



## AUSNUT 2011–13 food retention factor file

The food retention factor file contains information on the nutrient retention factors used in recipe calculations reported  
The nutrient retention factors used in AUSNUT 2011–13 have been derived largely from [United States Department of](#)

**Table 4: Summary of information included in the Retention Factor File**

Component Heading	Description of Component Heading
Retention Factor ID	Numeric retention factor identification code.
Retention Factor Description	Name commonly used to describe the food and preparation/cooking n
Nutrient Name	Describes the full nutrient name the retention factor is related to e.g. T
Nutrient Units	Describes the units the nutrient is typically reported in e.g. milligrams.
Retention Factor	Value of retention factor reported.
Original USDA Retention Factor Description	The retention factor description as originally reported in the USDA dat

Access the [AUSNUT 2011–13 Food Retention Factor file](#) (162 Kb Excel).

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