

Food Consumption Survey (24h-recall method), 2021

		Whole Population (15 to 92 years old)				Eaters only (15 to 92 years old)				Body Weights	
Food Category	Mapped TDS Food Name	No. of Subjects	Chronic Cons(Mean,	Chronic	Chronic Cons(P95,	No. of Eaters (Chronic	Chronic Cons(Mean,	Chronic	Chronic Cons(P95,	Mean Body Weight	Mean Body Weight
			Pop), g/kg bw	Cons(Median, Pop),	Pop), g/kg bw		Eaters only), g/kg bw	Cons(Median, Eaters	Eaters only), g/kg bw		
Bakery products	Biscuit	2014	0.020	0.000	0.096	81	0.457	0.363	1.181	64.0	65.1
Bakery products	Bun, custard	2014	0.010	0.000	0.000	24	0.833	0.662	1.800	63.8	65.1
Bakery products	Cake	2014	0.012	0.000	0.083	24	0.681	0.619	1.148	66.4	65.1
Bakery products	Kueh, no coconut	2014	0.003	0.000	0.000	10	0.517	0.453	0.860	71.6	65.1
Bakery products	Kueh, with coconut	2014	0.005	0.000	0.000	12	0.756	0.704	1.559	63.3	65.1
Bakery products	Pancake	2014	0.012	0.000	0.000	22	0.794	0.718	1.646	61.3	65.1
Bakery products	Pastry	2014	0.005	0.000	0.000	16	0.664	0.526	1.467	63.9	65.1
Bakery products	Puff and pie	2014	0.008	0.000	0.000	14	0.944	0.802	1.981	67.0	65.1
Bakery products	Savoury bun (bao)	2014	0.007	0.000	0.000	20	0.743	0.632	1.250	68.1	65.1
Bakery products	Sweet bun (bao)	2014	0.010	0.000	0.000	27	0.763	0.627	1.505	63.7	65.1
Bakery products	White bread	2014	0.050	0.000	0.165	159	0.713	0.615	1.486	65.2	65.1
Bakery products	Wholemeal bread	2014	0.034	0.000	0.186	201	0.490	0.404	1.222	64.6	65.1
Beverages	Alcohol, beer	2014	0.093	0.000	0.000	64	2.917	2.209	7.575	68.1	65.1
Beverages	Alcohol, red wine	2014	0.044	0.000	0.000	53	1.685	1.258	4.338	64.4	65.1
Beverages	Alcohol, white wine	2014	0.008	0.000	0.012	176	1.265	0.817	3.207	64.3	65.1
Beverages	Carbonated soft drink	2014	0.699	0.000	4.161	377	3.732	2.767	9.405	66.8	65.1
Beverages	Cocoa powder	2014	0.009	0.000	0.000	11	1.612	1.786	2.566	70.0	65.1
Beverages	Energy drinks (e.g. red bull)	2014	0.012	0.000	0.000	11	2.109	1.923	3.116	64.0	65.1
Beverages	Freshly brewed coffee	2014	0.983	0.000	4.545	653	3.032	2.500	6.466	66.1	65.1
Beverages	Green tea and chinese tea	2014	0.031	0.000	0.000	25	2.463	2.006	4.373	62.5	65.1
Beverages	Instant coffee	2014	0.274	0.000	1.625	226	2.282	1.804	4.416	62.5	65.1
Beverages	Isotonic sport drinks (canned/bottled)	2014	0.030	0.000	0.000	16	3.838	2.541	8.390	60.4	65.1
Beverages	Juice drink (manufactured, excluding freshly prepared juices)	2014	0.038	0.000	0.000	35	2.119	1.583	4.888	64.7	65.1
Beverages	Malted, cereal or chocolate drink	2014	0.059	0.000	0.222	92	1.448	1.137	3.044	64.1	65.1
Beverages	Milk tea	2014	0.046	0.000	0.000	42	2.560	2.496	4.504	61.4	65.1
Beverages	Non-carbonated sweetened beverage	2014	0.023	0.000	0.000	21	2.223	2.027	4.111	66.0	65.1
Beverages	Red (english) tea	2014	0.333	0.000	1.668	224	3.260	2.541	7.145	64.3	65.1
Beverages	Sugarcane juice	2014	0.019	0.000	0.000	19	2.003	2.192	2.922	60.3	65.1
Brassica vegetables	Broccoli	2014	0.066	0.000	0.405	248	0.537	0.318	1.578	64.6	65.1
