

EuroFir code	Nederlandse naam voedingsstof	English component name	% gevuld / % filled
ENERCJ	Energie kJ	Energy kJ	100
ENERCC	Energie kcal	Energy kcal	100
WATER	Water totaal	Water total	99.96
FAT	Vet totaal	Fat total	100
FIBT	Voedingsvezel totaal	Fibre dietary total	99.7
ALC	Alcohol totaal	Alcohol total	99.91
OA	Organische zuren totaal	Organic acids total	20.02
ASH	As	Ash	42.36
PROT	Eiwit totaal	Protein total	100
PROTPL	Eiwit plantaardig	Protein plant	99.96
PROTAN	Eiwit dierlijk	Protein animal	99.96
NT	Stikstof totaal	Nitrogen total	22.34
TRP	Tryptofaan	Tryptophan	35.69
CHO	Koolhydraten beschikbaar	Carbohydrate available	100
SUGAR	Mono en disacchariden totaal	Sugars total	99.96
STARCH	Polysacchariden totaal	Starch total	99.96
POLYL	Polyolen totaal	Polyols total	97.85
FACID	Vetzuren totaal	Fatty acids total	100
FASAT	Vetzuren verzadigd totaal	Fatty acids saturated total	100
F4:0	C4:0	C4:0	80.46
F6:0	C6:0	C6:0	80.67
F8:0	C8:0	C8:0	85.92
F10:0	C10:0	C10:0	86.78
F11:0	C11:0	C11:0	74.82
F12:0	C12:0	C12:0	87.9
F13:0	C13:0	C13:0	75.63
F14:0	C14:0	C14:0	88.76
F15:0	C15:0	C15:0	87.34
F16:0	C16:0	C16:0	89.5
F17:0	C17:0	C17:0	87.39
F18:0	C18:0	C18:0	89.41
F19:0	C19:0	C19:0	76.02
F20:0	C20:0	C20:0	87.99
F21:0	C21:0	C21:0	78.17
F22:0	C22:0	C22:0	87.17
F23:0	C23:0	C23:0	81.45
F24:0	C24:0	C24:0	87.04
F25:0	C25:0	C25:0	71.59
F26:0	C26:0	C26:0	71.5
FASATXR	Verzuren verzadigd rest	Fatty acids saturated remainder	71.07
FAMSCIS	Vetzuren enkelvoudig onverzadigd cis totaal	Fatty acids monounsaturated cis total	99.61
F10:1CIS	C10:1 cis	C10:1 cis	70.04
F12:1CIS	C12:1 cis	C12:1 cis	74.09
F14:1CIS	C14:1 cis	C14:1 cis	86.14
F16:1CIS	C16:1 cis	C16:1 cis	88.38
F18:1CIS	C18:1 cis	C18:1 cis	89.07
F20:1CIS	C20:1 cis	C20:1 cis	87.77
F22:1CIS	C22:1 cis	C22:1 cis	84.29
F24:1CIS	C24:1 cis	C24:1 cis	84.5
FAMSCXR	Vetzuren enkelvoudig onverzadigd cis rest	Fatty acids monounsaturated cis remainder	78.09
FAPU	Vetzuren meervoudig onverzadigd totaal	Fatty acids total polyunsaturated total	99.57
FAPUN3	Vetzuren meervoudig onverzadigd n-3 cis	Fatty acids n-3 polyunsaturated cis	94.92
F18:3CN3	C18:3 n-3 cis (ALA)	C18:3 n-3 cis (ALA)	94.15
F18:4CN3	C18:4 n-3 cis	C18:4 n-3 cis	78.82
F20:3CN3	C20:3 n-3 cis	C20:3 n-3 cis	79.08
F20:4CN3	C20:4 n-3 cis	C20:4 n-3 cis	71.72
F20:5CN3	C20:5 n-3 cis (EPA)	C20:5 n-3 cis (EPA)	91.73
F21:5CN3	C21:5 n-3 cis (HPA)	C21:5 n-3 all-cis	56.82
F22:2CN3	C22:2 n-3 cis	C22:2 n-3 cis	66.64
F22:3CN3	C22:3 n-3 cis	C22:3 n-3 cis	77.83
F22:5CN3	C22:5 n-3 cis (DPA)	C22:5 n-3 cis (DPA)	81.15
F22:6CN3	C22:6 n-3 cis (DHA)	C22:6 n-3 cis (DHA)	93.37
FAPUN6	Vetzuren meervoudig onverzadigd n-6 cis	Fatty acids n-6 polyunsaturated cis	94.96

