



**FOOTPRINTS OF FOODS AND  
CULINARY PREPARATIONS  
CONSUMED IN BRAZIL**

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# 1 Introduction

The commitment to sustainability assigns a central role to nutrition science when analyzing food systems and public policies. In the search for food and nutritional safety of populations, the integration of biological, social and environmental dimensions becomes a relevant and critical work<sup>1,2</sup>.

The eating patterns may go beyond nutritionally healthy, culturally appropriate and economically accessible factors, and should stimulate modes of production, logistics, storage, preparation, consumption and final destination that favor a balanced operation between ecosystems and the protection of biodiversity<sup>3</sup>.

The increasing number of scientific articles published on the environmental impacts of food may be seen as one of the collective efforts needed to restrain the progressive environmental degradation, helping to build sustainable food systems. But it is still necessary to develop methodological approaches and indexes that best represent qualitative, quantitative and comparatively sustainable (and unsustainable) diets, assess the effects of nutritional transitions over the environment, and generate scientific evidence that support public policies and individual food choices. For example, studies that identify healthy and sustainable eating patterns already practiced by the population contribute to the promotion of both healthy and sustainable eating habits through real and feasible examples.

This book presents a table with carbon, water and ecological footprints of foods and culinary preparations consumed in Brazil, a tool developed to enable the studies of a thesis named “The food and its environmental impacts: approaches of national food guides and study of Brazilians diet”<sup>4</sup>, which was presented at the Global Health and Sustainability PhD Program of the Faculty of Public Health of the University of São Paulo.

The table uses the foods formatting and coding according to the food composition tables of the 2008-2009 Household Budget Survey held by the Brazilian Institute of Geography and Statistics (IBGE, from Portuguese *Instituto Brasileiro de Geografia e Estatística*), and was paired with the international coding of the Harmonized System. Each food or culinary preparation has its values assigned to three footprints, which allows the application of the indicators presented in the food consumption

surveys the same way it is done with the nutritional composition table. All data will be available online through Microsoft® Excel tables. Access links can be found in the last chapter of this book.

The book differs from the thesis by including an additional indicator (the ecological footprint), a different format to display the tables, and the description of basic concepts and methodological processes, which may encourage the researchers that will study the field of environmental impact assessment of foods, based on IBGE's Household Budget Survey.

## 2 Basic concepts

Since the Industrial Revolution, the human activity has significantly changed the structures and functionalities of ecological systems. The situation became especially critical after the 50's, when the global economic system accelerated the environmental degradation process, endangering the human species and all biodiversity survival. The measurable traces or trails of environmental degradation that mark the human careless existence on Earth are called *footprints*.



There is a large collective effort to make the socioeconomic development sustainable by looking for ways to meet the present generation needs without compromising the future generation needs, while considering its effects over the nature. This paradigm shift requires studies to identify and quantify relevant environmental impacts.

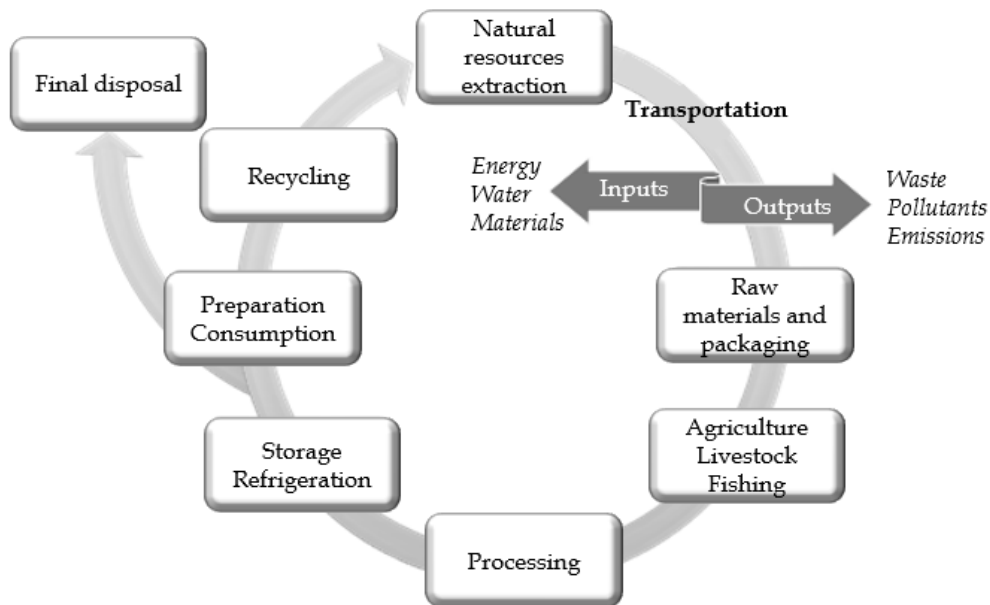
The creation of environmental indicators helps to characterize and interpret the causes and effects of such impacts, seeking direct applications for mitigation actions. These indicators are management instruments that measure the potential production processes impact over the environment, which helps to detect the critical aspects about where it is possible to reduce the consumption of natural resources or introduce technologies that reduce or even eliminate the pollution load.

These indicators work as objective parameters to choose products or adopt environmentally friendly practices. In the food context, they may guide the food choices and diets. It is worth mentioning that the mitigation of environmental impacts shows more effective results when there are combined actions between food production and consumption.

The product life cycle assessment (LCA) is one of the methodologies used to generate relevant environmental indicators, accounting for inputs (such as water, soil and energy usage) and outputs (waste production and pollutant emissions) from elements of the productive system (Picture 1). The standard that defines the requirements for the LCA comes from the NBR-ISO 14040:2009 family, which is focused on the environmental aspects and potential impacts throughout the life cycle of a

product, from the resource extraction processes to production of raw materials and packaging, production, use, and after-use treatment, such as recycling or final dispose of waste<sup>5</sup>.

Picture 1 – Product life cycle steps scheme that may be included for input and output accounting and assessment in the production system.



The system boundaries are set in relation to the life cycle steps being evaluated. When the system comprises the acquisition of raw materials to the final waste disposal, it is said it moved from “cradle to grave”. If it ends in the agricultural production phase, it is said it went from “cradle to the farm gate”. The life cycle steps are included according to its intended direct or indirect application. It is possible to make a “cradle to the farm gate” LCA to compare the efficiency of different production systems, for example, by accounting the water use to grow tomatoes in the fields or in the greenhouses.

The NBR-ISO 14040:2009 standard defines functional unit as the “quantified performance of a product system to be used as a reference unit”. The functional unit helps to understand the impacts, because it better guides the intended LCA application and interpretation during the findings.



The fewer natural resources are used or the less pollutants are emitted in the processes, the greater the ecological efficiency and the better the quantified performance. The production processes eco-efficiency can be expressed as the amount of natural resources used or the amount of pollutants emitted per the material measure unit, according to the function of such material, and serves as a reference unit to compare different products or processes. Based on this understanding, the best functional unit to interpret the findings is established.

One of the key steps in integrated nutrition and environment studies is a functional unit definition, an aspect that must be agreed between researchers from different fields. In the food context, it is possible to study the environmental impact per mass unit of fresh (*in natura*) or prepared food: liters of water per gram of tomato or liters of water per gram of tomato sauce. Depending on the phenomenon that is intended to be studied, the best findings interpretation may be achieved when the definition of the functional unit is described in nutritional terms. For example, it is possible to calculate the amount of water for each kilocalorie or gram of tomato protein.

The carbon footprint measures the greenhouse gas emissions total amount (CO<sub>2</sub>, CH<sub>4</sub>, N<sub>2</sub>O, HFC, PFC, SF<sub>6</sub>, among others) that are directly or indirectly caused by an activity or are accumulated over the course of a product life cycle. The measurement is expressed in mass units (g, kg, t), and the calculated mass for each of the different emitted gases is converted into carbon dioxide equivalent (CO<sub>2</sub>eq) using the global warming potential (GWP) factor of each gas (Table 1), as established by the Intergovernmental Panel on Climate Change (IPCC)<sup>6</sup>. The GWP represents the combined effect of different timeframes that each substance remains in the atmosphere (half-life) and its efficiency to absorb and release infrared waves (spectral properties). This technique of converting different gases into the same unit makes it possible to sum the masses of different gases into a single parameter.

Table 1 – Global warming potential (GWP) of the most relevant greenhouse gases in the global agri-food system, extracted from IPCC reports from 1995 to 2014.

Greenhouse gases	Formula	GWP for 100-year horizon		
		IPCC (1995)	IPCC (2007)	IPCC (2014)
Carbon dioxide	CO <sub>2</sub>	1	1	1
Methane	CH <sub>4</sub>	21	25	28
Nitrous oxide	N <sub>2</sub> O	310	298	265

The most relevant greenhouse gas in the agri-food system is methane ( $\text{CH}_4$ ), which is emitted during the enteric fermentation of ruminants or anaerobic fermentation that occurs in treatment lagoons of intensive swine creation manures, as well as in the rice production in floodplains. Besides methane, when talking about relevant global warming potential gases in the food context, there is nitrous oxide ( $\text{N}_2\text{O}$ ) from fertilizers, and carbon dioxide ( $\text{CO}_2$ ), which is originated from deforestation to the burning of fossil fuels throughout the supply chain, which involves machinery, heaters, transportation, processing, and refrigerators<sup>9</sup>.

The carbon footprints on foods are found in several national and international publications and do not cover all foods consumed in Brazil, but form a sufficient data set of the main food groups. Some of these publications are dedicated to a single food and compare production systems, while others display a set of nationally produced foods<sup>12, 13, 14, 15, 16</sup>.

The water footprint measures the total amount of water used directly or indirectly during the life cycle steps. The calculation of the total water footprint involves the sum of three main components: surface or groundwater (blue water), rainwater (green water), and the water needed to assimilate the pollution load of the production system and consumption (grey water). The water footprint is expressed in water volume (liters or cubic meters). For the water footprints, in addition to publications individualized by foods and environmental product declarations, there is also a database published by the Water Footprint Network (WFN), which provides a wide range of footprints for agricultural<sup>10</sup> and livestock<sup>11</sup> foods, all of which calculated for the global scale and by country of origin, product by product.

The ecological footprint is a tool created by Wackernagel and Rees (1996) to account for how much the humankind demands from the regenerative capacity of the biosphere. The calculation takes into account the demand – both direct and indirect – of renewable resources production and carbon assimilation, comparing them with ecological “assets” of our planet (biocapacity). Thus, the ecological footprint assesses the combined anthropogenic impacts that are usually assessed separately (by carbon emission, land use change, biodiversity consumption etc.), and may be applied to different scales, from products to cities or even countries. Therefore, it is an aggregate index<sup>7,8</sup>.

The calculation involves six variables or ecosystem services which are demanded by the economy and associated with land bioproductivity: cultivated lands (food of plant origin and fibers for weaving or paper production); cultivated lands and pasture (food of animal origin); fishing areas (food from fishing); carbon sequestration areas (absorption of carbon emissions from fossil sources); built area (provision of physical space for shelter and infrastructure development).

The ecological footprint reveals how the human activity gets hold of the land regenerative capacity. Many of the ecological resources and ecosystem services are located on the surface, where photosynthesis takes place. Therefore, it is expressed as bioproductive area (hectare or m<sup>2</sup>). The count of all the environmental load used in the process is converted through use of conversion factors published by the Global Footprint Network.

With the exception of the Water Footprint Network database, there are few publications that assess the life cycle of foods produced under Brazilian conditions, and there is no database with environmental indicators dedicated to foods consumed in Brazil. The few existing local publications focus on the main agricultural export commodities, such as soybean<sup>13</sup>, melon<sup>14</sup>, beef<sup>15</sup>, poultry<sup>16</sup>, pork<sup>17</sup> and milk<sup>18</sup>. The existence of international LCA data is what made it possible to structure the footprint table published in this book.

It is recommended to be cautious when interpreting the findings. The footprints should be viewed as the best possible estimates, not as exact measurements. The techniques and natural resources used in production may be very different from one place to another, causing a big impact on the footprint calculation result, as it happens on the higher emission of greenhouse gases in floodplain rice production when compared to rainfed areas. Such impacts put pressure on local resources distinctly, depending on the characteristics of the rainfall, watershed or biome. Carbon emissions will be higher if the energy used in industrial processing predominantly comes from fossil sources.

In the context of food and nutrition, the interpretation of environmental impacts requires more sophisticated and comprehensive articulated analyzes, as food has consequences for the environment and, rather, for people's health and well-being.

### 3 Methodologies

An environmental database was created for all foods and culinary preparations consumed in Brazil according to IBGE's Household Budget Survey and based on IBGE's nutritional composition table of foods and culinary preparations<sup>27, 28, 29</sup>. The sources were identified and the carbon footprints (CF), water footprints (WF) and ecological footprints (EF) were selected. The coding systems were defined and the food and nutrition tables were standardized by adjusting the units of measure to integrate the footprint table and the nutritional composition table. The ingredient average footprints were calculated and, ultimately, the footprints for each of the culinary preparations were created.

#### *Foods and culinary preparations consumed in Brazil*

The list of foods and culinary preparations consumed in Brazil comes from the personal food consumption module of the Household Budget Survey (POF 2008-2009)<sup>27, 28, 29</sup>, when food intake was recorded through a probabilistic sample that included the teenage and adult population (n=34,003) from random households, covering both the urban and rural areas of Brazil.

The individuals reported the foods and culinary preparations that they consumed, detailing the form of preparation and quantities consumed in home measures that were later converted to grams, based on the Table of Referred Measures for Foods Consumed in Brazil<sup>28</sup>. Thus, the Nutritional Composition Tables of Foods Consumed in Brazil were developed<sup>29</sup>, with the amounts in grams converted into energy and several nutrients. Based on it, environmental indicators could be paired and new functional units could be created for integrated studies.

The reported culinary preparations (items that had more than one ingredient in their composition) were broken down on standard recipes, to refine the calculations of food consumption and environmental footprints. This work was conducted within the Center for Epidemiological Research in Nutrition and Health and can be viewed through the online Excel file. Access in Chapter 4.

## *Food coding systems*

The main coding system was the same as established by the POF (2008-09) to integrate the environmental data table to the food table. The same codes were adopted for both consumer items and types of culinary preparation. From the 1,120 food items recorded in the POF 2008-09 food consumption module, we identified 967 food codes that were not broken down, because they were ready-to-eat products (such as sodas) or ingredients of culinary preparations. The 18 ingredients that were not consumed alone (such as wheat flour and lasagna pasta) and were only part of the culinary preparations had their codes obtained from the POF 2008-09 home acquisition module. These 985 food codes presented in the food and ingredients table of culinary preparations were initially used to record the footprints in the environmental database.

All POF codes have been matched to the codes of the MERCOSUR Common Nomenclature - Harmonized System (NCM-SH\*), for the purpose of using an international classification. It is a code established by the Brazilian government to identify the nature of goods and promote the development of international trade, as well as to facilitate the collection and analysis of foreign trading statistics. It is based on the Harmonized Commodity Description and Coding Systems (HS), an international classification method developed by the World Customs Organization. The code structure contains the description of product specific characteristics.

The NCM-SH coding is systematic, hierarchical, taxonomic, and follows a logic of “kinship” between the items. It is applicable for all types of products. Food products are classified in Sections I, II, III and IV. The higher the item's processing level, the greater its code number. Below is the structure of NCM-SH hierarchical level codes (Table 2).

Table 2 - MERCOSUR Common Nomenclature coding system based on the Harmonized Commodity Description and Coding System

Hierarchical level	Description	Code location	System
Section	Roman numeral	I, II, III and IV	SH
Chapter	First two digits	00000000	SH
Position	First four digits	00000000	SH
Subposition	First six digits	00000000	SH
Item	Seventh digit	00000000	NCM
Subitem	Eighth digit	00000000	NCM

\* <https://www.significados.com.br/ncm/>; <http://www.wcoomd.org/en/topics/nomenclature/overview/what-is-the-harmonized-system.aspx>

The Section and Chapter levels sort the items according to broader descriptions. As the classification goes down to the Position and Subposition levels, the item description increases in specificity, reaching the food name. For the environmental database, the matching established with the POF (2008-09) code assumed the hierarchical Item level (NCM-SH) linked to a six-digit Subposition (NCM-SH), which is subordinate to the higher hierarchical levels, as exemplified below (Table 3).

Table 3 – Example of the coding matching technique for POF and SH systems

Hierarchical level	Designation	Code	System
Section	Products of the vegetable kingdom	II	SH
Chapter	Cereals	10	SH
Position	Rice	1006	SH
Subposition	Polished rice	100630	SH
POF Code	Rice (polished, parboiled, etc.)	6300101	POF

Both paired coding systems are available in the online Excel file. Access in Chapter 4.

### *Environmental performance indicators*

Carbon, water and ecological footprints are the most relevant indicators for measuring environmental impacts on a global scale and, as a result, possess a wealth of information available for a larger number of items. The footprints were collected in sufficient quantities to structure the new database and test a calculation approach that directly covered the largest number of food consumption items.

The first indicator related to pollutant emissions (greenhouse gases) was chosen and the second one was the use of a natural resource (water). These are indicators that are calculated within the methodological framework of a life cycle assessment (NBR-ISO14040). The ecological footprint, although with less data availability, is an aggregate index generated from the Global Footprint Network methodology. Scientifically robust and easily understood by the general public, the ecological footprint becomes didactic when it is applied to illustrate the use of land biocapacity.

## ***Environmental data sources***

Publicly available carbon, water and ecological footprints were collected. The collection of data sources began on an already structured basis, such as the tables published by the *Barilla Center for Food and Nutrition*<sup>23</sup> and the *Water Footprint Network*<sup>7;8</sup>. Subsequently, new researches (on Google Scholar and Web of Science) ensured the completeness of the data collection, using the name of each food in Portuguese and English (e.g. arroz, rice) and the keywords<sup>†</sup> *pegada de carbono*, *pegada hídrica*, *carbon footprint*, *water footprint*, in combinations interspersed by the Boolean operator “AND”. Processed food footprints were obtained from the ENVIRONDEC<sup>‡</sup> website or corporate reports. The data collection added up to 569 publications, including scientific papers and corporate reports. References used in the calculations are available in the online Excel file. Access in Chapter 4.

## ***Environmental database records***

Secondary LCA data records were created in order to facilitate the selection of values to be used later in the calculation of average per food. Values and information that assisted in the identification, qualification, traceability, and subsequent verifications were recorded:

- ✓ LCA references by source category (journals, verified environmental performance statements), title, author, year.
- ✓ Country or region of the evaluated food production.
- ✓ Environmental performance indicators: carbon footprint (CF), water footprint (WF), and ecological footprint (EF).
- ✓ The product life cycle assessment methodology (LCA / ISO14040).
- ✓ The perimeter of the LCA system (cradle-to-gate; cradle-to-factory gate; cradle-to-retail; cradle-to-kitchen; cradle-to-grave).
- ✓ Attributes of foods evaluated in the publication, such as canned, frozen, lyophilized, and boneless.
- ✓ Production mode, such as greenhouse or organic.

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<sup>†</sup> Also known as uniterms or descriptors, the keywords assign a greater specificity in textual research, as they are terms standardized by databases.

<sup>‡</sup><https://www.environdec.com/>

- ✓ The functional units adopted in the publication and the standardization for grams of CO<sub>2</sub>eq\*kg<sup>-1</sup> or liters of water\*kg<sup>-1</sup> per food.

The main records are available in the online Excel file. Access in Chapter 4.

### *Footprint calculation*

The values selected to compose the average of the footprints were those calculated for foods that come from a conventional production mode and LCA perimeter from farm production, which could reach the point of sale as raw or unprepared foods. Exclusion criteria were the calculated values for greenhouse-produced foods, the perimeter of the LCA system that included transport from point of sale to home and cooked or frozen foods and, finally, excluded footprint values in the percentile 95% and below percentile 5% when the food had more than 4 values collected.

The vast majority of footprints found in the survey were calculated for food produced in other countries and not in Brazil. Therefore, the average of the footprints for all foods was made with international values. The Water Footprint Network's database made it possible to use water footprints specifically for Brazil for most foods, complementing with other sources.

Most of the footprints found in the survey were calculated for foods produced in other countries and not in Brazil. Therefore, for all foods the average was made with international values. The Water Footprint Network's database made it possible to use water footprints specifically for Brazil for most foods, complementing with other sources.

We must consider the limitations and uncertainties inherent to such footprint calculations. There is a high complexity of supply chains, different production modes, difficulties in obtaining accurate data for LCAs, and use of default data when calculations for actual or local conditions were unavailable.

Many of the projects that calculate the environmental impact of a population's food consumption use a common footprint value for the same food group, such as fruits. This value is calculated by averaging the values found in the LCAs of the different elements that are part of this group, such as apple, banana or orange LCAs.



This approach facilitates the management of large numbers of consumable items and works around the data shortage problem for many cases. The adoption of this approach is understandable when looking at the size of the list of foods and culinary preparations consumed in Brazil, which contains about 1,200 items.

Here, we opted for an approach that closely approximated the footprint values to the calculated values for each exact food. If only one piece of data was recorded for that exact food, this value was used as a footprint. If more than one value was recorded for that exact food, the values selected to compose the footprint were averaged.

In the absence of data for the exact food, we averaged the most similar foods in a hierarchical “kinship” taxonomy, cascading according to the NCM-SH coding.

To exemplify, the calculation of the carbon footprint in oranges was the average of the published LCA values for the exact food identified as orange (code POF-6801801). In the absence of the carbon footprint values for limes (code POF-6801901), the average would be calculated from the values recorded for the Subposition of lemons and limes (code SH-080530); in its absence, from the values of the citrus Position (code SH-0805); in its absence, from the values of the fruits Chapter (code SH-08); in its absence, from the values of the products of the vegetable kingdom Section (code II). Exactly as displayed in Table 4.

