



## Frequently asked questions

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### What is AUSNUT 2011–13?

AUSNUT 2011–13 is a set of files that contain all the data needed to help the Australian Bureau of Statistics (ABS) to information collected from the 2011–12 National Nutrition and Physical Activity Survey (NNPAS) into food, dietary supplement information to help users interpret our data and to allow the data to be compared with older survey databases.

The complete AUSNUT 2011–13 contains the following 11 files:

- [Food details file](#) – descriptive information on 5,644 foods and beverages
- [Food nutrient database](#) – 51 nutrient values for each of the 5,644 foods and beverages
- [Food recipe file](#) – ingredient information on the 3,574 food and beverage recipes
- [Food retention factor file](#) – information on the recipe factors
- [Food measures database](#) – 15,845 measures for the 5,644 foods and beverages
- [Dietary supplement details file](#) – descriptive information on 2,157 dietary supplements
- [Dietary supplement nutrient database](#) – 35 nutrient values for each of the 2,157 dietary supplements
- [Dietary supplement recipe file](#) – ingredient information on 18 dietary supplement recipes
- [Food and dietary supplement classification system](#)
- [1995 NNS and 2011–13 AHS food classification concordance file](#)
- [AUSNUT 2011–13 – AUSNUT 1999 Matching File](#)

For further information about the information reported in each of these files, or to access the data in these files please

### How is it different from AUSNUT 1999 and AUSNUT 2007?

AUSNUT 2011-13 was developed for estimating food, dietary supplement and nutrient intakes from the 2011–12 National Nutrition and Physical Activity Survey (NNPAS) component of the 2011–13 Australian Health Survey (AHS). This means the foods, dietary supplements, measures represent the products reported and available during this time period and the nutrients to be reported as part of the AHS. AUSNUT 2011-13 may differ from AUSNUT 1999 and AUSNUT 2007 in the:

- number and types of foods reported
- way foods have been classified
- nutrients reported
- derivation of nutrient data
- nutrient profiles developed for each food
- inclusion of dietary supplements (not reported in AUSNUT 1999, but were reported for AUSNUT 2007)

number and types of measures reported for each food.

When using or comparing nutrient data across surveys, consideration must be given to survey methods and operation processing methods, and the way nutrients are reported in each survey database.

### **Why are the foods assigned different food codes between AUSNUT databases? Do you have foods in AUSNUT 2011–13 with foods in AUSNUT 1999 and AUSNUT 2007?**

Each food in AUSNUT is assigned an 8-digit alpha numeric food identification code and an 8-digit numeric survey identification code is generated by the FSANZ data management system when the food is created. The 8-digit numeric food code is generated using the survey classification system hierarchy. For more information: [Classification of foods and dietary supplements](#)

Unfortunately the food identification code assigned to a food in AUSNUT 1999 or AUSNUT 2007 cannot be carried over to AUSNUT 2011–13 due to the requirements of our data management system. The numerical survey identification code also can not be carried over to AUSNUT 2011–13 being used between surveys.

FSANZ has created a file that links individual foods reported in AUSNUT 2011–13 with foods reported in AUSNUT 1999: [AUSNUT 2011–13 – AUSNUT 1999 Matching File](#) (355 Kb Excel).

FSANZ has not created a file that links individual foods reported in AUSNUT 2011–13 with foods reported in AUSNUT 2007: [AUSNUT 2011–13 – AUSNUT 2007 Matching File](#) (673 Kb Excel) is available.

### **Am I able to reproduce the data published in AUSNUT 2011–13? Do I need to sign a copy right licence agreement?**

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### **How should AUSNUT 2011–13 be referenced?**

A suggested long reference is:

Food Standards Australia New Zealand (2014). AUSNUT 2011–13 – Australian Food Composition Database. Canberra: Food Standards Australia New Zealand. [www.foodstandards.gov.au](http://www.foodstandards.gov.au)

A suggested short reference is:

© Food Standards Australia New Zealand.

