Application of the Nutrient profiling model: Definition of ‘fruit, vegetables and nuts’ and guidance on quantifying the fruit, vegetable and nut content of a processed product

Peter Scarborough, Mike Rayner, Anna Boxer and Lynn Stockley

British Heart Foundation Health Promotion Research Group, Department of Public Health, University of Oxford

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1. Summary

We recommend, for the purposes of estimating the amount of fruit, vegetables and nuts in a product when applying the nutrient profiling model, that:

1. ‘Fruit and vegetables’ should be defined as products in Eurocode 2:
   i. Group 7.10 (Pulses);
   ii. Group 8.10 (Leaf vegetables); 8.15 (Brassicas); 8.20 (Stalk vegetables); 8.25 (Shoot vegetables); 8.30 (Onion-family vegetables); 8.38 (Root vegetables); 8.40 (Fruit vegetables); 8.42 (Flower-head vegetables); 8.44 (Pod vegetables); 8.45 (Seed vegetables and immature pulses); 8.47 (Sprouted seed vegetables); 8.50 (Edible fungi); 8.55 (Seaweeds and algae); 8.60 (Vegetable mixtures)
   i.e. excluding Group 8.34 (Tubers (including potatoes))
   iii. Group 9.10 (Malaceous fruit); 9.20 (Prunus species fruit); 9.25 (Other stone fruit); 9.30 (Berries); 9.40 (Citrus fruit); 9.50 (Miscellaneous fruit); 9.60 (Fruit mixtures)

This definition of ‘fruit and vegetables’ is the same as that of the 5-a-Day programme

2. Nuts should be defined as products in Eurocode 2:
   i. Group 7.20 (Underground pulses (i.e. peanuts))
   ii. Group 7.40 (Nuts)

3. Only fruit and vegetables, including those that are sliced, peeled, tinned, frozen, cooked, dried or minimally processed (such as juices or purees) should count for the purpose of calculating a score. Fruit and vegetables which have been subject to further processing (e.g. by converting them to concentrated juices, powders or oils) should not count.

4. Nuts, which are whole, roasted, chopped, grated and ground should count.

5. The weight of dried fruit, vegetables and nuts or pureed tomatoes should be multiplied by 2 (in the numerator and denominator) when calculating the amount in g per 100g of fruit, vegetables and nuts. No multiplier should be applied to the weight of juice and purees (other than tomato).

6. The amount of fruit and vegetables (in g per 100g) in the product can be calculated either before or after cooking.
2. Background

In developing the nutrient profiling model ‘fruit and vegetables’ are defined in the same way as by the 5 A DAY programme e.g. that ‘fruit and vegetables’ includes pulses and does not include potatoes.

At a recent meeting of the Scientific Advisory Committee on Nutrition (SACN) it was proposed that, for the purposes of applying the nutrient profiling model, nuts should be counted as equivalent to fruit and vegetables\(^1\). A clear definition of ‘nuts’ is therefore also required.

To support the application of the model, guidance is also required on whether pureed, concentrated, dried and powdered fruit and vegetables and fruit and vegetable juices should be included when calculating the amount of fruit and vegetables in a product for the purposes of calculating a score, and if so how levels of such processed fruit and vegetables should be calculated.

Finally, guidance is also required on whether, in calculating the levels of fruit, vegetables and nuts in a product, the amounts should be calculated before or after cooking.

We have therefore considered these issues, and make recommendations about how the amount of ‘fruit, vegetables and nuts’ in a food should be assessed for the purposes of calculating nutrient profiling scores.

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\(^1\) http://www.sacn.gov.uk/ SACN/05/27 – Nutrient profiling meeting
3. Definition of fruit and vegetables

‘Fruit and vegetables’ were included as a food component to be considered by the nutrient profiling model to ensure that the model was consistent with government advice that fruit and vegetable consumption should be increased. This government advice is based upon recommendations from the World Health Organization\(^2\) and the Committee on Medical Aspects of Food and Nutrition Policy (COMA)\(^3\), and has been used as a basis for the Department of Health’s 5 A DAY programme.

The 5 A DAY programme indicated what kinds of fruit and vegetables count towards the daily target. In particular, it states that potatoes and other starchy vegetables (such as yams or cassava) do not count towards the target. The definition for the 5 A DAY programme has been used as the basis for developing a definition of ‘fruit and vegetables’ for nutrient profiling.