Table 4 - Example of data grouping approach for calculating the average environmental footprints

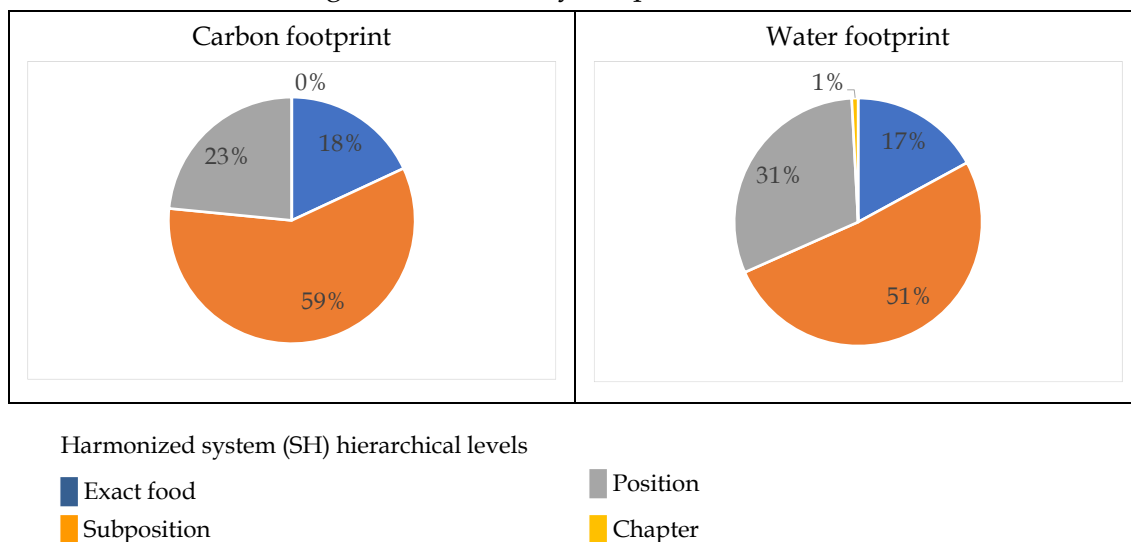
Hierarchical level	Description	Code	System
Section	Products of the vegetable kingdom	II	SH
Chapter	Fruits; citrus and melon peels	08	SH
Position	Citrus; fresh or dried	0805	SH
Subposition	Oranges	080590	SH
Item	Orange (pear, navel, lime, etc.)	6801801	POF
Subposition	Lemons and limes; fresh or dried	080530	SH
Item	Lime	6801901	POF

From the list of 985 food items, the average carbon footprint was calculated for 18% of the exact food level items, from which carbon footprint values were generated for 59% of items at the Subposition level, and 23% at the Position level.

As there is no water footprint calculation for fish, the list was reduced to 967 items, and presented 17% of footprints calculated for the exact food, from which

water footprint values were generated for 51% of items at the Subposition level, and 31% at the Position level, as the following charts illustrate (Picture 2).

Picture 2 - Percentage of food items by footprint calculation hierarchical level



Ideally, footprints should be calculated for the exact or most closely taxonomic foods available. In the proposed approach, footprints were calculated predominantly at the closest hierarchical levels: exact food and subposition.

As a reminder, the footprint record in the environmental database was initially based on the raw food form, the way it is bought, and before any culinary preparation, because that is the condition food footprints are found in most publications. Subsequently, the averages were calculated as previously described. In case of interest regarding the carbon (CF), water (WF), and ecological (EF) footprints of foods found as they are purchased and without any preparation, this information is available in the online Excel file. Access in Chapter 4.

Next, the footprints for foods and culinary preparations were calculated exactly as they are consumed. For this, the footprints were treated mathematically, adjusting them according to the culinary preparation techniques and the proportion of each ingredient in the recipes, as described below. Different culinary preparation techniques modify physical characteristics of foods by removing its parts, adding or reducing the water content inside them.

Depending on the food and preparation technique, correction factors (FC) were applied to the environmental footprints, in order to adjust the indicators for the

weight of edible parts, by subtracting the weight of peels or lumps, for example. Similarly, conversion or cooking indexes (IC) were applied, adjusting the food weight according to the hydration or dehydration levels after cooking. For example, rice incorporates water during cooking, while meat may lose it. The FC and IC values are available in the online Excel file. Access in Chapter 4.

The culinary preparations were broken down into the ingredients of the basic recipes and close to 100% of its composition. This procedure allowed the footprints to reflect the proportional share of the ingredients in the diet.

In the calculation of carbon footprints, emissions from heating in an oven or stove were included during food preparation. The purpose was to reduce possible methodological bias by balancing the comparison between homemade foods and processed foods, whose industrial cooking emissions are accounted for in the product's environmental performance declaration.

Liquefied petroleum gas (LPG) is the predominant fuel used in Brazilian kitchens<sup>§</sup>. Both homemade culinary preparations (e.g. vatapá or tropeiro rice) as well as semi-prepared foods (e.g. sausage or instant noodles) or ready meals (e.g. nuggets or light lasagna) may require heating.

Carbon footprints related to warming were calculated for the 17 preparation possibilities reported in the POF 2008-09: garlic and oil; vinaigrette; heating; roasted; with butter or oil; cooked; raw; breaded; stew; fried; grilled or barbecue; porridge; white sauce; red sauce; braised; unprepared; soup.

For foods which are ingested raw or unheated, such as salads, fruits, processed snacks or soft drinks, the carbon emission for their preparation was set as zero. For foods prepared on the barbecue grill, the carbon emission was considered zero due to the use of reforestation charcoal.

For homemade foods and semi-prepared foods, the study took their corresponding food groups into account, as well as the source of gas emission used (oven or stove), the estimated time of gas use and the LPG burning rate.

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<sup>§</sup> Data obtained from PNAD-C (IBGE, 2009):

[https://ww2.ibge.gov.br/home/estatistica/indicadores/sipd/setimo\\_forum/PNAD\\_continua.pdf](https://ww2.ibge.gov.br/home/estatistica/indicadores/sipd/setimo_forum/PNAD_continua.pdf)

The carbon emission factors per minute of gas burning were calculated for oven ( $11\text{gCO}_2\text{eq}\cdot\text{min}^{-1}$ ) and stove ( $6,3\text{gCO}_2\text{eq}\cdot\text{min}^{-1}$ ) use, based on the following assumptions:

- Burning 1 kg of LGP emits 2,93 kg of  $\text{CO}_2\text{eq}$ , according to the National Energy Balance of the Ministry of Science and Technology of Brazil (2011).
- The stove burn rate is  $0,13\text{ kg}\cdot\text{h}^{-1}$ , as described in PATHAK et al. 2010<sup>30</sup>.
- The oven burn rate is equal to  $0,225\text{ kg}\cdot\text{min}^{-1}$  - as found in Frequently Asked Questions: What is the gas consumption by having the oven lit (domestic stove) for 1 hour at (i) low heat, (ii) medium heat and (iii) high heat? \*\*
- Cooking times were obtained from the Calculadora de Assados<sup>††</sup> website and basic recipes.

### ***Footprint calculation structure***

***Carbon footprint of consumption item*** -  $\text{gCO}_2\text{eq}$  per 100g

$$\text{CF}_{100\text{g}} = \left( \frac{((\text{CF}_{\text{kg}1} + \text{CF}_{\text{kg}2} + \dots + \text{CF}_{\text{kg}n}) * 0,1) * \text{FC}^{-1}}{N} \right) * \text{IC}^{-1}$$

Where CF (*Carbon Footprint*) is the carbon footprint expressed in grams of equivalent carbon, FC is the correction factor, IC is the cooking index, and  $n$  is the number of footprints collected from the literature, considering the arithmetic mean calculation. It is multiplied by 0.1 to convert the average carbon footprint - originally considered for one kilogram of food - to 100 grams of food.

***Water footprint of consumption item*** - liters of water per 100g

$$\text{WF}_{100\text{g}} = \left( \frac{((\text{WF}_{\text{kg}1} + \text{WF}_{\text{kg}2} + \dots + \text{WF}_{\text{kg}n}) * 0,1) * \text{FC}^{-1}}{n} \right) * \text{IC}^{-1}$$

Where WF (*Water Footprint*) is the water footprint expressed in liters of water, FC is the correction factor, IC is the cooking index, and  $n$  is the number of footprints collected from the literature, considering the arithmetic mean calculation. It is multiplied by 0.1 to convert the average water footprint - originally considered for one kilogram of food - to 100 grams of food.

***Ecological footprint of consumption item*** - global square meter per 100g

$$\text{EF}_{100\text{g}} = \left( \frac{((\text{EF}_{\text{kg}1} + \text{EF}_{\text{kg}2} + \dots + \text{EF}_{\text{kg}n}) * 0,1) * \text{FC}^{-1}}{n} \right) * \text{IC}^{-1}$$

\*\* Hiperlink for [Liquigás-PETROBRAS website](#)

†† [http://delicitas.com.br/calculadora-de-assados-temperatura-para-assar-carne/#.Wp\\_k6UxFwhd](http://delicitas.com.br/calculadora-de-assados-temperatura-para-assar-carne/#.Wp_k6UxFwhd)

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***n***

Where EF (*Ecological Footprint*) is the ecological footprint expressed in global square meters (g-m<sup>2</sup>), FC is the correction factor, IC is the cooking index, and *n* is the number of footprints collected from the literature, considering the arithmetic mean calculation. It is multiplied by 0.1 to convert the average ecological footprint - originally considered for one kilogram of food - to 100 grams of food.

### *Carbon footprint of culinary preparation*

**CF<sub>prep</sub> = (CF<sub>100g</sub> of cooked food #1 \* percentage of share in the recipe + CF<sub>100g</sub> gas used in the preparation of food #1) + (CF<sub>100g</sub> of cooked food #2 \* percentage of share in the recipe + CF<sub>100g</sub> gas used in the preparation of food #2)...+ (CF<sub>100g</sub> of cooked food *n* \* percentage of share in the recipe + CF<sub>100g</sub> gas used in the preparation of food *n*)**

Where CF<sub>prep</sub> (*Carbon Footprint*) is the complete culinary preparation and CF<sub>100g</sub> is calculated through the previous equation, and CF<sub>100g</sub> gas used in the preparation of food corresponds to the assigned carbon footprint to the gas burning involved in its respective preparation.

### *Water footprint of culinary preparation*

**WF<sub>prep</sub> = (WF<sub>100g</sub> of cooked food #1 \* percentage of share in the recipe) + (WF<sub>100g</sub> of cooked food #2 \* percentage of share in the recipe)...+ (WF<sub>100g</sub> of cooked food *n* \* percentage of share in the recipe)**

Where WF<sub>prep</sub> (*Water Footprint*) of cooked food represents the WF<sub>100g</sub> calculated from the previous equation.

### *Ecological footprint of culinary preparation*

**EF<sub>prep</sub> = (EF<sub>100g</sub> of cooked food #1 \* percentage of share in the recipe) + (EF<sub>100g</sub> of cooked food #2 \* percentage of share in the recipe)...+ (EF<sub>100g</sub> of cooked food *n* \* percentage of share in the recipe)**

Where EF<sub>prep</sub> (*Ecological Footprint*) of cooked food represents the EF<sub>100g</sub> calculated from the previous equation.

## 4 How to use the environmental database

The Main Table displays the carbon (CF), water (WF) and ecological (EF) footprints per 100 grams of edible parts of foods and culinary preparations consumed in Brazil. It provides information on all items and culinary preparations by using the food codes recorded in the POF food consumption module (2008-09). Food items are organized according to the food groups present in the POF 2008-09. The first two columns of the Main Table provide both the food code and description according to the POF 2008-09, followed by the code and description of each preparation form, and then the CF, WF and EF values.

There are sixteen preparation forms altogether, with the code 99 assigned to the most common form of food intake. For example, rice is consumed cooked, while fruits remain raw. For the footprint calculations, the preparation forms were accurately identified. In this book, however, they were published exactly as the public is used to find them in the POF 2008-09 tables.

The final footprint values in the Main Table correspond to the sum of the footprints of each individual ingredient and its corresponding proportional share in the recipes. And, in the case of the carbon footprint, their emissions due to gas heating.

The POF 2008-09 food groups are: i) cereals and vegetables; ii) greenery and tubers; iii) flour, starch and pasta; iv) coconuts, nuts and walnuts; v) leafy, fruitful and other vegetables; vi) fruits; vii) sugars and confectionery products; viii) salts and seasonings; ix) meat and offal; x) fish and seafood; xi) canned and preserved foods; xii) poultry and eggs; xiii) dairy products; xiv) bakery products; xv) processed meat; xvi) non-alcoholic drinks and infusions; xvii) alcoholic drinks; xviii) oils and fats; xix) miscellaneous.

Researches using the POF 2008-2009 food consumption module will be able to use the Main Table directly by harmonizing their codes. In fact, the table can be used in research and teaching activities or in personal care for the environment. The CF, WF and EF footprints of the environmental database are factors and can be integrated into the nutrient columns of the Nutritional Composition Tables of Consumed Foods in Brazil. Each consumption item was attributed a carbon footprint factor (CF, g of CO<sub>2</sub>e\*100 g<sup>-1</sup> of food) and a water footprint factor (WF, l\*100g<sup>-1</sup> of food), ready to

multiply the consumed amount of food. This approach enables several studies to calculate the total food consumption footprints on the populational scale and compare dietary patterns, providing flexibility for the researcher to define different functional units (e.g.  $\text{gCO}_2\text{e} \cdot \text{kg}^{-1}$  or  $\text{gCO}_2\text{e} \cdot \text{kcal}^{-1}$  or  $\text{gCO}_2\text{e} \cdot \text{g of protein}^{-1}$ ). The Main Table can be found as an Appendix in this book and in the Excel file.

### *Access to the data file*

Data is available online in Microsoft® Excel format. The materials collected in the file provide the necessary traceability and transparency to those interested in its methodological procedures. Table 5 details the contents of each file folder. Data spreadsheets are in Portuguese and English

**Access link to the data file:** <https://osf.io/gS4cy/> (DOI 10.17605/OSF.IO/GS4CY)

Table 5 – Contents of each file spreadsheet

Excel file folder	Description
Notas-Notes:	Explanations about this file content
Tab_Alimentos_Preparacoes_100g:	Pegada de carbono (CF), pegada hídrica (WF) e pegada ecológica (EF) para 100g de alimentos e preparações culinárias consumidas no Brasil
Tab_PT_Ingredientes_1kg:	Pegada de carbono (CF), pegada hídrica (WF) e pegada ecológica (EF) por quilo (kg) dos itens de consumo alimentar sem preparo, conforme são comprados.
Tab_completa_preparacoes_desagr:	Tabela completa com as preparações culinárias desagregadas em ingredientes base das receitas.
Tab_Foods_Preparations_100g:	Carbon (CF, $\text{gCO}_2\text{eq}$ ), water (WF, liters) and ecological (EF, $\text{g} \cdot \text{m}^{-2}$ ) footprints for each 100g of foods and culinary preparations consumed in Brazil.
Tab_EN_Ingredientes_1kg:	Carbon (CF, $\text{gCO}_2\text{eq}$ ), water (WF, liters) and ecological (EF, $\text{g} \cdot \text{m}^{-2}$ ) footprints per 1 kg of foods without preparation.
GAS_gCO2eq_100g:	Table with carbon footprints (CF) calculated for gas heating according to food group and type of preparation, timing of oven or stove use.
Registro_Dados_Fontes:	Starting data records with the list of all footprints found in literature. It brings the ingredients coded by POF system; description of the food or ingredient; HS code; footprints; the code of footprint reference; country; year and consulted database (BCFN; WFN; NUPENS). There may be more than one footprint per reference. There may be more than one footprint per food.
Dados_Referencias:	Bibliography ordered by the code of footprint reference
Harmonized_System_Codes_EN:	Spreadsheet with Harmonized Systems codes and descriptions - specifically

## 5 Epilogue

Publishing the table of environmental footprints means facilitating the execution of integrated health, food and environmental studies. We sought to explain in a simple and objective way the nutritional aspects for those who are active in the environmental area and the environmental aspects for those who are nutrition researchers, facilitating the communication and arrangements for interdisciplinary work.

Structuring the environmental database was a major challenge, starting with the scarcity of food life cycle assessments for Brazilian conditions. The decision was to follow the same path of research groups - from China<sup>31</sup> or from the United States<sup>31</sup> - that structured the environmental database from international publications, which were mainly calculated based on the European Union context. From now on, it is suggested that the systematic publication of environmental performance indicators of foods produced in Brazil is used as a relevant research line that may populate future editions of this table.

Consistent environmental impact assessment needs a broader range of indicators covering the most diverse aspects of environmental interest. The table with only three footprints was the way found to start structuring the environmental database, allowing the inclusion of other indicators in the future, such as eutrophication potential, energy consumption, and land use.

The methodological innovation allowed the calculation of the footprints for each of the foods and culinary preparations consumed in Brazil and was created within NUPENS-USP, by adapting the tool for studies related to food consumption. In addition, the methodology can be followed to study the food consumption in other countries, creating a similar table with local food databases.

The similarity between the main table and the IBGE's POF nutritional composition table favors its use for the most different purposes: software development, researches, teaching with individual or population assessment of food consumption, and even for assessments that guide the development of public policies that promote sustainable diets through studies of nutritional profiles. People will be able to apply it to their personal or professional lives by calculating the footprints of their own meals or menus. Enjoy it!



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## **APPENDIX - Footprints Table**

**Table of carbon (CF, gCO<sub>2</sub>eq), water (WF, liters) and ecological (EF, g-m<sup>2</sup>) footprints for each 100g of foods and culinary preparations consumed in Brazil**

Cod_POF	Foods and culinary preparations descriptions	Code	Preparation description	CF	WF	EF
<b>cereals and pulses</b>						
6300101	rice (polished, parboiled, long grain etc.)	99	does not apply	106	65	0,5
6300201	brown rice	99	does not apply	107	65	0,5
6300701	corn (kernel)	1	raw	82	185	0,5
6300701	corn (kernel)	2	cooked	55	95	0,2
6300701	corn (kernel)	3	grilled or barbecue	42	95	0,2
6300701	corn (kernel)	4	roasted	64	95	0,2
6300701	corn (kernel)	7	braised	61	112	0,4
6300701	corn (kernel)	13	stew	65	73	0,3
6300701	corn (kernel)	99	does not apply	55	95	0,2
6300706	hominy (kernel)	1	raw	85	228	1,2
6300706	hominy (kernel)	2	cooked	57	117	0,6
6300706	hominy (kernel)	13	stew	66	84	0,5
6300706	hominy (kernel)	14	porridge	142	158	0,9
6300706	hominy (kernel)	15	soup	54	109	0,7
6300706	hominy (kernel)	99	does not apply	57	117	0,6
6300707	xerém (corn porridge)	99	does not apply	63	151	0,8
6301001	peanut (kernel) ( <i>in natura</i> )	99	does not apply	133	270	0,8
6301101	peas	99	does not apply	39	52	1,1
6301201	broad bean (grains)	99	does not apply	54	224	0,4
6301204	lima bean	99	does not apply	54	160	0,4
6301603	cowpea	99	does not apply	37	142	0,4
6301634	black-eyed pea	99	does not apply	37	142	0,4
6302001	flaxseed	99	does not apply	206	379	0,8
6302602	andu bean	99	does not apply	54	160	0,4
6302801	chickpea	99	does not apply	93	160	0,4
6302901	lentil	99	does not apply	93	160	0,4
6303001	soybean (grains)	99	does not apply	36	94	0,5
6303102	bean (black, “mulatinho”, purple, pink etc.)	99	does not apply	35	142	0,4
6303501	unspecified quirera (crushed corn)	99	does not apply	63	133	0,8
6304034	organic black-eyed pea	99	does not apply	37	142	0,4
6304101	organic bean	99	does not apply	41	142	0,4
6304201	light popcorn	99	does not apply	29	65	0,2
6304301	organic rice	99	does not apply	112	65	0,5
6304401	organic brown rice	99	does not apply	107	65	0,5
6304602	organic soybean	99	does not apply	42	95	0,5
6304901	quinoa	99	does not apply	85	198	0,3
<b>greenery and tubers</b>						
6400101	potato	1	raw	26	69	0,3
6400101	potato	2	cooked	47	90	0,4

Continue

**Table of footprints - continuation**

<b>Cod_POF</b>	<b>Foods and culinary preparations descriptions</b>	<b>Code</b>	<b>Preparation description</b>	<b>CF</b>	<b>WF</b>	<b>EF</b>
6400101	potato	3	grilled or barbecue	34	90	0,4
6400101	potato	4	roasted	56	90	0,4
6400101	potato	5	fried	50	107	0,6
6400101	potato	7	braised	54	107	0,6
6400101	potato	8	red sauce	76	97	0,5
6400101	potato	9	white sauce	91	117	0,7
6400101	potato	10	garlic and oil	63	148	0,7
6400101	potato	11	with butter/oil	54	107	0,6
6400101	potato	13	stew	61	70	0,4
6400101	potato	15	soup	47	89	0,5
6400101	potato	99	does not apply	47	90	0,4
6400303	mandioquinha salsa (“baronness potato”)	2	cooked	50	121	0,2
6400303	mandioquinha salsa (“baronness potato”)	7	braised	57	136	0,3
6400303	mandioquinha salsa (“baronness potato”)	13	stew	63	86	0,3
6400303	mandioquinha salsa (“baronness potato”)	99	does not apply	50	121	0,2
6400304	yellow carrot (“baronness potato”)	99	does not apply	50	121	0,2
6400401	sweet potato	1	raw	9	55	0,4
6400401	sweet potato	2	cooked	25	72	0,5
6400401	sweet potato	4	roasted	34	72	0,5
6400401	sweet potato	5	fried	30	90	0,7
6400401	sweet potato	7	braised	33	90	0,7
6400401	sweet potato	13	stew	50	61	0,5
6400401	sweet potato	99	does not apply	25	72	0,5
6400501	yam	1	raw	10	62	0,4
6400501	yam	2	cooked	25	80	0,5
6400501	yam	4	roasted	35	80	0,5
6400501	yam	5	fried	30	97	0,7
6400501	yam	7	braised	33	97	0,7
6400501	yam	13	stew	51	65	0,5
6400501	yam	15	soup	31	81	0,6
6400508	quiçaré (yam species)	99	does not apply	25	80	0,5
6400601	manioc	1	raw	11	62	0,4
6400601	manioc	2	cooked	26	80	0,5
6400601	manioc	4	roasted	36	80	0,5
6400601	manioc	5	fried	31	97	0,7
6400601	manioc	7	braised	34	97	0,7
6400601	manioc	8	red sauce	60	89	0,7
6400601	manioc	11	with butter/oil	34	97	0,7
6400601	manioc	13	stew	51	65	0,5
6400601	manioc	15	soup	31	81	0,6
6400601	manioc	99	does not apply	26	80	0,5

