

Faroese Food Composition Tables

The Food, Veterinary and Environmental Agency
1995

Marita Poulsen: Faroese Food Composition Tables
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1. Preface

A food composition table is the basis for all food descriptions. Similar major works have been published, especially in recent years, in our neighbouring countries. These works have only been partially built on their own research results. It would have been too time consuming and too expensive if every country had to undertake all the research themselves. Neighbouring countries have therefore contributed, in varying degree, parts of the numerical information.

Cooperation in creating food composition tables has also significantly improved in recent years. An example of this is the establishment of Norfood, a project group under the Nordic Council of Ministers, which among other things works with food composition tables and data banks. Eurofood, a European cooperation and Innfood, an international organisation under The United Nations University in Tokyo are similar organizations.

Faroese can today buy and utilise all the food products that are sold in Western Europe. To find out something about the nutritional value in this food, check recognised food composition tables such as: McCane and Widdowson's: The

Composition of Foods (1991); Anders Møller: Levnedsmiddel-tabeller (1989) or Ólafur Reykdal: Íslenskar Næringarefna-tøflur (1989), to name just a few works.

One cannot find much concerning uniquely Faroese food products such as matured and dried fish or lamb. Some years ago, in order to remedy this, research was carried out on such food products and the results of the research are in this collection. This collection is far from complete, but hopefully it is a beginning of a substantial food data bank for the more or less uniquely Faroese food products. In connection with the publication of these researches, it should be mentioned that they have been financed by West Nordic cooperation.

I would like to thank the following for their good advice and guidance: Anders Møller, The National Food Agency, Copenhagen, Ólafur Reykdal, Agricultural Research Institute, Reykjavík, Lena Bergstrøm, National Food Administration, Stockholm, Mariann Paturson, The Faroese Central Hospital, Tórshavn, Óluva Niclasen, the Food, Environmental and Veterinary Agency, Thomas Arabo, secretary of the West Nordic Cooperation and Lis Hammer, West Nordic Cooperation.

I would also like to thank Harriet Rasmussen, Jónu Joensen and Gunnvá Heinesen in addition to the other staff of the chemical research laboratory of the Food, Environmental and Veterinary Agency for good research work.

2. The tables in general

Food composition tables list the amounts of nutrients in more than 100 of the more or less uniquely Faroese food products. The tables can be used as a manual, e.g. to find out how much fat there is in a skinned fulmar, or they can be used to plan a diet combination. The nutrients can therefore be compared to current recommendations.

A short explanation of the figures is written before the actual tables and how they can be used. There is also an example of how the energy share is calculated for particular food products.

2.1 Research

The values for energy, protein total fat, saturated fat, polyunsaturated fat, carbohydrate, cholesterol and water are listed in the tables. In addition there are results, in some cases, for minerals like, sodium, potassium, calcium, iron, zinc and

selenium, and of the vitamins A, B1, B2, D vitamin and niacin.

2.2 Mean values

The figures in the table are mean values for a certain number of checks, and there are large variations in the various food products, therefore the figures should be used as guidelines and not as definitive values. When evaluating the figures it is also necessary to take into consideration the changes in the nutritive values, which are dependent on conditions such as the time of year, storage and processing.

Often when food has been heated some vitamins and /or minerals are destroyed.

The reader must take into account this loss, because, as already mentioned, the tables often show the figures for the raw materials. Heat treatment particularly affects the amounts of B and C vitamins.

The table on the next page shows the loss of nutrients when food has been treated with heat:

% loss of nutrients			
Nutrients	Boiling	Roasting	Baking
A-vitamin	5-15	10-50	5-20
B1-vitamin	0-60	0-40	0-40
B2-vitamin	0-40	0-40	0-40
Niacin	0-50	0-40	0-40
C-vitamin	0-70	0-70	0-70
Minerals	5	0	0

2.3 The part examined

The research is based on the part of the product that is edible, i.e. fish without entrails, bones and skin.

Many of the researched food products are affected by the season in which the product was supplied; i.e. there is a big difference in whale meat according to whether the whale hunt occurred in the summer or winter. It has not been possible in this part of the research to get figures for both summer and winter, but attempts have been made to give as much information as possible about when the products were supplied.

2.4 Numbers and units

All research results are stipulated in 100 g of the edible parts. The units gram, milligram or microgram are chosen as they correspond to the units in foreign food composition tables.

2.5 Table classification

The tables are set up with the food products divided into the following groups:

- FISH AND FISH PRODUCTS
- MEAT AND MEAT PRODUCTS
- BIRDS
- WHALE MEAT
- BREAD, CEREALS AND GRAIN
- MILK / CHEESE / EGG
- FRUIT AND VEGETABLES

On the left side is the name of the food, energy in kilojoules, protein, total fat, saturated and polyunsaturated fat, carbohydrate, cholesterol, water and the authority responsible for each analysis. On the right side is the name of the food again, then the vitamins A, D, B1, B2, niacin and vitamin C, and the minerals sodium, potassium, calcium, iron, zinc, selenium, and the authority responsible for this analysis. If we have various

processed foods, the fresh product is listed first then the matured and finally the dried product.