The Eurocode 2 system provides a comprehensive way of categorising foods\(^4\). Under this system ‘Fruits’ are defined as products in Group 9 and ‘Vegetables’ as products in Group 8. The 5 A DAY definition of a fruits and vegetables includes pulses (Eurocode 2 Group 7.10) and excludes potatoes and similar products (Group 8.34).

We therefore recommend that ‘fruit and vegetables’ should be defined as products within Eurocode 2:

- i. Group 7.10 (Pulses);
- ii. Group 8.10 (Leaf vegetables); 8.15 (Brassicas); 8.20 (Stalk vegetables); 8.25 (Shoot vegetables); 8.30 (Onion-family vegetables); 8.38 (Root vegetables); 8.40 (Fruit vegetables); 8.42 (Flower-head vegetables); 8.44 (Pod vegetables); 8.45 (Seed vegetables and immature pulses); 8.47 (Sprouted seed vegetables); 8.50 (Edible fungi); 8.55 (Seaweeds and algae); 8.60 (Vegetable mixtures)
- iii. Group 9.10 (Malaceous fruit); 9.20 (Prunus species fruit); 9.25 (Other stone fruit); 9.30 (Berries); 9.40 (Citrus fruit); 9.50 (Miscellaneous fruit); 9.60 (Fruit mixtures).

See Appendix for a list of the foods under these codes.

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\(^5\) Eurocode 2 version 00/1  http://www.ianunwin.demon.co.uk/eurocode/project/ecproject.htm
3.1 Calculating the amount of fruit and vegetables in processed products

The beneficial effects of fruit and vegetables are associated with the whole product, rather than components extracted from it.

Processing can result in loss of fibre and vitamins. Therefore it would not be appropriate for ingredients such as concentrated fruit juice sugars that are added to foods to increase sweetness to count for the purpose of calculating a score in the same way as intact fruit and vegetables.

We recommend that intact fruit and vegetables (including those that are cooked and dried) and minimally processed fruit and vegetables (peeled, sliced, tinned, frozen, juices* and purees) count for the purpose of calculating a score.

*100% fruit juices whether made from concentrate or freshly squeezed fruit juice

Fruit and vegetables that are subject to further processing (e.g. concentrated fruit juice sugars, powders or ‘leathers’) should not count.

In 2002 an assessment of the characteristics of dried and processed fruits and vegetables was carried out by Leatherhead Food RA to assist in establishing criteria for the 5 A DAY message. One of the aims of this study was to consider how much dried or pureed fruit and vegetable was equivalent to one standard portion of fruit or vegetable (80g). It concluded that about:

- 15-20g of dried fruit and 25-30g of ready-to-eat (semi-hydrated) fruit are equivalent to 80g fresh fruit.
- 40g of dried pulses are equivalent to 80g of fresh pulses.
- 20g of tomato puree, and 25g of tomato ketchup are equivalent to 80g of fresh tomato.

This would suggest that, for the purposes of calculating nutrient profiling scores, the amount of dried or pureed fruit or vegetable present in a food should be multiplied by a standard factor when calculating the amount per 100g of a product. However, this procedure could result in anomalous results.

For example if the amount of dried fruit in a ‘fruit and cereal bar’ were to be multiplied by 2 then a bar weighing 75g and containing 50g dried fruit would appear to have a fruit content of 100/75 = 133%, despite there being 25g of non-fruit constituents.

We therefore recommend multiplying the amount of dried or pureed fruit or vegetable by an agreed amount and dividing by the weight of the non-fruit/vegetable

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5 Angus F. Assessment of portions for dried and processed fruits and vegetables to assist in establishing criteria for the 5 A DAY message. 2002.
constituents plus that of the fruit or vegetable multiplied by the agreed amount. The Leatherhead RA study found that the multiplier for dried and pureed fruit or vegetables can vary. The level at which the multiplier should apply was considered, and a multiplier of 2 was viewed as optimal.

Therefore, so as not to over-emphasise their importance to a healthy diet we recommend that the weight of dried fruit and vegetables should be multiplied by 2 when calculating the amount of fruit and vegetables in 100g of food.