Brassica vegetables	Cabbage	2014	0.083	0.000	0.363	239	0.831	0.660	2.065	65.8	65.1
Brassica vegetables	Cauliflower	2014	0.040	0.000	0.000	86	0.929	0.743	1.745	64.9	65.1
Brassica vegetables	Preserved / pickled vegetable	2014	0.005	0.000	0.023	38	0.387	0.148	1.568	64.0	65.1
Composite foods	Boba (tapioca pearl)	2014	0.002	0.000	0.000	8	0.415	0.175	1.320	63.1	65.1
Composite foods	Carrot cake (菜头糕)	2014	0.039	0.000	0.042	106	0.918	0.645	2.445	65.7	65.1
Composite foods	Curry gravy (fish)	2014	0.037	0.000	0.186	72	1.051	0.774	2.658	66.9	65.1
Composite foods	Curry gravy (meat)	2014	0.078	0.000	0.215	72	2.437	1.289	7.312	68.9	65.1
Composite foods	Dhal	2014	0.121	0.000	0.000	68	3.648	3.146	8.340	64.2	65.1
Composite foods	Idli	2014	0.024	0.000	0.000	21	2.263	2.344	3.947	68.3	65.1
Composite foods	Kimchi	2014	0.010	0.000	0.000	34	0.604	0.275	2.568	61.4	65.1
Composite foods	Meat dumpling	2014	0.014	0.000	0.048	44	0.693	0.625	1.472	65.9	65.1
Composite foods	Mushroom soup (canned, instant, prepared)	2014	0.036	0.000	0.000	31	2.353	2.424	5.182	62.3	65.1
Composite foods	Orh luak (fried oyster omelette)	2014	0.001	0.000	0.000	60	0.048	0.021	0.127	66.9	65.1
Composite foods	Pizza	2014	0.006	0.000	0.000	12	0.995	0.766	2.478	69.9	65.1
Composite foods	Putu mayam	2014	0.001	0.000	0.000	2	0.793	0.793	1.134	62.5	65.1
Composite foods	You tiao	2014	0.015	0.000	0.000	60	0.492	0.463	1.100	66.6	65.1
Confectionary	Candy / sweet	2014	0.001	0.000	0.000	8	0.230	0.192	0.591	61.3	65.1
Confectionary	Chocolate	2014	0.007	0.000	0.000	55	0.273	0.190	0.738	64.6	65.1
Confectionary	Dairy pudding	2014	0.001	0.000	0.000	2	1.441	1.441	1.694	60.5	65.1
Confectionary	Honey	2014	0.006	0.000	0.000	44	0.345	0.184	0.485	62.1	65.1
Confectionary	Jelly	2014	0.004	0.000	0.000	6	1.604	1.305	2.481	63.3	65.1
Confectionary	Syrup	2014	0.004	0.000	0.000	16	0.668	0.580	1.685	66.9	65.1
Eggs and egg products	Century egg	2014	0.008	0.000	0.000	49	0.323	0.252	0.835	68.3	65.1
Eggs and egg products	Egg	2014	0.082	0.000	0.394	287	0.502	0.331	1.196	65.7	65.1
Eggs and egg products	Egg tofu	2014	0.014	0.000	0.000	51	0.543	0.500	1.079	68.9	65.1
Eggs and egg products	SalTED duck egg	2014	0.004	0.000	0.000	34	0.181	0.131	0.491	64.1	65.1
Fats and oils	Animal fat	2014	0.003	0.000	0.009	106	0.053	0.017	0.105	67.1	65.1
Fats and oils	Olive oil	2014	0.004	0.000	0.018	64	0.183	0.107	0.566	63.1	65.1
Fats and oils	Vegetable oil	2014	0.016	0.000	0.085	306	0.242	0.089	0.939	67.2	65.1
Fish and seafood	Anchovy	2014	0.008	0.000	0.047	150	0.107	0.072	0.296	63.5	65.1
Fish and seafood	Canned sardine	2014	0.006	0.000	0.000	14	1.066	0.741	3.179	67.8	65.1
Fish and seafood	Canned tuna	2014	0.011	0.000	0.000	29	0.683	0.656	1.272	63.0	65.1
Fish and seafood	Catfish	2014	0.010	0.000	0.000	11	1.607	0.990	4.857	66.2	65.1
Fish and seafood	Clam	2014	0.008	0.000	0.000	17	0.930	0.655	2.476	64.2	65.1
Fish and seafood	Cockle	2014	0.007	0.000	0.000	101	0.135	0.120	0.262	68.1	65.1
Fish and seafood	Crab	2014	0.012	0.000	0.000	25	0.929	0.809	1.941	69.2	65.1

