
Appendix 2 Definitions of food categories

Food category	Definition and examples
*Breads	Breads that are made by baking a yeast-leavened dough prepared from one or more cereal flours or meals and water. This includes, for example, sliced loaf breads, rolls, bagels, English muffins and fruit breads. The definition does not include value-added products such as cheese and bacon rolls.
Other bakery products	Includes all biscuits, cakes, muffins, pastries and breads except as defined above under "Breads".
*Ready-to-eat breakfast cereals	Include plain or mixed flakes, puffed grains, processed grains, and fruit/flake mixtures with or without other ingredients. Does not include muesli, hot cereals or wheat biscuits.
Other cereal products	Includes pasta, noodles, rice and breakfast cereals and cereal bars except as defined above under 'Ready-to-eat breakfast cereals'.
*Simmer sauces	<p>Sauce-type products that are major characterising components of a meal. They are designed to be mixed with rice or pasta, and/or meat and vegetables before consumption and can be simmered, baked or stir fried with the added ingredients. Products that are included are:</p> <ul style="list-style-type: none"> • Pasta sauces - Mainly tomato-based sauces, but also includes pasta bakes which are often creamier-style. May be chunky or smooth in consistency and the packaged product may contain other ingredients such as vegetables and/or meat. Pasta sauces can be pour-in, stir-in, cook-in or stir-thru. • Indian style sauces - Generally based on flavours to replicate Indian recipes and often labeled as curry sauces. • Asian style sauces - Generally based on flavours to replicate Asian recipes. Often based on high sodium sauces such as soy, fish or oyster sauce and often labeled as noodle sauce or stir-fry sauce. • Other simmer sauces - Sauces that are a major characterising component of a meal but are not categorized as pasta, Indian or Asian style sauces. Includes products such as risotto bakes, and chicken/stroganoff/sausages tonight. <p>Does not include recipe bases or concentrates, pastes (e.g. pesto, tomato), gravies, condiment style sauces (tomato, hoisin, sweet chili etc.), marinades or finishing sauces. Does not include ready meals and meal kits which contain a simmer sauce as a core ingredient.</p>
Other sauces and spreads	Includes condiments, gravies, pastes, dips and chutneys except as defined above under 'Simmer sauces'.
*Processed meat	<p>A meat product containing no less than 300g/kg meat, where meat either singly or in combination with other ingredients or additives, has undergone a method of processing other than boning, slicing, dicing, mincing or freezing, and includes manufactured meat and cured and/or dried meat flesh in whole cuts or pieces. The definition includes processed meat products that are:</p> <ul style="list-style-type: none"> • Ready-to-eat meats (excluding pate, cooked uncured meats (e.g. roast meats) and dried meats), • Bacon • Pasteurised sausages (including frankfurts, chorizos, cheerios etc).

Food category (cont)	Definition and examples
Other meat products	Includes meat alternatives, poultry, frozen meats, salami and raw meats except as defined above under 'processed meats'.
*Soups	Includes dry soups and wet and condensed soups.
*Savoury pies	Savoury pies include wet meat and vegetarian pies (meat/poultry only or with vegetables in 'gravy base' e.g. steak and kidney, chicken and mushroom, etc); and dry meat and vegetarian savoury products (sausage rolls, pasties, pork pie and pot pie).
*Potato/corn/extruded snacks	<ul style="list-style-type: none">• Potato chips – Thin potato slices that are generally deep fried, and then flavoured using, e.g. salts, seasonings, herbs or spices. Includes all flavours except salt and vinegar. Examples include: Thick-cut, thin-cut, crinkle-cut, sticks, deli-style, Pringles• Extruded snacks – Starch-rich materials (e.g. corn, maize, wheat, rice, potato flour) that are transformed into hot melt fluids and then expanded or puffed via an extruder to form a snack. Includes all flavours except salt and vinegar. Examples include: Cheese Puffs, Bacon Balls, Twisties, Burger Rings, Cheezels• Cereal-based snacks – Cereal grains (e.g. wheat, corn, maize kernels) used to make a dough, which is then sheeted to thin, uniform dimensions and cut to form the snack and fried. Includes all flavours except salt and vinegar. Examples include: corn-based snacks (e.g. Doritos, CCs) and wholegrain snacks (e.g. Grain Waves).• Salt and vinegar products – All products in this category that are salt & vinegar flavoured
*Savoury crackers	<ul style="list-style-type: none">• Plain crackers (flour based) – Crackers with no added flavourings. Includes pepper / grain varieties, but not those with added salt flavours. Examples include: Plain crackers with a flaky texture (e.g. SAO, Jatz, Savoy), Wholegrain/wholemeal crackers (e.g. Vita-Weat soy-linseed, sesame, 9-grain, multigrain), Crispbreads (e.g. Ryvita, Cruskits), and other varieties (e.g. water crackers, wafer crackers)• Flavoured crackers (flour based) – Crackers with added flavourings, including those with added salt flavours. Examples include: Savoury biscuits (e.g. Shapes), flavoured crackers with flaky texture (e.g. Country Cheese), other 'herb and salt' varieties which are often seen with products such as crustini / grissini (e.g. rosemary & sea salt, garlic & sea salt)• Flavoured Rice Crackers/Cakes/ Corn Cakes – 'Cakes' made from puffed rice/corn, with added flavourings; Crackers made from predominantly rice flour, with added flavourings. Includes those with added salt flavourings and 'original' flavoured. Examples include: Flavoured rice cakes or corn thins, flavoured rice crackers (e.g. Sakata, D'lites)• Plain Rice Crackers/Cakes/ Corn Cakes – 'Cakes' made from puffed rice/corn, with no added flavourings; Crackers made from rice flour, with no added flavourings.
Other snack foods	Includes legume-based snacks, pretzels and popcorn but not "Potato, corn and extruded snacks" as defined above.
Confectionery	Includes chocolate products, sweets, fudge, mints etc.
Convenience foods	Includes pizzas and ready meals. Excludes soups as defined above

Food category (cont)	Definition and examples
Dairy products	Includes cheeses, creams, milk, yoghurt, ice cream and other dairy based desserts.
Edible oils and oil emulsions	Includes cooking oils, butter and margarine
Fish and fish products	Includes tinned, smoked, frozen and raw fish
Fruit and vegetable products	Includes dried fruits, tinned fruits and vegetables, nuts, and potato products
Non-alcoholic beverages	Includes coffee and tea, sugar sweetened and soft drinks, and fruit juices
Sugars, honey and related products	Includes syrups, sugars and sweeteners
No definition for eggs, vitamins and supplements, alcohol and some other foods (including diet products, baby foods and fitness products) unable to be categorized	

* As defined by the Food and Health Dialogue

Adapted from Webster JL, Dunford EK, Neal BC. A systematic survey of the sodium contents of processed foods. *Am J Clin Nutr* 2010; 91: 413-420. doi: 10.3945/ajcn.2009.28688.