Most of the food products are analysed at the Food, Environmental and Veterinary Agency, but as such analyses are very time consuming and expensive we have, where possible taken values from other places, particularly from Iceland, but also from Denmark. The authorities for the researches are set up as follows:

1. Analyses made by the Food, Environmental and Veterinary Agency
2. Analyses for the Food, Environmental and Veterinary Agency made by the Danish research laboratory.
3. Results from the Icelandic table: »Íslenskar Næringarefnaþölur 1988 – Ólafur Reykdal tók saman.« (Icelandic Nutrition tables 1988–collected by Ólafur Reykdal)
4. Results from the Danish tables: »Levnedsmiddeltabeller 1989 – samlet og udarbejdet af Anders Møller.« (Food composition tables 1989 - collected and expanded by Anders Møller).
5. Results from the English tables: »The Composition of Food – Fifth Edition – McCane and Widdowson's.«
6. Results from Peder Helms' Greenlandic Tables.

7. Calculation and evaluation of certain figures.

8. Results from the Swedish table: »Livsmedelstabel, energi og næringsemne 1993, Statens Livsmedelsverk.« (Food Composition table, energy and nutrients 1993, The National Food Administration)

9. The result of analyses of Faroese food made by other research laboratories, e.g. Natural Science department and the Dairy company.

Each value is based on 5 and 20 analyses of each food product, for every single nutrient. The analyses made at the Food, Environmental and Veterinary Agency can always provide, if there is an interest, individual results and deviations in them.

For food that can be combined in various ways, for example knettir (large fish balls containing lamb's tallow), fish cakes, and black pudding, comments are made at the end of the book about where the products were supplied from or processed. This is the most accurate we could make it as these types of combined foods are so varied and it would require a greater undertaking if every single process were to be analysed. When a food product is analysed, this can be carried out in various ways. It is not possible to find identical

analytical methods for all types of food and accuracy is not the same if different analytical methods are used. However researchers of food products are in agreement about which analytical methods are the most reliable and thereby the best to use. The food products that the Food, Environmental and Veterinary Agency have analysed, are analysed according to these analytical methods.

2.6 Energy

Energy is calculated in kilojoules kJ, by the amounts of protein, fat and carbohydrate. 1 kJ is the same as 0.239 kcal and 1 kcal the same as 4.184 kJ. When the energy is calculated this is, according to Codex Alimentarius Commission Guidelines, as follows:

17 kJ per gram protein
38 kJ per gram fat
17 kJ per gram carbohydrate.

The figures for energy are rounded off according to certain rules. To convert the energy that is in the tables to kcal, multiply the figure by 0.239.

2.7 Energy share

The share of energy is calculated from the amounts of protein, fat and carbohydrate.

In food products the composition can be given in both weight percentage and energy percentage, e.g. 100 grams of fresh winter whale meat contain:

- 24.6 g protein
- 3.3 g fat
- 0.18 g carbohydrate

This gives a total of 28.08 g of energy source nutrients. The rest (71.92 g) is water, together with small amounts of vitamins and minerals. This is shown in the diagram on page 8.

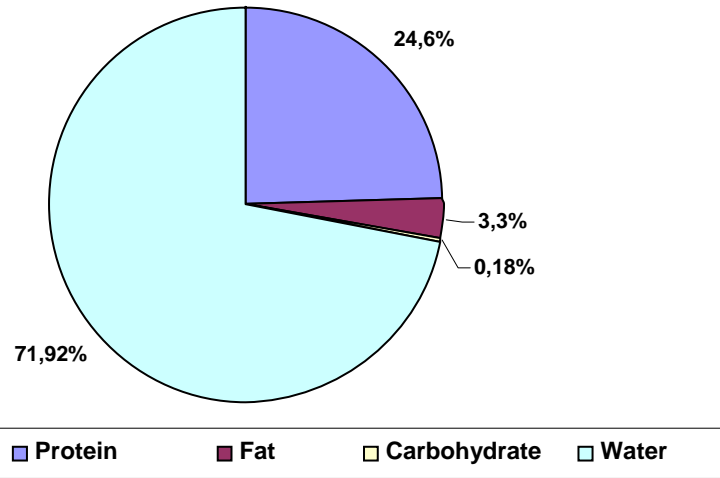


Diagram showing the composition of weight.

However it is more interesting to calculate the share of energy and this is calculated by comparing the percentage of nutrients to the total amount of energy.

Energy in kilojoules per 100 grams:

Protein	24.6 g x 17 kJ/g	418.2 kJ
	=	
Fat	3.3 g x 38 kJ/g =	125.4 kJ
Carbohydrate	0.18 g x 17 kJ/g	3.1 kJ
	=	
Total		546.7 kJ

Corresponding energy share:

Energy from protein	$418.2/546.7 \times 100 = 76 \%$
Energy from fat	$125.4/546.7 \times 100 = 23 \%$
Energy from carbohydrate	$3.1/546.7 \times 100 = 1 \%$

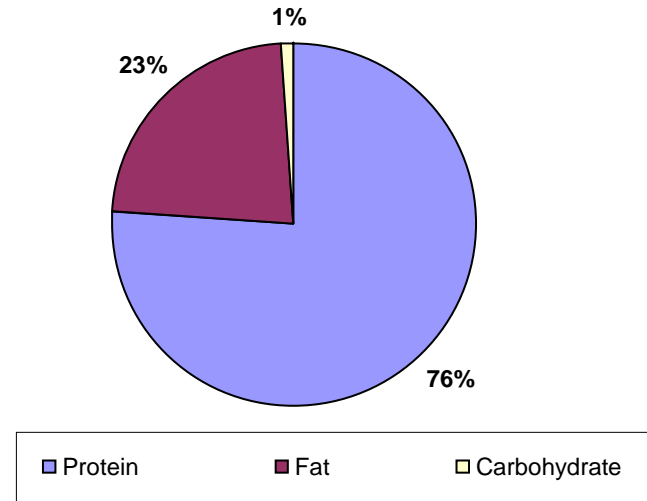


Diagram showing the composition of energy

When we compare the amount of nutrients in % in the products (here fresh winter whale) with % share of energy, a clear difference can be seen. This stems from among other things that:

- A large part of the total food product is water, which doesn't give any energy.
- 1 gram of fat gives twice as much energy as 1 gram of carbohydrate or 1 gram of protein. Therefore only a small amount of fat gives a large part of the energy.