Fish and seafood	Fish ball, fish cake and related product	2014	0.028	0.000	0.161	231	0.304	0.251	0.644	66.1	65.1
Fish and seafood	Fish head	2014	0.069	0.000	0.000	34	4.066	0.854	16.421	63.2	65.1
Fish and seafood	Fish nugget and related product	2014	0.004	0.000	0.000	18	0.382	0.320	0.675	66.5	65.1
Fish and seafood	Fish roe	2014	0.000	0.000	0.000	2	0.106	0.106	0.126	74.5	65.1
Fish and seafood	Grouper	2014	0.041	0.000	0.000	84	0.989	0.715	2.654	63.1	65.1
Fish and seafood	Kuning and related fishes	2014	0.005	0.000	0.000	11	0.975	0.708	2.231	69.0	65.1
Fish and seafood	Lobster / crayfish	2014	0.001	0.000	0.000	3	0.836	0.669	1.536	65.1	65.1
Fish and seafood	Mackerel and related fishes (e.g. batang)	2014	0.047	0.000	0.000	45	1.429	1.416	2.819	65.4	65.1
Fish and seafood	Mussel	2014	0.000	0.000	0.000	6	0.120	0.076	0.285	69.5	65.1
Fish and seafood	Oyster	2014	0.002	0.000	0.000	20	0.175	0.156	0.403	62.2	65.1
Fish and seafood	Prawn / shrimp	2014	0.034	0.000	0.155	230	0.374	0.268	0.932	66.1	65.1
Fish and seafood	Salmon	2014	0.089	0.000	0.488	147	1.216	0.794	3.514	63.3	65.1
Fish and seafood	Salted fish and related product	2014	0.002	0.000	0.000	90	0.039	0.029	0.090	64.6	65.1
Fish and seafood	Scallop	2014	0.008	0.000	0.000	41	0.409	0.395	0.884	66.0	65.1
Fish and seafood	Sea cucumber	2014	0.006	0.000	0.000	5	2.292	0.495	7.681	67.8	65.1
Fish and seafood	Seabass	2014	0.016	0.000	0.000	21	1.512	1.665	3.142	70.7	65.1
Fish and seafood	Snapper	2014	0.024	0.000	0.063	48	1.080	0.662	2.927	64.1	65.1
Fish and seafood	Squid / cuttlefish	2014	0.020	0.000	0.017	72	0.437	0.099	1.331	64.6	65.1
Fish and seafood	Squid ball and related product	2014	0.001	0.000	0.000	5	0.480	0.388	0.868	73.4	65.1
Fish and seafood	Threadfin (ngor he)	2014	0.009	0.000	0.000	21	0.884	0.794	1.421	63.2	65.1
Fish and seafood	Trout / Cod	2014	0.007	0.000	0.000	26	0.560	0.312	2.103	65.6	65.1
Fish and seafood	Tuna	2014	0.004	0.000	0.000	11	0.686	0.553	1.490	62.9	65.1
Fruit and fruit products	Aloe vera	2014	0.000	0.000	0.000	2	0.079	0.079	0.104	60.0	65.1
Fruit and fruit products	Apple	2014	0.219	0.000	1.625	275	1.606	1.422	3.542	65.4	65.1
Fruit and fruit products	Avocado	2014	0.031	0.000	0.000	47	1.329	1.143	2.781	63.1	65.1
Fruit and fruit products	Banana	2014	0.137	0.000	1.097	182	1.517	1.172	3.198	67.1	65.1
Fruit and fruit products	Blueberry	2014	0.070	0.000	0.000	47	2.993	2.500	7.449	61.0	65.1
Fruit and fruit products	Coconut flesh	2014	0.002	0.000	0.000	49	0.159	0.153	0.442	66.2	65.1
Fruit and fruit products	Coconut milk	2014	0.042	0.000	0.264	127	0.673	0.633	1.391	66.6	65.1
Fruit and fruit products	Coconut water	2014	0.044	0.000	0.000	30	2.980	2.552	6.053	62.3	65.1
Fruit and fruit products	Dragonfruit	2014	0.009	0.000	0.000	35	0.516	0.343	1.259	68.0	65.1
Fruit and fruit products	Dried apricot	2014	0.000	0.000	0.000	1	0.365	0.365	0.365	48.0	65.1
Fruit and fruit products	Dried dates	2014	0.003	0.000	0.000	60	0.105	0.064	0.286	64.0	65.1
Fruit and fruit products	Dried mango	2014	0.001	0.000	0.000	2	0.855	0.855	1.540	65.5	65.1