In the example given above, using a multiplier of 2, the fruit content of the ‘fruit and cereal’ bar would be:

\[
\frac{(50 \times 2)}{(25 + (50 \times 2))} \text{ or } \frac{100}{125} = 80\%.
\]

The application of a multiplier for pureed fruit or vegetable was considered. Pureeing (e.g. when making fruit smoothies) often involves no concentration of the product, whereas in some cases, such as during the manufacturer of concentrated tomato puree, it does.

We therefore recommend the multiplier of 2 should only be applied to commercially prepared, concentrated puree such as tomato puree.

These recommendations are consistent with the guidance from the 5 A DAY programme, which allows dried and pureed fruit to contribute to the number of portions consumed a day, but only in a restricted manner.

3.2. Calculating score before or after cooking

The Leatherhead study also considered whether a portion of fruit or vegetables should be determined by the raw or cooked weight. The conclusion of the study’s report was that ‘the weights of cooked vs. raw fruits and vegetables was assessed using McCance and Widdowson data on moisture contents. The moisture content of most cooked products was found to not be significantly higher than raw products (around 2% higher). It was therefore concluded that for the purposes of the majority the portion of 80g could be used for both raw and cooked fruit and vegetables.’

For similar reasons we recommend that the amount of fruit and vegetables (in g per 100g) in the product can be calculated either before or after cooking. However when calculating the amount of fruit or vegetable in a composite food all the ingredients should be in the same state – either raw or cooked.
4 Definition of nuts

SACN proposed that nuts should be considered to be equivalent to fruit and vegetables for the purposes of calculating nutrient profiling scores, because some evidence indicates that they may have a beneficial effect on health. A systematic review of studies of the consumption of nuts indicated that eating almonds, peanuts, pecans and walnuts was associated with decreases in total cholesterol. Macadamia nuts showed less convincing results6.

We therefore recommend that 'nuts' should be defined as products within Eurocode 2:

i. Group 7.20 (Underground pulses) i.e. peanuts;
ii. Group 7.40 (Nuts)

See Appendix 1 for a list of the foods under these codes.

4.1 Exceptions

Coconut presents particular issues because it is eaten in a different way to other nuts.

We therefore recommend for coconut that:
- the fresh coconut 'flesh' should be scored as fruit,
- the 'water' in the centre of the coconut, which is part of the flesh, should be scored as fruit juice
- the juice squeezed from the flesh (coconut milk) is comparable with fruit juice and should be scored accordingly.
- desiccated and dried block coconut are equivalent to dried fruit and should be scored accordingly.
- coconut which is processed beyond the original product being 'juiced' or 'dried' should not be included.

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5. **Summary of Recommendations**

The amount of fruit, vegetables or nuts in 100g of food is calculated as follows:

\[
\text{The amount of f.v & n within a product} = (\text{Weight of f.v & n}) + (2 \times \text{weight of dried f.v & n}) + (\text{weight of non-f.v & n ingredients})
\]

Key: f.v & n : fruit, vegetables and nuts, includes juices and purees other than tomato puree; dried f.v & n : includes tomato puree

**Definition of fruit, vegetables and nuts**

<table>
<thead>
<tr>
<th>Fruit and vegetables are defined as products within Eurocode 2:</th>
</tr>
</thead>
<tbody>
<tr>
<td>i. Group 7.10 (Pulses);</td>
</tr>
<tr>
<td>ii.Group 8.10 (Leaf vegetables); 8.15 (Brassicas); 8.20 (Stalk vegetables); 8.25 (Shoot vegetables); 8.30 (Onion-family vegetables); 8.38 (Root vegetables); 8.40 (Fruit vegetables); 8.42 (Flower-head vegetables); 8.44 (Pod vegetables); 8.45 (Seed vegetables and immature pulses); 8.47 (Sprouted seed vegetables); 8.50 (Edible fungi); 8.55 (Seaweeds and algae); 8.60 (Vegetable mixtures)</td>
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</tr>
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</table>

<table>
<thead>
<tr>
<th>Nuts are defined as products within Eurocode 2:</th>
</tr>
</thead>
<tbody>
<tr>
<td>i. Group 7.20 (Underground pulses) i.e. peanuts;</td>
</tr>
<tr>
<td>ii. Group7.40 (Nuts)</td>
</tr>
</tbody>
</table>

**Calculating the amount of fruit and vegetables in a processed product**

- Only intact and minimally processed fruit and vegetables should count for the purpose of calculating a score. Fruit and vegetables that have been subject to further processing should not count.

