



Nutrient analysis of fruit and vegetables

Sampling Report

Nutrient analysis of fruit and vegetables

Prepared by the Institute of Food Research

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Executive summary

The aim of this survey was to provide up to date nutrient composition data for fresh and processed fruit and vegetables. The data for these food groups published in the Composition of Foods Integrated Dataset and included in the National Diet and Nutrition Survey nutrient databank were last updated in the 1980s. Since then, there have been increases in both the range and varieties of fruit and vegetables commonly consumed in the UK and increased globalisation of the food supply has resulted in some products that were previously seasonal being widely available throughout the year. The samples selected were those fruit and vegetables that are most commonly consumed or fruit and vegetables where there were gaps in the data available and consumption was increasing. Commonly consumed processed fruit and vegetable products were also included.

The results from this analytical survey will be incorporated into the Department of Health's¹ nutrient databank that supports dietary surveys and will be also be disseminated via the authoritative UK food composition tables, *McCance and Widdowson's The Composition of Foods*.

This project reports analysis of 59 composite samples that were made up of between 9 and 22 sub-samples that were representative of fruit and vegetables consumed in the UK. Sub-samples included were based on the need to take into account factors including cultivar, region and country of origin and season. Fresh fruits and vegetables were sampled in two seasons (summer/autumn and autumn/winter) where the cultivars and geographic origin were known to change between seasons. Samples were purchased from retail outlets and prepared for analysis between August 2011 and February 2012.

This sampling report gives details of the sub-samples making up each composite sample. Analytical results from the survey are contained in a separate report. Results for individual fatty acids are reported separately in electronic format.

Sampling notes

- Samples were collected according to a sample protocol produced in agreement with the Department of Health (DH).
- Sub-samples were agreed with DH based on a review of market shares and nutrient content.
- All samples were collected between August 2011 and February 2012 and stored according to usual consumer practice or according to packaging guidelines until required for processing.
- Equal weights of each sub-sample were combined to complete the composite sample for analysis.
- Sub-samples were stored at -20°C until required for further preparation. Composite samples were stored at -40°C before being sent to laboratories for analysis.
- Where possible all sub-samples within a composite sample were prepared in a single day and the composite sample was produced on the same day. Where that was not possible, sub-samples were prepared and stored frozen until all sub-samples were available and the composite sample could be produced. Where sub-samples were purchased over two seasons, sub-samples from each season were prepared and stored frozen at -40 °C until all sub-samples were available. Once all season samples had been collected they were thawed and mixed in equal proportions to produce the final composite sample.
- Composite samples for analysis of vitamin C and folate in fresh fruit and vegetables consisted of sub-samples that were chopped into chunks and frozen immediately. Samples were delivered to the laboratory for analysis as soon as possible and were homogenised at the laboratory prior to analysis.
- Ingredients, label claims and nutrient information presented in this report have been taken directly from product packaging.

Composite sample list

Sample Number	Sample Name	Description
1	Potatoes, old, raw, flesh only	22 samples, autumn and winter, including white and red varieties, pre-packed and loose
2	Potatoes, old, boiled, flesh only	22 samples, autumn and winter, including white and red varieties, pre-packed and loose
3	Potatoes, old, baked, flesh and skin	22 samples, autumn and winter, including white and red varieties, pre-packed and loose
4	Potatoes, old, roasted, flesh only	11 samples, including white and red varieties, pre-packed and loose
5	Potatoes, old, potato wedges, with skin, dipped in sunflower oil, baked	11 samples, including white and red varieties, pre-packed and loose
6	Potatoes, old, microwaved, flesh and skin	11 samples, including white and red varieties, pre-packed and loose
7	Potatoes, new, boiled, flesh and skin	22 samples, autumn and winter, including UK grown and imported, pre-packed and loose
8	Carrots, old, raw	22 samples, autumn and winter, UK grown, pre-packed and loose
9	Carrots, old, boiled	22 samples, autumn and winter, UK grown, pre-packed and loose
10	Carrots, old, microwaved	22 samples, autumn and winter, UK grown, pre-packed and loose
11	Onions, raw	22 samples, autumn and winter, UK grown and imported, pre-packed and loose
12	Onions, boiled	22 samples, autumn and winter, UK grown and imported, pre-packed and loose
13	Onions, fried	11 samples, UK grown and imported, pre-packed and loose
14	Broccoli (Calabrese), raw	22 samples, autumn and winter, UK grown and imported, pre-packed and loose

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Sample Number	Sample Name	Description
15	Broccoli (Calabrese), boiled	22 samples, autumn and winter, UK grown and imported, pre-packed and loose
16	Broccoli (Calabrese) steamed	22 samples, autumn and winter, UK grown and imported, pre-packed and loose
17	Mushrooms, raw	11 samples, closed cap and button, UK grown and imported, pre-packed and loose
18	Mushrooms, stewed	11 samples, closed cap and button, UK grown and imported, pre-packed and loose
19	Mushrooms, cooked in sunflower oil	11 samples, closed cap and button, UK grown and imported, pre-packed and loose
20	Sweetcorn, kernels, boiled 'on the cob'	16 samples, autumn and winter, UK grown and imported
21	Cabbage, white, raw	19 samples, autumn and winter, UK grown and imported, pre-packed and loose
22	Cabbage, green, raw	22 samples, autumn and winter, UK grown and imported, pre-packed and loose
23	Cabbage, green, boiled	22 samples, autumn and winter, UK grown and imported, pre-packed and loose
24	Cauliflower, raw	22 samples, autumn and winter, UK grown and imported, pre-packed and loose
25	Cauliflower, boiled	22 samples, autumn and winter, UK grown and imported, pre-packed and loose
26	Beans, green, raw	22 samples, autumn and winter, UK grown and imported, pre-packed and loose
27	Beans, green, boiled	22 samples, autumn and winter, UK grown and imported, pre-packed and loose
28	Pak choi, steamed	16 samples, autumn and winter, UK grown and imported
29	Tomatoes (standard), raw	22 samples, autumn and winter, UK grown and imported, 'on the vine' and loose