Fruit and fruit products	Dried prunes	2014	0.001	0.000	0.000	4	0.266	0.275	0.403	61.2	65.1
Fruit and fruit products	Dried raisins	2014	0.001	0.000	0.000	23	0.154	0.025	0.775	60.0	65.1
Fruit and fruit products	Durian	2014	0.006	0.000	0.000	13	0.967	1.086	1.651	67.9	65.1
Fruit and fruit products	Grape	2014	0.024	0.000	0.000	81	0.608	0.400	2.650	63.6	65.1
Fruit and fruit products	Guava	2014	0.042	0.000	0.000	42	2.008	1.849	4.342	65.2	65.1
Fruit and fruit products	Jackfruit	2014	0.006	0.000	0.000	19	0.618	0.605	0.917	67.6	65.1
Fruit and fruit products	Jam	2014	0.001	0.000	0.000	12	0.148	0.139	0.240	63.1	65.1
Fruit and fruit products	Kaya	2014	0.013	0.000	0.120	186	0.162	0.129	0.438	65.5	65.1
Fruit and fruit products	Kiwi	2014	0.027	0.000	0.000	45	1.205	0.991	2.558	64.3	65.1
Fruit and fruit products	Lime / calamansi	2014	0.022	0.000	0.016	124	0.813	0.444	3.138	64.5	65.1
Fruit and fruit products	Longan	2014	0.001	0.000	0.000	8	0.294	0.244	0.509	62.5	65.1
Fruit and fruit products	Mandarin orange	2014	0.008	0.000	0.000	12	1.385	1.369	2.261	62.5	65.1
Fruit and fruit products	Mango	2014	0.017	0.000	0.000	34	1.029	1.010	1.935	64.9	65.1
Fruit and fruit products	Mangosteen	2014	0.002	0.000	0.000	2	2.039	2.039	2.172	70.0	65.1
Fruit and fruit products	Melon	2014	0.034	0.000	0.000	21	3.304	2.215	9.113	63.9	65.1
Fruit and fruit products	Orange	2014	0.046	0.000	0.231	57	1.721	1.467	3.486	64.8	65.1
Fruit and fruit products	Papaya	2014	0.069	0.000	0.000	57	2.434	2.138	5.363	62.8	65.1
Fruit and fruit products	Peach	2014	0.004	0.000	0.000	7	1.081	1.259	2.091	56.9	65.1
Fruit and fruit products	Pear	2014	0.014	0.000	0.000	28	0.999	0.912	1.617	67.7	65.1
Fruit and fruit products	Persimmon	2014	0.002	0.000	0.000	11	0.382	0.104	1.282	65.5	65.1
Fruit and fruit products	Pineapple	2014	0.060	0.000	0.066	117	1.040	0.413	4.753	65.6	65.1
Fruit and fruit products	Plum	2014	0.000	0.000	0.000	4	0.207	0.242	0.256	56.5	65.1
Fruit and fruit products	Pomelo	2014	0.003	0.000	0.000	6	1.155	0.946	2.147	61.0	65.1
Fruit and fruit products	Rambutan	2014	0.002	0.000	0.000	1	4.156	4.156	4.156	80.0	65.1
Fruit and fruit products	Soursop	2014	0.001	0.000	0.000	2	0.897	0.897	1.440	72.0	65.1
Fruit and fruit products	Starfruit	2014	0.001	0.000	0.000	2	0.687	0.687	0.851	60.5	65.1
Fruit and fruit products	Strawberry	2014	0.017	0.000	0.000	49	0.712	0.321	2.343	60.8	65.1
Fruit and fruit products	Water chestnut	2014	0.005	0.000	0.000	48	0.225	0.086	0.812	64.4	65.1
Fruit and fruit products	Watermelon	2014	0.121	0.000	0.000	60	4.071	3.520	9.756	65.2	65.1
Fruiting vegetables	Bitter gourd	2014	0.048	0.000	0.231	151	0.646	0.330	2.485	64.0	65.1
Fruiting vegetables	Bottle gourd	2014	0.008	0.000	0.000	5	2.996	2.894	5.342	62.3	65.1
Fruiting vegetables	Brinjal	2014	0.029	0.000	0.222	180	0.322	0.250	0.957	63.3	65.1
Fruiting vegetables	Capsicum	2014	0.005	0.000	0.004	86	0.119	0.043	0.526	66.1	65.1
Fruiting vegetables	Chilli	2014	0.006	0.000	0.029	269	0.070	0.037	0.224	65.7	65.1
Fruiting vegetables	Cucumber	2014	0.028	0.000	0.123	139	0.415	0.196	1.437	65.7	65.1