**Calculating score before or after cooking**

The amount of fruit and vegetables in the product (g per 100g) can be calculated either before or after cooking. However when calculating the amount of fruit or vegetable in a composite food all the ingredients should be in the same state – either raw or cooked.
6. Two worked examples

The recommendations we have made above would affect the nutrient model in the following way:

\[
\text{The amount of f,v & n within a product} = \frac{(\text{Weight of f,v&n}) + (2 \times \text{weight of dried f,v& n})}{(\text{Weight of f,v & n}) + (2 \times \text{weight of dried f,v& n}) + (\text{weight of non-f,v & n ingredients})}
\]

Key: f,v & n: fruit, vegetables and nuts, includes juices and purees other than tomato puree; dried f,v & n: includes tomato puree

1. Suppose a portion of fruit cake weighing 150g consists of
   ♦ 15g of cherries,
   ♦ 25g of raisins,
   ♦ 15g of mixed nuts,
   ♦ 95g of other non-fruit, vegetable or nut ingredients.

Using the new guidance, the proportion of fruit, vegetables and nuts calculated is:

\[
\frac{30 + (2 \times 25)}{30 + (2 \times 25) + 95} = 46\%.
\]

2. Suppose a pizza weighing 320g consists of
   ♦ 50g of cooked vegetables
   ♦ 20g of tomato puree
   ♦ 250g of other ingredients

Using the new guidance the proportion of fruit, vegetables and nuts calculated is:

\[
\frac{5 + (2 \times 20)}{50 + (2 \times 20) + 250} = 26\%.
\]
### Appendix 1

#### Eurocode groups and sub groups.

<table>
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<tr>
<th>7.10</th>
<th>Pulses</th>
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<tr>
<td>7.10.10</td>
<td>Dried pea</td>
<td>Pisum sativum</td>
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<td>Chick pea</td>
<td>Cicer arietinum</td>
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<td>Pigeon pea</td>
<td>Cajan cajan</td>
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<td>7.10.20</td>
<td>Dried broad bean</td>
<td>Vicia faba</td>
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<td>Lablab</td>
<td>Dolichos lablab</td>
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<td>7.10.30</td>
<td>Common bean</td>
<td>Phaseolus vulgaris</td>
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<td>7.10.34</td>
<td>Dried lima bean</td>
<td>Phaseolus lunatis</td>
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<td>7.10.36</td>
<td>Aduki</td>
<td>Phaseolus angularis</td>
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<td>7.10.38</td>
<td>Mung</td>
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<td>Rice bean</td>
<td>Phaseolus calcaratus</td>
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<td>7.10.42</td>
<td>Urd bean</td>
<td>Phaseolus mungo</td>
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<td>7.10.46</td>
<td>Black eye bean</td>
<td>Vigna unguiculata</td>
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<td>7.10.50</td>
<td>Soya</td>
<td>Glycine max</td>
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<td>7.10.64</td>
<td>Carob fruit</td>
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<tr>
<td>7.10.68</td>
<td>Lupin(e)s</td>
<td>Lupinus spp</td>
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<table>
<thead>
<tr>
<th>7.20</th>
<th>Underground pulses</th>
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<tr>
<td>7.20.10</td>
<td>Peanut</td>
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<table>
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<tr>
<td>7.40.10</td>
<td>Walnut</td>
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<td>Coconut</td>
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<td>Brazil nut</td>
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<td>Hickory nut</td>
<td>Carya illinoensis</td>
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<td>7.40.34</td>
<td>Cashew nut</td>
<td>Anacardium occidentale</td>
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<td>7.40.38</td>
<td>Almond, sweet</td>
<td>Prunus amygdalus</td>
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<tr>
<td>7.40.42</td>
<td>Almond, bitter</td>
<td>Prunus amygdalus</td>
</tr>
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</table>
8. Vegetables and vegetable products

8.10 Leaf vegetables

8.10.10 Endive Cichorum endivia inc. Curly endive, Batavian endive, Radicchio endive, Iceberg lettuce, Batavia lettuce, Cos lettuce, Leaf lettuce

