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| **Supplement Table 1**. Number of food items and food items with lower and higher DEF contents, according to the NZ Composition Tables (2009 and 2016). New Zealand, 2008-2010 |
| **Foods** | **NZ Composition Table (2009)a** | **NZ Composition Table (2016)b** |
| Number of products | Food with lower DFE content per 100g (µg) | Food with higher DFE content per 100g (µg) | Number of products | Food with lower DFE content per 100g (µg) | Food with higher DFE content per 100g (µg) |
| Citrus fruit | 3 | 4 | 12 | 3 | 11 | 27 |
| Orange | Grapefruit | Lemon | Orange (USA) |
| Green leafy vegetables | 9 | 34 | 146 | 11 | 2 | 310 |
| Lettuce | Spinach | Rocket | Kale |
| Yeast spread | 2 | 2000 | 2000 | 2 | 2600 | 3300 |
| Marmite (Sanitarium) and Vegemite (Kraft) | Marmite (Sanitarium) and Vegemite (Kraft) | Marmite (Sanitarium) | Vegemite (Kraft) |
| Bread | 24 | 2 | 293 | 32 | 0 | 820 |
| Panini | Soy & Linseed | Crumpet (white) | Nature's Grain (River Mill) |
| Breakfast cereal (high fibre) | 17 | 4 | 333 | 16 | 4 | 1300 |
| Porridge | Weet-Bix (Sanitarium) | Porridge | All Bran Original (Kellogg's) |
| Breakfast cereal (others) | 14 | 15 | 333 | 14 | 15 | 850 |
| Wheat puffs (Sanitarium) | Special K Kellogg's and Cornflakes (Kellogg's and Skippy) | Ricies (Sanitarium) | Rice puffed (cocoa coated) |
| Fruit juices and drinks | 6 | 0 | 10 | 14 | 0 | 28 |
| Fruit Drink (V Drink) | Orange & apple juice (Just Juice) and Tomato juice (McCoy) | Fruit drink (orange, blackcurrant, and cranberry) | Orange juice |
| Noodles, rice and pasta | 8 | 0 | 10 | 15 | 0 | 26 |
| Noodles (Rice) | Brown rice | Japanese udon noodles | Rice (wild) |
| DFE: dietary folate equivalents; NZ: New Zealand. aNew Zealand Ministry of Health. The Concise New Zealand Food Composition Tables, 8th Ed. Wellington; 2009. bNew Zealand Ministry of Health. The Concise New Zealand Food Composition Tables, 12th Ed. Wellington; 2016 |