Fruiting vegetables	Ladies finger	2014	0.015	0.000	0.000	98	0.318	0.174	1.269	63.9	65.1
Fruiting vegetables	Tomato	2014	0.125	0.000	0.557	257	0.810	0.448	3.230	64.8	65.1
Fruiting vegetables	Winter melon	2014	0.017	0.000	0.000	18	1.889	1.135	5.521	66.2	65.1
Fruiting vegetables	Zucchini	2014	0.001	0.000	0.000	4	0.526	0.487	0.869	61.0	65.1
Fungi, seaweed	Black jelly fungus	2014	0.007	0.000	0.000	46	0.306	0.183	0.822	64.7	65.1
Fungi, seaweed	Canned mushroom	2014	0.000	0.000	0.000	1	0.318	0.318	0.318	48.0	65.1
Fungi, seaweed	Dried mushroom	2014	0.004	0.000	0.031	261	0.035	0.023	0.098	64.4	65.1
Fungi, seaweed	Dried seaweed	2014	0.001	0.000	0.000	44	0.046	0.041	0.120	58.4	65.1
Fungi, seaweed	Fresh mushroom	2014	0.012	0.000	0.023	58	0.501	0.269	1.453	64.1	65.1
Fungi, seaweed	Seaweed	2014	0.004	0.000	0.000	8	1.435	0.827	3.512	58.1	65.1
Fungi, seaweed	White jelly fungus	2014	0.002	0.000	0.000	13	0.379	0.100	1.306	66.8	65.1
Grains and grain-based products	Barley	2014	0.040	0.000	0.000	38	1.789	1.236	4.278	62.7	65.1
Grains and grain-based products	Breakfast cereal	2014	0.018	0.000	0.108	109	0.330	0.245	0.748	61.5	65.1
Grains and grain-based products	Brown rice	2014	0.065	0.000	0.455	79	1.345	1.061	3.519	67.2	65.1
Grains and grain-based products	Buckwheat noodle	2014	0.026	0.000	0.000	13	3.996	4.444	7.958	66.8	65.1
Grains and grain-based products	Chapati	2014	0.005	0.000	0.000	24	0.498	0.401	1.093	73.5	65.1
Grains and grain-based products	Coconut rice	2014	0.006	0.000	0.000	6	1.954	1.620	3.572	61.5	65.1
Grains and grain-based products	Corn	2014	0.014	0.000	0.023	40	1.073	0.631	2.519	64.1	65.1
Grains and grain-based products	Glutinous rice	2014	0.024	0.000	0.000	68	0.699	0.264	3.104	66.2	65.1
Grains and grain-based products	Instant noodle	2014	0.103	0.000	0.479	72	2.756	2.495	5.659	63.3	65.1
Grains and grain-based products	Noodles, wheat (e.g. ban mian)	2014	0.189	0.000	1.257	144	2.645	2.186	5.851	62.2	65.1
Grains and grain-based products	Oat	2014	0.068	0.000	0.443	171	0.803	0.532	2.567	62.7	65.1
Grains and grain-based products	Pasta	2014	0.103	0.000	0.497	158	1.311	0.745	4.666	66.2	65.1
Grains and grain-based products	Rice dumpling	2014	0.014	0.000	0.000	13	2.191	2.256	3.284	61.1	65.1
Grains and grain-based products	Rice noodle	2014	0.155	0.000	0.946	196	1.300	1.104	2.893	65.9	65.1
Grains and grain-based products	Roti prata	2014	0.028	0.000	0.258	60	0.875	0.802	1.634	68.2	65.1
Grains and grain-based products	Thosai	2014	0.026	0.000	0.000	67	0.772	0.625	1.959	66.3	65.1
Grains and grain-based products	Udon	2014	0.011	0.000	0.000	23	0.938	1.068	0.000	69.2	65.1
Grains and grain-based products	Vermicelli	2014	0.023	0.000	0.000	39	1.177	0.891	3.033	65.0	65.1
Grains and grain-based products	White basmati rice	2014	0.109	0.000	0.794	139	1.582	1.371	3.390	69.1	65.1
Grains and grain-based products	White japonica rice	2014	0.051	0.000	0.000	64	1.610	1.325	3.721	62.6	65.1
Grains and grain-based products	White jasmine rice	2014	0.752	0.419	3.281	673	2.524	2.089	6.031	64.2	65.1
Grains and grain-based products	Yellow and egg noodle	2014	0.303	0.000	1.855	352	1.684	1.170	4.995	66.0	65.1