### **I think I have found a mistake in AUSNUT 2011–13. What should I do?**

FSANZ has taken great care to ensure the data in AUSNUT 2011–13 is as correct and accurate as possible. However, if you find an error in the data contained in AUSNUT 2011–13, please email us at [npc@foodstandards.gov.au](mailto:npc@foodstandards.gov.au) so we can correct it. We will ensure compliance with the relevant requirements of the Food Standards Code.

If you think you have found an error in AUSNUT 2011–13 please email us at [npc@foodstandards.gov.au](mailto:npc@foodstandards.gov.au)

**If I have a question that has not been answered here, who should I contact?**

If you have a question that is not covered in this document please email FSANZ at [npc@foodstandards.gov.au](mailto:npc@foodstandards.gov.au). FSAI queries come through.

**When will the next AUSNUT database be published?**

As AUSNUT is FSANZ survey specific database, we will not develop another AUSNUT database until another Nation

**What is the difference between NUTTAB and AUSNUT?**

NUTTAB (NUTrient TABLEs for use in Australia) is Australia's reference nutrient database. It contains a wide range of NUTTAB will vary between foods, according to the data we currently have available.

AUSNUT (AUStralian Food and NUTrient Database) is our series of survey specific nutrient databases that support n

Below is a summary of the differences between NUTTAB and AUSNUT.

NUTTAB	AUSNUT
Reference database	National Nutrition Survey database
Foods and nutrients vary according to data available	Foods and nutrients vary according to survey requirements and reflect foods as consumed
Primarily analysed data	Derivation of data varies
Incomplete nutrient dataset for each food	Complete nutrient dataset for each food

**Food nutrient database**

**How many foods are reported in AUSNUT 2011–13?**

AUSNUT 2011–13 contains data for 5,644 foods (and beverages). The foods in the database reflect foods reported a and Physical Activity Survey (NNPAS) component of the 2011-13 Australian Health Survey (AHS).

For further information on the foods reported in AUSNUT 2011–13 refer to the [AUSNUT 2011–13 Food Details File](#) (1

**Does AUSNUT 2011–13 contain a nutrient profile for every food eaten during the AHS?**

No, it doesn't. Due to the large number of respondents and wide variety of foods available in Australia it is not possibl food reported in the 2011-12 National Nutrition and Physical Activity Survey (NNPAS). Where possible, FSANZ group together, with one nutrient profile representing many foods eaten. Nutrient profiles were generated for foods that were nutrient composition and were likely to have an important impact on intake estimates for the nutrients being reported i such as the AHS, this grouping of foods is unlikely to have a significant impact on population nutrient intake estimates

For further information on how nutrient profiles were created for foods during the NNPAS go to [AUSNUT 2011-13 - C](#)

**What nutrients are reported for foods in AUSNUT 2011–13?**

AUSNUT 2011–13 contains data for 51 nutrients or related components for foods and beverages. These are:

energy, with and without the contribution of dietary fibre to energy

proximate constituents including moisture (water), protein, total fat, available carbohydrate (with and without sugar alcohol and ash)  
fatty acid components including total saturated, total monounsaturated, total polyunsaturated, total trans, total long eicosapentaenoic, docosapentaenoic and docosahexaenoic fatty acids  
vitamins including vitamin A (as retinol equivalents), preformed vitamin A (retinol), pro vitamin A (beta-carotene eq), preformed niacin, niacin equivalents, vitamin B6, vitamin B12, vitamin C, alpha tocopherol, vitamin E, natural folate equivalents  
minerals including calcium, iodine, iron, magnesium, phosphorus, potassium, selenium, sodium and zinc  
other components including caffeine, cholesterol and tryptophan.

More information about the nutrients reported in AUSNUT 2011–13 including information on the units, derivation and [Appendix 1 - Components table for foods](#) (18 Kb Excel).

## How were nutrients selected for inclusion in AUSNUT 2011–13?

AUSNUT 2011–13 contains data for nutrients reported as part of the 2011–13 Australian Health Survey (AHS) and are fed into nutrient calculations.

The nutrients were selected by the Department of Health and the Australian Bureau of Statistics before the AHS data were selected based on whether the nutrient:

- had been reported in previous national nutrition surveys
- had a nutrient reference value
- was of interest at a population level, for example, where there was a known deficiency.