**Continue**

**Table of footprints - continuation**

<b>Cod_POF</b>	<b>Foods and culinary preparations descriptions</b>	<b>Code</b>	<b>Preparation description</b>	<b>CF</b>	<b>WF</b>	<b>EF</b>
6400609	cassava	2	cooked	26	80	0,5
6400609	cassava	4	roasted	36	80	0,5
6400609	cassava	5	fried	31	97	0,7
6400609	cassava	6	breaded	87	147	1,1
6400609	cassava	7	braised	34	97	0,7
6400609	cassava	8	red sauce	60	89	0,7
6400609	cassava	11	with butter/oil	34	97	0,7
6400609	cassava	13	stew	51	65	0,5
6400609	cassava	15	soup	31	81	0,6
6400609	cassava	99	does not apply	26	80	0,5
6400610	macaxeira (manioc)	1	raw	11	62	0,4
6400610	macaxeira (manioc)	2	cooked	26	80	0,5
6400610	macaxeira (manioc)	4	roasted	36	80	0,5
6400610	macaxeira (manioc)	5	fried	31	97	0,7
6400701	cará (yam-like tuber)	2	cooked	26	81	0,5
6400701	cará (yam-like tuber)	5	fried	30	98	0,7
6400701	cará (yam-like tuber)	7	braised	33	98	0,7
6400701	cará (yam-like tuber)	13	stew	51	66	0,5
6400701	cará (yam-like tuber)	14	porridge	139	154	0,9
6400701	cará (yam-like tuber)	15	soup	31	82	0,6
6400713	rough yam (cará)	2	cooked	26	81	0,5
6400802	potato (unspecified)	1	raw	21	54	0,2
6400802	potato (unspecified)	2	cooked	39	70	0,3
6400802	potato (unspecified)	3	grilled or barbecue	27	70	0,3
6400802	potato (unspecified)	4	roasted	49	70	0,3
6400802	potato (unspecified)	5	fried	43	88	0,5
6400802	potato (unspecified)	7	braised	46	88	0,5
6400802	potato (unspecified)	8	red sauce	70	81	0,5
6400802	potato (unspecified)	9	white sauce	85	101	0,7
6400802	potato (unspecified)	12	vinaigrette	54	85	0,6
6400802	potato (unspecified)	13	stew	58	60	0,4
6400802	potato (unspecified)	15	soup	41	74	0,4
6400802	potato (unspecified)	99	does not apply	39	70	0,3
6400908	mandioquinha (baroness potato)	2	cooked	50	121	0,2
6400908	mandioquinha (baroness potato)	5	fried	54	136	0,3
6400908	mandioquinha (baroness potato)	7	braised	57	136	0,3
6400908	mandioquinha (baroness potato)	13	stew	63	86	0,3
6401001	radish	1	raw	14	103	0,1
6401001	radish	2	cooked	24	104	0,1
6401001	radish	12	vinaigrette	32	111	0,4
6401101	beetroot	1	raw	13	96	0,1

**Continue**

**Table of footprints - continuation**

<b>Cod_POF</b>	<b>Foods and culinary preparations descriptions</b>	<b>Code</b>	<b>Preparation description</b>	<b>CF</b>	<b>WF</b>	<b>EF</b>
6401101	beetroot	2	cooked	23	97	0,1
6401101	beetroot	7	braised	31	114	0,2
6401101	beetroot	12	vinaigrette	32	111	0,4
6401101	beetroot	15	soup	28	95	0,2
6401101	beetroot	99	does not apply	13	96	0,1
6401201	carrot	1	raw	29	93	0,1
6401201	carrot	2	cooked	34	80	0,1
401201	carrot	5	fried	38	97	0,3
6401201	carrot	7	braised	42	97	0,3
6401201	carrot	8	red sauce	66	88	0,3
6401201	carrot	10	garlic and oil	46	150	0,5
6401201	carrot	11	with butter/oil	32	97	0,3
6401201	carrot	12	vinaigrette	44	103	0,4
6401201	carrot	13	stew	53	65	0,3
6401201	carrot	15	soup	37	81	0,3
6401201	carrot	99	does not apply	29	93	0,1
6401301	turnip	2	cooked	39	95	0,1
6401301	turnip	7	braised	46	111	0,3
6401601	tumeric	1	raw	34	80	0,2
6401801	organic potato	5	fried	44	88	0,5
	<b>flour, starch and pasta</b>					
6500101	rice cream	99	does not apply	421	178	0,8
6500104	arrozina (cornstarch with rice flour)	99	does not apply	286	235	1,5
6500105	mucilon (baby porridge)	99	does not apply	286	235	1,5
6500108	rice porridge	99	does not apply	139	153	0,9
6500202	croquinhos de arroz (rice cereal)	99	does not apply	953	173	1,1
6500301	oat flour	99	does not apply	38	235	0,5
6500401	rolled oats	99	does not apply	38	235	0,5
6500601	cornmeal	99	does not apply	42	80	0,4
6500603	corn flour	99	does not apply	30	92	0,4
6500608	corn puba (fermented corn)	99	does not apply	145	105	0,7
6500609	cornmeal puba (fermented cornmeal)	99	does not apply	135	105	0,6
6500613	crushed corn	2	cooked	42	92	0,4
6500614	cornmeal porridge	99	does not apply	139	153	0,9
6500702	cornstarch	99	does not apply	127	153	0,9
6500705	rice starch	99	does not apply	127	153	0,9
6500801	cremogema (cornstarch)	99	does not apply	83	256	1,2
6500802	vitamilho (corn flour)	99	does not apply	83	256	1,2
6500804	corn cream	99	does not apply	156	148	0,9
6500902	cornflakes	99	does not apply	290	177	1,0
6500903	cornflakes	99	does not apply	290	177	1,0

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<b>Cod_POF</b>	<b>Foods and culinary preparations descriptions</b>	<b>Code</b>	<b>Preparation description</b>	<b>CF</b>	<b>WF</b>	<b>EF</b>
6501301	wheat germ	99	does not apply	50	235	0,5
6501303	wheat fiber	99	does not apply	38	235	0,5
6501304	wheat cereal fiber	99	does not apply	38	235	0,5
6501401	manioc flour	99	does not apply	59	165	0,8
6501410	copioba flour	99	does not apply	59	197	0,8
6501415	farinha d'água (cassava flour)	99	does not apply	59	197	0,8
6501416	cruera (manioc fragments)	99	does not apply	73	456	1,0
6501502	manioc starch	99	does not apply	72	197	0,8
6501505	manioc sago	99	does not apply	78	39	0,5
6501510	tapioca flour	99	does not apply	59	228	0,8
6501511	beiju flour	99	does not apply	59	197	0,8
6501515	tapioca sago	99	does not apply	78	39	0,5
6501516	tapioca starch	99	does not apply	99	208	1,4
6502001	farinha láctea (milk flour supplement)	99	does not apply	200	165	1,0
6502101	neston (cereal smoothie powder)	99	does not apply	290	177	1,0
6502102	cereal balls	99	does not apply	290	177	1,0
6502105	vitaflocos (flaked corn flour)	99	does not apply	290	177	1,0
6502403	semi-ready mini pizza	1	raw	560	127	0,9
6502403	semi-ready mini pizza	2	cooked	573	127	0,9
6502403	semi-ready mini pizza	4	roasted	593	127	0,9
6502403	semi-ready mini pizza	5	fried	550	142	1,1
6502403	semi-ready mini pizza	99	does not apply	560	127	0,9
6502501	soybean fiber	99	does not apply	167	116	0,4
6502603	mini pastel (Brazilian fried dough)	99	does not apply	953	173	1,1
6503401	spaghetti	1	raw	137	173	1,1
6503401	spaghetti	2	cooked	72	75	0,5
6503401	spaghetti	3	grilled or barbecue	59	75	0,5
6503401	spaghetti	4	roasted	81	75	0,5
6503401	spaghetti	5	fried	74	93	0,6
6503401	spaghetti	6	breaded	124	143	1,0
6503401	spaghetti	7	braised	78	93	0,6
6503401	spaghetti	8	red sauce	97	85	0,6
6503401	spaghetti	9	white sauce	112	105	0,8
6503401	spaghetti	10	garlic and oil	83	136	0,8
6503401	spaghetti	11	with butter/oil	78	93	0,6
6503401	vinaigrette spaghetti	12	vinaigrette	81	89	0,7
6503401	spaghetti	13	stew	74	63	0,4
6503401	spaghetti	15	soup	66	78	0,5
6503401	spaghetti	99	does not apply	72	75	0,5
6503501	smashed potatoes	99	does not apply	75	129	0,7
6503601	vegetable steak	99	does not apply	138	94	0,5

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<b>Cod_POF</b>	<b>Foods and culinary preparations descriptions</b>	<b>Code</b>	<b>Preparation description</b>	<b>CF</b>	<b>WF</b>	<b>EF</b>
6503603	vegetable beef	5	fried	166	103	0,5
6503604	soybean pasta	99	does not apply	136	22	0,3
6503605	soy meat	99	does not apply	198	161	0,5
6503702	crushed peanut	99	does not apply	133	270	0,8
6504101	granola	99	does not apply	290	177	1,0
6504601	muesli	99	does not apply	290	177	1,0
6504701	cereal mix	99	does not apply	290	177	1,0
6504801	noodles	99	does not apply	105	75	0,5
6504802	instant noodles	99	does not apply	105	75	0,5
6505101	sustagen (food supplement)	99	does not apply	79	152	5,8
6505601	soy protein	99	does not apply	104	86	0,3
6505603	vegetable protein	99	does not apply	136	86	0,3
6505701	food supplement (any flavour)	99	does not apply	10	18	0,7
6505902	light cornflakes	99	does not apply	290	177	1,0
6506003	light semi-ready mini pizza	4	roasted	413	127	0,9
6506302	light instant noodles	15	soup	100	78	0,5
6506302	light instant noodles	99	does not apply	105	75	0,5
6506401	organic soy protein	99	does not apply	136	86	0,3
6573225	spaghetti with meat	99	does not apply	488	337	2,1
6573226	spaghetti with fish	99	does not apply	125	68	2,2
	<b>coconuts, nuts and walnuts</b>					
6600101	Bahia coconut (dry or green)	99	does not apply	1782	892	4,0
6600301	Portuguese chestnut	99	does not apply	405	1912	3,4
6600401	pine nuts	99	does not apply	405	1912	3,4
6600501	almond	99	does not apply	471	1912	3,4
6600601	hazelnut	99	does not apply	405	1912	3,4
6600701	para chestnut	99	does not apply	327	1600	0,7
6600801	cashew nut	99	does not apply	327	5907	0,7
6600912	butia (palm tree fruit)	99	does not apply	1782	892	4,0
6601108	tucumã (palm tree fruit)	99	does not apply	1782	892	4,0
6601208	mucaja coconut	99	does not apply	1782	892	4,0
6601501	English walnut	99	does not apply	288	1912	3,4
6601706	açaí	99	does not apply	185	93	0,4
6601707	juçara (palm tree fruit)	99	does not apply	185	93	0,4
6601709	uaçaí (fruit)	99	does not apply	185	93	0,4
6601712	jussara (palm tree fruit)	99	does not apply	185	93	0,4
6601805	pupunha (heart of palm)	99	does not apply	1782	892	4,0
6601902	bacaba (fruit)	99	does not apply	1782	892	4,0
6601904	bacabuçu (fruit)	99	does not apply	1782	892	4,0
6602001	horse chestnut	99	does not apply	327	164	0,7
6602201	pistachio	99	does not apply	580	1642	2,9

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<b>Cod_POF</b>	<b>Foods and culinary preparations descriptions</b>	<b>Code</b>	<b>Preparation description</b>	<b>CF</b>	<b>WF</b>	<b>EF</b>
6602301	buriti (moriche palm)	99	does not apply	185	93	0,4
6602401	coconut	99	does not apply	363	182	0,8
6602601	patawa	99	does not apply	1782	892	4,0
	<b>leafy, fruitful and other vegetables</b>					
6700101	lettuce	99	does not apply	41	51	0,3
6700201	vine spinach	7	braised	38	102	0,3
6700301	chicory	1	raw	39	48	0,2
6700301	chicory	2	cooked	48	47	0,2
6700301	chicory	7	braised	54	66	0,4
6700301	vinaigrette chicory	12	vinaigrette	52	67	0,5
6700304	escarole	99	does not apply	38	47	0,2
6700501	collard greens	1	raw	49	112	0,2
6700501	collard greens	2	cooked	58	112	0,2
6700501	collard greens	5	fried	61	128	0,4
6700501	collard greens	7	braised	64	128	0,4
6700501	collard greens	8	red sauce	85	114	0,4
6700501	collard greens	10	garlic and oil	62	165	0,5
6700501	collard greens	11	with butter/oil	55	128	0,4
6700501	vinaigrette collard greens	12	vinaigrette	59	118	0,5
6700501	collard greens	13	stew	65	81	0,3
6700501	collard greens	14	porridge	142	157	0,9
6700501	collard greens	99	does not apply	49	112	0,2
6700601	cauliflower	1	raw	38	99	0,1
6700601	cauliflower	2	cooked	46	96	0,1
6700601	cauliflower	5	fried	50	112	0,3
6700601	cauliflower	6	breaded	103	160	0,7
6700601	cauliflower	7	braised	53	112	0,3
6700601	vinaigrette cauliflower	12	vinaigrette	50	105	0,4
6700601	cauliflower	99	does not apply	37	96	0,1
6700701	spinach	1	raw	23	93	0,2
6700701	spinach	2	cooked	33	93	0,2
6700701	spinach	7	braised	40	110	0,3
6700701	vinaigrette spinach	12	vinaigrette	39	103	0,4
6700701	spinach	99	does not apply	23	93	0,2
6700801	mustard (vegetable)	1	raw	12	93	0,1
6700801	mustard (vegetable)	2	cooked	22	90	0,1
6700801	mustard (vegetable)	7	braised	29	107	0,3
6700801	mustard (vegetable)	99	does not apply	12	90	0,1
6700901	cabbage	1	raw	13	96	0,1
6700901	cabbage	2	cooked	21	88	0,1
6700901	cabbage	5	fried	26	105	0,3

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<b>Cod_POF</b>	<b>Foods and culinary preparations descriptions</b>	<b>Code</b>	<b>Preparation description</b>	<b>CF</b>	<b>WF</b>	<b>EF</b>
6700901	cabbage	7	braised	29	105	0,3
6700901	cabbage	9	white sauce	61	116	0,5
6700901	cabbage with oil and garlic	10	garlic and oil	33	153	0,5
6700901	vinaigrette cabbage	12	vinaigrette	31	105	0,4
6700901	stewed cabbage	13	stew	47	69	0,3
6700901	cabbage	15	soup	27	87	0,3
6700901	cabbage	99	does not apply	13	96	0,1
6701101	chives	99	does not apply	23	179	0,1
6701301	cress	1	raw	16	121	0,2
6701301	cress	2	cooked	25	117	0,2
6701301	vinaigrette cress	12	vinaigrette	33	125	0,5
6701301	cress	13	stew	49	84	0,3
6701301	cress	99	does not apply	16	121	0,2
6701401	taioba (arrowleaf elephant ear)	1	raw	11	68	0,4
6701401	taioba (arrowleaf elephant ear)	2	cooked	20	68	0,4
6701401	taioba (arrowleaf elephant ear)	7	braised	28	86	0,6
6701501	chard	1	raw	37	46	0,2
6701501	chard	2	cooked	46	45	0,2
6701501	chard	7	braised	53	64	0,4
6701501	chard	99	does not apply	36	45	0,2
6701505	silver beetroot (chard)	2	cooked	46	45	0,2
6701601	almeirão (chicory)	1	raw	39	48	0,2
6701601	almeirão (chicory)	2	cooked	48	47	0,2
6701601	almeirão (chicory)	7	braised	54	66	0,4
6701601	vinaigrette almeirão (chicory)	12	vinaigrette	52	67	0,5
6701602	radite (chicory)	1	raw	39	48	0,2
6701602	radite (chicory)	7	braised	54	66	0,4
6701602	vinaigrette radite (chicory)	12	vinaigrette	52	67	0,5
6701704	broccoli	1	raw	42	89	0,2
6701704	broccoli	2	cooked	50	86	0,2
6701704	broccoli	6	breaded	106	152	0,8
6701704	broccoli	7	braised	57	103	0,3
6701704	broccoli	10	garlic and oil	56	147	0,5
6701704	vinaigrette broccoli	12	vinaigrette	54	99	0,4
6701704	broccoli	99	does not apply	42	89	0,2
6701801	sow thistle	1	raw	12	89	0,1
6701801	sow thistle	2	cooked	21	86	0,1
6701801	sow thistle	7	braised	29	103	0,3
6701901	caruru (condiment made of okra)	2	cooked	22	94	0,1
6701906	cuxá (roselle sauce)	99	does not apply	13	94	0,1
6701907	roselle	99	does not apply	13	94	0,1

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<b>Cod_POF</b>	<b>Foods and culinary preparations descriptions</b>	<b>Code</b>	<b>Preparation description</b>	<b>CF</b>	<b>WF</b>	<b>EF</b>
6701913	cariru (waterleaf)	99	does not apply	13	94	0,1
6702001	arugula	99	does not apply	16	117	0,2
6702105	jambu (toothache plant)	99	does not apply	12	90	0,1
6702201	bugloss	1	raw	16	121	0,2
6702301	artichoke	99	does not apply	54	90	0,2
6702501	slender amaranth	99	does not apply	13	94	0,1
6702604	celery	7	braised	56	69	0,4
6702801	fennel	99	does not apply	36	44	0,2
6703003	cassava leaf	1	raw	47	58	0,3
6703004	manioc leaf	2	cooked	57	58	0,3
6703101	bean sprout	1	raw	34	80	0,2
6703101	bean sprout	2	cooked	44	81	0,2
6703306	moranga (squash)	2	cooked	57	82	0,2
6703306	moranga (squash)	7	braised	63	99	0,3
6703306	moranga (squash)	13	stew	65	66	0,3
6703306	moranga (squash)	99	does not apply	57	82	0,2
6703701	zucchini	1	raw	22	104	0,2
6703701	zucchini	2	cooked	32	106	0,2
6703701	zucchini	3	grilled or barbecue	22	106	0,2
6703701	zucchini	4	roasted	44	106	0,2
6703701	zucchini	5	fried	36	122	0,4
6703701	zucchini	6	breaded	91	167	0,8
6703701	zucchini	7	braised	39	122	0,4
6703701	zucchini	13	stew	52	78	0,3
6703805	squash	1	raw	44	106	0,2
6703805	squash	2	cooked	44	82	0,2
6703901	pumpkin	1	raw	49	118	0,2
6703901	pumpkin	2	cooked	47	90	0,2
6703901	pumpkin	4	roasted	60	90	0,2
6703901	pumpkin	5	fried	51	107	0,4
6703901	pumpkin	7	braised	54	107	0,4
6703901	pumpkin	8	red sauce	76	97	0,3
6703901	pumpkin	13	stew	60	71	0,3
6703901	pumpkin	15	soup	46	89	0,3
6703901	pumpkin	99	does not apply	38	90	0,2
6704001	cucumber	99	does not apply	44	107	0,4
6704101	chayote	1	raw	46	110	0,2
6704101	chayote	2	cooked	76	158	0,3
6704101	chayote	4	roasted	88	158	0,3
6704101	chayote	7	braised	81	171	0,5
6704101	chayote	8	red sauce	99	151	0,5

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Cod_POF	Foods and culinary preparations descriptions	Code	Preparation description	CF	WF	EF
6704101	chayote with oil and garlic	10	garlic and oil	76	202	0,6
6704101	vinaigrette chayote	12	vinaigrette	73	155	0,5
6704101	chayote	13	stew	74	104	0,4
6704101	chayote (soup)	15	soup	68	140	0,4
6704201	scarlet eggplant	1	raw	41	93	0,2
6704201	scarlet eggplant	2	cooked	51	95	0,2
6704201	scarlet eggplant	4	roasted	63	95	0,2
6704201	scarlet eggplant	5	fried	54	111	0,4
6704201	scarlet eggplant	7	braised	57	111	0,4
6704201	scarlet eggplant	11	with butter/oil	48	111	0,4
6704201	scarlet eggplant	13	stew	62	73	0,3
6704201	scarlet eggplant	99	does not apply	41	95	0,2
6704301	maxixe (gherkin)	1	raw	44	106	0,2
6704301	maxixe (gherkin)	2	cooked	55	108	0,2
6704301	maxixe (gherkin)	7	braised	61	124	0,4
6704301	maxixe (gherkin)	13	stew	64	79	0,3
6704306	gherkin	2	cooked	55	108	0,2
6704306	gherkin	12	vinaigrette	57	115	0,5
6704401	heart of palm ( <i>in natura</i> )	1	raw	81	240	1,1
6704401	heart of palm ( <i>in natura</i> )	2	cooked	92	244	1,1
6704401	heart of palm ( <i>in natura</i> )	7	braised	96	253	1,3
6704401	heart of palm ( <i>in natura</i> )	13	stew	82	147	0,8
6704409	guariroba (heart of palm <i>in natura</i> )	2	cooked	92	244	1,1
6704409	guariroba (heart of palm <i>in natura</i> )	7	braised	96	253	1,3
6704409	guariroba (heart of palm <i>in natura</i> )	8	red sauce	112	220	1,1
6704410	guariroba (heart of palm <i>in natura</i> )	2	cooked	92	244	1,1
6704410	guariroba (heart of palm <i>in natura</i> )	7	braised	96	253	1,3
6704501	bell pepper	99	does not apply	43	97	0,2
6705001	okra	1	raw	40	97	0,2
6705001	okra	2	cooked	51	98	0,2
6705001	okra	5	fried	54	115	0,4
6705001	okra	6	breaded	106	161	0,8
6705001	okra	7	braised	57	115	0,4
6705001	okra	13	stew	62	74	0,3
6705001	okra	99	does not apply	41	98	0,2
6705101	tomato	99	does not apply	82	9	0,1
6705201	green bean	1	raw	56	93	2,9
6705201	green bean	2	cooked	67	95	3,0
6705201	green bean	7	braised	72	112	3,0
6705201	green bean	11	with butter/oil	63	112	3,0
6705201	green bean	13	stew	70	73	1,7

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Cod_POF	Foods and culinary preparations descriptions	Code	Preparation description	CF	WF	EF
6705201	green bean	99	does not apply	57	95	3,0
6705301	mushroom ( <i>in natura</i> )	99	does not apply	48	81	0,1
6705401	eggplant	1	raw	42	97	0,2
6705401	eggplant	2	cooked	72	142	0,3
6705401	eggplant	4	roasted	84	142	0,3
6705401	eggplant	5	fried	74	156	0,4
6705401	eggplant	6	breaded	123	196	0,8
6705401	eggplant	7	braised	77	156	0,4
6705401	vinaigrette eggplant	12	vinaigrette	70	142	0,5
6705401	eggplant	13	stew	72	96	0,3
6705401	eggplant	99	does not apply	62	142	0,3
6705501	snow pea	2	cooked	103	391	0,5
6705501	snow pea	7	braised	106	393	0,7
6705701	onion	1	raw	23	52	0,1
6705701	onion	2	cooked	33	53	0,1
6705701	onion	3	grilled or barbecue	24	53	0,1
6705701	onion	4	roasted	46	53	0,1
6705701	onion	5	fried	37	71	0,3
6705701	onion	7	braised	40	71	0,3
6705701	onion	8	red sauce	55	67	0,3
6705701	onion	11	with butter/oil	31	71	0,3
6705701	onion vinaigrette	12	vinaigrette	39	70	0,4
6705701	onion	99	does not apply	23	52	0,1
6705801	catalonha (chicory)	7	braised	52	63	0,4
6706101	jardineira (vegetable mix)	99	does not apply	81	240	1,1
6706102	vegetable mix (jardineira)	99	does not apply	173	125	0,5
6706201	garlic	99	does not apply	25	330	0,1
6706301	leek	99	does not apply	26	204	0,2
6707301	alfafa sprout	99	does not apply	33	78	0,1
6707801	organic lettuce	99	does not apply	41	51	0,2
6707901	organic tomato	99	does not apply	91	48	0,1
6708001	organic bell pepper	99	does not apply	43	97	0,2
6709701	oregano	99	does not apply	34	42	0,2
	<b>fruits</b>					
6801017	pacova (Brazilian cardamom)	99	does not apply	269	135	0,6
6801101	banana (lady finger, cavendish, cooking etc.)	1	raw	139	146	0,6
6801101	banana (lady finger, cavendish, cooking etc.)	2	cooked	145	146	0,6
6801101	banana (lady finger, cavendish, cooking etc.)	4	roasted	155	146	0,6
6801101	banana (lady finger, cavendish, cooking etc.)	5	fried	147	160	0,8
6801101	banana (lady finger, cavendish, cooking etc.)	6	breaded	178	200	1,1
6801101	banana (lady finger, cavendish, cooking etc.)	11	with butter/oil	147	160	0,8