Leafy vegetables, herbs	Basil	2014	0.001	0.000	0.000	39	0.059	0.019	0.254	64.2	65.1
Leafy vegetables, herbs	Bayam	2014	0.003	0.000	0.000	16	0.556	0.624	0.994	61.7	65.1
Leafy vegetables, herbs	Chye sim	2014	0.077	0.000	0.421	256	0.606	0.256	2.245	64.1	65.1
Leafy vegetables, herbs	Coriander	2014	0.004	0.000	0.012	211	0.069	0.018	0.290	65.3	65.1
Leafy vegetables, herbs	Kailan	2014	0.047	0.000	0.135	120	0.784	0.482	2.407	66.2	65.1
Leafy vegetables, herbs	Kale	2014	0.004	0.000	0.000	16	0.476	0.421	0.956	62.5	65.1
Leafy vegetables, herbs	Kang kong	2014	0.023	0.000	0.024	136	0.341	0.141	1.434	64.3	65.1
Leafy vegetables, herbs	Lettuce	2014	0.041	0.000	0.239	253	0.326	0.194	0.775	64.3	65.1
Leafy vegetables, herbs	Malabar	2014	0.001	0.000	0.000	4	0.292	0.333	0.459	69.0	65.1
Leafy vegetables, herbs	Mint leaf	2014	0.000	0.000	0.000	6	0.147	0.115	0.359	57.0	65.1
Leafy vegetables, herbs	Nai bai	2014	0.002	0.000	0.000	11	0.412	0.318	0.912	70.5	65.1
Leafy vegetables, herbs	Pandan leaf	2014	0.004	0.000	0.027	417	0.022	0.018	0.043	66.8	65.1
Leafy vegetables, herbs	Spinach	2014	0.088	0.000	0.476	185	0.961	0.536	2.826	64.1	65.1
Leafy vegetables, herbs	Sweet potato leaf	2014	0.014	0.000	0.000	16	1.743	2.113	2.640	58.8	65.1
Leafy vegetables, herbs	Watercress	2014	0.013	0.000	0.000	19	1.338	0.874	2.963	65.6	65.1
Leafy vegetables, herbs	Xiao bai cai	2014	0.048	0.000	0.258	125	0.635	0.393	1.913	65.1	65.1
Legumes	Beancurd dessert	2014	0.014	0.000	0.000	18	1.527	1.453	2.477	68.4	65.1
Legumes	Beansprout	2014	0.094	0.000	0.340	512	0.368	0.138	1.829	66.6	65.1
Legumes	Dried bean	2014	0.005	0.000	0.000	14	0.772	0.569	1.811	64.7	65.1
Legumes	Fermented soybean product	2014	0.003	0.000	0.006	49	0.144	0.070	0.420	64.4	65.1
Legumes	Lentil	2014	0.016	0.000	0.000	19	1.674	1.235	3.888	70.1	65.1
Legumes	Long bean	2014	0.031	0.000	0.156	149	0.413	0.275	1.058	64.1	65.1
Legumes	Pea	2014	0.010	0.000	0.000	53	0.409	0.247	1.306	62.2	65.1
Legumes	Pea sprout	2014	0.001	0.000	0.000	7	0.374	0.377	0.791	62.9	65.1
Legumes	Soy beancurd, tofu, tau kwa, taupok, tempeh	2014	0.039	0.000	0.188	139	0.588	0.404	1.640	66.3	65.1
Legumes	Soy milk	2014	0.057	0.000	0.000	47	2.268	2.120	3.926	64.7	65.1
Legumes	Soybean	2014	0.010	0.000	0.000	41	0.806	0.389	2.733	64.2	65.1
Meat and meat products	Beef bacon	2014	0.000	0.000	0.000	1	0.853	0.853	0.853	59.5	65.1
Meat and meat products	Beef, no fat	2014	0.013	0.000	0.000	29	0.788	0.675	1.560	66.9	65.1
Meat and meat products	Beef, with fat	2014	0.041	0.000	0.144	64	1.043	0.711	2.903	67.7	65.1
Meat and meat products	Chicken	2014	0.058	0.000	0.238	113	1.151	0.859	2.898	66.1	65.1
Meat and meat products	Chicken ham, bologna	2014	0.016	0.000	0.000	81	0.392	0.350	0.857	64.4	65.1
Meat and meat products	Chicken nugget	2014	0.012	0.000	0.000	35	0.644	0.566	1.319	67.4	65.1
Meat and meat products	Chicken sausage, hot dog, cocktail	2014	0.015	0.000	0.000	54	0.545	0.415	1.237	67.8	65.1
Meat and meat products	Chinese sausage (eg. lup cheong)	2014	0.014	0.000	0.086	183	0.284	0.252	0.481	68.3	65.1
Meat and meat products	Duck	2014	0.026	0.000	0.000	38	1.013	0.709	2.426	63.6	65.1