However, the availability of suitable Australian derived analytical data was also taken into account.

More information about the nutrients reported in AUSNUT 2011–13 including information on the units, derivation and [Appendix 1 - Components table for foods](#) (18 Kb Excel).

## Why was vitamin D not included in AUSNUT 2011–13?

Vitamin D values are not included in AUSNUT 2011–13 because the Australian Bureau of Statistics (ABS) did not estimate vitamin D levels in the 2011-13 Australian Health Survey (AHS).

There is limited Australian derived analytical data available for vitamin D levels found in foods and there are analytical levels of vitamin D found naturally occurring in food. For most foods, the level of vitamin D will be below the level that has been some uncertainty associated with the conversion factors used to estimate total vitamin D activity from the levels of ergocalciferol and the hydroxy forms of both).

Estimating vitamin D status using the biomedical results from the AHS is considered to be a more accurate estimate than one based on dietary intake, as it takes into account the overall effect of diet and sunlight exposure. For information see [ABS feature article on Vitamin D](#).

## Where does the nutrient data in AUSNUT 2011–13 come from?

The nutrient data for foods in AUSNUT 2011–13 come from a range of sources. Where possible, nutrient profiles were derived from food composition tables. However, some data were also borrowed from overseas food composition tables; supplied by the food industry; calculated using a recipe approach.

More information about where the food nutrient data in AUSNUT 2011–13 comes from is in [AUSNUT 2011-13 - Food](#)

## Have you taken account of overages in fortified foods?

AUSNUT 2011–13 has made no allowance for fortificant overages when using label data to derive nutrient content. To assign a vitamin or mineral concentration to a fortified food the value may underestimate the actual concentration four manufacturers may add extra nutrient to a food to ensure the product contains the level declared on the product label

## Why wasn't salt included as an ingredient in your home prepared recipes?

It is difficult for respondents to reliably estimate the amount of salt that is added to foods during cooking, particularly if this reason, salt is not included as an ingredient in FSANZ recipes for home prepared foods, unless salt is needed for improve dough structure).

For commercial mixed dishes, analytical data for sodium levels has been used as a guide to the amount of salt to include were not available to use as a guide for home prepared foods.

## How did you know what sort of oils and fats are used in commercial products when they 'vegetable oil'?

FSANZ sought advice from food manufacturers as to the types of fats and oils available for use in catering and manufacturers used this advice to help select the most likely fats and oils for use in FSANZ recipes for different commercial products been checked against the analysed fatty acid composition of similar products.

## How did you work out the nutrient profile for not further defined foods?

The nutrient profiles for not further defined foods were developed using a recipe approach that drew on nutrient profile proportions weighted to reflect consumption patterns observed in the NNPAS or approximate market share information from *white flour, fresh, not further defined* drew on nutrient data for all white, fresh, fortified or unfortified breads, weight in the NNPAS.

## Dietary supplement nutrient database

### How many dietary supplements are reported in AUSNUT 2011–13?

AUSNUT 2011–13 contains data for 2,157 dietary supplements consumed during the 2011-12 National Nutrition and the 2011-13 Australian Health Survey (AHS).

Further information on the dietary supplements reported in AUSNUT 2011–13 is available in [AUSNUT 2011-13 - Diet](#)

### What nutrients are reported for dietary supplements AUSNUT 2011–13?

AUSNUT 2011–13 contains data for 35 nutrients or related components for dietary supplements. These are:

- selected proximate constituents including protein, total fat and dietary fibre
- fatty acid components including total saturated, total monounsaturated, total polyunsaturated, total trans and total linoleic and alpha linolenic acids
- vitamins including vitamin A (as retinol equivalents), preformed vitamin A (retinol), pro vitamin A (beta-carotene equivalent), preformed niacin, niacin equivalents, vitamin B6, vitamin B12, vitamin C, vitamin E, folic acid and dietary folate equivalent
- minerals including calcium, iodine, iron, magnesium, phosphorus, potassium, selenium, sodium and zinc
- other components including caffeine and cholesterol.