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**Table of footprints - continuation**

<b>Cod_POF</b>	<b>Foods and culinary preparations descriptions</b>	<b>Code</b>	<b>Preparation description</b>	<b>CF</b>	<b>WF</b>	<b>EF</b>
6801101	banana (lady finger, cavendish, cooking etc.)	13	stew	101	98	0,5
6801101	banana (lady finger, cavendish, cooking etc.)	14	porridge	151	160	0,9
6801101	banana (lady finger, cavendish, cooking etc.)	15	soup	112	131	0,6
6801101	banana (lady finger, cavendish, cooking etc.)	99	does not apply	139	146	0,6
6801801	orange (pear, navel, lime etc.)	99	does not apply	40	62	0,6
6801901	lime	99	does not apply	12	84	0,6
6802001	lemon (common, key lime etc.)	99	does not apply	18	118	0,9
6802201	tangerine	99	does not apply	78	73	0,6
6802202	mandarin orange	99	does not apply	78	80	0,6
6802217	bergamot orange	99	does not apply	78	76	0,6
6802218	mimosa (tangerine)	99	does not apply	78	76	0,6
6802223	tangelo	99	does not apply	78	76	0,6
6802227	maricota (tangerine)	99	does not apply	78	76	0,6
6802407	kinkan	99	does not apply	40	62	0,6
6802501	sugar cane	99	does not apply	98	18	0,5
6802601	pineapple	99	does not apply	40	25	0,6
6802602	ananas	99	does not apply	9	607	0,6
6802701	avocado	99	does not apply	51	145	0,6
6802801	persimmon	99	does not apply	66	443	0,5
6802901	fig	99	does not apply	27	137	0,5
6803001	apple	99	does not apply	27	20	0,1
6803101	formosa papaya	99	does not apply	144	34	0,6
6803108	papaya	99	does not apply	144	34	0,6
6803201	mango	99	does not apply	15	155	0,7
6803215	manguito (small-shaped mango)	99	does not apply	97	650	0,7
6803301	passion fruit	99	does not apply	25	804	0,8
6803401	watermelon	99	does not apply	227	38	0,7
6803501	melon	99	does not apply	101	27	0,6
6803601	pear	99	does not apply	14	129	0,2
6803701	peach	99	does not apply	43	156	0,7
6803801	sugar apple	99	does not apply	120	804	0,8
6803802	sweetsop (sugar apple)	99	does not apply	120	804	0,8
6803803	ata (sugar apple)	99	does not apply	120	804	0,8
6803901	grape	99	does not apply	24	44	0,5
6803912	raisin	99	does not apply	85	175	0,5
6804001	jenipapo (fruit used to produce liquors)	99	does not apply	90	600	0,6
6804101	jackfruit	99	does not apply	103	688	0,7
6804201	guava	99	does not apply	10	106	0,5
6804203	araçá açú (guava)	99	does not apply	67	446	0,5
6804301	plum	99	does not apply	42	156	0,3
6804401	cashew	99	does not apply	163	443	0,5

**Continue**



**Table of footprints - continuation**

<b>Cod_POF</b>	<b>Foods and culinary preparations descriptions</b>	<b>Code</b>	<b>Preparation description</b>	<b>CF</b>	<b>WF</b>	<b>EF</b>
6804501	cherry	99	does not apply	40	157	0,6
6804601	june plum	99	does not apply	66	443	0,5
6804602	cajarana (june plum)	99	does not apply	66	443	0,5
6804701	taperebá (hog plum)	99	does not apply	66	443	0,5
6804702	acajá (hog plum)	99	does not apply	66	443	0,5
6804801	star fruit	99	does not apply	66	443	0,5
6804901	jaboticaba	99	does not apply	73	487	0,5
6805001	soursop	99	does not apply	97	650	0,7
6805201	strawberry	99	does not apply	64	59	0,2
6805301	jambu (wax apple)	99	does not apply	66	443	0,5
6805401	atemoya	99	does not apply	120	804	0,8
6805601	mangaba fruit	99	does not apply	66	443	0,5
6805701	araçá (strawberry guava)	99	does not apply	67	446	0,5
6805801	loquat	99	does not apply	67	446	0,5
6805901	breadfruit	99	does not apply	59	392	0,4
6806001	sapodilla	99	does not apply	67	446	0,5
6806101	uxi fruit	99	does not apply	67	446	0,5
6806201	tamarind	99	does not apply	67	446	0,5
6806301	cocoa	99	does not apply	431	4304	6,4
6806401	pitomba	99	does not apply	70	467	0,5
6806501	bacuri	99	does not apply	67	446	0,5
6806601	inga fruit	99	does not apply	64	425	0,4
6806701	pequi (souari nut)	99	does not apply	67	446	0,5
6806801	pitanga (Brazilian cherry)	99	does not apply	70	467	0,5
6806901	ciriguela (red mombin)	99	does not apply	66	443	0,5
6807001	murici fruit	99	does not apply	66	443	0,5
6807101	umbu (Brazil plum)	99	does not apply	66	443	0,5
6807103	imbu (Brazil plum)	99	does not apply	66	443	0,5
6807202	biriba (wild sugar apple)	99	does not apply	97	650	0,7
6807301	cupuaçu	99	does not apply	90	600	0,6
6807401	nectarine	99	does not apply	43	156	0,7
6807501	mari	99	does not apply	64	430	0,4
6807601	pomegranate	99	does not apply	83	552	0,6
6807701	acerola cherry	99	does not apply	66	443	0,5
6807801	kiwi	99	does not apply	150	136	0,3
6808001	abiu fruit	99	does not apply	66	443	0,5
6808201	jurubeba fruit	99	does not apply	64	426	0,4
6808401	fruit (unspecified)	99	does not apply	96	436	0,4
6808601	organic apple	99	does not apply	27	20	0,1
6808901	organic acerola cherry	99	does not apply	66	443	0,5
6809901	blackberry	99	does not apply	19	446	0,5

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**Table of footprints - continuation**

<b>Cod_POF</b>	<b>Foods and culinary preparations descriptions</b>	<b>Code</b>	<b>Preparation description</b>	<b>CF</b>	<b>WF</b>	<b>EF</b>
6810201	jamun (black plum)	99	does not apply	67	451	0,5
	<b>sugars and confectionery products</b>					
6900302	demerara sugar	99	does not apply	77	65	0,4
6900304	brown sugar	99	does not apply	180	109	0,4
6900401	rapadura (sugar cane sweet)	99	does not apply	77	34	0,4
6900402	alfenim (sugar cane sweet)	99	does not apply	77	34	0,4
6900403	batida (seasoned rapadura)	99	does not apply	77	65	0,4
6900501	industrialized ice cream (any flavour)	99	does not apply	235	611	3,4
6900502	industrialized popsicle (any flavour)	99	does not apply	235	611	3,4
6900601	bubble gum	99	does not apply	330	59	0,4
6900603	sweets	99	does not apply	400	59	0,4
6900604	caramel (sweets)	99	does not apply	330	59	0,4
6900605	drops	99	does not apply	330	59	0,4
6900606	pastille	99	does not apply	330	59	0,4
6900607	lollipop	99	does not apply	330	59	0,4
6900609	chewing gum	99	does not apply	330	59	0,4
6900610	gummy sweets	99	does not apply	259	59	0,4
6900701	chocolate slab	99	does not apply	233	2643	4,6
6900702	chocolate bar	99	does not apply	233	2643	4,6
6900706	chocolate confetti	99	does not apply	233	2643	4,6
6900801	cocoa powder (any brand)	99	does not apply	253	2491	4,6
6900818	ovaltine (ovomaltine)	99	does not apply	79	152	5,8
6900821	chocolate powder	99	does not apply	79	152	5,8
6900822	toddynho (industrialized chocolate milk)	99	does not apply	79	152	5,8
6900901	bonbon (any brand)	99	does not apply	233	2643	4,6
6900904	chocolate truffle	99	does not apply	233	2643	4,6
6901001	fruit jelly (jam of any brand or flavour)	99	does not apply	350	125	0,6
6901002	any flavour mousse (jelly)	99	does not apply	180	127	0,9
6901101	mocotó (calf's foot) jelly	99	does not apply	295	125	0,6
6901201	fruit paste (any flavour)	99	does not apply	295	125	0,6
6901203	peanut butter	99	does not apply	119	246	1,0
6901204	pessegada (peach paste)	99	does not apply	295	125	0,6
6901206	marmelade	99	does not apply	240	125	0,6
6901209	figada (fig paste)	99	does not apply	295	125	0,6
6901211	goiabada (guava paste)	99	does not apply	295	125	0,6
6901214	cashew paste	99	does not apply	295	125	0,6
6901224	mariola (fruit paste)	99	does not apply	295	125	0,6
6901301	fruits in syrup (any flavour)	99	does not apply	160	125	0,6
6901401	candied fruits in syrup (any flavour)	99	does not apply	160	125	0,6
6901501	molasses	99	does not apply	77	34	0,4
6901602	honey	99	does not apply	200	398	0,9

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**Table of footprints - continuation**

<b>Cod_POF</b>	<b>Foods and culinary preparations descriptions</b>	<b>Code</b>	<b>Preparation description</b>	<b>CF</b>	<b>WF</b>	<b>EF</b>
6901701	jelly (any flavour)	99	does not apply	9	4	0,0
6901801	artificial sweetener	99	does not apply	4457	1748	3,4
6902004	meringue	99	does not apply	330	59	0,4
6902301	sugar cane schmier	99	does not apply	295	125	0,6
6902401	dried or dehydrated fruit	99	does not apply	72	308	0,4
6902402	raisin	99	does not apply	68	141	0,4
6902601	pudding (any flavour)	99	does not apply	320	398	2,7
6902607	danette (chocolate pudding)	99	does not apply	320	398	2,7
6902701	manjar (coconut pudding) - no syrup	99	does not apply	144	172	0,9
6902901	couscous	99	does not apply	30	92	0,4
6902902	tapioca couscous	99	does not apply	118	166	0,7
6903001	maria mole (coconut marshmallow)	99	does not apply	295	125	0,6
6903101	cocada (coconut sweet)	99	does not apply	160	102	0,5
6903102	quebra-queixo (tough coconut sweet)	99	does not apply	114	81	0,4
6903201	peanut sweet	99	does not apply	94	135	0,6
6903202	pé de moleque (caramelized peanut sweet)	99	does not apply	160	125	0,6
6903203	paçoca (peanut sweet)	99	does not apply	160	125	0,6
6903204	peanut nougat	99	does not apply	118	152	1,1
6903205	paçoquinha (peanut sweet)	99	does not apply	160	125	0,6
6903207	candied peanuts	99	does not apply	115	230	0,7
6903208	buttered peanuts	99	does not apply	160	125	0,6
6903209	chocolate peanuts	99	does not apply	153	745	1,5
6903303	spicy peanuts	99	does not apply	160	125	0,6
6903304	boiled peanuts	99	does not apply	133	270	0,8
6903601	brigadeiro (Brazilian fudge balls)	99	does not apply	236	308	1,5
6903701	éclair (any type)	99	does not apply	233	2643	4,6
6903801	mille-feuille (vanilla slice)	99	does not apply	180	127	0,9
6903901	queijadinha (coconut and cheese cupcake)	99	does not apply	330	59	0,4
6904101	egg-based sweet	99	does not apply	330	59	0,4
6904104	caçarola italiana (cheese and coconut pudding)	99	does not apply	200	165	1,0
6904105	quindim (egg yolk sweet)	99	does not apply	330	59	0,4
6904108	fios de ovos (egg yolk threads)	99	does not apply	330	59	0,4
6904201	crème brûlée	99	does not apply	200	165	1,0
6904202	pave (any flavour)	99	does not apply	236	263	1,6
6904203	ambrosia (milk and eggs sweet)	99	does not apply	143	142	0,9
6904204	flan	99	does not apply	200	165	1,0
6904205	chandelle (any flavour industrialized pudding)	99	does not apply	333	265	2,6
6904302	mumu (dulce de leche)	99	does not apply	200	165	1,0
6904401	canudinho recheado (sweet and stuffed fried dough)	99	does not apply	180	127	0,9
6904501	sarolho (cassava starch and coconut sweet)	99	does not apply	122	145	0,6
6904502	beiju (cassava starch dough)	99	does not apply	59	197	0,8

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**Table of footprints - continuation**

<b>Cod_POF</b>	<b>Foods and culinary preparations descriptions</b>	<b>Code</b>	<b>Preparation description</b>	<b>CF</b>	<b>WF</b>	<b>EF</b>
6904601	fruit schmier (except sugar cane)	99	does not apply	32	34	0,2
6904701	beijo de moça (cornstarch biscuit)	99	does not apply	208	203	3,0
6904801	popsicle	99	does not apply	235	611	3,4
6904807	ice pop	99	does not apply	235	611	3,4
6905001	churros	99	does not apply	200	165	1,0
6905101	pamonha (corn sweet)	99	does not apply	89	211	1,0
6905401	candy floss	99	does not apply	164	223	1,1
6905603	ioiô creme (chocolate cream)	99	does not apply	253	2491	4,6
6905801	easter egg (chocolate egg)	99	does not apply	233	2643	4,6
6905804	kinder egg	99	does not apply	233	2643	4,6
6905901	torrone (italian nougat)	99	does not apply	330	59	0,4
6906001	rice pudding	99	does not apply	124	97	0,6
6906404	coconut pulp	99	does not apply	54	27	0,1
6906501	diet shake (food supplement)	99	does not apply	16	30	1,2
6906502	diet shake (food concentrate)	99	does not apply	16	30	1,2
6906602	sugar	99	does not apply	42	68	0,4
6907001	light sugar	99	does not apply	77	65	0,4
6907201	cereal bar	99	does not apply	290	177	1,0
6907202	savoury cereal bar	99	does not apply	290	177	1,0
6907203	sweet cereal bar	99	does not apply	290	177	1,0
6907301	dessert of any kind (except for kids)	99	does not apply	180	127	0,9
6907401	French toast	99	does not apply	182	243	1,5
6907501	milk shake	99	does not apply	235	611	3,4
6907901	diet jelly (jam)	99	does not apply	295	125	0,6
6908001	diet fruit sweet	99	does not apply	295	125	0,6
6908401	pastéis de santa clara (egg stuffed pies)	99	does not apply	220	388	2,5
6908501	suspiro (meringue)	99	does not apply	266	245	1,6
6909301	diet candied fruit sweet of any flavour	99	does not apply	24	84	0,4
6909601	light industrialized ice cream of any flavour	99	does not apply	235	611	3,4
6909701	diet industrialized ice cream of any flavour	99	does not apply	235	611	3,4
6909803	light sweets	99	does not apply	330	59	0,4
6909901	diet bubble gum	99	does not apply	330	59	0,4
6909903	diet sweets	99	does not apply	330	59	0,4
6910002	light chocolate bar	99	does not apply	233	2643	4,6
6910102	diet chocolate bar	99	does not apply	233	2643	4,6
6910221	light chocolate powder	99	does not apply	79	152	5,8
6910321	diet chocolate powder	99	does not apply	79	152	5,8
6910322	diet toddynho (industrialized chocolate milk)	99	does not apply	79	152	5,8
6910401	light bonbon (any brand)	99	does not apply	233	2643	4,6
6910501	diet bonbon (any brand)	99	does not apply	233	2643	4,6
6910502	diet caramel bonbon (any brand)	99	does not apply	233	2643	4,6

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<b>Cod_POF</b>	<b>Foods and culinary preparations descriptions</b>	<b>Code</b>	<b>Preparation description</b>	<b>CF</b>	<b>WF</b>	<b>EF</b>
6910601	light fruit jelly (jam of any brand or flavour)	99	does not apply	295	125	0,6
6910604	light jelly (jam)	99	does not apply	295	125	0,6
6910605	light fruit jelly (jam)	99	does not apply	295	125	0,6
6910701	light fruit paste or bar	99	does not apply	295	125	0,6
6910702	light fruit paste	99	does not apply	295	125	0,6
6910801	light pudding (any flavour)	99	does not apply	320	398	2,7
6910808	light danette pudding (chocolate pudding)	99	does not apply	320	398	2,7
6910901	diet pudding (any flavour)	99	does not apply	320	398	2,7
6911201	light dulce de leche	99	does not apply	200	165	1,0
6911301	diet dulce de leche	99	does not apply	200	165	1,0
6912501	diet cereal bar	99	does not apply	290	177	1,0
6912502	diet sweet cereal bar	99	does not apply	290	177	1,0
6912801	diet milk shake	99	does not apply	79	152	5,8
6913001	diet cocada (coconut sweet)	99	does not apply	295	125	0,6
6913101	diet peanut sweet	99	does not apply	160	125	0,6
6913103	diet paçoca (peanut sweet)	99	does not apply	295	125	0,6
6913108	diet buttered peanut	99	does not apply	160	125	0,6
6913801	diet milk-based sweet	99	does not apply	200	165	1,0
6913901	light jelly (fam of any flavour)	99	does not apply	9	4	0,0
6914001	light sweetener	99	does not apply	4457	1748	3,4
6914002	light sweetener powder	99	does not apply	4457	1748	3,4
6914003	light liquid sweetener	99	does not apply	4457	1748	3,4
<b>salts and seasonings</b>						
7001501	mustard (sauce)	99	does not apply	156	43	3,4
7002304	mint	99	does not apply	34	80	0,2
7002401	pickled capers	99	does not apply	82	522	0,6
7002601	cilantro	99	does not apply	34	42	0,1
7003601	soy sauce	99	does not apply	156	63	3,4
7003604	shoyu (soy sauce)	99	does not apply	156	63	3,4
7003801	coconut milk	99	does not apply	94	207	0,7
7004301	mayonnaise (sauce)	99	does not apply	156	43	3,4
7004701	tomato paste	99	does not apply	150	36	0,6
7004801	tomato sauce	99	does not apply	101	120	1,1
7004802	ketchup	99	does not apply	156	24	3,4
7004803	catchup (ketchup)	99	does not apply	156	24	3,4
7006101	black pepper powder	99	does not apply	33	184	5,0
7007101	tucupi sauce (no pepper)	99	does not apply	290	611	3,4
7007502	cream cheese	99	does not apply	818	626	2,8
7007701	fish stock	99	does not apply	236	25	15,7
7007901	tomato stock	99	does not apply	70	28	0,3
7009102	sesame	99	does not apply	194	685	0,8

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Cod_POF	Foods and culinary preparations descriptions	Code	Preparation description	CF	WF	EF
7010301	sun-dried tomato	99	does not apply	77	189	0,1
7010401	light mayonnaise (sauce)	99	does not apply	156	43	3,4
7010501	light soy sauce	99	does not apply	156	63	3,4
7010601	light coconut milk	99	does not apply	94	207	0,7
7079202	vinaigrette	99	does not apply	102	142	1,6
<b>meat and offal</b>						
7100101	filet mignon (tenderloin)	2	cooked	4695	3148	19,5
7100101	filet mignon (tenderloin)	3	grilled or barbecue	4676	3148	19,5
7100101	filet mignon (tenderloin)	4	roasted	4742	3148	19,5
7100101	filet mignon (tenderloin)	5	fried	4463	3012	18,7
7100101	filet mignon (tenderloin)	6	breaded	3823	2601	16,2
7100101	filet mignon (tenderloin)	7	braised	4470	3012	18,7
7100101	filet mignon (tenderloin)	8	red sauce	3796	2543	15,8
7100101	filet mignon (tenderloin)	9	white sauce	3811	2564	16,0
7100101	filet mignon (tenderloin)	11	with butter/oil	4470	3012	18,7
7100101	filet mignon (tenderloin)	99	does not apply	4695	3148	19,5
7100201	sirloin steak	2	cooked	4695	3148	19,5
7100201	sirloin steak	3	grilled or barbecue	4676	3148	19,5
7100201	sirloin steak	4	roasted	4742	3148	19,5
7100201	sirloin steak	5	fried	4463	3012	18,7
7100201	sirloin steak	6	breaded	3823	2601	16,2
7100201	sirloin steak	7	braised	4470	3012	18,7
7100201	sirloin steak	8	red sauce	3796	2543	15,8
7100205	beef chops	1	raw	3273	2204	13,6
7100205	beef chops	2	cooked	4695	3148	19,5
7100205	beef chops	3	grilled or barbecue	4676	3148	19,5
7100205	beef chops	4	roasted	4742	3148	19,5
7100205	beef chops	5	fried	4463	3012	18,7
7100205	beef chops	6	breaded	3823	2601	16,2
7100205	beef chops	7	braised	4470	3012	18,7
7100205	beef chops	8	red sauce	3796	2543	15,8
7100301	rump steak	1	raw	3273	2204	13,6
7100301	rump steak	2	cooked	4695	3148	19,5
7100301	rump steak	3	grilled or barbecue	4676	3148	19,5
7100301	rump steak	4	roasted	4742	3148	19,5
7100301	rump steak	5	fried	4463	3012	18,7
7100301	rump steak	6	breaded	3823	2601	16,2
7100301	rump steak	7	braised	4470	3012	18,7
7100301	rump steak	8	red sauce	3796	2543	15,8
7100301	vinaigrette rump steak	12	vinaigrette	3780	2547	15,9
7100301	rump steak	13	stew	2389	1599	10,0