In addition it can be seen that the water content in the food product largely affects the amount of energy. For example large changes in energy can be seen when fresh raw cod is dried:

	Fresh cod raw	Dried cod
Energy (kJ/100 g)	319	1416
Energy (kcal/100 g)	76	338
Protein (g/100 g)	18.3	81.7
Fat (g/100 g)	0.21	0.71
Carbohydrate (g/100g)	0	0
Water (g/100 g)	81.7	13.3

2.8 Protein

The amount of protein is usually calculated by multiplying the total amount of nitrogen by the protein factor. In most food products this factor is 6.25, but the figure depends on the composition of

the proteins. The amount of protein is given as g/100 g.

2.9 Fat

Fat in these tables is the amount of fatty substances that can be extracted from the food products with ether over a certain period (Soxtec). The amount is given as g/100 g of food product. In addition the fat is analysed by gas chromatography in order to find the proportion between saturated and polyunsaturated fatty acids. The total amount of fatty acids is calculated from the total fat with the fatty acids factors (0,6-0,9), which is individual for certain food products. The Food, Environmental and Veterinary Agency did not have the possibility of analysing the composition of fatty acids, so the values are taken from the Icelandic and Danish tables.

2.10 Carbohydrate

Usually the total amount of carbohydrate is calculated as follows:

$$\text{carbohydrate} = \text{dry matter} - (\text{protein} + \text{fat} + \text{ashes})$$

However a certain error can occur as the analytical uncertainties for the analyses of the dry matter, proteins, fat and ash can influence the value for

the total amount of carbohydrate. The value for carbohydrate is given in g/100 g of the food products.

2.11 Water

The values for water are included, as they are used in the calculation of the carbohydrate, and because they can be of public interest.

All changes in the content of water when the food is transported and stored result in changes in the proportion between the substances.

2.12 Cholesterol

For pure meat products there is a direct connection between the amounts of protein, fat and cholesterol; therefore the amount of cholesterol can be calculated according to this formula (Levnedsmiddeltabeller-Levnedsmiddelstyrelsen):
 $\text{Cholesterol (mg/100g)} = \text{protein (mg/100g)} \times X + \text{fat (mg/100g)}$ where the number X for the various types of meat is:

Pork = 2.65

Beef = 2.6

Lamb = 3.25

Food products made from plants do not naturally contain cholesterol.

2.13 Comments

It must be noted that the combining of protein, fat, carbohydrate, water and ash does not always total 100%. This is caused by the uncertainties that are inherent in the analyses and concerning various acids where the average values have been calculated.

As a general rule all values in the tables have two significant digits. One of the consequences of the natural variance and analytical uncertainty is that it is not suitable for giving the figures for the nutrient value with more than the two significant digits at most.

2.14 Minerals and trace elements

The amounts of these elements are total amounts and are in mg/100 g of the food product. To calculate the proportion of sodium to salt, multiply the figure by 2.5, e.g. in soaked salted cod cheeks there is 580 mg of sodium, which corresponds to 1450 mg or 1,5 g of salt in 100 grams of soaked salted cod cheeks.

2.15 Vitamins

Today we know of 13 vitamins that are necessary for people's health. They are the fat-soluble vitamins A, D, E and K and the water-soluble B

vitamins; thiamin, riboflavin, niacin, folic acid, pantothenic acid, biotin, B6, B12 and vitamin C. At present the Food, Environmental and Veterinary Agency is not able to analyse vitamins in food, so the few analyses made are carried out by Danish analytic laboratories, or the values are taken from the Danish and/or Icelandic tables. These analyses are very expensive and that is the reason why so few analyses are made. A few comments should be made regarding A-vitamins, niacin and C-vitamins:

A-vitamin. In addition to the A-vitamin (retinol) there are several elements in our food that work as A-vitamins. The most significant element is β -carotene, and the total amount of A-vitamin is the combination of retinol and carotene. Retinol gives 5 times as great an A-vitamin effect than carotene. When writing the total amount of A-vitamin, the β -carotene amount was calculated according to the amount of retinol and the unit is expressed in retinol equivalents (RE).

1 RE = 1 μ g retinol = 6 μ g B-carotene.

Niacin. The Niacin effect stems from niacin (nicotinic acid, niacin amide) and from the amino acid tryptophane, which can be converted to niacin. There should be 60 parts of tryptophane

to get 1 part of niacin, and the unit is niacin equivalents (NE).

1 NE = 1 mg niacin = 60 mg tryptophane.

C-vitamin. is the total amount of ascorbic acid and dehydro-ascorbic acid, expressed as mg/100 g net.

3. Information about the individual products

As mentioned previously, the figures given in the tables are average values. These average values can have a certain divergence, especially concerning food products that have been produced by various methods. In the Food, Environmental and Veterinary Agency's research has tried to obtain an average from these food products. There is a list below of some of these food products and where they were produced or bought:

Knetti (Large fish ball made with lamb's suet): Skálavíkar Frystivirki, Leirvíksknettir, Joensen and Langgaard.