8.10.12 Lettuce Lactuca sativa inc. Iceberg lettuce, Cabbage lettuce, Cos lettuce, Leaf Lettuce

8.10.16 Lamb's lettuce Valerianella olitoria Corn salad, Mâche (Fr)

8.10.18 Amaranth leaves Amaranthus spp.

8.10.20 Swiss chard Beta vulgaris var cicla syn. Beet greens (US), Chard, Silver/Seakale/Leaf beet; inc. Spinach/Ruby/Rhubarb beet

8.10.24 Spinach Spinacia oleracea Spinage

8.10.28 Garden orache Atriplex hortensis Orach

8.10.34 Land cress Barbarea verna American cress, Winter cress

8.10.36 Watercress Nasturtium officinale

8.10.40 Vine leaf Vitis vinifera

8.10.44 Dandelion leaf Taraxacum officinaleis

8.10.48 Nettle Urtica dioica Perennial nettle syn. Sour grass; inc. Common sorrel, French sorrel

8.10.50 Sorrel Rumex spp.

8.10.52 Jew's mallow Corchorus olitorius Bush okra, Jute mallow

8.10.55 Purslane Portulaca oleracea

8.10.60 Parsley Petroselinum crispum

8.10.64 Chicory leaf Cichorium intybus

8.10.79 Other leaf vegetables

8.15 Brassicas

8.15.10 Broccoli Brassica oleracea var italica

8.15.12 Broccoli tops Brassica oleracea var italica Mainly leaves

8.15.15 Cauliflower Brassica oleracea var botrytis

8.15.20 Cabbage Brassica oleracea var inc. White cabbage, Spring
<table>
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<th>Common Name</th>
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<td>8.15.24</td>
<td>Red cabbage</td>
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<td>Cabbage penca</td>
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<td>Brassica oleracea var gemmifera</td>
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<td>Brussels tops</td>
<td>Brassica oleracea var gemmifera</td>
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<td>8.15.42</td>
<td>Kohlrabi</td>
<td>Brassica oleracea var gongylodes</td>
<td>Kohlrabi</td>
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<td>Turnip tops</td>
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<td>Pak choi</td>
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<td>8.20</td>
<td>Stalk vegetables</td>
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<td>8.20.10</td>
<td>Celery</td>
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<td>8.20.20</td>
<td>Fennel</td>
<td>Foeniculum vulgare var dulce</td>
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<td>Sea kale</td>
<td>Crambe maritima</td>
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<td>Rhubarb</td>
<td>Rheum rhaponticum Pie-plant</td>
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<td>8.25</td>
<td>Shoot vegetables</td>
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<td>Asparagus</td>
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<td>8.25.20</td>
<td>Chicory</td>
<td>Cichorium intybus Beligian / white chicory, Witloof;</td>
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<td>8.25.30</td>
<td>Globe artichoke</td>
<td>Cynara scalymus French artichoke, Leafy artichoke</td>
<td>Globe artichoke</td>
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<td>Bamboo shoots</td>
<td>Bambusa spp.</td>
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<td>8.25.50</td>
<td>Palm hearts</td>
<td>Palmaceae spp.</td>
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<td>8.25.54</td>
<td>Taro shoots</td>
<td>Colocasia esculenta</td>
<td>Taro shoots</td>
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<td>8.25.60</td>
<td>Pokeberry shoots</td>
<td>Phytolacca</td>
<td>Pokeberry</td>
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<tr>
<td>8.30</td>
<td>Onion-family vegetables</td>
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<td>8.30.10</td>
<td>Onion</td>
<td>Allium cepa inc. Pickling onion, Red onion, Spanish onion</td>
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<td>Spring onion</td>
<td>Allium cepa</td>
<td>Spring onion</td>
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<td>8.30.20</td>
<td>Shallot</td>
<td>Allium ascalonicum</td>
<td>Shallot</td>
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<td>8.30.30</td>
<td>Leek</td>
<td>Allium ampeloprasum</td>
<td>Leek</td>
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<tr>
<td>8.30.40</td>
<td>Garlic</td>
<td>Allium sativum</td>
<td>var porrum</td>
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<td>8.30.50</td>
<td>Chives</td>
<td>Allium schoenoprasum</td>
<td>Chive garlic</td>
</tr>
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8.34  
**Tubers**  
8.34.12  
Potato | Solanum tuberosum |  
8.34.20  
Jerusalem artichoke | Helianthus tuberosus | Root artichoke |