Meat and meat products	Mutton, no fat	2014	0.008	0.000	0.000	32	0.762	0.633	1.586	71.2	65.1
Meat and meat products	Pork bacon	2014	0.004	0.000	0.000	26	0.259	0.263	0.421	63.7	65.1
Meat and meat products	Pork ham, bologna	2014	0.007	0.000	0.000	27	0.488	0.292	1.426	65.6	65.1
Meat and meat products	Pork luncheon meat	2014	0.019	0.000	0.000	42	1.194	0.380	3.573	65.7	65.1
Meat and meat products	Pork meat ball	2014	0.014	0.000	0.000	42	0.752	0.621	1.476	67.4	65.1
Meat and meat products	Pork organ	2014	0.004	0.000	0.000	20	0.505	0.308	1.235	63.9	65.1
Meat and meat products	Pork, no fat	2014	0.063	0.000	0.400	208	0.486	0.331	1.422	64.4	65.1
Meat and meat products	Pork, with fat	2014	0.085	0.000	0.519	220	0.778	0.567	2.101	66.5	65.1
Meat and meat products	Prawn meat ball	2014	0.002	0.000	0.000	9	0.524	0.415	0.928	70.4	65.1
Milk and dairy products	Butter, regular	2014	0.012	0.000	0.079	203	0.130	0.084	0.349	62.3	65.1
Milk and dairy products	Cheese, regular	2014	0.015	0.000	0.064	109	0.379	0.315	1.039	65.7	65.1
Milk and dairy products	Creamer	2014	0.017	0.000	0.046	112	0.302	0.194	1.271	65.3	65.1
Milk and dairy products	Fermented milk	2014	0.048	0.000	0.000	62	1.558	1.191	2.845	62.1	65.1
Milk and dairy products	Ice cream	2014	0.027	0.000	0.000	54	1.001	1.005	1.826	66.5	65.1
Milk and dairy products	Margarine	2014	0.003	0.000	0.000	66	0.097	0.071	0.235	68.5	65.1
Milk and dairy products	Milk, condensed	2014	0.009	0.000	0.046	110	0.170	0.095	0.489	67.3	65.1
Milk and dairy products	Milk, low fat	2014	0.017	0.000	0.000	11	3.067	2.375	6.102	57.6	65.1
Milk and dairy products	Milk, powdered, regular	2014	0.009	0.000	0.018	63	0.218	0.122	0.677	60.1	65.1
Milk and dairy products	Milk, regular	2014	0.225	0.000	1.551	181	2.666	1.905	5.975	63.5	65.1
Milk and dairy products	Milk, skimmed	2014	0.109	0.000	0.000	82	2.689	1.979	6.022	65.9	65.1
Milk and dairy products	Yoghurt, regular	2014	0.076	0.000	0.000	68	2.244	1.831	4.863	63.9	65.1
Nuts and seeds (including spices)	Peanut	2014	0.012	0.000	0.017	130	0.188	0.052	0.827	64.8	65.1
Nuts and seeds (including spices)	Peanut butter	2014	0.017	0.000	0.145	185	0.211	0.156	0.521	64.5	65.1
Nuts and seeds (including spices)	Sesame seed	2014	0.001	0.000	0.000	17	0.121	0.059	0.368	63.7	65.1
Root and tubers	Carrot	2014	0.032	0.000	0.177	108	0.343	0.174	1.223	67.1	65.1
Root and tubers	Lotus root	2014	0.014	0.000	0.000	47	0.608	0.378	2.095	61.3	65.1
Root and tubers	Potato	2014	0.066	0.000	0.436	148	0.626	0.423	1.698	65.1	65.1
Root and tubers	Pumpkin	2014	0.034	0.000	0.000	38	1.809	0.459	7.041	60.1	65.1
Root and tubers	Sweet potato	2014	0.023	0.000	0.000	73	0.646	0.560	1.382	64.8	65.1
Root and tubers	Yam	2014	0.008	0.000	0.000	24	0.500	0.318	1.536	63.2	65.1
RTE savouries	Fish based snack	2014	0.001	0.000	0.000	2	0.733	0.403	1.364	63.3	65.1
RTE savouries	Fried chips and cracker	2014	0.004	0.000	0.000	23	0.451	0.359	0.888	60.8	65.1
RTE savouries	Popcorn	2014	0.000	0.000	0.000	5	0.125	0.138	0.229	73.6	65.1
RTE savouries	Roasted nut snack	2014	0.002	0.000	0.004	45	0.169	0.070	0.578	64.6	65.1
RTE savouries	You tiao	2014	0.000	0.000	0.000	2	0.472	0.472	0.540	62.0	65.1
Sauces and condiments	Cheese sauce	2014	0.002	0.000	0.000	50	0.206	0.176	0.496	65.4	65.1