Minced fish: SMS , Otto Reinert.

Small fish balls: Joensen and Langgaard.

Soaked salted fish cheeks: SMS.

Spiced rolled mutton: P/F Krás, SMS, Joensen and Langgaard.

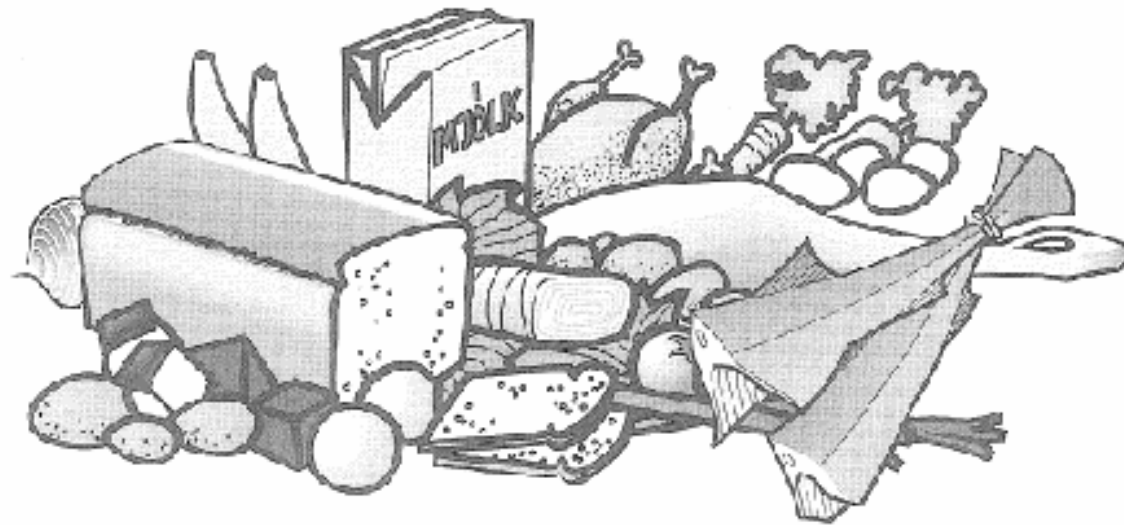
Meat sausage: P/F Krás, Otto Reinert.

Soaked salted whale meat: SMS.

Fulmar, old: Smæran.

Cod roe: P/F Kovin, Faroe Sea Food

4. Tables listed alphabetically



Fish and fish products per 100 g net	Energy KJ	Protein g	FAT			Carbohydrate g	Cholesterol mg	Water g	Authority
			Total g	Saturated g	Polyunsaturated g				
Mince fish	393	11.9	1.9			4.5	40	78.3	1;4
Fish ball, fried	404	17.0	2.4			1.4	40	76.3	1;4
Norwegian lobster	377	19.6	0.8	0.1	0.2	0.8	129	76.0	3
Haddock, fillet, raw	382	18.9	1.6	0.3	0.7	0	48	80.4	3
Haddock, dried	1415	81.4	0.82					13.1	1
Scallops, raw	294	15.5	0.8	0.1	0.3	0	45	83.7	1;3
Halibut, raw	294	19.9	5.3			0		73.9	1
Large fish ball, cod, boiled	702	12.9	11.1			3.6		70.4	1
Ocean perch, raw	364	19.4	0.9	0.16	0.18	0	48	79.2	4
Mussel, raw	322	10.5	2.2	0.4	0.6	3.5	38	82.5	3
Salmon, fillet, raw	769	18.4	12.0			0		61.8	1
Salmon, gravad	758	21.2	9.2	1.2	3.1	2.8	70	63.0	3
Salmon, smoked	683	21.4	8.4	1.5	3.8	0	70	63.0	3
Mackerel, raw	1048	19.6	18.8	4.5	8.3	0	80	60.1	4
Shrimps, cooked, peeled	272	15.5	0.22	0	0	0	160	82.6	1;4
Herring, fillet, raw	949	18.2	16.3			0	60	63.9	1;4
Herring in brine, pickled	824	11.9	8.3			0	60	56.8	1;4
Herring in brine, marinated	760	12.4	7.2			0	60	61.7	1;4
Dab, raw	379	18.3	1.8	0.4	0.6	0	46	78.9	4
Black halibut, gravad	804	12.4	15.6	2.9	2.7	0	46	70.2	4
Black halibut, smoked	842	17.9	15.5	2.9	2.7	0	50	64.8	4
Cod liver, raw	2634	5.1	66.6	12.9	15.6	1		26.8	3
Cod, fillet, raw	319	18.3	0.21			0	43	81.7	1;4
Cod, matured dried	622	36.4	0.09			0		62.7	1
Cod, salted cheeks, soaked	294	16.5	0.36			0		77.6	1
Cod, salted cheeks unsoaked	440	25.5	.017			0		54.2	1
Cod, dried	1416	81.7	0.71			0		13.3	1
Cod roe, tinned	548	14.2	6.6			3.3	235	74.3	1;4
Saithe, fillets, raw	355	19.3	0.7	0.1	0.3	0	71	79.5	1;3

