

Table of average foods and their contributors Anses-Ciqua 2025

Documentation

The Ciqua table is published by the Food Observatory unit of the French Agency for Food, Environmental and Occupational Health & Safety (ANSES). This table provides information on the nutritional composition of the most commonly consumed foods in France, including certain foods referred to as 'average', such as 'cheese', 'cooked meat', 'fruit' and 'cooked vegetables', without further details.

It is freely available in Excel format.

The average food table lists these 191 specific foods and their contributors. It therefore provides documentation and traceability information that explains how the nutritional composition of the average foods in the Ciqua table is determined.

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1. REUSE OF DATA FROM THE CIQUAL FRENCH TABLE OF AVERAGE FOODS AND THEIR CONTRIBUTORS 2025

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2. WHAT IS AN 'AVERAGE FOOD'?

The Ciqua nutritional composition table includes some foods whose names end with the mention '(average)'. Examples are 'Cheese (average)', 'Meat, cooked (average)', 'Fruit, raw (average)' and 'Vegetables, cooked (average)' without further details.

Average foods were mainly created to determine the nutritional composition of foods cited in national individual food consumption studies (formerly INCA studies, then the Albane study), where the accuracy of their description was limited. Therefore, not all average foods required by other users of the Ciqua table are necessarily included.

Contributing foods are the more specific foods in the Ciqual table that relate to these average foods. For example, 'Salty snacks, crackers (average)' is an average of different aperitif biscuits, weighted by their respective percentages, as shown in Table 1.

Table 1 – The average food item 'Salty snacks, crackers (average)', its contributing foods and their percentage (extract from the Ciqual French table of average foods and their contributors 2025)

Code of the average food (alim_moy_code)	Name of the average food (alim_moy_name)	Code of the contributing food (alim_contrib_code)	Name of the contributing food (alim_contrib_name)	Percentage of the contributing food (percentage)
38399	Salty snacks, crackers (average)	38402	Salty snacks, crackers, made from wheat, plain or flavoured	67,33
38399	Salty snacks, crackers (average)	38107	Salty snacks, crackers, mini pretzels or sticks	13,39
38399	Salty snacks, crackers (average)	38407	Salty snacks, crackers, puff pastry, without cheese	8,63
38399	Salty snacks, crackers (average)	38405	Salty snacks, crackers, made from potato	6,21
38399	Salty snacks, crackers (average)	38403	Salty snacks, crackers, made from wheat, plain, reduced fat	2,48
38399	Salty snacks, crackers (average)	38410	Salty snacks, crackers, puff pastry, with cheese	1,79

Code of the average food (alim_moy_code)	Name of the average food (alim_moy_name)	Code of the contributing food (alim_contrib_code)	Name of the contributing food (alim_contrib_name)	Percentage of the contributing food (percentage)
38399	Salty snacks, crackers (average)	38109	Salty snack, filled, prepacked	0,16

For health professionals and epidemiologists, average foods can be useful for simulating a food ration or estimating nutritional intakes. They can also be used for other purposes, such as assessing environmental impact.

It is up to users to carefully study this table and take into account its limitations in order to assess its relevance for uses other than those initially intended.

3. HOW IS THE NUTRITIONAL COMPOSITION OF AVERAGE FOODS CALCULATED?

Each average food item is associated with contributing foods and their respective contribution percentages. In the vast majority of cases, this percentage is linked to the level of consumption of the contributing food in the INCA3 study, more precisely to the average quantity consumed (g/day) in the general population (including all adults and children). In the absence of consumption data, the percentages of each contributor are equal: for example, 'tomato juice, pure juice (average food)' consists, in this table, of 50% tomato juice with 3 g/L salt and 50% tomato juice with 6 g/L salt.

On this basis, Ciqua produced the table of average foods and their contributors as follows:

- The nutritional composition data from the Anses-Ciqua 2025 table were first associated with the contributing foods.
- Then, for each average food and each constituent, if the Ciqua table provides a content for its contributing foods, the percentages associated with these contributing foods were added together.
- If this sum reached at least 60%, a nutritional composition was calculated for the average food and the constituent in question (by weighting the contents by the contribution percentages). The nutritional composition calculated in this way is published in the Ciqua 2025 table.

- If this sum does not reach 60%, no nutritional composition is published by Ciqual in the Ciqual 2025 table for the average food and the constituent in question.

4. DESCRIPTION OF THE TABLE OF AVERAGE FOODS CIQUAL 2025_2025_11_03

The Excel file Table of average foods Ciqual 2025_2025_11_03.xlsx includes 191 average foods, listing their contributing foods and respective contribution percentages (1988 lines in total).

Table 2 – List of columns in the Table of average foods Ciqual 2025_2025_11_03.xlsx

Libellé	Contenu	Format	Exemple
alim_moy_code	Code of the average food, identical to the food code (alim_code) in the Ciqual Table files	number	38399
alim_moy_name	Name of the average food	text	Salty snacks, crackers (average)
alim_contrib_code	Code of the contributing food, identical to the food code (alim_code) in the Ciqual Table files	number	38402
alim_contrib_name	Name of the contributing food	text	Salty snacks, crackers, made from wheat, plain or flavoured
percentage	Pourcentage de l'aliment contributeur à l'aliment moyen	number	41,4