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<b>Cod_POF</b>	<b>Foods and culinary preparations descriptions</b>	<b>Code</b>	<b>Preparation description</b>	<b>CF</b>	<b>WF</b>	<b>EF</b>
7100303	rump skirt	3	grilled or barbecue	4676	3148	19,5
7100303	rump skirt	4	roasted	4742	3148	19,5
7100303	rump skirt	5	fried	4463	3012	18,7
7100303	rump skirt	8	red sauce	3796	2543	15,8
7100304	picanha (rump cap)	2	cooked	4695	3148	19,5
7100304	picanha (rump cap)	3	grilled or barbecue	4676	3148	19,5
7100304	picanha (rump cap)	4	roasted	4742	3148	19,5
7100304	picanha (rump cap)	5	fried	4463	3012	18,7
7100304	picanha (rump cap)	13	stew	2389	1599	10,0
7100501	beef knuckle	2	cooked	4695	3148	19,5
7100501	beef knuckle	3	grilled or barbecue	4676	3148	19,5
7100501	beef knuckle	4	roasted	4742	3148	19,5
7100501	beef knuckle	5	fried	4463	3012	18,7
7100501	beef knuckle	6	breaded	3823	2601	16,2
7100501	beef knuckle	8	red sauce	3796	2543	15,8
7100501	beef knuckle	13	stew	2389	1599	10,0
7100502	loin head (beef)	2	cooked	4695	3148	19,5
7100502	loin head (beef)	3	grilled or barbecue	4676	3148	19,5
7100502	loin head (beef)	4	roasted	4742	3148	19,5
7100502	loin head (beef)	5	fried	4463	3012	18,7
7100502	loin head (beef)	6	breaded	3823	2601	16,2
7100502	loin head (beef)	7	braised	4470	3012	18,7
7100604	eyeround	2	cooked	4695	3148	19,5
7100604	eyeround	5	fried	4463	3012	18,7
7100604	eyeround	8	red sauce	3796	2543	15,8
7100606	tatu (eyeround)	2	cooked	4695	3148	19,5
7100606	tatu (eyeround)	4	roasted	4742	3148	19,5
7100606	tatu (eyeround)	7	braised	4470	3012	18,7
7100606	tatu (eyeround)	99	does not apply	4695	3148	19,5
7100607	paulista (eyeround)	2	cooked	4695	3148	19,5
7100607	paulista (eyeround)	4	roasted	4742	3148	19,5
7100608	lombo paulista (eyeround)	2	cooked	4695	3148	19,5
7100608	lombo paulista (eyeround)	4	roasted	4742	3148	19,5
7100608	lombo paulista (eyeround))	5	fried	4463	3012	18,7
7100608	lombo paulista (eyeround)	13	stew	2389	1599	10,0
7100702	outside flat	2	cooked	4695	3148	19,5
7100801	chuck	2	cooked	4695	3148	19,5
7100801	chuck	4	roasted	4742	3148	19,5
7100801	chuck	5	fried	4463	3012	18,7
7100801	chuck	6	breaded	3823	2601	16,2
7100801	chuck	7	braised	4470	3012	18,7

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<b>Cod_POF</b>	<b>Foods and culinary preparations descriptions</b>	<b>Code</b>	<b>Preparation description</b>	<b>CF</b>	<b>WF</b>	<b>EF</b>
7100801	chuck	13	stew	2389	1599	10,0
7100803	agulha (chuck)	2	cooked	4695	3148	19,5
7100803	agulha (chuck)	4	roasted	4742	3148	19,5
7100803	agulha (chuck)	5	fried	4463	3012	18,7
7100905	shoulder clod	2	cooked	4695	3148	19,5
7100905	shoulder clod	5	fried	4463	3012	18,7
7100905	shoulder clod	8	red sauce	3796	2543	15,8
7100905	shoulder clod	13	stew	2389	1599	10,0
7100908	bone-in shoulder clod	2	cooked	4695	3148	19,5
7100908	bone-in shoulder clod	3	grilled or barbecue	4676	3148	19,5
7100908	bone-in shoulder clod	4	roasted	4742	3148	19,5
7101001	beef shin	2	cooked	4695	3148	19,5
7101001	beef shin	4	roasted	4742	3148	19,5
7101001	beef shin	8	red sauce	3796	2543	15,8
7101001	beef shin	13	stew	2389	1599	10,0
7101001	beef shin	15	soup	1916	1312	8,1
7101006	beef shanks	2	cooked	4695	3148	19,5
7101006	beef shanks	4	roasted	4742	3148	19,5
7101006	beef shanks	7	braised	4470	3012	18,7
7101009	carne marica bovina (Brazilian beef cut)	2	cooked	4695	3148	19,5
7101009	carne marica bovina (Brazilian beef cut)	5	fried	4463	3012	18,7
7101009	carne marica bovina (Brazilian beef cut)	7	braised	4470	3012	18,7
7101011	beef thin flank	2	cooked	4695	3148	19,5
7101011	beef thin flank	3	grilled or barbecue	4676	3148	19,5
7101011	beef thin flank	5	fried	4463	3012	18,7
7101101	brisket	2	cooked	4712	3160	19,6
7101101	brisket	5	fried	4479	3023	18,8
7101202	flank steak	2	cooked	4712	3160	19,6
7101202	flank steak	3	grilled or barbecue	4693	3160	19,6
7101202	flank steak	4	roasted	4759	3160	19,6
7101202	flank steak	5	fried	4479	3023	18,8
7101203	outside skirt steak	1	raw	3285	2212	13,7
7101203	outside skirt steak	3	grilled or barbecue	4693	3160	19,6
7101203	outside skirt steak	5	fried	4479	3023	18,8
7101301	beef ribs	2	cooked	4896	3284	20,3
7101301	beef ribs	4	roasted	4943	3284	20,3
7101301	beef ribs	7	braised	4661	3141	19,5
7101301	beef ribs	13	stew	2489	1667	10,4
7101704	jacaré (bone-in choice beef)	2	cooked	4695	3148	19,5
7101704	jacaré (bone-in choice beef)	4	roasted	4742	3148	19,5
7101704	jacaré (bone-in choice beef)	5	fried	4463	3012	18,7

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<b>Cod_POF</b>	<b>Foods and culinary preparations descriptions</b>	<b>Code</b>	<b>Preparation description</b>	<b>CF</b>	<b>WF</b>	<b>EF</b>
7101706	choice beef steak	3	grilled or barbecue	4676	3148	19,5
7101706	choice beef steak	4	roasted	4742	3148	19,5
7101706	choice beef steak	5	fried	4463	3012	18,7
7101706	choice beef steak	6	breaded	3823	2601	16,2
7101706	choice beef steak	10	garlic and oil	3773	2594	16,0
7101801	beef offal	2	cooked	1184	160	9,2
7101801	beef offal	5	fried	1128	174	8,9
7101806	panelada (unspecified offal)	2	cooked	1184	160	9,2
7101806	panelada (unspecified offal)	13	stew	864	325	5,1
7101901	beef heart	2	cooked	1440	195	11,2
7101901	beef heart	3	grilled or barbecue	1421	195	11,2
7101901	beef heart	4	roasted	1487	195	11,2
7101901	beef heart	5	fried	1371	207	10,8
7102001	beef kidney	2	cooked	1184	160	9,2
7102102	beef lungs	4	roasted	1231	160	9,2
7102102	beef lungs	5	fried	1128	174	8,9
7102102	beef lungs	7	braised	1135	174	8,9
7102201	beef brain	2	cooked	1184	160	9,2
7102401	beef tripe	2	cooked	1184	160	9,2
7102401	beef tripe	3	grilled or barbecue	1165	160	9,2
7102401	beef tripe	4	roasted	1231	160	9,2
7102401	beef tripe	5	fried	1128	174	8,9
7102402	fresh beef tripe	2	cooked	1184	160	9,2
7102402	fresh beef tripe	4	roasted	1231	160	9,2
7102402	fresh beef tripe	8	red sauce	988	153	7,6
7102402	fresh beef tripe	13	stew	633	106	4,8
7102402	fresh beef tripe	99	does not apply	1184	160	9,2
7102403	beef stomach (tripes)	2	cooked	1184	160	9,2
7102403	beef stomach (tripes)	5	fried	1128	174	8,9
7102404	goat stomach	2	cooked	1184	160	9,2
7102501	beef liver	1	raw	1010	139	8,0
7102501	beef liver	2	cooked	1184	160	9,2
7102501	beef liver	3	grilled or barbecue	1165	160	9,2
7102501	beef liver	4	roasted	1231	160	9,2
7102501	beef liver	5	fried	1128	174	8,9
7102501	beef liver	6	breaded	1015	211	8,0
7102501	beef liver	7	braised	1135	174	8,9
7102501	beef liver	8	red sauce	988	153	7,6
7102501	beef liver	10	garlic and oil	964	204	7,8
7102501	beef liver	13	stew	633	106	4,8
7102601	beef liver	3	grilled or barbecue	4693	3160	19,6

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<b>Cod_POF</b>	<b>Foods and culinary preparations descriptions</b>	<b>Code</b>	<b>Preparation description</b>	<b>CF</b>	<b>WF</b>	<b>EF</b>
7102601	beef liver	4	roasted	4759	3160	19,6
7102601	beef liver	5	fried	4479	3023	18,8
7102701	beef tongue	2	cooked	1440	195	11,2
7102701	beef tongue	3	grilled or barbecue	1421	195	11,2
7102701	beef tongue	4	roasted	1487	195	11,2
7102701	beef tongue	5	fried	1371	207	10,8
7102701	beef tongue	8	red sauce	1192	181	9,2
7102701	beef tongue	13	stew	761	123	5,8
7102801	oxtail	99	does not apply	4486	3023	18,8
7103101	cow's foot	2	cooked	1462	198	11,4
7103101	cow's foot	13	stew	772	125	5,9
7103101	cow's foot	15	soup	1103	170	8,7
7103101	cow's foot	99	does not apply	1462	198	11,4
7103104	beef shank	5	fried	3677	2483	15,4
7103105	beef fore shank	2	cooked	1462	198	11,4
7103301	loin chops	2	cooked	697	1272	5,9
7103301	loin chops	3	grilled or barbecue	678	1272	5,9
7103301	loin chops	4	roasted	744	1272	5,9
7103301	loin chops	5	fried	666	1230	5,8
7103305	pork chops	2	cooked	697	1272	5,9
7103305	pork chops	3	grilled or barbecue	678	1272	5,9
7103305	pork chops	4	roasted	744	1272	5,9
7103305	pork chops	5	fried	666	1230	5,8
7103305	pork chops	6	breaded	625	1100	5,4
7103305	pork chops	7	braised	672	1230	5,8
7103305	pork chops	99	does not apply	697	1272	5,9
7103401	pork leg	2	cooked	697	1272	5,9
7103401	pork leg	4	roasted	744	1272	5,9
7103401	pork leg	5	fried	666	1230	5,8
7103401	pork leg	7	braised	672	1230	5,8
7103403	pork hips	2	cooked	697	1272	5,9
7103501	pork ribs	1	raw	464	869	4,0
7103501	pork ribs	2	cooked	697	1272	5,9
7103501	pork ribs	3	grilled or barbecue	678	1272	5,9
7103501	pork ribs	4	roasted	744	1272	5,9
7103501	pork ribs	5	fried	666	1230	5,8
7103501	pork ribs	7	braised	672	1230	5,8
7103501	pork ribs	8	red sauce	598	1042	4,9
7103501	pork ribs	13	stew	390	661	3,2
7103501	pork ribs	99	does not apply	697	1272	5,9
7103701	pork loin	2	cooked	734	1099	5,1

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<b>Cod_POF</b>	<b>Foods and culinary preparations descriptions</b>	<b>Code</b>	<b>Preparation description</b>	<b>CF</b>	<b>WF</b>	<b>EF</b>
7103701	pork loin	3	grilled or barbecue	715	1099	5,1
7103701	pork loin	4	roasted	781	1099	5,1
7103701	pork loin	5	fried	700	1065	5,0
7103801	bacon	99	does not apply	1039	736	1,9
7103903	pork offal	2	cooked	357	160	9,2
7103906	arrasto suíno (Brazilian pork cut)	99	does not apply	357	160	9,2
7103907	fresh pork sarapatel	99	does not apply	357	160	9,2
7104101	pork	1	raw	461	869	4,0
7104101	pork	2	cooked	694	1272	5,9
7104101	pork	3	grilled or barbecue	675	1272	5,9
7104101	pork	4	roasted	741	1272	5,9
7104101	pork	5	fried	662	1230	5,8
7104101	pork	6	breaded	622	1100	5,4
7104101	pork	7	braised	668	1230	5,8
7104101	pork	8	red sauce	595	1042	4,9
7104101	pork	10	garlic and oil	572	1093	5,1
7104101	pork	13	stew	388	661	3,2
7104101	pork	99	does not apply	694	1272	5,9
7104301	ground beef	1	raw	3118	2099	13,0
7104301	ground beef	2	cooked	4473	2999	18,6
7104301	ground beef	4	roasted	4520	2999	18,6
7104301	ground beef	5	fried	4252	2870	17,8
7104301	ground beef	6	breaded	3646	2482	15,5
7104301	ground beef	7	braised	4259	2870	17,8
7104301	ground beef	8	red sauce	3619	2424	15,1
7104301	ground beef	9	white sauce	3633	2444	15,2
7104301	ground beef	10	garlic and oil	3595	2475	15,2
7104301	ground beef	13	stew	2278	1525	9,5
7104301	ground beef	15	soup	1827	1252	7,8
7104301	ground beef	99	does not apply	4473	2999	18,6
7104302	ragout	99	does not apply	1936	1331	8,3
7104501	pork tripes	3	grilled or barbecue	338	160	9,2
7104501	pork tripes	5	fried	342	174	8,9
7104601	pork liver	2	cooked	357	160	9,2
7104601	pork liver	4	roasted	403	160	9,2
7104601	pork liver	5	fried	342	174	8,9
7104701	pork tongue	2	cooked	414	187	10,8
7104701	pork tongue	3	grilled or barbecue	395	187	10,8
7104701	pork tongue	4	roasted	461	187	10,8
7104701	pork tongue	5	fried	396	200	10,4
7104701	pork tongue	7	braised	403	200	10,4

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<b>Cod_POF</b>	<b>Foods and culinary preparations descriptions</b>	<b>Code</b>	<b>Preparation description</b>	<b>CF</b>	<b>WF</b>	<b>EF</b>
7105001	pork tongue	2	cooked	520	238	13,6
7105103	sarrabulho (pork and goat offal stew)	99	does not apply	1568	778	8,2
7105203	pig's trotter	2	cooked	29250	13888	797,1
7105401	goatling meat	2	cooked	2171	1167	11,7
7105401	goatling meat	3	grilled or barbecue	2152	1167	11,7
7105401	goatling meat	4	roasted	2218	1167	11,7
7105402	goat meat	2	cooked	2171	1167	11,7
7105402	goat meat	3	grilled or barbecue	2152	1167	11,7
7105402	goat meat	4	roasted	2218	1167	11,7
7105402	goat meat	5	fried	2066	1130	11,3
7105403	chevon (goat meat)	2	cooked	2171	1167	11,7
7105403	chevon (goat meat)	4	roasted	2218	1167	11,7
7105403	chevon (goat meat)	5	fried	2066	1130	11,3
7105403	chevon (goat meat)	13	stew	1127	609	6,1
7105405	caprine meat (goat or sheep meat)	1	raw	1679	911	9,1
7105405	caprine meat (goat or sheep meat)	2	cooked	2171	1167	11,7
7105405	caprine meat (goat or sheep meat)	5	fried	2066	1130	11,3
7105601	mutton	2	cooked	2171	1167	11,7
7105601	mutton	3	grilled or barbecue	2152	1167	11,7
7105601	mutton	4	roasted	2218	1167	11,7
7105601	mutton	5	fried	2066	1130	11,3
7105601	mutton	13	stew	1127	609	6,1
7105602	lamb	2	cooked	2171	1167	11,7
7105602	lamb	3	grilled or barbecue	2152	1167	11,7
7105602	lamb	4	roasted	2218	1167	11,7
7105602	lamb	5	fried	2066	1130	11,3
7105801	goat's foot	2	cooked	1443	198	11,4
7106301	pork leg	2	cooked	697	1272	5,9
7106301	pork leg	3	grilled or barbecue	678	1272	5,9
7106301	pork leg	4	roasted	744	1272	5,9
7106301	pork leg	5	fried	666	1230	5,8
7106401	beef eye round	2	cooked	3867	2591	16,0
7106401	beef eye round	4	roasted	3914	2591	16,0
7106401	beef eye round	5	fried	3677	2483	15,4
7106401	beef eye round	7	braised	3683	2483	15,4
7106401	beef eye round	8	red sauce	3134	2097	13,0
7106501	pork rump steak	2	cooked	697	1272	5,9
7106501	pork rump steak	4	roasted	744	1272	5,9
7106501	pork rump steak	5	fried	666	1230	5,8
7107102	braciola	99	does not apply	2981	2019	12,5
7107103	beef roulade	99	does not apply	2981	2019	12,5

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<b>Cod_POF</b>	<b>Foods and culinary preparations descriptions</b>	<b>Code</b>	<b>Preparation description</b>	<b>CF</b>	<b>WF</b>	<b>EF</b>
7107204	goat intestines	99	does not apply	651	131	4,9
7107501	suã suína (bone-in pork loin)	2	cooked	520	238	6,0
7107501	suã suína (bone-in pork loin)	5	fried	497	247	5,9
7107601	meat of other animals	1	raw	404	1223	9,7
7107601	meat of other animals	2	cooked	530	1568	12,4
7107601	meat of other animals	3	grilled or barbecue	517	1568	12,4
7107601	meat of other animals	4	roasted	583	1568	12,4
7107601	meat of other animals	5	fried	513	1511	12,0
7107601	meat of other animals	7	braised	513	1511	12,0
7107601	meat of other animals	8	braised	463	1279	10,1
7107601	meat of other animals	13	stew	303	809	6,4
7107601	meat of other animals	99	does not apply	530	1568	12,4
7107603	paca meat	2	cooked	530	1568	12,4
7107603	paca meat	4	roasted	583	1568	12,4
7107603	paca meat	5	fried	513	1511	12,0
7107611	alligator meat	2	cooked	530	1568	12,4
7107611	alligator meat	5	fried	513	1511	12,0
7107615	capybara meat	2	cooked	530	1568	12,4
7107615	capybara meat	4	roasted	583	1568	12,4
7107615	capybara meat	5	fried	513	1511	12,0
7107617	agouti meat	2	cooked	530	1568	12,4
7107617	agouti meat	4	roasted	583	1568	12,4
7107622	jabuti meat (tortoise)	2	cooked	530	1568	12,4
7107801	prime beef	2	cooked	4695	3148	19,5
7107801	prime beef	3	grilled or barbecue	4676	3148	19,5
7107801	prime beef	4	roasted	4742	3148	19,5
7107801	prime beef	5	fried	4463	3012	18,7
7107801	prime beef	6	breaded	3823	2601	16,2
7107801	prime beef	7	braised	4470	3012	18,7
7107801	prime beef	8	red sauce	3796	2543	15,8
7107801	prime beef	9	white sauce	3811	2564	16,0
7107801	prime beef	11	with butter/oil	4470	3012	18,7
7107804	rib steak	2	cooked	4695	3148	19,5
7107804	rib steak	3	grilled or barbecue	4676	3148	19,5
7107804	rib steak	4	roasted	4742	3148	19,5
7107804	rib steak	5	fried	4463	3012	18,7
7107805	steak (unspecified)	1	raw	3273	2204	13,6
7107805	steak (unspecified)	2	cooked	4695	3148	19,5
7107805	steak (unspecified)	3	grilled or barbecue	4676	3148	19,5
7107805	steak (unspecified)	4	roasted	4742	3148	19,5
7107805	steak (unspecified)	5	fried	4463	3012	18,7

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<b>Cod_POF</b>	<b>Foods and culinary preparations descriptions</b>	<b>Code</b>	<b>Preparation description</b>	<b>CF</b>	<b>WF</b>	<b>EF</b>
7107805	steak (unspecified)	6	breaded	3823	2601	16,2
7107805	steak (unspecified)	7	braised	4470	3012	18,7
7107805	steak (unspecified)	8	red sauce	3796	2543	15,8
7107805	steak (unspecified)	11	with butter/oil	4470	3012	18,7
7107805	steak (unspecified)	13	stew	2389	1599	10,0
7107805	steak (unspecified)	99	does not apply	4695	3148	19,5
7108107	goat offal	2	cooked	1184	160	9,2
7108301	fresh pig's trotter	2	cooked	520	238	13,6
7108301	fresh pig's trotter	3	grilled or barbecue	501	238	13,6
7108301	fresh pig's trotter	5	fried	497	247	13,2
7109101	beef	1	raw	3273	2204	13,6
7109101	beef	2	cooked	4215	2825	17,5
7109101	beef	3	grilled or barbecue	4196	2825	17,5
7109101	beef	4	roasted	4262	2825	17,5
7109101	beef	5	fried	4008	2705	16,8
7109101	beef	6	breaded	3440	2343	14,6
7109101	beef	7	braised	4014	2705	16,8
7109101	beef	8	red sauce	3412	2285	14,2
7109101	beef	9	white sauce	3427	2305	14,4
7109101	beef	10	garlic and oil	3389	2336	14,4
7109101	beef	11	with butter/oil	4014	2705	16,8
7109101	beef	12	vinaigrette	3396	2289	14,3
7109101	beef	13	stew	2149	1438	9,0
7109101	beef	15	soup	1724	1183	7,3
7109101	beef	99	does not apply	4215	2825	17,5
7110601	loin (unspecified)	1	raw	401	751	3,5
7110601	loin (unspecified)	2	cooked	605	1099	5,1
7110601	loin (unspecified)	4	roasted	652	1099	5,1
7110601	loin (unspecified)	5	fried	578	1065	5,0
7110601	loin (unspecified)	9	white sauce	539	924	4,5
7110801	shin (unspecified)	2	cooked	4695	3148	19,5
7110801	shin (unspecified)	13	stew	2389	1599	10,0
7110902	bone-in meat (unspecified)	2	cooked	4630	3104	19,2
7110902	bone-in meat (unspecified)	7	braised	4408	2970	18,4
7110902	bone-in meat (unspecified)	15	soup	3479	2350	14,6
7110902	bone-in meat (unspecified)	99	does not apply	4630	3104	19,2
7111202	choice beef	1	raw	3273	2204	13,6
7111202	choice beef	2	cooked	4215	2825	17,5
7111202	choice beef	3	grilled or barbecue	4196	2825	17,5
7111202	choice beef	4	roasted	4262	2825	17,5
7111202	choice beef	5	fried	4008	2705	16,8