Fish and fish products per 100 g net	VITAMIN						MINERALS						Authority
	A RE	D µg	B1 mg	B2 mg	Niacin NE	C mg	Sodium mg	Potassium mg	Calcium mg	Iron mg	Zinc mg	Selenium µg	
Mince fish	0	0	0.07	0.14	2.5	0	611	234	40	0.5			4
Fish ball, fried	0	0				0	769	195	40	0.6			4
Norwegian lobster	0	0	0.09	0.05	5.7	3	538	138	29	0.3	4.6	104	4
Haddock, fillet, raw	0	0	0.07	0.10	4.0	0	120	300	18	0.6	0.3		4
Haddock, dried	0	0				0	532	1330	80	2.7	1.3		7
Scallops, raw			0	0.05	2.5	0	270	480	120	3.0			3
Halibut, raw	33	9	0.04	0.05	7.3	0	64	298	15	0.5	0.5		4;6
Large fish ball, cod, boiled													
Ocean perch, raw	0		0.05	0.05	1.2	0	113	323	22.9				4
Mussel, raw	30	0	0.16	0.21	4.6	0	582	145	30	1.5	2.84		3
Salmon, fillet, raw	13	7.5	0.14	0.22	12.6	0	63	480	8	0.4	1.04	30	3;4
Salmon, gravad			0.20	0.15	10.7	0	1400	295	26	0.38			3
Salmon, smoked	13	7.5	0.20	0.10	11.4	0	1530	6330	20	0.5			3
Mackerel, raw	90	12.5	0.14	0.35	11.5	0	256	70	15	0.75	0.1	35	3;4
Shrimps, cooked, peeled	1	0	0.01	0.02	5.1	0	600	250	61	0.66	1.3		3
Herring, fillet, raw	30	12.5	0	0.22	7.7	0	47	317	50	1.3	0.85	32.3	3;4
Herring in brine, pickled													
Herring in brine, marinated	32	10.8	0	0.20	6.9	0	47	317	50	1.1	0.85	32.3	3;4
Dab, raw	9	0.8	0.22	0.21	5.3	1	65	394	35	0.3	0.78	12.9	4
Black halibut, gravad	50	5	0.06	0.08	1.5	1	86	306	25	0.3			4
Black halibut, smoked	51	5	0.06	0.15	2.6	0	2336	212		0.2			4
Cod liver, raw	5100	100	0.10	0.65	3.3	4	589	130	10	4.0	1.94	93.8	4
Cod, fillet, raw	0	1	0.05	0.04	5.0	0	76	338	15	0.2	0.38	27.6	4
Cod, matured dried	0					0							7
Cod, salted cheeks, soaked	0					0	580	28	33				3;7
Cod, salted cheeks unsoaked	0					0	6750	36	78				3
Cod, dried	0			0.14	1.6	0	240	1514	180	1.0	1.7	123.6	6;7
Cod roe, tinned	0	12.1	0.25	0.55	5.1	10	405	236	12	1.8	2.6		4
Saithe, fillets, raw	4	0	0.09	0.16	4.7	0	103	396	11	0.11			3

Meat and meat products per 100 g net	Energy KJ	Protein g	FAT			Carbohydrate g	Cholesterol mg	Water g	Authority
			Total g	Saturated g	Poly unsaturated g				
Black pudding	1296	8.3	18.2			28.6	20	45.3	1;3
Chicken	782	19.4	11.9	3.2	2.6	0	75	69.2	3
Meat sausage	986	13.0	19.1			2.3		60.8	1
Lambs blood	313	17.4	0.4			0.1		82.0	1
Lamb, shoulder with fat, fresh	960	18.9	16.8	7.2	0.4	0	78	64.3	1;3
Lamb, shoulder with fat, matured	1176	24.7	19.9			0		54.1	1
Lamb, shoulder with fat, dried	1529	27.6	27.9			0		42.8	1
Lamb, foot suet, fresh	1383	17.0	28.8			0		54.7	1
Lamb, neck, fresh	1093	16.7	21.3			0	76	60.6	1;7
Lamb, neck, matured	1523	26.8	28.1			0		43.1	1
Lamb, neck, dried	1956	30.1	38.0			0		29.2	1
Lamb, rump, fresh	1456	17.2	30.5	15.7	1.0	0	82	52.0	1;3
Lamb, rump, matured	1458	22.5	28.3			0		48.2	1
Lamb, spare rib, fresh	974	19.3	17.0			0	80	63.2	1;7
Lamb, spare rib, matured	1238	26.3	20.8			0		51.4	1
Lamb, heart	827	16.4	14.4	5.3	0.3	0.03	140	68.8	1;3
Lamb, liver	558	21.1	4.0	1.5	0.6	2.7	300	70.6	1;3
Lamb, lung	365	16.9	1.8			0.57		79.7	1
Lamb, lower back, fresh	910	20.9	14.6			0	83	64.8	1;7
Lamb, lower back, matured	1091	27.5	16.4			0		53.9	1
Lamb, kidney	375	16.4	2.4			0.32	375	79.6	1;3
Lamb, lowest rib with flank, fresh	1738	13.5	39.7	17.7	1.1	0	82	46.1	1;3
Lamb, lowest rib with flank, matured	2414	27.3	51.3			0		20.4	1
Lamb, lowest rib with flank, dried	2870	22.2	65.6			0		10.6	1
Lamb, rectum	1581	8.3	36.7			2.7		40.0	1
Lamb, leg with fat, fresh	867	20.0	13.9			0	79	65.9	1;7
Lamb, leg with fat, matured	913	25.1	12.8			0		60.8	1
Lamb, leg with fat, dried	1207	28.5	19.0			0		51.1	1
Lamb, suet	3129	1.0	81.8			0		17.3	1