8.34.30  
Sweet potato | Ipomea batatas |

8.34.40  
Yam | Dioscorea spp. |

8.34.45  
Yam bean | Pachyrhizus spp. | Jicama |

8.34.50  
Cassava | Manihot esculenta | Tapioca, Manioc, Manihot |

8.34.55  
Taro | Colocasia spp. |

8.38  
**Root vegetables**  
8.38.10  
Carrot | Daucus carota | Vegetable oyster; inc. Scorzonera (Black salsify) |

8.38.20  
Salsify | Scorzonera hispanica |

8.38.30  
Celeriac | Apium graveolens var rapaceum |

8.38.34  
Parsnip | Pastinaca sativa |

8.38.38  
Turnip | Brassica rapa var rapifera |

8.38.42  
Swede | Brassica napus var napobrassica | Rutabaga, Swedish turnip, Yellow turnip |

8.38.50  
Radish | Raphanus sativus | Inc. Red radish, White radish, Black radish, Daikon radish |

8.38.55  
Beetroot | Beta vulgaris var conditiva | Red beet |

8.38.60  
Parsley root | Petroselinum crispum var tuberosus | Parsley potato, Hamburg parsley |

8.38.64  
Chicory root | Cichorium intybus |

8.38.79  
Other root vegetables |

8.40  
**Fruit vegetables**  
8.40.10  
Tomato | Lycopersicum esculentum | Peruvian apple |

8.40.15  
Aubergine | Solanum melongena | Egg plant |

8.40.20  
Sweet pepper | Capsicum annuum var grossum | Bell pepper, Capsicum pepper; inc. various coloured forms |

8.40.25  
Chilli pepper | Capsicum frutescens | Pimento |

8.40.30  
Cucumber | Cucumis sativa |

8.40.40  
Courgette | Cucurbita pepo | Zucchini; inc. Marrow (mature) |

8.40.45  
Cucurbita squash | Cucurbita sp. | Inc. Acom squash, Spaghetti squash, Custard squash, Golden nugget, Pumpkin |