**Continue**

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<b>Cod_POF</b>	<b>Foods and culinary preparations descriptions</b>	<b>Code</b>	<b>Preparation description</b>	<b>CF</b>	<b>WF</b>	<b>EF</b>
7111202	choice beef	6	breaded	3440	2343	14,6
7111202	choice beef	7	braised	4014	2705	16,8
7111202	choice beef	8	red sauce	3412	2285	14,2
7111202	choice beef	10	garlic and oil	3389	2336	14,4
7111202	choice beef	13	stew	2149	1438	9,0
7111401	organic sirloin steak	4	roasted	4742	3148	19,5
7111405	organic chops	4	roasted	4742	3148	19,5
7111405	organic chops	5	fried	4463	3012	18,7
7111702	organic loin head (beef)	1	raw	487	912	4,2
7111702	organic loin head (beef)	4	roasted	761	1303	6,1
7111702	organic loin head (beef)	5	fried	682	1260	5,9
7111806	organic tatu (eyeround)	4	roasted	4742	3148	19,5
	<b>fish and seafood</b>					
7200101	ocean fish (whole, in slices etc.)	1	raw	530	0	27,1
7200101	ocean fish (whole, in slices etc.)	2	cooked	634	0	31,7
7200101	ocean fish (whole, in slices etc.)	3	grilled or barbecue	621	0	31,7
7200101	ocean fish (whole, in slices etc.)	4	roasted	649	0	31,7
7200101	ocean fish (whole, in slices etc.)	5	fried	605	21	30,3
7200101	ocean fish (whole, in slices etc.)	6	breaded	573	83	26,0
7200101	ocean fish (whole, in slices etc.)	8	red sauce	549	25	25,6
7200101	ocean fish (whole, in slices etc.)	9	white sauce	564	45	25,8
7200101	ocean fish (whole, in slices etc.)	13	stew	358	25	16,1
7200401	saltwater fish (whole, in slices etc.)	2	cooked	602	0	29,2
7200401	saltwater fish (whole, in slices etc.)	3	grilled or barbecue	590	0	29,2
7200401	saltwater fish (whole, in slices etc.)	4	roasted	624	0	29,2
7200401	saltwater fish (whole, in slices etc.)	5	fried	605	21	30,3
7200401	saltwater fish (whole, in slices etc.)	6	breaded	573	83	26,0
7200401	saltwater fish (whole, in slices etc.)	9	white sauce	536	45	23,7
7200401	saltwater fish (whole, in slices etc.)	13	stew	339	25	14,8
7260101	shrimp	1	raw	2881	0	29,0
7260101	shrimp	2	cooked	5695	0	57,3
7260101	shrimp	3	grilled or barbecue	5686	0	57,3
7260101	shrimp	4	roasted	5708	0	57,3
7260101	shrimp	5	fried	5416	21	54,6
7260101	shrimp	6	breaded	4615	83	46,5
7260101	shrimp	7	braised	5420	21	54,6
7260101	shrimp	8	red sauce	4594	25	46,0
7260101	shrimp	9	white sauce	4609	45	46,2
7260101	shrimp with oil and garlic	10	garlic and oil	4578	76	46,2
7260101	shrimp	13	stew	2884	25	28,8
7260101	shrimp	99	does not apply	5695	0	57,3

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<b>Cod_POF</b>	<b>Foods and culinary preparations descriptions</b>	<b>Code</b>	<b>Preparation description</b>	<b>CF</b>	<b>WF</b>	<b>EF</b>
7261101	soft-shell crab	2	cooked	1742	0	57,3
7261101	soft-shell crab	6	breaded	1453	83	46,5
7261101	soft-shell crab	7	braised	1664	21	54,6
7261120	baú (crab)	2	cooked	1742	0	57,3
7261121	goiá (crab)	1	raw	2480	0	29,0
7262101	crab	2	cooked	1742	0	57,3
7262101	crab	4	roasted	1754	0	57,3
7262101	crab	12	vinaigrette	1413	28	46,1
7262105	guaianu (blue land crab)	2	cooked	4905	0	57,3
7263101	mussels	2	cooked	1274	0	57,3
7263101	mussels	5	fried	1216	21	54,6
7263101	mussels	8	red sauce	1057	25	46,0
7263101	mussels	99	does not apply	1274	0	57,3
7264101	oyster	2	cooked	1274	0	57,3
7265101	squid	6	breaded	1576	83	46,5
7266101	charru mussel	2	cooked	1540	0	57,3
7266101	charru mussel	13	stew	807	25	28,8
7270401	codfish	2	cooked	382	0	27,0
7270401	codfish	4	roasted	404	0	27,0
7270401	codfish	5	fried	376	21	25,9
7270401	codfish	6	breaded	372	83	22,2
7270401	codfish	7	braised	372	21	25,9
7270401	codfish	8	red sauce	345	25	21,8
7270401	codfish	13	stew	229	25	13,7
7270401	codfish	99	does not apply	404	0	27,0
7273101	fish eggs (any species)	4	roasted	609	1280	5,2
7273101	fish eggs (any species)	5	fried	572	1237	5,1
7400101	freshwater fish (whole, in slices etc.)	1	raw	396	0	33,1
7400101	freshwater fish (whole, in slices etc.)	2	cooked	477	0	38,7
7400101	freshwater fish (whole, in slices etc.)	3	grilled or barbecue	464	0	38,7
7400101	freshwater fish (whole, in slices etc.)	4	roasted	491	0	38,7
7400101	freshwater fish (whole, in slices etc.)	5	fried	455	21	37,0
7400101	freshwater fish (whole, in slices etc.)	6	breaded	447	83	31,6
7400101	freshwater fish (whole, in slices etc.)	7	braised	465	21	37,0
7400101	freshwater fish (whole, in slices etc.)	8	red sauce	423	25	31,2
7400101	freshwater fish (whole, in slices etc.)	9	white sauce	438	45	31,4
7400101	freshwater fish (whole, in slices etc.)	13	stew	279	25	19,6
7400101	freshwater fish (whole, in slices etc.)	99	does not apply	464	0	38,7
7400401	freshwater fish (whole, in slices etc.)	2	cooked	411	0	29,2
7400401	freshwater fish (whole, in slices etc.)	3	grilled or barbecue	399	0	29,2
7400401	freshwater fish (whole, in slices etc.)	4	roasted	433	0	29,2

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<b>Cod_POF</b>	<b>Foods and culinary preparations descriptions</b>	<b>Code</b>	<b>Preparation description</b>	<b>CF</b>	<b>WF</b>	<b>EF</b>
7400401	freshwater fish (whole, in slices etc.)	5	fried	403	21	27,9
7400401	freshwater fish (whole, in slices etc.)	6	breaded	395	83	23,9
7400401	freshwater fish (whole, in slices etc.)	8	red sauce	368	25	23,5
7400401	freshwater fish (whole, in slices etc.)	13	stew	244	25	14,8
7444101	tracajá (yellow-spotted river turtle)	2	cooked	704	0	34,3
7600101	unspecified fish (whole, in slices etc.)	1	raw	490	0	15,6
7600101	unspecified fish (whole, in slices etc.)	2	cooked	587	0	18,3
7600101	unspecified fish (whole, in slices etc.)	3	grilled or barbecue	574	0	18,3
7600101	unspecified fish (whole, in slices etc.)	4	roasted	601	0	18,3
7600101	unspecified fish (whole, in slices etc.)	5	fried	560	21	17,6
7600101	unspecified fish (whole, in slices etc.)	6	breaded	536	83	15,2
7600101	unspecified fish (whole, in slices etc.)	7	braised	570	21	17,6
7600101	unspecified fish (whole, in slices etc.)	8	red sauce	511	25	14,8
7600101	unspecified fish (whole, in slices etc.)	9	white sauce	526	45	15,0
7600101	unspecified fish (whole, in slices etc.)	13	stew	334	25	9,3
7600401	unspecified salty fish (whole, in slices etc.)	2	cooked	411	0	29,2
7600401	unspecified salty fish (whole, in slices etc.)	3	grilled or barbecue	399	0	29,2
7600401	unspecified salty fish (whole, in slices etc.)	4	roasted	433	0	29,2
7600401	unspecified salty fish (whole, in slices etc.)	5	fried	403	21	27,9
7600401	unspecified salty fish (whole, in slices etc.)	6	breaded	395	83	23,9
<b>canned and preserved foods</b>						
7700101	olive	99	does not apply	110	1356	1,0
7700201	canned peas	99	does not apply	176	127	0,5
7700202	petit pois	99	does not apply	176	127	0,5
7700401	canned corn	99	does not apply	247	178	0,7
7700501	canned heart of palm	99	does not apply	82	522	0,6
7700601	canned mushrooms	99	does not apply	338	127	0,1
7700602	canned champignons	99	does not apply	338	127	0,1
7700701	pickled asparagus	99	does not apply	62	261	0,6
7700901	pickled cabbage	99	does not apply	89	564	0,6
7700902	sauerkraut	99	does not apply	89	564	0,6
7701101	pickled unspecified vegetable	99	does not apply	160	513	0,6
7701404	onion soup (dehydrated soup)	99	does not apply	50	102	0,6
7701405	vegetable soup (dehydrated soup)	99	does not apply	48	102	0,6
7701406	yakisoba	99	does not apply	924	642	4,1
7701501	canned corn and peas	1	raw	173	125	0,5
7701501	canned corn and peas	2	cooked	173	125	0,5
7701501	canned corn and peas	5	fried	182	140	0,7
7701501	canned corn and peas	99	does not apply	173	125	0,5
7701901	feijoada (Brazilian beans and pork dish)	99	does not apply	1450	1291	2,9
7702001	pickled beans and tripes	99	does not apply	530	1280	5,2

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<b>Cod_POF</b>	<b>Foods and culinary preparations descriptions</b>	<b>Code</b>	<b>Preparation description</b>	<b>CF</b>	<b>WF</b>	<b>EF</b>
7702101	cozido (Brazilian stew)	99	does not apply	1482	1056	6,1
7702302	corned beef paste	99	does not apply	530	1280	5,2
7702402	corned ham paste	99	does not apply	530	1280	5,2
7702502	corned chicken paste	99	does not apply	530	1280	5,2
7702601	corned beef	99	does not apply	1859	1641	6,7
7702602	meatball	99	does not apply	3473	2325	14,4
7702603	beef ham	99	does not apply	1859	1641	6,7
7702604	pickled meatball with sauce	99	does not apply	679	1641	6,7
7702704	pork ham	99	does not apply	2122	1873	7,6
7702705	presuntada (ham)	99	does not apply	776	1873	7,6
7702707	fiambre (ham)	1	raw	1450	1280	5,2
7702707	fiambre (ham)	2	cooked	2135	1873	7,6
7702707	fiambre (ham)	4	roasted	2155	1873	7,6
7702707	fiambre (ham)	5	fried	2037	1801	7,4
7702801	pickled sausage	99	does not apply	1455	1280	5,2
7703002	pickled sardines	99	does not apply	410	1500	6,1
7703402	pickled tuna	99	does not apply	488	1786	7,3
7703701	pickled cucumber (gherkin)	99	does not apply	82	522	0,6
7703902	pickled fish paste	99	does not apply	350	1280	5,2
7704001	pickles (gherkin)	99	does not apply	82	522	0,6
7705201	pickled turnip	99	does not apply	82	522	0,6
7705401	stroganoff	99	does not apply	2844	1917	12,0
7706001	pickled salmon	99	does not apply	410	1500	6,1
7706104	light onion soup (dehydrated soup)	99	does not apply	48	102	0,6
7706105	light vegetable soup (dehydrated soup)	99	does not apply	48	102	0,6
7706106	light yakisoba (dehydrated vegetable soup)	99	does not apply	40	29	0,2
7706302	light pickled tuna	99	does not apply	410	1500	6,1
	<b>poultry and eggs</b>					
7800103	whole chicken	1	raw	388	523	3,1
7800103	whole chicken	2	cooked	498	654	3,9
7800103	whole chicken	3	grilled or barbecue	486	654	3,9
7800103	whole chicken	4	roasted	551	654	3,9
7800103	whole chicken	5	fried	482	643	3,9
7800103	whole chicken	6	breaded	465	606	3,7
7800103	whole chicken	7	braised	482	643	3,9
7800103	whole chicken	8	red sauce	437	548	3,3
7800103	whole chicken	13	stew	287	352	2,1
7800301	unspecified chicken piece	1	raw	388	523	3,1
7800301	unspecified chicken piece	2	cooked	498	654	3,9
7800301	unspecified chicken piece	3	grilled or barbecue	486	654	3,9
7800301	unspecified chicken piece	4	roasted	551	654	3,9

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<b>Cod_POF</b>	<b>Foods and culinary preparations descriptions</b>	<b>Code</b>	<b>Preparation description</b>	<b>CF</b>	<b>WF</b>	<b>EF</b>
7800301	unspecified chicken piece	5	fried	482	643	3,9
7800301	unspecified chicken piece	6	breaded	465	606	3,7
7800301	unspecified chicken piece	7	braised	482	643	3,9
7800301	unspecified chicken piece	8	red sauce	437	548	3,3
7800301	unspecified chicken piece	13	stew	287	352	2,1
7800301	unspecified chicken piece	99	does not apply	498	654	3,9
7800302	chicken pieces	1	raw	388	523	3,1
7800302	chicken pieces	2	cooked	498	654	3,9
7800302	chicken pieces	3	grilled or barbecue	486	654	3,9
7800302	chicken pieces	4	roasted	551	654	3,9
7800302	chicken pieces	5	fried	482	643	3,9
7800302	chicken pieces	6	breaded	465	606	3,7
7800302	chicken pieces	7	braised	482	643	3,9
7800302	chicken pieces	8	red sauce	437	548	3,3
7800302	chicken pieces	9	white sauce	452	569	3,5
7800302	chicken pieces	10	garlic and oil	421	599	3,5
7800302	chicken pieces	11	with butter/oil	482	643	3,9
7800302	chicken pieces	13	stew	287	352	2,1
7800302	chicken pieces	15	soup	240	315	1,9
7800302	chicken pieces	99	does not apply	498	654	3,9
7800303	chicken pieces (hen)	2	cooked	498	654	3,9
7800303	chicken pieces (hen)	3	grilled or barbecue	486	654	3,9
7800303	chicken pieces (hen)	4	roasted	551	654	3,9
7800303	chicken pieces (hen)	5	fried	482	643	3,9
7800303	chicken pieces (hen)	6	breaded	465	606	3,7
7800303	chicken pieces (hen)	7	braised	482	643	3,9
7800303	chicken pieces (hen)	8	red sauce	437	548	3,3
7800303	chicken pieces (hen)	9	white sauce	452	569	3,5
7800303	chicken pieces (hen)	13	stew	287	352	2,1
7800304	chicken meat	1	raw	388	523	3,1
7800304	chicken meat	2	cooked	498	654	3,9
7800304	chicken meat	3	grilled or barbecue	486	654	3,9
7800304	chicken meat	4	roasted	551	654	3,9
7800304	chicken meat	5	fried	482	643	3,9
7800304	chicken meat	6	breaded	465	606	3,7
7800304	chicken meat	7	braised	482	643	3,9
7800304	chicken meat	8	red sauce	437	548	3,3
7800304	chicken meat	9	white sauce	452	569	3,5
7800304	chicken meat	13	stew	287	352	2,1
7800304	chicken meat	15	soup	240	315	1,9
7800304	chicken meat	99	does not apply	498	654	3,9

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<b>Cod_POF</b>	<b>Foods and culinary preparations descriptions</b>	<b>Code</b>	<b>Preparation description</b>	<b>CF</b>	<b>WF</b>	<b>EF</b>
7800401	chicken breast	1	raw	388	523	3,1
7800401	chicken breast	2	cooked	498	654	3,9
7800401	chicken breast	3	grilled or barbecue	486	654	3,9
7800401	chicken breast	4	roasted	551	654	3,9
7800401	chicken breast	5	fried	482	643	3,9
7800401	chicken breast	6	breaded	465	606	3,7
7800401	chicken breast	7	braised	482	643	3,9
7800401	chicken breast	8	red sauce	437	548	3,3
7800401	chicken breast	9	white sauce	452	569	3,5
7800401	chicken breast	13	stew	287	352	2,1
7800401	chicken breast	15	soup	240	315	1,9
7800401	chicken breast	99	does not apply	498	654	3,9
7800402	chicken fillet	1	raw	388	523	3,1
7800402	chicken fillet	2	cooked	498	654	3,9
7800402	chicken fillet	3	grilled or barbecue	486	654	3,9
7800402	chicken fillet	4	roasted	551	654	3,9
7800402	chicken fillet	5	fried	482	643	3,9
7800402	chicken fillet	6	breaded	465	606	3,7
7800402	chicken fillet	7	braised	482	643	3,9
7800402	chicken fillet	8	red sauce	437	548	3,3
7800402	chicken fillet	9	white sauce	452	569	3,5
7800402	chicken fillet	10	garlic and oil	421	599	3,5
7800402	chicken fillet	13	stew	287	352	2,1
7800402	chicken fillet	99	does not apply	498	654	3,9
7800602	chicken carcass	2	cooked	559	736	4,4
7800602	chicken carcass	4	roasted	612	736	4,4
7800602	chicken carcass	5	fried	540	721	4,3
7800602	chicken carcass	7	braised	540	721	4,3
7800602	chicken carcass	13	stew	317	393	2,4
7800701	chicken wings	1	raw	388	523	3,1
7800701	chicken wings	2	cooked	498	654	3,9
7800701	chicken wings	3	grilled or barbecue	486	654	3,9
7800701	chicken wings	4	roasted	551	654	3,9
7800701	chicken wings	5	fried	482	643	3,9
7800701	chicken wings	6	breaded	465	606	3,7
7800701	chicken wings	7	braised	482	643	3,9
7800701	chicken wings	8	red sauce	437	548	3,3
7800701	chicken wings	13	stew	287	352	2,1
7800702	chicken drumettes	2	cooked	498	654	3,9
7800702	chicken drumettes	3	grilled or barbecue	486	654	3,9
7800702	chicken drumettes	4	roasted	551	654	3,9

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<b>Cod_POF</b>	<b>Foods and culinary preparations descriptions</b>	<b>Code</b>	<b>Preparation description</b>	<b>CF</b>	<b>WF</b>	<b>EF</b>
7800702	chicken drumettes	5	fried	482	643	3,9
7800702	chicken drumettes	7	braised	482	643	3,9
7800702	chicken drumettes	8	red sauce	437	548	3,3
7800801	chicken neck	2	cooked	498	654	3,9
7800801	chicken neck	4	roasted	551	654	3,9
7800801	chicken neck	5	fried	482	643	3,9
7800801	chicken neck	7	braised	482	643	3,9
7800801	chicken neck	9	white sauce	452	569	3,5
7800901	chicken foot	2	cooked	498	654	3,9
7800901	chicken foot	3	grilled or barbecue	486	654	3,9
7800901	chicken foot	4	roasted	551	654	3,9
7800901	chicken foot	5	fried	482	643	3,9
7800901	chicken foot	7	braised	482	643	3,9
7800901	chicken foot	8	red sauce	437	548	3,3
7800901	chicken foot	13	stew	287	352	2,1
7801001	chicken offal	2	cooked	396	516	3,1
7801001	chicken offal	4	roasted	449	516	3,1
7801001	chicken offal	5	fried	385	512	3,1
7801001	chicken offal	8	red sauce	356	438	2,7
7801001	chicken offal	15	soup	199	259	1,6
7801101	chicken gizzard	2	cooked	396	516	3,1
7801101	chicken gizzard	3	grilled or barbecue	383	516	3,1
7801101	chicken gizzard	5	fried	385	512	3,1
7801101	chicken gizzard	7	braised	385	512	3,1
7801101	chicken gizzard	8	red sauce	356	438	2,7
7801101	chicken gizzard	9	white sauce	371	458	2,8
7801101	chicken gizzard	13	stew	236	284	1,7
7801101	chicken gizzard	15	soup	199	259	1,6
7801202	chicken heart	2	cooked	402	516	3,1
7801202	chicken heart	3	grilled or barbecue	383	516	3,1
7801202	chicken heart	4	roasted	449	516	3,1
7801202	chicken heart	5	fried	385	512	3,1
7801202	chicken heart	13	stew	242	284	1,7
7801301	chicken liver	2	cooked	396	516	3,1
7801301	chicken liver	4	roasted	449	516	3,1
7801301	chicken liver	5	fried	385	512	3,1
7801407	canja (Brazilian chicken and rice soup)	99	does not apply	498	654	3,9
7801702	unspecified turkey pieces	2	cooked	483	559	3,3
7801702	unspecified turkey pieces	4	roasted	536	559	3,3
7801702	unspecified turkey pieces	5	fried	468	553	3,3
7801702	unspecified turkey pieces	13	stew	279	305	1,9

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<b>Cod_POF</b>	<b>Foods and culinary preparations descriptions</b>	<b>Code</b>	<b>Preparation description</b>	<b>CF</b>	<b>WF</b>	<b>EF</b>
7801801	turkey breast	1	raw	376	447	2,7
7801801	turkey breast	2	cooked	389	447	2,7
7801801	turkey breast	3	grilled or barbecue	376	447	2,7
7801801	turkey breast	4	roasted	442	447	2,7
7801801	turkey breast	5	fried	378	447	2,7
7801801	turkey breast	6	breaded	377	441	2,7
7801801	turkey breast	99	does not apply	389	447	2,7
7802101	turkey wings	2	cooked	562	654	3,9
7802101	turkey wings	4	roasted	616	654	3,9
7802701	chester (red junglefowl)	2	cooked	450	589	3,5
7802701	chester (red junglefowl)	4	roasted	503	589	3,5
7802701	chester (red junglefowl)	99	does not apply	450	589	3,5
7802702	tender (ham)	4	roasted	503	589	3,5
7802801	nambu (small-billed tinamou)	2	cooked	559	736	4,4
7802901	chicken nuggets	3	grilled or barbecue	528	1600	6,5
7802901	chicken nuggets	4	roasted	561	1600	6,5
7802901	chicken nuggets	5	fried	523	1541	6,4
7802901	chicken nuggets	6	breaded	496	1363	5,8
7802901	chicken nuggets	7	braised	523	1541	6,4
7802902	chicken steak	2	cooked	541	1600	6,5
7802902	chicken steak	3	grilled or barbecue	528	1600	6,5
7802902	chicken steak	4	roasted	561	1600	6,5
7802902	chicken steak	5	fried	523	1541	6,4
7802902	chicken steak	6	breaded	492	1363	5,8
7802902	chicken steak	99	does not apply	528	1600	6,5
7803001	quail	5	fried	540	721	4,3
7803201	chicken feet and wings	2	cooked	498	654	3,9
7803201	chicken feet and wings	4	roasted	551	654	3,9
7803201	chicken feet and wings	5	fried	482	643	3,9
7803301	chicken egg	1	raw	372	340	2,3
7803301	chicken egg	2	cooked	382	340	2,3
7803301	chicken egg	4	roasted	394	340	2,3
7803301	chicken egg	5	fried	368	344	2,4
7803301	chicken egg	7	braised	365	344	2,4
7803301	chicken egg	8	red sauce	337	297	2,1
7803301	chicken egg	10	garlic and oil	323	348	2,2
7803301	chicken egg	11	with butter/oil	371	344	2,4
7803301	chicken egg	12	vinaigrette	321	300	2,2
7803301	chicken egg	13	stew	221	195	1,4
7803301	chicken egg	14	porridge	175	180	1,1
7803301	chicken egg	99	does not apply	382	340	2,3