Meat and meat products	Energy	Protein	FAT			Carbohydrate	Cholesterol	Water	Authority
			Total	Saturated	Poly unsaturated				
per 100 g net	KJ	g	g	g	g	g	mg	g	
Lamb, 3 front ribs, fresh	1669	13.0	38.0			0	80	48.0	1;7
Lambs head, fresh	996	18.5	17.6			0		60.3	1
Beef, average fat	874	19.7	14.2	5.9	0.57	0	66	56.3	4
Beef, with fat	1358	16.4	28.4	11.9	1.14	0	72	54.2	4
Beef, very lean	532	21.7	4.3	1.8	0.17	0	62	73.2	4
Beef, lean	655	21.1	7.8	3.3	0.31	0	64	70.8	4
Rolled sausage, lamb	1560	17.5	32.9			0	82	46.3	1;7
Pork, with fat	1471	15	32	21.9	2.3	0	72	52.8	4
Pork, lean	796	20	12	4.8	0.9	0	65	68.3	4

Meat and meat products	VITAMIN						MINERALS						Authority
	A	D	B1	B2	Niacin	C	Sodium	Potassiu m	Calcium	Iron	Zinc	Seleniu m	
per 100 g net	RE	µg	mg	mg	NE	mg	mg	mg	mg	mg	mg	µg	
Black pudding	0	0	0.05	0.04		0	178	89	55	15.2	0.74		3;4
Chicken	16	0	0.1	0.16	11.5	0	80	260	7	0.6	1	10	3;4
Meat sausage													
Lambs blood													3;4
Lamb, shoulder with fat, fresh	45	0.4	0.18	0.3	0.7	0	179	237	4.7	3.52	3.3	11.0	1;3
Lamb, shoulder with fat, matured	2	0		0.25		0	203	350	12.7	4.5	3.95	10.0	1;2
Lamb, shoulder with fat, dried	5	0	0.02	0.4		0	214	414	18.3	5.48	4.57	11	1;2;9
Lamb, foot suet, fresh						0							7
Lamb, neck, fresh													
Lamb, neck, matured													
Lamb, neck, dried													
Lamb, rump, fresh	13			0.09	0.16	7.1	0	61	230	7	1.2	2.1	3
Lamb, rump, matured													
Lamb, spare rib, fresh													
Lamb, spare rib, matured													
Lamb, heart	7	0.4	0.70	0.89	10.6	7	155	199	4.32	6.51	1.35	17.0	1;3;8
Lamb, liver	30600	0.5	0.44	4.26	19.7	21	119	257	6.82	10.7	5.21	45.0	1;3
Lamb, lung													
Lamb, lower back, fresh													
Lamb, lower back, matured													
Lamb, kidney	108		0.52	2.14	10.9	9	172	210	9	5.29	1.91		3
Lamb, lowest rib with flank, fresh						0	192	172	4.5	1.92	2.89		1
Lamb, lowest rib with flank, matured						0	187	310	53.6	2.93	5.08	16	1
Lamb, lowest rib with flank, dried						0	155	238	629	3.52	4.33	14	1
Lamb, rectum													
Lamb, leg with fat, fresh	11		0.18	0.28	7.8	0	187	298	4.79	2.29	3.04	12	1;2;3
Lamb, leg with fat, matured	3			0.31		0	272	375	10	2.66	3.75	7.1	1;2
Lamb, leg with fat, dried	2	1.8	0.34	3.9		0	162	368	16.7	4.33	4.77	18.0	1;2;9
Lamb, suet			0	0	0	0							3

Meat and meat products per 100 g net	VITAMIN						MINERALS						Authority
	A RE	D µg	B1 mg	B2 mg	Niacin NE	C mg	Sodium mg	Potassium mg	Calcium mg	Iron mg	Zinc mg	Selenium µg	
Lamb, 3 front ribs, fresh						0							7
Lambs head, fresh						0							7
Beef, average fat	15	0.6	0.05	0.17	9.3	1	65	309	5	2.2	4.6	6.5	4
Beef, with fat	35	0.9	0.03	0.14	8.2	0	62	272	4	1.6	3.9	6.5	4
Beef, very lean	0	0.4	0.06	0.19	10	0	50	360	5	2.1	3.6	6.5	4
Beef, lean	0	0	0.05	0.17	10	0	65	325	5	21	4.8	6.8	4
Rolled sausage, lamb	45	0.4	0.18	0.3	7.3	1		213	20	2.06	3.2	1	4
Pork, with fat	0	0	0.57	0.18	5.5	0	55	204	6	0.63	3.6	6.9	4
Pork, lean	0	0	0.75	0.23	7.3	0	84	366	7	0.89	3.6	6.9	4

Birds per 100 g net	Energy KJ	Protein g	FAT			Carbohydrate g	Cholesterol mg	Water g	Authority
			Total g	Saturated g	Poly unsaturated g				
Razorbill, breast	598	25.7	4.0	1.0	0.6	0		70.3	6
Fulmar, old, skinned	657	22.0	7.4			0		69.9	1
Fulmar, old, plucked	1039	18.2	19.1			0		62.0	1
Guillemot	594	21.5	6.0	1.5	0.9	0		72.5	6
Puffin, breast	504	23.2	3.1			0		72.9	9
Puffin, skinned	494	23.6	1.9			0		72.5	1

Birds Per 100g net	VITAMIN						MINERALS						Authority
	A RE	D µg	B1 mg	B2 mg	Niacin NE	C mg	Sodium mg	Potassium mg	Calcium mg	Iron mg	Zinc mg	Selenium µg	
Razorbill, breast						0							6
Fulmar, old, skinned	210		0.44	1.3		0	95		30	5			1
Fulmar, old, plucked						0	175	1658	21	11.6	8.1		1
Guillemot						0	117	540	26	9.2	7		9
Puffin, breast	228	25	0.39	1.1		0							7;9
Puffin, skinned	48	7,5	0,44	1,3		0	101	338	9	10,7			7