8.40.49  
Other | Cucurbitaceae spp. | Inc. Ash gourd, Bottle |
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<thead>
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<th>Section</th>
<th>Item</th>
<th>Scientific Name</th>
<th>Common Name</th>
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<td>8.40.50</td>
<td>Ackee</td>
<td>Blighia sapida</td>
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<td>Breadfruit</td>
<td>Artocarpus altilis</td>
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<td>Matoki</td>
<td>Musa sapientium</td>
<td>Adam's fig;</td>
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<td>Plantain</td>
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<td>Flower-head vegetables</td>
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<td>Pumpkin</td>
<td>Cucurbita maxima</td>
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<td>Dandelion</td>
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<td>8.44</td>
<td>Pod vegetables</td>
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<td>8.44.10</td>
<td>Mangetout</td>
<td>Pisum sativum var macrocarpon</td>
<td>Snow pea, Sugar pea</td>
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<td>8.44.30</td>
<td>Runner bean</td>
<td>Phaseolus vulgaris</td>
<td>Green bean</td>
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<td>8.44.32</td>
<td>Runner bean</td>
<td>Phaseolus coccineus</td>
<td>Green bean, String bean</td>
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<td>Black eye bean pods</td>
<td>Vigna unguiculata</td>
<td>(Blackeye pea, Chloris, Cowpea)</td>
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<td>Asparagus bean</td>
<td>Vigna unguiculata sesquipedalis</td>
<td>Yardlong bean, Chinese longbean</td>
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<td>Winged bean</td>
<td>Psophocarpus tetragonolobus syn Lotus tetragonolobus</td>
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<td>Okra</td>
<td>Hibiscus esculentus</td>
<td>Gumbo, Ladyfinger, Okro</td>
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<td>Seed vegetables and immature pulses</td>
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<td>8.45.10</td>
<td>Pea</td>
<td>Pisum sativum</td>
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<td>Broad bean</td>
<td>Vicia faba</td>
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<td>Immature black eye bean</td>
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<td>Sprouted seed vegetables</td>
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<td>Sprouted common bean</td>
<td>Phaseolus vulgaris</td>
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<td>8.47.38</td>
<td>Beansprouts</td>
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<td>8.47.50</td>
<td>Sprouted soya bean</td>
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<td>8.47.70</td>
<td>Cress sprouts</td>
<td>Sinapis alba</td>
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<td>8.47.72</td>
<td>Mustard sprouts</td>
<td>Medicago sativa</td>
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<td>8.47.74</td>
<td>Alfalfa sprouts</td>
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<td>8.50</td>
<td>Edible fungi</td>
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<td>Cultivated mushroom</td>
<td>Agaricus bisporus, Inc. Button mushroom, Cup mushroom, Open mushroom</td>
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<td>Field mushroom</td>
<td>Agaricus spp.</td>
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<td>Honey mushroom</td>
<td>Armillaria mellea, Honey agaric, Honey fungus</td>
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<td>8.50.25</td>
<td>Boletus</td>
<td>Boletus (and other spp.), Inc. Yellow boletus, Red boletus, Rough stemmed boletus, Ringed boletus</td>
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<td>8.50.30</td>
<td>Truffle</td>
<td>Tuber melanosporum</td>
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<td>Morel</td>
<td>Morchella esculenta</td>
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<td>Cantharelle</td>
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<td>8.50.45</td>
<td>Orange agaric</td>
<td>Lactarius deliciosus</td>
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<td>Oyster mushroom</td>
<td>Pleurotus ostreatus</td>
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<td>Shiitake mushroom</td>
<td>Lentinus edodes, Chinese mushroom, Oak mushroom, Black Forest mushroom</td>
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<td>8.50.57</td>
<td>Maitake mushroom</td>
<td>Grifola frondosa, Hen of the Woods</td>
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<td>Straw mushroom</td>
<td>Volvaria volvaria</td>
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<td>Seaweeds and algae</td>
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<td>Vegetable mixtures</td>
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<td>---------------------------------------------------</td>
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<tr>
<td>8.60.20</td>
<td>Mustard and cress mixture</td>
<td>Sinapis alba / Lepidium sativum</td>
<td>Inc. Granny Smith, Golden Delicious, Discovery</td>
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<td>8.60.30</td>
<td>Pot-herb</td>
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<td>Inc. Bramley's Seedling</td>
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### 9. Fruits and fruit products

#### 9.10 Malaceous fruit

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<tr>
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<th>Scientific Name</th>
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<tbody>
<tr>
<td>9.10.10</td>
<td>Dessert apple</td>
<td>Pyrus malus / Malus pumila</td>
<td>Inc. Granny Smith, Golden Delicious, Discovery</td>
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<tr>
<td>9.10.15</td>
<td>Cooking apple</td>
<td>Pyrus malus / Malus pumila</td>
<td>Inc. Bramley's Seedling</td>
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<tr>
<td>9.10.20</td>
<td>Pear</td>
<td>Pyrus communis</td>
<td>Inc. Conference, Doyenne du Comice, William's Bon Chrétien</td>
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<td>9.10.25</td>
<td>Nashi pear</td>
<td>Pyrus pyrifolia</td>
<td>Asian pear</td>
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<td>9.10.30</td>
<td>Quince</td>
<td>Cydonia oblongo</td>
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<td>9.10.40</td>
<td>Medlar</td>
<td>Mespilus germanica</td>
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<td>9.10.50</td>
<td>Loquat</td>
<td>Eriobotrya japonica</td>
<td>Japanese medlar</td>
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#### 9.20 Prunus species fruit

<table>
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<tr>
<td>9.20.10</td>
<td>Apricot</td>
<td>Prunus armeniacea</td>
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<td>Peach</td>
<td>Prunus persica</td>
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<td>9.20.25</td>
<td>Nectarine</td>
<td>Prunus persica var nectarina</td>
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<td>9.20.30</td>
<td>Plum</td>
<td>Prunus domestica</td>
<td>Inc. Bullace, Prune damson</td>
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<td>9.20.32</td>
<td>Damson</td>
<td>Prunus domestica var institia</td>
<td>Syrian plum</td>
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<td>9.20.34</td>
<td>Mirabelle</td>
<td>Prunus domestica var syriaca</td>
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<td>9.20.36</td>
<td>Greengage</td>
<td>Prunus domestica var italicica</td>
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<td>9.20.40</td>
<td>Sweet cherry</td>
<td>Prunus avium</td>
<td>Gean</td>
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<td>9.20.45</td>
<td>Sour cherry</td>
<td>Prunus cerasus</td>
<td>Acid cherry, inc. Morello cherry</td>
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<tr>
<td>9.20.50</td>
<td>Chickasaw</td>
<td>Prunus angustifolia plum</td>
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<td>9.20.55</td>
<td>Susina</td>
<td>Prunus salicina</td>
<td>Japanese plum</td>
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<td>Sloe</td>
<td>Prunus spinosa</td>
<td>Blackthorn, Sloe plum</td>
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#### 9.25 Other stone fruit