Further information about the nutrients reported in AUSNUT 2011–13 is available in [AUSNUT 2011-13 - Dietary supp](#)

## **Why is the list of nutrients reported for foods and dietary supplements in AUSNUT 2011–**

The AUSNUT 2011–13 dietary supplement nutrient database does not include values for energy (with and without the available carbohydrate (with and without sugar alcohols), total sugar, starch, alcohol, ash, eicosapentaenoic, docosahexaenoic, alpha-tocopherol, natural folates, total folates and tryptophan. These nutrients were not included for dietary supplements

the levels present in supplements do not contribute, or contribute very little, to overall energy or nutrient intakes (e.g. they are unlikely to be present in dietary supplements in quantifiable amounts (e.g. natural folates)  
they were not needed in the calculation of nutrients to be reported from the AHS (e.g. tryptophan).

## **Where does the nutrient data for dietary supplements in AUSNUT 2011–13 come from?**

Nutrient profiles for dietary supplements were derived using formulation data available on the Australian Register of Therapeutic Goods (ARTG) 2011–13 nutrient database does not include a full list of Therapeutic Goods Administration (TGA) registered/listed products. [Register of Therapeutic Goods](#).

The formulation data available on the Register reflect the levels of active ingredients displayed on product labels in Australia. An estimate of actual levels present in a product as overages are allowed for some active ingredients.

FSANZ only had access to the formulation data for active ingredients in dietary supplements. None of the active ingredients were relevant levels of carbohydrates in comparison to carbohydrate intake from foods. Carbohydrates such as lactose monohydrate were included in supplements, but FSANZ did not have data on the levels of these ingredients.

## **How did you work out the nutrient profile for not further defined dietary supplements?**

The nutrient profiles for not further defined dietary supplements were developed using a recipe approach that drew on data for supplements, with the recipe proportions weighted to reflect consumption patterns observed in the NNPAS. For example, *multivitamin and/or multi-mineral, not further defined* drew on nutrient data for the most commonly consumed multi-vitamin supplements according to consumption patterns observed in the NNPAS.

## **Food Measures Database**

### **How did you work out the amount of meat, chicken and fish in small, medium and large serves?**

The gram amounts FSANZ has provided for small, medium and large serves of meat, chicken and fish represent our estimate of average portion sizes of these foods available for sale in Australia at the time of the 2011-13 Australian Health Survey (AHS). We also applied weight change and trimming factors to estimate the final portion size after preparation and cooking.

### **Why do you say users should not compare the not further defined portion size values across surveys?**

Many of the not further defined measures generated for the 2011-12 National Nutrition and Physical Activity Survey (NNPAS) and the 2011-13 Australian Health Survey (AHS) reflect the average serve size reported in the NNPAS, which may be different to other surveys.

## **Food Classification System**

### **Why wasn't the 2013 Australian Guide to Healthy Eating (AGHE) used to classify foods?**

The data generated from the 2011-13 Australian Health Survey, will be used for many different purposes. It became a

ABS with a number of individuals and groups when we were developing the classification that the AGHE did not give people report the foods they eat and there are many more foods covered by the AHS than are by the AGHE. All food: reporting purposes, in a way that can be adapted for other users' needs. Dealing with mixed dishes is a particular cha of the AGHE five food groups, with and without discretionary foods. Medical/special purpose foods, foods without ene captured in the AGHE classification. However many of principles that guided the AGHE and other dietary advice were groups and many of these do match directly to the 2013 AGHE categories.

### **I don't like this food classification structure. Can I develop my own?**

Of course you can. Different users will have their specific research needs that may be best met by a customised class should bear in mind that this is a time consuming process, especially when comparing consumption over time. This is survey will need to be re-classified according to the new system. In this situation it is a good idea to develop a concor

### **Is it possible to identify discretionary foods? How were discretionary foods defined?**

Yes it will be possible to analyse results by discretionary and non-discretionary food (and beverage) consumption. Th stakeholders, developed a list of discretionary foods based on the Australian Dietary Guidelines. Discretionary foods | food classification system. For information on how discretionary foods were defined, refer to [the ABS website](#).

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