Whale meat	Energy	Protein	FAT			Carbohydrate	Cholesterol	Water	Authority
			Total	Saturated	Poly unsaturated				
per 100 g net	KJ	g	g	g	g	g	mg	g	
Blubber, fresh, uncooked	2582	3	65.7	10.3	9.34	0		31.3	1;9
Whale meat, fresh, uncooked, winter catch	545	24.6	3.3	0.9	0.5	0.18		71.1	1;6
Whale meat, fresh, uncooked, summer catch	462	24.6	0.74			0.62		73.0	1
Whale meat, fresh, soaked, winter catch	625	19.7	7.5			0.32		65.5	1

Whale meat	VITAMIN							MINERALS					Authority
	A	D	B1	B2	Niacin	C	Sodium	Potassium	Calcium	Iron	Zinc	Selenium	
per 100 g net	RE	µg	mg	mg	NE	mg	mg	mg	mg	mg	mg	µg	
Blubber, fresh, uncooked	1200		0.03	0.04		0	25				1.5		6;9
Whale meat, fresh, uncooked, winter catch	100		0.18	0.2		0	120	1220	15.3	43.1	7.5	185	1;6
Whale meat, fresh, uncooked, summer catch						0	390	1809	11.5	63.3	6.4		1
Whale meat, fresh, soaked, winter catch						0	4330	220	130	46.9	5.4	161	1

Bread, cereals and grains	Energy	Protein	FAT			Carbohydrate	Cholesterol	Water	Authority
			Total	Saturated	Poly unsaturated				
per 100 g net	KJ	g	g	g	g	g	mg	g	
White bread	1174	7.7	4.5	1.08	1.18	51.3	0	33.8	4
Macaroni, spaghetti, uncooked	1633	13.8	1.2	0.17	0.53	79.6	0	10.4	4
Flour, wheat flour	1486	8.5	1.3	0.18	0.55	76.0	0	13.8	4
Breadcrumbs	1551	10.7	1.5	0.51	0.56	77.2	0	10.0	4
Rice, brown uncooked	1517	7.5	1.9	0.43	0.66	77.5	0	11.2	4
Rye bread, light	971	6.4	1.4	0.18	0.65	47.6	0	41.9	4
Rye bread, dark	990	5.9	1.9	0.24	0.88	48.1	0	40.9	4

Bread, cereals and grains	VITAMIN							MINERALS					Authority
	A	D	B1	B2	Niacin	C	Sodium	Potassium	Calcium	Iron	Zinc	Selenium	
per 100 g net	RE	µg	mg	mg	NE	mg	mg	mg	mg	mg	mg	µg	
White bread	0	0	0.11	0.08	1.4	0	511	130	50	0.7	0.65	3.1	4
Macaroni, spaghetti, uncooked	0	0	0.15	0.04	2.5	0	2	215	20	1.7	1.2	1.0	4
Flour, wheat flour	0	0	0.22	0.04	1.6	0	2	165	25	1.2	0.79	1.91	4
Breadcrumbs	0	0	0.20	0.05	1.8	0	511	130	50	0.7	0.7	3.1	4
Rice, brown uncooked	0	0	0.48	0.05	1.8	0	1,8	251	11	1.3	1.6	2.2	4
Rye bread, light	0	0	0.22	0.14	1.3	0	456	262	30	2.0	1.05	3.2	4
Rye bread, dark	0	0	0.23	0.16	1.2	0	547	294	30	2.3	1.71	3.5	4

Milk/Cheese/Egg	Energy	Protein	FAT			Carbohydrate	Cholesterol	Water	Authority
			Total	Saturated	Poly unsaturated				
per 100 g net	KJ	g	g	g	g	g	mg	g	
Semi-skimmed milk	204	3.5	1.6	1.04	0.05	4.9	7	89.3	4
Chicken egg, raw	650	12.1	11.2	3.3	1.5	1.2	450	74.6	4
Milk	250	3.2	3			4.8		89	9
Cheese, normal 30+	1120	28.7	16	10.0	0	1.4	53	49.8	4
Cheese, normal 45+	1426	24.8	25.8	16.7	0.73	1.4	85	44.4	4
Whipping cream	1536	2.1	38.1	24.7	1.08	3.1	126	56	4
Skimmed milk	154	3.5	0.3	0.19	0.01	4.9	3	90.8	4
Butter, salted	3146	0.5	82.3	53.3	3.27	0.6	282	15.6	4
Vita margarine	2980	0	80.5	36	10	0			9
Junket, pure	309	6.2	3.4	2.2	0.1	4.4	14	85.4	4
Yoghurt, pure	288	3.8	3.7	2.4	0.1	4.9	15	87.9	4