F18:2CN6	C18:2 n-6 cis (linolzuur)	C18:2 n-6 (linoleic acid)	95.14
F18:3CN6	C18:3 n-6 cis	C18:3 n-6 cis	83.9
F20:2CN6	C20:2 n-6 cis	C20:2 n-6 cis	85.41
F20:3CN6	C20:3 n-6 cis	C20:3 n-6 cis	76.84
F20:4CN6	C20:4 n-6 cis	C20:4 n-6 cis	85.11
F22:2CN6	C22:2 n-6 cis	C22:2 n-6 cis	74.64
F22:4CN6	C22:4 n-6 cis	C22:4 n-6 cis	80.54
F22:5CN6	C22:5 n-6 cis	C22:5 n-6 cis	69.87
F24:2CN6	C24:2 n-6 cis	C24:2 n-6 ciscis	68.58
F18:2CN9	C18:2 n-9 cis	C18:2 n-9 cis	67.71
F18:2CT	C18:2 cis trans	C18:2 cis trans	67.8
F18:2TC	C18:2 trans cis	C18:2 trans cis	67.8
F20:3CN9	C20:3 n-9 cis	C20:3 n-9 cis	73.4
F18:2R	C18:2 overigen	C18:2 remainder	67.71
FAPUXR	Vetzuren meervoudig onverzadigd rest c+t	Fatty acids polyunsaturated c+t remainder	77.18
FATRS	Vetzuren trans totaal	Fatty acids trans total	96.86
F10:1TRS	C10:1 trans	C10:1 trans	66.16
F12:1TRS	C12:1 trans	C12:1 trans	66.16
F14:1TRS	C14:1 trans	C14:1 trans	76.32
F16:1TRS	C16:1 trans	C16:1 trans	77.4
F18:1TRS	C18:1 trans	C18:1 total trans	82.57
F18:2TTN6	C18:2 n-6 trans	C18:2 n-6 trans	80.24
F18:3TTN3	C18:3 n-3 trans	C18:3 n-3 trans	47.96
F20:1TRS	C20:1 trans	C20:1 trans	75.94
F20:2TT	C20:2 n-6 trans	C20:2 n-6 trans	70.81
F22:1TRS	C22:1 trans	C22:1 trans	73.44
F24:1TRS	C24:1 trans	C24:1 trans	66.64
FAMSTXR	Vetzuren enkelvoudig onverzadigd trans rest	Fatty acids monounsaturated trans remainder	66.94
FAUN	Niet geïdentificeerde vetzuren	Fatty acid unidentified	70.12
CHORL	Cholesterol	Cholesterol	96.04
NA	Natrium	Sodium	99.91
K	Kalium	Potassium	98.67
CA	Calcium	Calcium	98.92
P	Fosfor	Phosphorus	98.02
MG	Magnesium	Magnesium	95.78
FE	IJzer totaal	Iron total	99.61
HAEM	IJzer haem	Iron haem	99.57
NHAEM	IJzer non haem	Iron non-haem	99.57
CU	Koper	Copper	90.87
SE	Selenium	Selenium total	87.82
ZN	Zink	Zinc	94.62
ID	Jodium	Iodine	78.99
VITA_RAE	Retinol activiteit equivalenten (RAE)	Retinol activity equivalents (RAE)	98.11
VITA_RE	Retinol equivalenten (RE)	Retinol equivalents (RE)	98.15
RETOL	Retinol	Retinol	97.89
CARTBTOT	Beta-caroteen	Beta-carotene	81.32
CARTA	Alfa-caroteen	Alfa-carotene	55.1
LUTN	Luteïne	Lutein	48.34
ZEA	Zeaxanthine	Zeaxanthin	43.44
CRYPXB	Beta-cryptoxanthine	Beta-cryptoxanthin	52.13
LYCPN	Lycopen	Lycopene	46.19
VITD	Vitamine D totaal	Vitamin D total	97.76
ERGCAL	Ergocalciferol (Vit D2)	Ergocalciferol (Vit D2)	74.13
CHOCALOH	25-hydroxycholecalciferol (25OHVitD3)	25-hydroxycholecalciferol (25OHVitD3)	86.78
CHOCAL	Cholecalciferol (Vit D3)	Cholecalciferol (Vit D3)	90.53
VITE	Vitamine E totaal	Vitamin E total	89.41
TOCPHA	Alfa-tocoferol	Alpha-tocopherol	63.45
TOCPHB	Beta-tocoferol	Beta-tocopherol	61.99
TOCPHD	Delta-tocoferol	Delta-tocopherol	61.69
TOCPHG	Gamma-tocoferol	Gamma-tocopherol	61.9
VITK	Vitamine K totaal	Vitamin K total	54.5
VITK1	Vitamine K1	Vitamin K1	53.03
VITK2	Vitamine K2	Vitamin K2	21.22
THIA	Thiamine (Vit B1)	Thiamin (Vit B1)	97.68
RIBF	Riboflavine (Vit B2)	Riboflavin (Vit B2)	97.8

VITB6	Pyridoxine (Vit B6)	Pyridoxin (Vit B6)	95.82
VITB12	Cobalamine (Vit B12)	Cobalamin (Vit B12)	98.36
NIAEQ	Niacine equivalenten	Niacin equivalents	35.26
NIA	Niacine (Vit B3)	Niacin (Vit B3)	95.14
FOL	Folaat equivalenten	Dietary folate equivalents	96.94
FOLFD	Folaat	Folate food	94.66
FOLAC	Foliumzuur synthetisch	Folic acid synthetic	98.19
VITC	Ascorbinezuur (Vit C)	Ascorbic acid (Vit C)	97.89