

| foodgrpID | FoodgrpNAME                        | SHORTNAME                            | Country_F |
|-----------|------------------------------------|--------------------------------------|-----------|
| 2         | Vegetables                         | Samphire                             | UK        |
| 2         | Vegetables                         | Capers                               | ZA        |
| 2         | Vegetables                         | Seaweed, roasted                     | ZA        |
| 4         | Legumes and legume products        | Hummus                               | ZA        |
| 6         | Milk and milk products             | Yoghurt, double cream, plain         | ZA        |
| 6         | Milk and milk products             | Yoghurt, double cream, Greek         | ZA        |
| 6         | Milk and milk products             | Yoghurt, Greek                       | ZA        |
| 6         | Milk and milk products             | Yoghurt, full cream, plain           | ZA        |
| 7         | Eggs                               | Quiche, with Meat, Poultry or Fish   | ZA        |
| 7         | Eggs                               | Quiche, vegetable, crustless         | ZA        |
| 8         | Meat and meat products             | Cheese grillers                      | ZA        |
| 8         | Meat and meat products             | Droewors, beef                       | ZA        |
| 8         | Meat and meat products             | Droewors, game                       | ZA        |
| 8         | Meat and meat products             | Pie, Pepper Steak, commercial, baked | ZA        |
| 8         | Meat and meat products             | Pate, duck liver                     | ZA        |
| 9         | Fish and seafood                   | Sushi, california roll               | ZA        |
| 10        | Fats and oils                      | Mayonnaise, LCHF / Banting / creamy  | ZA        |
| 10        | Fats and oils                      | Ice Cream, LCHF / Banting            | ZA        |
| 10        | Fats and oils                      | Avocado oil                          | ZA        |
| 10        | Fats and oils                      | Sesame oil                           | ZA        |
| 11        | Sugar, syrups and sweets           | Chocolate, dark, 90% cacao           | ZA        |
| 11        | Sugar, syrups and sweets           | Chocolate, dark, 85% cacao           | ZA        |
| 11        | Sugar, syrups and sweets           | Chocolate, dark, 70% cacao           | ZA        |
| 12        | Sauces, seasonings and flavourings | Cinnamon                             | ZA        |
| 12        | Sauces, seasonings and flavourings | Banting tomato sauce                 | ZA        |
| 12        | Sauces, seasonings and flavourings | Periperi sauce                       | ZA        |
| 12        | Sauces, seasonings and flavourings | Pesto                                | ZA        |
| 16        | Miscellaneous                      | Almond Milk                          | ZA        |
| 16        | Miscellaneous                      | Psyllium husk                        | ZA        |
| 16        | Miscellaneous                      | Konjac products                      | ZA        |
| 17        | Sweeteners / sugar-substitutes     | Erythritol                           | ZA        |
| 17        | Sweeteners / sugar-substitutes     | Equal, artifical sweetener           | ZA        |
| 17        | Sweeteners / sugar-substitutes     | Xylitol                              | ZA        |
| 17        | Sweeteners / sugar-substitutes     | Sucralose, artifical sweetener       | ZA        |
| 17        | Sweeteners / sugar-substitutes     | Natreen, artifical sweetener         | ZA        |
| 18        | Banting / LCHF products            | Seed crackers                        | ZA        |
| 18        | Banting / LCHF products            | Banting / LCHF bread                 | ZA        |
| 18        | Banting / LCHF products            | Banting / LCHF granola               | ZA        |
| 18        | Banting / LCHF products            | Heba Pap                             | ZA        |
| 18        | Banting / LCHF products            | Banting / LCHF pizza base            | ZA        |
| 18        | Banting / LCHF products            | Snack Bars LCHF                      | ZA        |
| 18        | Banting / LCHF products            | Banting/LCHF wraps                   | ZA        |
| 19        | Beverages                          | Kombucha                             | ZA        |