**Continue**

**Table of footprints - continuation**

<b>Cod_POF</b>	<b>Foods and culinary preparations descriptions</b>	<b>Code</b>	<b>Preparation description</b>	<b>CF</b>	<b>WF</b>	<b>EF</b>
7803501	quail egg	1	raw	374	341	2,3
7803501	quail egg	2	cooked	383	341	2,3
7803501	quail egg	5	fried	370	346	2,4
7803501	quail egg	12	vinaigrette	322	302	2,2
7803501	quail egg	99	does not apply	383	341	2,3
7803702	slaughtered, frozen or alive guinea fowl	2	cooked	498	654	3,9
7803702	slaughtered, frozen or alive guinea fowl	4	roasted	551	654	3,9
7803703	capote (guinea fowl)	2	cooked	498	654	3,9
7803703	capote (guinea fowl)	4	roasted	551	654	3,9
7803703	capote (guinea fowl)	5	fried	482	643	3,9
7803707	curassow	2	cooked	498	654	3,9
7803907	duck pieces	2	cooked	498	654	3,9
7803907	duck pieces	13	stew	287	352	2,1
7803908	duck breast	5	fried	482	643	3,9
7803913	duck meat	2	cooked	498	654	3,9
7803913	duck meat	4	roasted	551	654	3,9
7803913	duck meat	5	fried	482	643	3,9
7805401	light turkey breast	1	raw	376	447	2,7
7805401	light turkey breast	2	cooked	483	559	3,3
7805401	light turkey breast	99	does not apply	483	559	3,3
7805501	organic whole chicken	2	cooked	559	736	4,4
7805501	organic whole chicken	4	roasted	612	736	4,4
7805702	organic chicken fillet	2	cooked	498	654	3,9
7805702	organic chicken fillet	3	grilled or barbecue	486	654	3,9
7805702	organic chicken fillet	5	fried	482	643	3,9
7805702	organic chicken fillet	6	breaded	465	606	3,7
<b>dairy products</b>						
7900101	whole cow's milk	99	does not apply	127	135	0,8
7900201	raw cow's milk	99	does not apply	127	132	0,8
7900301	goat's milk	99	does not apply	132	120	0,8
7900601	whole milk powder	99	does not apply	133	67	0,3
7900710	skimmed milk powder	99	does not apply	133	67	0,3
7900801	milk powder	99	does not apply	133	67	0,3
7900901	condensed milk	99	does not apply	200	165	1,0
7900903	leite beijinho (condensed milk)	99	does not apply	200	165	1,0
7901001	table cream	99	does not apply	627	495	4,5
7901101	whipped cream	99	does not apply	257	204	1,4
7901201	yogurt (any flavour)	99	does not apply	343	150	1,3
7901203	low fat yogurt	99	does not apply	333	265	2,6
7901204	plain yogurt	99	does not apply	161	265	2,6
7901301	yakult probiotic drink (any flavour)	99	does not apply	79	152	5,8

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Cod_POF	Foods and culinary preparations descriptions	Code	Preparation description	CF	WF	EF
7901303	dairy drink	99	does not apply	79	140	5,8
7901304	fermented milk	99	does not apply	79	152	5,8
7901401	curd	99	does not apply	333	265	2,6
7901501	salted or unsalted butter	99	does not apply	603	422	11,5
7901505	manteiga de garrafa (Brazilian liquid butter)	99	does not apply	910	422	11,5
7901602	salted or unsalted margarine	99	does not apply	157	132	6,6
7901701	queijo prato (Brazilian soft cheese)	99	does not apply	818	626	2,8
7901703	colony cheese	99	does not apply	818	626	2,8
7901705	colony cheese	99	does not apply	818	626	2,8
7901801	mozzarella cheese	99	does not apply	923	696	3,6
7901803	mozzarella	99	does not apply	818	712	2,8
7901807	buffalo mozzarella	99	does not apply	818	626	2,8
7901809	buffalo cheese	99	does not apply	818	626	2,8
7901901	queijo de reino (Brazilian edam cheese)	99	does not apply	818	626	2,8
7902001	minas cheese	99	does not apply	835	375	4,1
7902003	queijo de manteiga (Brazilian butter-shaped cheese)	99	does not apply	818	626	2,8
7902004	keschmier	99	does not apply	295	125	0,6
7902005	queijo de coalho (Brazilian cheese curds)	99	does not apply	818	626	2,8
7902008	canastra cheese	99	does not apply	818	626	2,8
7902201	ricotta cheese	99	does not apply	400	262	1,4
7902301	flavoured soy milk	99	does not apply	79	152	5,8
7902303	ades original (soy milk)	99	does not apply	94	41	5,8
7902403	grated cheese	99	does not apply	876	597	4,1
7902501	provolone cheese	99	does not apply	818	626	2,8
7902801	polenguinho (UHT processed cheese)	99	does not apply	818	626	2,8
7902901	requeijão (Brazilian cream cheese)	99	does not apply	818	626	2,8
7902902	cream cheese	99	does not apply	818	626	2,8
7903001	unspecified cheese	99	does not apply	897	597	5,4
7903101	flavoured milk	99	does not apply	55	152	5,8
7903102	chocolate milk	99	does not apply	79	152	5,8
7903109	flavoured milk	99	does not apply	79	152	5,8
7903110	chocolate drink	99	does not apply	79	152	5,8
7903201	cream	99	does not apply	333	265	2,6
7903301	gorgonzola cheese	99	does not apply	876	597	4,1
7903402	tofu	99	does not apply	59	98	0,3
7903501	soy milk powder	99	does not apply	11	46	0,7
7903601	skimmed cow's milk	99	does not apply	111	120	0,8
7903702	semi-skimmed cow's milk	99	does not apply	141	124	0,8
7903801	unspecified pasteurized milk	99	does not apply	127	132	0,8
7903901	light yogurt (any flavour)	99	does not apply	333	265	2,6
7904001	diet yogurt (any flavour)	99	does not apply	333	265	2,6

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Cod_POF	Foods and culinary preparations descriptions	Code	Preparation description	CF	WF	EF
7904201	light margarine	99	does not apply	157	132	6,6
7904301	organic whole cow's milk	99	does not apply	127	132	0,8
7904401	organic raw cow's milk	99	does not apply	127	132	0,8
7904601	organic semi-skimmed cow's milk	99	does not apply	118	120	0,8
7904701	organic table cream	99	does not apply	333	265	2,6
7904801	organic yogurt (any flavour)	99	does not apply	333	265	2,6
7904803	organic skimmed yogurt (any flavour)	99	does not apply	333	265	2,6
7904804	organic plain yogurt (any flavour)	99	does not apply	333	265	2,6
7905103	light mozzarella	99	does not apply	818	626	2,8
7905104	light mozzarella cheese	99	does not apply	818	626	2,8
7905201	light flavoured soy milk	99	does not apply	79	152	5,8
7905203	light ades (soy milk)	99	does not apply	79	152	5,8
7905601	light table cream	99	does not apply	333	265	2,6
7905901	light queijo prato (Brazilian soft cheese)	99	does not apply	818	626	2,8
7906001	light minas cheese	99	does not apply	818	626	2,8
7906005	light queijo de coalho (Brazilian cheese curds)	99	does not apply	818	626	2,8
7906201	light ricotta cheese	99	does not apply	818	626	2,8
7906303	light grated cheese	99	does not apply	876	597	4,1
7906401	light polenguinho (UHT processed cheese)	99	does not apply	818	626	2,8
7906501	light requeijão (Brazilian cream cheese)	99	does not apply	818	626	2,8
7906601	light unspecified cheese	99	does not apply	818	626	2,8
7906702	light chocolate milk	99	does not apply	79	152	5,8
7906710	light chocolate drink	99	does not apply	79	152	5,8
7906801	diet flavoured milk	99	does not apply	79	152	5,8
7906802	diet chocolate milk	99	does not apply	79	152	5,8
7906810	diet chocolate drink	99	does not apply	79	152	5,8
7906901	light soy milk powder	99	does not apply	10	18	0,7
7907001	flavoured milk powder	99	does not apply	10	18	0,7
7907101	light salted or unsalted butter	99	does not apply	987	422	11,5
7907301	organic fresh minas cheese	99	does not apply	818	626	2,8
7907305	organic fresh queijo coalho (Brazilian cheese curds)	99	does not apply	818	626	2,8
<b>bakery products</b>						
8000103	hamburger bun	99	does not apply	180	127	0,9
8000105	bread roll	99	does not apply	55	187	0,5
8000201	sweet bread	99	does not apply	180	127	0,9
8000203	schnecken	99	does not apply	257	204	1,4
8000218	crumb schnecken	99	does not apply	257	204	1,4
8000229	gingerbread	99	does not apply	257	204	1,4
8000234	panettone	99	does not apply	257	204	1,4
8000237	bisnaguinha (small and soft roll)	99	does not apply	93	127	0,9
8000240	croissant	99	does not apply	180	127	0,9

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<b>Cod_POF</b>	<b>Foods and culinary preparations descriptions</b>	<b>Code</b>	<b>Preparation description</b>	<b>CF</b>	<b>WF</b>	<b>EF</b>
8000501	industrialized loaf (any brand)	99	does not apply	108	88	0,5
8000801	pão de queijo (Brazilian cheese bread)	99	does not apply	200	165	1,0
8001101	corn bread	99	does not apply	180	127	0,9
8001401	whole wheat bread	99	does not apply	180	127	0,9
8001501	unspecified bread	99	does not apply	180	127	0,9
8001901	toast (any bread)	99	does not apply	154	132	1,0
8002001	sweet bagel	99	does not apply	257	204	1,4
8002002	doughnut	99	does not apply	194	273	1,1
8002101	savoury bagel	99	does not apply	164	223	1,1
8002106	savoury doughnut	99	does not apply	180	127	0,9
8002201	salted biscuit	99	does not apply	155	151	1,0
8002205	ham flavoured cracker	99	does not apply	180	127	0,9
8002212	biscoito de polvilho (cassava starch snack)	99	does not apply	164	223	1,1
8002225	cracker	99	does not apply	145	98	1,0
8002227	chips (snacks)	99	does not apply	390	127	0,9
8002230	baconzitos (bacon snacks)	99	does not apply	180	127	0,9
8002236	whole wheat salted biscuit	99	does not apply	100	62	0,9
8002301	biscuit	99	does not apply	169	305	1,3
8002302	cavaco chinês (sweet cassava starch biscuit)	99	does not apply	164	223	1,1
8002305	sequilho (cornstarch biscuit)	99	does not apply	164	223	1,1
8002306	tareco (tough biscuit)	99	does not apply	164	223	1,1
8002309	sorda (Brazilian gingerbread)	99	does not apply	180	127	0,9
8002315	brevidade (cornstarch biscuit)	99	does not apply	164	223	1,1
8002334	sweet biscuit	99	does not apply	147	168	1,0
8002335	maria maluca (sweet coconut bread)	99	does not apply	164	223	1,1
8002405	quebra quebra (cassava starch biscuit)	99	does not apply	164	223	1,1
8002502	swiss roll	99	does not apply	206	203	1,4
8002503	kuchen (any flavour)	99	does not apply	257	204	1,4
8002601	corn cake	99	does not apply	225	197	1,2
8002604	amidomil (cassava gum and coconut milk sweet roll)	99	does not apply	257	204	1,4
8002605	angusor de milho (corn sweet roll)	99	does not apply	257	204	1,4
8002609	grustoli (Brazilian angel wings)	99	does not apply	257	204	1,4
8002701	cassava cake	99	does not apply	124	134	1,3
8002702	tapioca cake	99	does not apply	157	219	1,5
8002703	manioc cake	99	does not apply	124	134	1,3
8002704	cassava starch cake	99	does not apply	157	219	1,5
8002801	sweet potato cake	99	does not apply	160	162	1,1
8002901	rice cake	99	does not apply	186	153	1,0
8003101	yam cake	99	does not apply	160	165	1,1
8003501	sweet pie (any flavour)	99	does not apply	300	127	0,9
8003601	savory pie (any flavour)	99	does not apply	953	173	1,1

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<b>Cod_POF</b>	<b>Foods and culinary preparations descriptions</b>	<b>Code</b>	<b>Preparation description</b>	<b>CF</b>	<b>WF</b>	<b>EF</b>
8003701	sonho (Brazilian fried doughnut)	99	does not apply	180	127	0,9
8003702	filhós (wheat flour and eggs doughnut)	99	does not apply	180	127	0,9
8003801	chocolate cake	99	does not apply	170	188	2,8
8003902	brioche	99	does not apply	164	192	1,0
8004001	orange cake	99	does not apply	157	159	1,1
8004101	coconut cake	99	does not apply	205	169	1,1
8004201	carrot cake	99	does not apply	153	169	1,0
8004601	wheat cake	99	does not apply	294	262	3,4
8004701	broa (Brazilian corn bread)	99	does not apply	180	127	0,9
8004801	sandwich biscuit	99	does not apply	182	172	1,1
8004807	wafer (biscuit)	99	does not apply	164	223	1,1
8004809	alfajores (South American biscuits)	99	does not apply	164	223	1,1
8004810	sandwich cookie	99	does not apply	155	246	1,2
8004813	stuffed bagel	99	does not apply	238	190	1,3
8004814	stuffed doughnut (any flavour)	99	does not apply	164	223	1,1
8005201	unspecified biscuit	99	does not apply	225	127	1,4
8006101	crêpe	99	does not apply	1969	1379	8,7
8006501	diet loaf (industrialized)	99	does not apply	180	127	0,9
8006601	light loaf (industrialized)	99	does not apply	180	127	0,9
8006701	light whole wheat bread	99	does not apply	180	127	0,9
8006801	light whole wheat bread	99	does not apply	180	127	0,9
8007001	light sweet pie (any flavour)	99	does not apply	180	127	0,9
8007101	diet sweet pie (any flavour)	99	does not apply	180	127	0,9
8007302	light filhós (wheat flour and eggs doughnut)	99	does not apply	953	173	1,1
8007402	diet filhós (wheat flour and eggs doughnut)	99	does not apply	953	173	1,1
8007501	light chocolate cake	99	does not apply	257	204	1,4
8007601	diet chocolate cake	99	does not apply	257	204	1,4
8007701	light orange cake	99	does not apply	256	204	1,5
8008001	diet coconut cake	99	does not apply	257	204	1,4
8008201	diet carrot cake	99	does not apply	257	204	1,4
8008301	light sandwich biscuit	99	does not apply	164	223	1,1
8008305	light wafer	99	does not apply	164	223	1,1
8008307	light wafer (biscuit)	99	does not apply	164	223	1,1
8008309	light alfajores (South American biscuits)	99	does not apply	164	223	1,1
8008310	light sandwich cookie	99	does not apply	294	547	2,1
8008401	diet sandwich biscuit	99	does not apply	164	223	1,1
8008408	diet stuffed doughnut (any flavour)	99	does not apply	164	223	1,1
8008410	diet sandwich cookie	99	does not apply	164	223	1,1
8010001	diet sweet bread	99	does not apply	257	204	1,4
8010029	diet gingerbread	99	does not apply	257	204	1,4
8010034	diet panettone	99	does not apply	257	204	1,4

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<b>Cod_POF</b>	<b>Foods and culinary preparations descriptions</b>	<b>Code</b>	<b>Preparation description</b>	<b>CF</b>	<b>WF</b>	<b>EF</b>
8010101	light salted biscuit	99	does not apply	180	127	0,9
8010125	light cracker	99	does not apply	180	127	0,9
8010127	light chips (snacks)	99	does not apply	180	127	0,9
8010401	light biscuit	99	does not apply	164	223	1,1
8010434	light cookie	99	does not apply	164	223	1,1
8010501	diet sweet biscuit	99	does not apply	164	223	1,1
8010534	diet cookie	99	does not apply	164	223	1,1
8010601	banana cake	99	does not apply	189	186	1,1
	<b>processed meat</b>					
8100101	jerked beef	2	cooked	5023	4698	3,5
8100101	jerked beef	3	grilled or barbecue	5011	4698	3,5
8100101	jerked beef	4	roasted	5045	4698	3,5
8100101	jerked beef	5	fried	4785	4484	3,5
8100101	jerked beef	7	braised	4781	4484	3,5
8100101	jerked beef	8	red sauce	4058	3783	3,0
8100101	jerked beef	13	stew	2550	2374	2,0
8100102	charque (jerked beef)	1	raw	3508	3288	2,5
8100102	charque (jerked beef)	2	cooked	5023	4698	3,5
8100102	charque (jerked beef)	3	grilled or barbecue	5011	4698	3,5
8100102	charque (jerked beef)	4	roasted	5045	4698	3,5
8100102	charque (jerked beef)	5	fried	4785	4484	3,5
8100102	charque (jerked beef)	7	braised	4781	4484	3,5
8100102	charque (jerked beef)	8	red sauce	4058	3783	3,0
8100102	charque (jerked beef)	13	stew	2550	2374	2,0
8100103	jabá (jerked beef)	2	cooked	5023	4698	3,5
8100103	jabá (jerked beef)	5	fried	4785	4484	3,5
8100103	jabá (jerked beef)	7	braised	4781	4484	3,5
8100103	jabá (jerked beef)	99	does not apply	5011	4698	3,5
8100201	carne de sol (jerked beef)	1	raw	3508	3288	2,5
8100201	carne de sol (jerked beef)	2	cooked	5023	4698	3,5
8100201	carne de sol (jerked beef)	3	grilled or barbecue	5011	4698	3,5
8100201	carne de sol (jerked beef)	4	roasted	5045	4698	3,5
8100201	carne de sol (jerked beef)	5	fried	4785	4484	3,5
8100201	carne de sol (jerked beef)	13	stew	2550	2374	2,0
8100202	carne do sertão (jerked beef)	2	cooked	5023	4698	3,5
8100202	carne do sertão (jerked beef)	4	roasted	5045	4698	3,5
8100202	carne do sertão (jerked beef)	5	fried	4785	4484	3,5
8100502	beef hamburger patty	1	raw	1450	1280	5,2
8100502	beef hamburger patty	2	cooked	2084	1829	7,4
8100502	beef hamburger patty	3	grilled or barbecue	2071	1829	7,4
8100502	beef hamburger patty	4	roasted	2104	1829	7,4

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<b>Cod_POF</b>	<b>Foods and culinary preparations descriptions</b>	<b>Code</b>	<b>Preparation description</b>	<b>CF</b>	<b>WF</b>	<b>EF</b>
8100502	beef hamburger patty	5	fried	1989	1759	7,2
8100502	beef hamburger patty	8	red sauce	1706	1487	6,2
8100502	beef hamburger patty	99	does not apply	2071	1829	7,4
8100802	smoked coppa	99	does not apply	1152	1060	2,8
8101005	bacon	99	does not apply	1020	736	1,9
8101101	chicken hamburger patty	2	cooked	2084	1829	7,4
8101101	chicken hamburger patty	3	grilled or barbecue	2071	1829	7,4
8101101	chicken hamburger patty	4	roasted	2104	1829	7,4
8101101	chicken hamburger patty	5	fried	1989	1759	7,2
8101101	chicken hamburger patty	6	breaded	1730	1546	6,6
8101101	chicken hamburger patty	99	does not apply	2071	1829	7,4
8102101	sausage (retail)	1	raw	353	1280	5,2
8102101	sausage (retail)	2	cooked	334	1164	4,7
8102101	sausage (retail)	3	grilled or barbecue	321	1164	4,7
8102101	sausage (retail)	4	roasted	354	1164	4,7
8102101	sausage (retail)	5	fried	326	1127	4,7
8102101	sausage (retail)	7	braised	326	1127	4,7
8102101	sausage (retail)	8	red sauce	306	956	4,0
8102101	sausage (retail)	9	white sauce	321	976	4,2
8102101	sausage (retail)	10	garlic and oil	289	1007	4,2
8102101	sausage (retail)	11	with butter/oil	339	1127	4,7
8102101	sausage (retail)	13	stew	205	607	2,6
8102101	sausage (retail)	99	does not apply	321	1164	4,7
8102204	sausage (pork, beef, mixed etc.)	1	raw	1780	1560	5,2
8102204	sausage (pork, beef, mixed etc.)	2	cooked	2618	2283	7,6
8102204	sausage (pork, beef, mixed etc.)	3	grilled or barbecue	2605	2283	7,6
8102204	sausage (pork, beef, mixed etc.)	4	roasted	2638	2283	7,6
8102204	sausage (pork, beef, mixed etc.)	5	fried	2496	2190	7,4
8102204	sausage (pork, beef, mixed etc.)	6	breaded	2157	1909	6,7
8102204	sausage (pork, beef, mixed etc.)	7	braised	2496	2190	7,4
8102204	sausage (pork, beef, mixed etc.)	8	red sauce	2133	1851	6,3
8102204	sausage (pork, beef, mixed etc.)	11	with butter/oil	2496	2190	7,4
8102204	sausage (pork, beef, mixed etc.)	13	stew	1347	1167	4,0
8102204	sausage (pork, beef, mixed etc.)	99	does not apply	2605	2283	7,6
8102207	chicken sausage	1	raw	1455	1280	5,2
8102207	chicken sausage	2	cooked	2142	1873	7,6
8102207	chicken sausage	3	grilled or barbecue	2129	1873	7,6
8102207	chicken sausage	4	roasted	2162	1873	7,6
8102207	chicken sausage	5	fried	2044	1801	7,4
8102401	chouriço (pork sausage)	99	does not apply	1455	1280	5,2
8102402	black pudding	99	does not apply	1455	1280	5,2