Sauces and condiments	Chilli powder	2014	0.001	0.000	0.001	76	0.029	0.019	0.082	64.5	65.1
Sauces and condiments	Chilli sauce	2014	0.003	0.000	0.080	306	0.221	0.185	0.485	64.5	65.1
Sauces and condiments	Cream sauce	2014	0.004	0.000	0.000	16	0.516	0.349	1.283	68.9	65.1
Sauces and condiments	Fish sauce	2014	0.005	0.000	0.033	448	0.025	0.008	0.081	65.7	65.1
Sauces and condiments	Mayonnaise	2014	0.003	0.000	0.036	75	0.147	0.122	0.323	63.7	65.1
Sauces and condiments	MSG	2014	0.001	0.000	0.000	49	0.031	0.034	0.052	63.5	65.1
Sauces and condiments	Mustard sauce	2014	0.002	0.000	0.000	18	0.359	0.321	0.710	62.3	65.1
Sauces and condiments	Oil, sesame	2014	0.015	0.000	0.077	930	0.033	0.015	0.115	65.9	65.1
Sauces and condiments	Oyster sauce	2014	0.014	0.000	0.115	429	0.081	0.064	0.213	66.0	65.1
Sauces and condiments	Pepper, black	2014	0.002	0.000	0.003	121	0.227	0.100	0.816	68.3	65.1
Sauces and condiments	Pepper, white, powder	2014	0.004	0.000	0.020	814	0.012	0.007	0.035	65.3	65.1
Sauces and condiments	Salt	2014	0.015	0.005	0.076	1310	0.024	0.009	0.095	65.7	65.1
Sauces and condiments	Sambal chilli/belacan	2014	0.011	0.000	0.062	100	0.322	0.122	1.385	67.4	65.1
Sauces and condiments	Satay sauce	2014	0.013	0.000	0.000	27	1.931	1.818	3.894	67.0	65.1
Sauces and condiments	Soy sauce, dark	2014	0.023	0.000	0.122	505	0.093	0.050	0.243	65.5	65.1
Sauces and condiments	Soy sauce, light	2014	0.040	0.013	0.194	1259	0.072	0.043	0.235	65.2	65.1
Sauces and condiments	Sugar, white	2014	0.009	0.000	0.044	305	0.054	0.029	0.199	65.7	65.1
Sauces and condiments	Teriyaki sauce	2014	0.002	0.000	0.000	37	0.194	0.164	0.424	62.6	65.1
Sauces and condiments	Thousand island sauce	2014	0.002	0.000	0.000	17	0.253	0.168	0.576	62.6	65.1
Sauces and condiments	Tomato sauce	2014	0.009	0.000	0.028	95	0.232	0.134	0.630	65.4	65.1
Sauces and condiments	Vinegar	2014	0.003	0.000	0.003	37	0.420	0.271	1.326	63.2	65.1
Stalk, stem and bulb vegetables	Asparagus	2014	0.008	0.000	0.000	21	0.750	0.341	3.150	64.1	65.1
Stalk, stem and bulb vegetables	Bamboo shoot	2014	0.003	0.000	0.000	12	0.492	0.360	1.416	64.8	65.1
Stalk, stem and bulb vegetables	Celery	2014	0.009	0.000	0.000	67	0.269	0.061	1.048	67.1	65.1
Stalk, stem and bulb vegetables	Dried lily bulb	2014	0.000	0.000	0.000	1	0.065	0.065	0.065	50.0	65.1
Stalk, stem and bulb vegetables	Garlic	2014	0.023	0.010	0.075	522	0.048	0.021	0.144	66.3	65.1
Stalk, stem and bulb vegetables	Ginger	2014	0.017	0.002	0.051	413	0.078	0.032	0.234	66.8	65.1
Stalk, stem and bulb vegetables	Lily bulb	2014	0.000	0.000	0.000	2	0.176	0.176	0.248	52.5	65.1
Stalk, stem and bulb vegetables	Onion	2014	0.038	0.000	0.201	317	0.243	0.088	0.948	65.4	65.1
Stalk, stem and bulb vegetables	Spring onion	2014	0.010	0.000	0.035	316	0.104	0.047	0.323	66.4	65.1
Stalk, stem and bulb vegetables	Turmeric	2014	0.003	0.000	0.008	97	0.148	0.135	0.374	67.3	65.1
Tap water, drinking water	Tap water	2014	29.448	27.155	53.876	2014	29.463	27.155	53.876	65.1	65.1
Vegetable protein	Mock meat (gluten based)	2014	0.000	0.000	0.000	6	0.147	0.110	0.319	63.5	65.1

Vegetable protein

Mock meat (soy based)

2014

0.005

0.000

0.000

10

0.851

0.583

1.923

60.8

65.1