushrooms	Svampe
05	70	Herbs	Krydderurter
05	80	Vegetable nectar and juice	Grøntsagssaft og -juice
05	90	Vegetable products	Grøntsagsprodukter
06		Fruit and fruit products	Frukt og frugtprodukter
06	00	Other fruit	Anden frugt
06	10	Core or pome fruit, malaceous fruit	Kernefrugt
06	20	Stone fruit, pitfruit	Stenfrugt
06	30	Berry	Bærfrugt
06	40	Tropical or subtropical fruit	Sydfrugt
06	50	High fat fruit, nut or seed	Fedtrig frugt og frø
06	80	Fruit nectar and juice	Frugtsaft og juice
06	90	Fruit products	Frugtprodukter
07		Meat and meat products	Kød og kødprodukter
07	00	Other meat	Andet kød
07	10	Beef	Oksekød
07	20	Veal	Kalvekød
07	30	Pork	Svinekød
07	40	Sheep or lamb	Fåre- og lammekød
07	50	Horse	Hestekød
07	60	Game, venison	Vildt
07	70	Delicatessen	Charcuterivarer
07	71	Delicatessen, filling (sandwich)	Pålægsvarer
07	80	Offal	Indmad
07	90	Other meat products	Andre kødprodukter
08		Fish and fish products	Fisk og fiskeprodukter
08	00	Other fish	Anden fisk
08	10	Fresh-water, sweet water fish	Ferskvandsfisk
08	11	Fatty freshwater fish	Fed ferskvandsfisk
08	20	Salt-water fish	Saltvandsfisk
08	22	Lean salt-water fish	Mager saltvandsfisk
08	30	Shellfish	Skaldyr
08	40	Molluscs	Bløddyr
08	80	Offal	Indmad
08	90	Fish products	Fiskeprodukter

Main groups (MainGrp) and sub groups (SubGrp) used in used in the food data set

MainGrp	SubGrp	English Name	Danish Name
09		Poultry and poultry products	Fjerkræ og fjerkræprodukter
09	10	Hen	Hønsefugle
09	20	Web-footed birds	Svømmefugle
09	30	Game birds	Fuglevildt
09	80	Offal	Indmad
09	90	Poultry products	Fjerkræprodukter
10		Eggs and egg products	Æg og ægprodukter
10	10	Fresh eggs	Friske æg
10	20	Pasteurised eggs	Flydende æg
10	30	Dried eggs	Tørrede æg
10	90	Other egg products	Andre ægprodukter
11		Fats, oils and their products	Fedtsoffer og fedtstofprodukter
11	00	Other fats or oils	Andre fedtstofprodukter
11	10	Animal fats	Animalske fedtstoffer
11	20	Vegetable fats	Vegetabiliske fedtstoffer
11	30	Margarines	Margariner
11	40	Butter	Smør
11	50	Mayonnaises	Mayonnaiser
11	60	Dressings	Dressings
11	90	Other fat or oil products	Andre fedtstofprodukter
12		Sugar, honey and products thereof	Sukker, honning og sukkervarer
12	00	Other sugar products	Andre sukkervarer
12	10	Sugar	Sukker
12	20	Honey	Honning
12	90	Sugar products	Sukkervarer
13		Beverages	Drikkevarer
13	00	Other beverages	Andre drikkevarer
13	10	Coffee, tea, cocoa and chocolate	Kaffe, te, kakao og chokolade
13	11	Coffee	Kaffe
13	12	Tea	Te
13	13	Cocoa and chocolate	Kakao og chokolade
13	20	Soft drink, lemonade, mineral water etc	Limonade, mineralvand, saftdrik o.l.
13	30	Beer and other malt beverages	Øl og andre maldrikke
13	40	Wine	Vine
13	50	Fortified wine	Hedvine
13	55	Liqueur	Likør
13	60	Liquer	Spiritus
13	90	Tap water	Drikkevand

Main groups (MainGrp) and sub groups (SubGrp) used in used in the food data set

MainGrp	SubGrp	English Name	Danish Name
14		Spices and other ingredients	Krydderier og andre hjælpestoffer
14	00	Other ingredients	Andre hjælpestoffer
14	10	Spices	Krydderier
14	20	Industrial ingredients	Industrielle hjælpestoffer
14	30	Yeast and yeast products	Gær og gærprodukter
14	40	Baking powder etc.	Bagepulver o.l.
14	50	Bouillon etc.	Bouillon o.l.
14	60	Vinegar	Eddike
14	70	Salt	Salt
14	80	Spicy sauces	Kryddersaucer
15		Mixed foods	Sammensatte levnedsmidler
15	00	Other mixed foods	Andre sammensatte levnedsmidler
15	10	Ready-prepared dishes	Færdigretter
15	20	Prepared dishes	Tilberedte retter
15	30	Vegetable salads	Råsalater
15	40	Sandwiches	Sandwiches
15	50	Desserts	Desserter
15	60	Mayonnaise salads	Mayonnaisesalater
16		Foods for special nutritional use	Levnedsmidler til særlig ernæring
16	00	Infusion liquids	Infusionsvæske
16	10	Baby food	Spædbørnsmad
16	20	Toddler food	Børnemad
16	30	Vitamin/mineral products/tonics	Kosttilskudspræparater
16	40	Special health food products	Specielle helsekostpræparater
16	50	Slimming diet/food	Slankekost
16	60	Supplemental food	Tilskudskost
16	70	Enteral food	Sondekost
16	80	Diabetic food	Diabetikerkost
17		Other foods	Andre levnedsmidler
17	10	Snacks	Snacks