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<td>Phoenix dactylifera</td>
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<td>Lychee</td>
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<td>9.25.44</td>
<td>Persimmon</td>
<td>Diaspyrous kaki</td>
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<td>9.25.48</td>
<td>Barbados</td>
<td>Malpighia spp.</td>
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#### 9.30 Berries

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<td>White grapes</td>
<td>Vitis vinifera</td>
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<td>9.30.12</td>
<td>Black grapes</td>
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<td>Strawberries</td>
<td>Fragaria vesca</td>
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<td>9.30.20</td>
<td>Raspberries</td>
<td>Rubus idaeus</td>
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<td>9.30.22</td>
<td>Loganberries</td>
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<td>Dewberries</td>
<td>Rubus caesius</td>
<td>Youngberries</td>
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<td>Cloudberrries</td>
<td>Rubus chamaemorus</td>
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<td>Vaccinium myrtillus</td>
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<td>Vaccinium vitis var idaea</td>
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<td>Vaccinium corymbosum / Vaccinium angustifolium</td>
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<td>Citrus reticulata</td>
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<td>Cucumis melo</td>
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<td>Papaya</td>
<td>Carica papaya</td>
<td>Papaw</td>
</tr>
<tr>
<td>Code</td>
<td>Name</td>
<td>Scientific Name</td>
<td>Native Name</td>
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<td>---------------------------</td>
</tr>
<tr>
<td>9.50.44</td>
<td>Custard apple</td>
<td>Anona spp.</td>
<td>Inc. Sour sop, Sweet sop, Bullock's heart</td>
</tr>
<tr>
<td>9.50.46</td>
<td>Prickly pear</td>
<td>Opuntia ficus indica</td>
<td>Indian fig cactus</td>
</tr>
<tr>
<td>9.50.48</td>
<td>Rose hip</td>
<td>Rosa canina</td>
<td>Rose berry, Rose haw</td>
</tr>
<tr>
<td>9.50.50</td>
<td>Sapodilla</td>
<td>Achras sapota</td>
<td>Naseberry, Sapodilla plum</td>
</tr>
<tr>
<td>9.50.52</td>
<td>Carambola</td>
<td>Averrhoa carambola</td>
<td>Star apple, Star fruit</td>
</tr>
<tr>
<td>9.50.54</td>
<td>Durian</td>
<td>Durio zibethinus</td>
<td>Durion</td>
</tr>
<tr>
<td>9.50.56</td>
<td>Jack fruit</td>
<td>Artocarpus heterophylla</td>
<td>Jack</td>
</tr>
<tr>
<td>9.50.58</td>
<td>Chayote</td>
<td>Sechium edule</td>
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</tr>
<tr>
<td>9.50.60</td>
<td>Rambutan</td>
<td>Nephelium lappaceum</td>
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<tr>
<td>9.50.62</td>
<td>Tamarillo</td>
<td>Cyphomandra betacea</td>
<td>Tree tomato</td>
</tr>
<tr>
<td>9.50.64</td>
<td>Tamarinde</td>
<td>Tamarindus indica</td>
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**Fruit mixtures**

<table>
<thead>
<tr>
<th>Code</th>
<th>Name</th>
<th>Description</th>
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<tbody>
<tr>
<td>9.60</td>
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<tr>
<td>9.60.10</td>
<td>Fruit cocktail</td>
<td>Contg. pear, peach, pineapple, grape, cherry</td>
</tr>
<tr>
<td>9.60.20</td>
<td>Fruit salad</td>
<td>Contg. banana, orange, apple, pear, grape</td>
</tr>
</tbody>
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