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Cod_POF	Foods and culinary preparations descriptions	Code	Preparation description	CF	WF	EF
8102403	blood pudding	1	raw	1455	1280	5,2
8102403	blood pudding	2	cooked	1468	1280	5,2
8102501	paio (cured sausage)	2	cooked	2142	1873	7,6
8102601	mortadella	99	does not apply	1455	1280	5,2
8102701	salami	99	does not apply	1455	1280	5,2
8102702	mini salami	99	does not apply	1130	1000	5,2
8102801	blanquet de peru (cooked turkey breast)	99	does not apply	423	1280	5,2
8102901	ham	99	does not apply	788	724	1,9
8103001	turkey hamburger patty	2	cooked	616	1829	7,4
8103001	turkey hamburger patty	4	roasted	637	1829	7,4
8103001	turkey hamburger patty	6	breaded	556	1546	6,6
8103101	unspecified hamburger patty	2	cooked	2084	1829	7,4
8103101	unspecified hamburger patty	3	grilled or barbecue	2071	1829	7,4
8103101	unspecified hamburger patty	4	roasted	2104	1829	7,4
8103101	unspecified hamburger patty	5	fried	1989	1759	7,2
8103101	unspecified hamburger patty	99	does not apply	2071	1829	7,4
8103601	apresentado (fat ham)	99	does not apply	530	1280	5,2
8103901	pururuca de porco (crispy fried pork skin)	99	does not apply	788	724	1,9
8103902	fried pork skin (pururuca)	99	does not apply	788	724	1,9
8104001	pâté (liver, italian sausage, chicken, ham etc.)	99	does not apply	530	1280	5,2
8104101	smoked poultry	99	does not apply	984	905	2,4
8104601	unspecified salted meat	2	cooked	4510	4216	3,2
8104601	unspecified salted meat	3	grilled or barbecue	4497	4216	3,2
8104601	unspecified salted meat	4	roasted	4532	4216	3,2
8104601	unspecified salted meat	5	fried	4296	4027	3,2
8104601	unspecified salted meat	7	braised	4293	4027	3,2
8104601	unspecified salted meat	8	red sauce	3646	3397	2,8
8104601	unspecified salted meat	99	does not apply	4497	4216	3,2
8104904	breaded mini chicken fillet	2	cooked	541	1600	6,5
8104904	breaded mini chicken fillet	3	grilled or barbecue	528	1600	6,5
8104904	breaded mini chicken fillet	4	roasted	561	1600	6,5
8104904	breaded mini chicken fillet	5	fried	523	1541	6,4
8104904	breaded mini chicken fillet	6	breaded	496	1363	5,8
8105001	light mortadella	99	does not apply	353	1280	5,2
8105201	light sausage (retail)	5	fried	357	1237	5,1
8105401	light salami	99	does not apply	353	1280	5,2
8105501	light blanquet de peru (cooked turkey breast)	99	does not apply	423	1280	5,2
8105701	light unspecified hamburger patty	99	does not apply	2071	1829	7,4
<b>non-alcoholic drinks and infusions</b>						
8200101	traditional cola	99	does not apply	69	45	0,2
8200102	traditional coke	99	does not apply	38	45	0,2

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Cod_POF	Foods and culinary preparations descriptions	Code	Preparation description	CF	WF	EF
8200202	traditional orange fanta	99	does not apply	45	45	0,2
8200208	traditional sukita (orange soda)	99	does not apply	45	45	0,2
8200301	traditional guaraná soda	99	does not apply	45	45	0,2
8200302	traditional guaraná	99	does not apply	45	45	0,2
8200407	traditional sprite	99	does not apply	33	45	0,2
8200505	traditional grape fanta	99	does not apply	45	45	0,2
8200701	light cola	99	does not apply	27	45	0,2
8200702	light coke	99	does not apply	27	45	0,2
8200801	diet cola	99	does not apply	27	45	0,2
8200902	traditional minuano (Brazilian soda)	99	does not apply	45	45	0,2
8201104	traditional mate (iced tea)	99	does not apply	36	740	4,7
8201202	traditional bidu (Brazilian soda)	99	does not apply	45	45	0,2
8201502	light orange fanta	99	does not apply	45	45	0,2
8201601	light guarana soda	99	does not apply	45	45	0,2
8201602	light guarana	99	does not apply	45	45	0,2
8201802	traditional tubaína (tutti-frutti soda)	99	does not apply	45	45	0,2
8201902	light tubaína (tutti-frutti soda)	99	does not apply	45	45	0,2
8202001	sugarcane juice	99	does not apply	94	68	0,7
8202002	garapa (sugarcane juice)	99	does not apply	94	68	0,7
8202101	coconut water	99	does not apply	94	207	0,7
8202402	q-suco (powdered drink mix)	99	does not apply	16	51	1,9
8202403	q-refresko (powdered drink mix)	99	does not apply	16	51	1,9
8202602	nescafé (instant coffee)	99	does not apply	0	2	0,0
8202803	yerba mate	99	does not apply	3	2	0,0
8202804	chimarrão (hot mate infused drink)	99	does not apply	3	2	0,0
8202805	tererê (cold mate infused drink)	99	does not apply	3	2	0,0
8203401	brewer's yeast	99	does not apply	17	382	2,4
8203501	unspecified soda	99	does not apply	90	45	0,2
8203603	barley powder	99	does not apply	0	0	0,0
8204503	chocomilk (chocolate milk)	99	does not apply	79	152	5,8
8204902	traditional tonic water	99	does not apply	45	45	0,2
8205201	diet tea (black, camomile, lemon balm etc.)	99	does not apply	33	740	4,7
8205402	traditional paraguai soda (Brazilian soda)	99	does not apply	45	45	0,2
8205803	gatorade	99	does not apply	48	152	5,8
8205901	energy drink	99	does not apply	48	152	5,8
8206301	tea (black, camomile, lemon balm etc.)	99	does not apply	3	2	0,0
8206402	cappuccino (instant coffee)	99	does not apply	19	122	0,7
8207401	diet guarana soda	99	does not apply	45	45	0,2
8207402	diet guarana	99	does not apply	45	45	0,2
8207601	diet lemon soda	99	does not apply	26	45	0,2
8207705	light grape fanta	99	does not apply	45	45	0,2

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<b>Cod_POF</b>	<b>Foods and culinary preparations descriptions</b>	<b>Code</b>	<b>Preparation description</b>	<b>CF</b>	<b>WF</b>	<b>EF</b>
8208104	light mate (iced tea)	99	does not apply	45	45	0,2
8209002	light tonic water	99	does not apply	45	45	0,2
8209102	light paraguai soda (Brazilian soda)	99	does not apply	45	45	0,2
8211002	light q-suco (powdered drink mix)	99	does not apply	16	51	1,9
8211003	light q-refresko (powdered drink mix)	99	does not apply	16	51	1,9
8211102	diet q-suco (powdered drink mix)	99	does not apply	2	7	0,3
8212401	light cappuccino (instant coffee)	99	does not apply	19	122	0,7
8212501	diet cappuccino (instant coffee)	99	does not apply	19	122	0,7
8212902	diet tonic water	99	does not apply	45	45	0,2
8212906	dietary quinine soda	99	does not apply	45	45	0,2
8213003	organic mate tea	99	does not apply	3	2	0,0
8213004	organic chimarrão (hot mate infused drink)	99	does not apply	3	2	0,0
8213601	chlorophyll juice	99	does not apply	94	68	0,7
8273902	coffee with flour	99	does not apply	36	278	1,3
<b>alcoholic drinks</b>						
8300101	beer (alcoholic or non-alcoholic)	99	does not apply	125	45	0,5
8300201	draft beer	99	does not apply	125	45	0,5
8300301	aguardente (Brazilian high alcohol content beverage)	99	does not apply	530	50	4,1
8300302	cachaça (Brazilian distilled spirit)	99	does not apply	530	50	4,1
8300501	any flavoured batida (Brazilian cocktail)	99	does not apply	530	50	4,1
8300701	rum	99	does not apply	530	50	4,1
8300801	vodka	99	does not apply	530	50	4,1
8301001	whiskey	99	does not apply	300	50	4,1
8301002	whiskey	99	does not apply	300	50	4,1
8301201	champagne	99	does not apply	220	50	1,6
8301202	cider champagne	99	does not apply	140	50	2,2
8301501	martini	99	does not apply	530	50	4,1
8301601	cognac	99	does not apply	759	50	4,1
8301701	drink dreher (cognac)	99	does not apply	530	50	4,1
8301901	liquor (any flavour)	99	does not apply	530	50	4,1
8302409	cajuína (cashew apples drink)	99	does not apply	530	50	4,1
8302415	wine	99	does not apply	220	41	1,6
8302416	catuaba (bark infusion drink)	99	does not apply	530	50	4,1
8302901	fruit cocktail	99	does not apply	530	50	4,1
8303101	caipirinha (Brazilian cocktail)	99	does not apply	530	50	4,1
8303501	alcoholic beverage	99	does not apply	300	79	2,2
8303615	organic wine	99	does not apply	220	41	1,6
8304301	light beer (alcoholic or non-alcoholic)	99	does not apply	125	45	0,5
8304502	caxiri (manioc brandy)	99	does not apply	530	50	4,1
<b>oils and fats</b>						
8400101	olive oil	99	does not apply	294	736	7,5

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<b>Cod_POF</b>	<b>Foods and culinary preparations descriptions</b>	<b>Code</b>	<b>Preparation description</b>	<b>CF</b>	<b>WF</b>	<b>EF</b>
8400301	soy oil	99	does not apply	169	429	3,8
8401801	lard	99	does not apply	257	440	6,0
8403001	tallow	99	does not apply	257	706	6,0
8403201	unspecified oil	99	does not apply	187	782	3,8
8403501	palm oil	99	does not apply	253	552	6,0
	<b>miscellaneous</b>					
8500201	puffed snack	99	does not apply	180	127	0,9
8500202	pastel (Brazilian fried dough with cheese, beef etc.)	99	does not apply	953	173	1,1
8500203	croquette	99	does not apply	953	173	1,1
8500205	coxinha (Brazilian chicken croquette)	99	does not apply	360	173	1,1
8500206	Brazilian pot pie (cheese, beef, shrimp etc.)	99	does not apply	953	173	1,1
8500207	rissole (croquette with cheese, beef, shrimp etc.)	99	does not apply	953	173	1,1
8500209	acarajé (fried black-eyed peas dough)	99	does not apply	180	127	0,9
8500210	torresmo (pork crackling)	99	does not apply	1039	736	1,9
8500211	kibbeh	99	does not apply	1450	1280	5,2
8500212	abara (black-eyed peas dumpling)	99	does not apply	1187	111	11,9
8500213	paçoca de carne de sol (shredded jerked beef)	99	does not apply	788	724	1,9
8500215	fried polenta	99	does not apply	76	192	1,0
8500217	corn polenta	99	does not apply	49	97	0,6
8500218	polenta	99	does not apply	76	192	1,0
8500222	sfiha	99	does not apply	953	173	1,1
8500223	beef sfiha	99	does not apply	953	173	1,1
8500224	cheese sfiha	99	does not apply	953	173	1,1
8500225	ricotta sfiha	99	does not apply	953	173	1,1
8500226	chicken sfiha	99	does not apply	953	173	1,1
8500227	enroladinho (stuffed baked dough)	99	does not apply	953	173	1,1
8500228	fried cassava balls	99	does not apply	150	227	1,2
8500232	fried codfish balls	99	does not apply	229	98	10,1
8500302	hot dog	99	does not apply	900	1280	5,2
8500303	hamburger (sandwich)	99	does not apply	900	1280	5,2
8500304	cheeseburger	99	does not apply	900	1280	5,2
8500305	egg burger	99	does not apply	900	1280	5,2
8500307	bauru (Brazilian roast beef sandwich)	99	does not apply	900	1280	5,2
8500308	americano (ham, cheese, salad and egg sandwich)	99	does not apply	900	1280	5,2
8500313	ham and cheese sandwich (grilled or cold)	99	does not apply	180	127	0,9
8500315	queijo prato (Brazilian soft cheese) sandwich	99	does not apply	180	127	0,9
8500316	salami sandwich	99	does not apply	180	127	0,9
8500317	ham sandwich	99	does not apply	180	127	0,9
8500318	queijo prato (soft cheese) and ham sandwich	99	does not apply	180	127	0,9
8500319	mortadella sandwich	99	does not apply	180	127	0,9
8500320	minas cheese sandwich	99	does not apply	180	127	0,9

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<b>Cod_POF</b>	<b>Foods and culinary preparations descriptions</b>	<b>Code</b>	<b>Preparation description</b>	<b>CF</b>	<b>WF</b>	<b>EF</b>
8500321	cheese egg (hamburger, cheese and eggs sandwich)	99	does not apply	900	1280	5,2
8500322	cheese tudo (hamburger sandwich with toppings)	99	does not apply	900	1280	5,2
8500323	cold sandwich	99	does not apply	44	152	0,9
8500401	juice	99	does not apply	22	17	0,4
8500402	pineapple juice	99	does not apply	31	27	0,2
8500403	acerola juice	99	does not apply	31	23	0,2
8500404	beetroot juice	99	does not apply	31	23	0,2
8500405	cupuaçu juice	99	does not apply	31	23	0,2
8500406	guava juice	99	does not apply	16	51	1,9
8500407	orange juice	99	does not apply	26	24	0,2
8500408	orange and banana juice	99	does not apply	49	48	0,3
8500409	orange and beetroot juice	99	does not apply	24	40	0,2
8500410	orange and carrot juice	99	does not apply	27	38	0,2
8500411	orange, carrot and beetroot juice	99	does not apply	25	46	0,2
8500412	papaya juice	99	does not apply	31	23	0,2
8500413	mango juice	99	does not apply	16	51	1,9
8500414	passion fruit juice	99	does not apply	31	23	0,2
8500415	melon juice	99	does not apply	31	23	0,2
8500416	strawberry juice	99	does not apply	31	23	0,2
8500417	peach juice	99	does not apply	16	51	1,9
8500418	peaches in syrup juice	99	does not apply	16	51	1,9
8500501	smoothie	99	does not apply	123	132	0,7
8500503	banana smoothie	99	does not apply	123	132	0,7
8500504	banana oatmeal smoothie	99	does not apply	116	139	0,7
8500505	papaya smoothie	99	does not apply	124	102	0,7
8500506	avocado smoothie	99	does not apply	99	132	0,8
8500507	strawberry smoothie	99	does not apply	103	109	0,6
8500508	mixed fruit smoothie	99	does not apply	123	132	0,7
8500509	apple smoothie	99	does not apply	93	98	0,6
8500601	powdered drink mix	99	does not apply	48	152	5,8
8500602	cashew powdered drink mix	99	does not apply	48	152	5,8
8500603	red currant powdered drink mix	99	does not apply	48	152	5,8
8500604	orange powdered drink mix	99	does not apply	48	152	5,8
8500605	passion fruit powdered drink mix	99	does not apply	48	152	5,8
8500606	lemon powdered drink mix	99	does not apply	48	152	5,8
8500801	cooked salad or vegetable, except fruit	99	does not apply	81	240	1,1
8500802	mayonnaise salad	99	does not apply	125	120	1,1
8500903	pizza	99	does not apply	440	127	0,9
8500904	lasagna	99	does not apply	2155	1365	8,4
8500905	gnocchi	99	does not apply	69	107	0,6
8500906	cannelloni	99	does not apply	150	173	1,1

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<b>Cod_POF</b>	<b>Foods and culinary preparations descriptions</b>	<b>Code</b>	<b>Preparation description</b>	<b>CF</b>	<b>WF</b>	<b>EF</b>
8500907	capeletti	99	does not apply	1895	1303	8,2
8500909	ravioli	99	does not apply	150	173	1,1
8500910	calzone	99	does not apply	150	173	1,1
8500913	pancake	99	does not apply	1969	1379	8,7
8500914	calabresa (spicy sausage) pizza	99	does not apply	570	127	0,9
8500915	mozzarella pizza	99	does not apply	400	160	0,9
8500916	ham pizza	99	does not apply	420	127	0,9
8500917	portuguese (ham, cheese, egg and onion) pizza	99	does not apply	180	127	0,9
8500919	pasta	99	does not apply	488	337	2,1
8501004	poussin	99	does not apply	337	447	2,7
8501104	rib	99	does not apply	4661	3141	19,5
8501202	sweet or salty popcorn	99	does not apply	56	125	0,3
8501302	coffee	99	does not apply	36	1226	5,2
8501303	espresso coffee	99	does not apply	33	1226	5,2
8501304	coffee with milk	99	does not apply	128	298	1,5
8501305	cappuccino coffee	99	does not apply	94	611	3,4
8501402	boiled corn	99	does not apply	94	240	1,1
8501502	French fries	99	does not apply	180	127	0,9
8501503	shoestring potato	99	does not apply	220	127	0,9
8501902	mungunzá (Brazilian hominy pudding)	99	does not apply	154	149	0,9
8501903	canjica (Brazilian hominy pudding)	99	does not apply	154	149	0,9
8501904	curau (sweet corn pudding)	99	does not apply	187	275	1,5
8502201	farofa (seasoned and toasted manioc flour)	99	does not apply	74	199	1,2
8502301	porridge (cornmeal, oatmeal, flour etc.)	99	does not apply	139	153	0,9
8502401	tacacá (dried shrimp soup)	99	does not apply	180	127	0,9
8502501	coconut muffin	99	does not apply	205	169	1,1
8502701	risotto	99	does not apply	234	224	1,5
8502801	vatapá (shrimp creamy paste)	99	does not apply	1772	378	17,8
8502901	ready-to-eat farofa (toasted manioc flour)	99	does not apply	200	165	1,0
8503202	beef broth	99	does not apply	280	611	3,4
8503203	bean soup	99	does not apply	55	104	0,4
8503204	mocotó (cow foot) soup	99	does not apply	1110	170	8,7
8503501	baião de dois (seasoned rice and beans)	99	does not apply	1587	1485	1,4
8503801	barbecue	99	does not apply	4215	2825	17,5
8504201	sushi	99	does not apply	350	1280	5,2
8504401	fruit salad	99	does not apply	72	120	0,3
8504501	soup (vegetables, beef etc.)	99	does not apply	240	315	1,9
8504801	salpicão (chicken, mayonnaise and vegetable salad)	99	does not apply	376	423	3,1
8505201	cabbage roll	99	does not apply	1423	958	6,0
8505401	rice pilaf	99	does not apply	112	78	0,5
8505501	arrumadinho (cassava, cassava flour, vinaigrette and cowpeas)	99	does not apply	712	629	2,1

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<b>Cod_POF</b>	<b>Foods and culinary preparations descriptions</b>	<b>Code</b>	<b>Preparation description</b>	<b>CF</b>	<b>WF</b>	<b>EF</b>
8505601	bobo de camarão (shrimp and manioc purée)	99	does not apply	2895	61	29,1
8505701	caruru (okra, shrimp, palm oil and toasted nuts)	99	does not apply	1498	674	14,8
8505801	cuscuз paulista (cornmeal couscous)	99	does not apply	173	608	2,3
8505901	pot pie (cheese, chicken, shrimp, heart of palm etc.)	99	does not apply	953	173	1,1
8506001	banana farofa (seasoned and toasted manioc flour)	99	does not apply	96	200	1,2
8506101	feijão tropeiro (beans, cassava flour, sausage, eggs)	99	does not apply	693	629	2,1
8506201	chicken with rice	99	does not apply	238	247	1,6
8506301	galinhada (stew of rice and chicken)	99	does not apply	238	247	1,6
8506401	moqueca baiana (fish stew)	99	does not apply	416	54	19,3
8506501	omelette	99	does not apply	371	330	2,5
8506601	pirão (cassava flour purée)	99	does not apply	387	58	11,3
8506701	quiubebe (winter squash purée)	99	does not apply	44	107	0,4
8506801	quiche	99	does not apply	953	173	1,1
8506901	soufflé	99	does not apply	147	167	1,1
8507001	tutu (beans and cassava/corn flour)	99	does not apply	35	102	0,3
8507101	moqueca capixaba (fish stew)	99	does not apply	418	64	19,4
8507201	maniçoba (manioc leaves and pork)	99	does not apply	1577	1253	3,9
8507301	caldo verde (Brazilian green soup)	99	does not apply	378	363	1,5
8507401	arroz de cuxá (roselle, dried shrimp and rice)	99	does not apply	94	85	0,5
8507501	angu à baiana (ground beef and polenta dish)	99	does not apply	845	462	4,6
8507601	chocolate	99	does not apply	233	2643	4,6
8507701	eggnog	99	does not apply	258	238	1,6
8507801	açai with granola	99	does not apply	206	110	0,5
8507901	organic juice	99	does not apply	31	23	0,2
8507902	organic pineapple juice	99	does not apply	31	23	0,2
8507903	organic acerola juice	99	does not apply	31	23	0,2
8507906	organic guava juice	99	does not apply	16	51	1,9
8507907	organic orange juice	99	does not apply	31	23	0,2
8507911	organic orange, carrot and beetroot juice	99	does not apply	31	23	0,2
8507913	organic mango juice	99	does not apply	16	51	1,9
8507914	organic passion fruit juice	99	does not apply	31	23	0,2
8507916	organic strawberry juice	99	does not apply	31	23	0,2
8507917	organic peach juice	99	does not apply	16	51	1,9
8507918	organic peaches in syrup juice	99	does not apply	16	51	1,9
8508003	light ready-to-eat pizza	99	does not apply	180	127	0,9
8508004	light ready-to-eat lasagna	99	does not apply	1150	173	1,1
8508012	light ready-to-eat pasta	2	cooked	965	173	1,1
8508017	light portuguese pizza	99	does not apply	180	127	0,9
8508101	ready-to-eat farofa (toasted cassava flour) package	99	does not apply	200	165	1,0
8508301	vaca atolada (beef ribs and manioc dish)	99	does not apply	2728	1860	11,6
8508401	other boiled vegetables	99	does not apply	52	85	0,3

**Continue**

**Table of footprints - continuation**

<b>Cod_POF</b>	<b>Foods and culinary preparations descriptions</b>	<b>Code</b>	<b>Preparation description</b>	<b>CF</b>	<b>WF</b>	<b>EF</b>
8508403	other boiled vegetables	99	does not apply	52	85	0,3
8509801	breakfast	99	does not apply	128	298	1,5
8570101	Brazilian meal	99	does not apply	1572	1060	6,5
8570102	NE (Northeast) meal	99	does not apply	1553	1063	6,5
8570103	N (North) meal	99	does not apply	1559	1078	6,6
8570104	SE (Southeast) meal	99	does not apply	1564	1046	6,4
8570105	S (South) meal	99	does not apply	1572	1060	6,5
8570106	CO (Center-West) meal	99	does not apply	1564	1046	6,4
8570107	rice and beans	99	does not apply	101	89	0,5
8570328	bread with butter	99	does not apply	82	199	1,1
8570329	bread with margarine	99	does not apply	60	184	0,8
8570330	bread with egg	99	does not apply	213	268	1,5
8571110	beef with potato, yam, "baroness potato" or cassava	99	does not apply	2050	1406	8,7
8571111	beef with vegetables (except potato, yam and cassava)	99	does not apply	2039	1406	8,6
8571112	chicken with potato, "baroness potato" or cassava	99	does not apply	281	375	2,2
8571113	chicken with vegetables (except potato, yam and cassava)	99	does not apply	270	375	2,1
8578404	squash with okra	99	does not apply	56	111	0,4
8579002	arroz carreteiro (rice with salted meat)	99	does not apply	1595	1460	1,5
8579003	maria izabel (rice with salted meat)	99	does not apply	1595	1460	1,5
8579004	sweet rice pudding	99	does not apply	124	97	0,6
8579005	rice with cassava	99	does not apply	96	75	0,6
8579006	rice with eggs	99	does not apply	200	153	1,1
8800109	palma (edible species of cactus)	99	does not apply	34	80	0,2