Milk/Cheese/Egg	VITAMIN						MINERALS						Authority
	A	D	B1	B2	Niacin	C	Sodium	Potassium	Calcium	Iron	Zinc	Selenium	
per 100 g net	RE	µg	mg	mg	NE	mg	mg	mg	mg	mg	mg	µg	
Semi-skimmed milk	15	0.04	0.04	0.18	0.9	1.3	45	156	123	0.04	0.42	1.2	4
Chicken egg, raw	211	1.4	0.07	0.45	2.9	0	138	130	40	2.0	1.4	23.5	4
Milk	33	0.10	0.04	0.17	0.9	1.2	45	138	111	0.06	0.47	1.4	4
Cheese, normal 30+	148	0.18	0.06	0.33	6.8	0	729	80.8	733	0.19	4.5	9.5	4
Cheese, normal 45+	238	0.26	0.05	0.33	5.8	0.5	756	71.4	607	0.17	4.0	8.5	4
Whipping cream	352	0.37	0.02	0.09	0.5	0.8	30	95	67	0.06	0.27	1.3	4
Skimmed milk	3	0.01	0.04	0.17	0.9	1.3	44	158	214	0.03	0.41	1.3	4
Butter, salted	839	0.72	0.01	0.04	0.2	0	370	28	15	0.04	0.15	0.5	4
Vita margarine	840						0.72						9
Junket, pure	31	0.10	0.04	0.19	1.6	0.5	48	150	185	0.07	0.82	2.2	4
Yoghurt, pure	34	0.1	0.04	0.17	1.0	0.2	47	147	134	0.06	0.52	1.3	4

Fruit and vegetables	Energy	Protein	FAT			Carbohydrate	Cholesterol	Water	Authority
			Total	Saturated	Poly unsaturated				
per 100 g net	KJ	g	g	g	g	g	mg	g	
Cucumber	51	0.7	0.1	0.3	0.04	2.1	0	96.5	4
Oranges	253	0.9	0.7	0.1	0.3	12.4	0	85.5	3
Bananas	404	1.1	0.3	0.1	0.1	22.0	0	76	3
Blueberry	284	0.6	0	0	0	16.1	0	84.9	3
Cauliflower, raw	152	2	0.5	0.1	0.3	5.8	0	90.8	3
Potatoes, raw	330	2.2	0.1	0	0.1	17	0	79.7	3
Carrots, raw	190	1	0.4	0.09	0.24	9.3	0	88.5	4
White cabbage	133	1.3	0.1	0	0.1	6.3	0	91.6	3
Strawberries	184	0.6	0.6	0.1	0.3	8.9	0	89.6	3
Chinese cabbage	70	1	0.1	0	0.1	2.9	0	95.6	3
Kiwi	285	1	0.8	0.2	0.4	14	0	83	3
Angelica	43	1	0.1	0	0	3.1	0	95.8	6
Onions, raw	210	1.5	0.3	0.1	0.1	10.2	0	87.6	3
Turnips, raw	137	0.8	0.3			6.6	0	93.3	4
Mandarins	208	0.63	0.19	0.02	0.04	11.2	0	87.6	4
Pears	254	0.3	0.3	0.06	0.15	14	0	85	4
Rhubarb	96	0.8	0.1	0	0.1	4.6	0	93.4	3
Raisins	1417	3.22	0.46	0.15	0.14	79.1	0	15.4	4
Lemons	188	1.1	0.3	0.04	0.09	9.3	0	89	4
Apples	238	0.3	0.4	0.09	0.22	12.8	0	86.3	4
Tomatoes	129	0.9	0.3	0.06	0.51	6	0	92.2	4

Fruit and vegetables per 100 g net	VITAMIN						MINERALS						Authority
	A RE	D µg	B1 mg	B2 mg	Niacin NE	C mg	Sodium mg	Potassium mg	Calcium mg	Iron mg	Zinc mg	Selenium µg	
Cucumber	36	0	0.02	0.03	0.3	7	11	164	17	0.19	0.12		3
Oranges	11	0	0.08	0.04	0.4	53	1	173	40	0.12	0.2		3
Bananas	8	0	0.04	0.05	0.9	11	2	347	5	0.35	0.18		3
Blueberry	2	0	0.03	0.03	0.6	38	3	103	15	0.8	0.1		3
Cauliflower, raw	6	0	0.09	0.1	1.1	78	14	290	16	0.65	0.3		3
Potatoes, raw	1.7	0	0.07	0.08	2.1	18	7	395	5	0.6	0.43	1.2	4
Carrots, raw	1833	0	0.05	0.05	1.1	4	30	246	23	0.4	0.2		3
White cabbage	5	0	0.05	0.04	0.7	54	51	242	32	0.27	0.19		3
Strawberries	6	0	0.02	0.03	0.7	68	4	147	20	0.35	0.1		3
Chinese cabbage	120	0	0.04	0.05	0.6	11	24	190	40	0.3	0.21		3
Kiwi	7	0	0.01	0.05	0.6	63	3	270	27	0.27	0.09		3
Angelica	3		0.04	0.08		10	2		70	0.4			6
Onions, raw	5	0	0.04	0.03	0.5	8	2.9	171	35	0.3	0.24	0.6	4
Turnips, raw	0	0	0.04	0.05	1.2	16	17	283	50	0.5	0.23	0	4
Mandarins	16.7	0	0.11	0.02	0.3	30.8	6	108	37	0.16	0.1	0.4	4
Pears	16	0	0.01	0.03	0.3	5	2	113	10	0.17	0.13		3
Rhubarb	19.7	0	0.03	0.03	0.4	13	3	280	140	0.3	0.23	0.12	4
Raisins	4.7	0	0.09	0.03	0.5	1	9	785	80	2.4	0.3	0.4	4
Lemons	3.3	0	0.05	0.03	0.3	49	3	175	40	0.08	0.13	0.24	4
Apples	12	0	0.02	0.03	0.1	7	3	112	20	0.12	0.05		3;4
Tomatoes	100	0	0.04	0.03	0.8	17	10.8	239	10	0.23	0.12	0,32	4