Nutrient analysis of fruit and vegetables

Sample Number	Sample Name	Description
30	Tomatoes (standard), grilled, flesh and seeds only	22 samples, autumn and winter, UK grown and imported, 'on the vine' and loose
31	Tomatoes, cherry, raw	21 samples, autumn and winter, UK grown and imported, 'on the vine' and loose
32	Lettuce, average, raw	22 samples, autumn and winter, UK grown and imported, including shredded, Iceberg, Romaine and Little Gem
33	Spinach, baby, raw	16 samples, autumn and winter, UK grown and imported
34	Rocket, raw	19 samples, autumn and winter, UK grown and imported
35	Cucumber, flesh and skin, raw	22 samples, autumn and winter, UK grown and imported
36	Pepper, red, raw	22 samples, autumn and winter, UK grown and imported, pre-packed and loose
37	Pepper, red, boiled	22 samples, autumn and winter, UK grown and imported, pre-packed and loose
38	Pepper, yellow, raw	22 samples, autumn and winter, UK grown and imported, pre-packed and loose
39	Bananas, raw, flesh only	11 samples, including Fairtrade and organic, pre-packed and loose.
40	Apples, eating, raw, flesh and skin	22 samples, autumn and winter, UK grown and imported, pre-packed and loose, including Gala, Braeburn, Golden Delicious, Pink Lady, Cox, Granny Smith
41	Apples, cooking, stewed, flesh only	22 samples, autumn and winter, UK grown pre-packed and loose, including Bramley and unspecified varieties
42	Pears, raw, flesh and skin	22 samples, autumn and winter, UK grown and imported, pre-packed and loose, including Conference, Comice, Concorde, Rocha, Green Williams

Nutrient analysis of fruit and vegetables

Sample Number	Sample Name	Description
43	Grapes, green, raw	21 samples, seedless, autumn and winter, including Thompson and unspecified varieties
44	Grapes, red, raw	21 samples, seedless, autumn and winter, including Crimson, Flame
45	Strawberries, raw	19 samples, summer and autumn, UK grown and imported, including Elsanta, Sonata, Ava, Portola and unspecified varieties
46	Blueberries, raw	21 samples, summer and winter, UK grown and imported
47	Citrus fruit, soft/easy peelers, flesh only	22 samples, early and late winter, including clementines, mandarins, satsumas and tangerines
48	Oranges, flesh only	22 samples, early and late winter, including Navel and Valencia
49	Melon, yellow flesh, flesh only	22 samples, Honeydew, autumn and winter, whole and pre-prepared slices
50	Peas, frozen, raw	12 samples, 8 brands, garden peas and petit pois
51	Peas, frozen, microwaved	12 samples, 8 brands, garden peas and petit pois
52	Sweetcorn, canned in water, drained	12 samples, 8 brands
53	Tomatoes, canned, whole contents	12 samples, 9 brands, whole and chopped
54	Tomato puree	9 samples, 8 brands
55	Baked beans in tomato sauce	16 samples, 9 brands
56	Potato products, shaped, frozen, baked	10 samples, 5 brands, including waffles, smiley faces, letters
57	Orange juice, chilled (premium and from concentrate)	10 samples, 8 brands, including 'smooth' and 'with bits'

Nutrient analysis of fruit and vegetables

Sample Number	Sample Name	Description
58	Orange juice, from concentrate, ambient	11 samples, 9 brands, including 'smooth' and 'with bits'
59	Apple juice, clear, from concentrate, ambient and chilled	10 samples, 9 brands

Sample 1: Potatoes, old, raw, flesh only

Composite Sample Number: 1
Composite Sample Name: Potatoes, old, raw, flesh only
Sub-sample Number: 1.1
Sub-sample Name: Tesco, Eastern Counties, white potatoes
Brand: Tesco
Pack size: 2.5kg
Purchase Date: 03.10.2011
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date: 05 Oct
Best before Date: 06 Oct
Batch Number: GV1 01:03 L3
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 1.1

Sub-sample Name: Tesco, Eastern Counties, white potatoes

Ingredients: No Information

Label claim(s):

Variety: Harmony
Locally farmed, UK

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/typical 250g serving
Energy	kJ	335	839
Energy	kcal	79	198
Protein	g	2.1	5.3
Carbohydrate	g	17.2	43.0
Sugars	g	0.6	1.5
Starch	g	N/A	N/A
Fat	g	0.2	0.5
Saturates	g	0.1	0.3
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.3	3.3
Salt	g	Tr	Tr
Sodium	g	Tr	Tr
Thiamin	mg	0.2	0.5

Nutrient analysis of fruit and vegetables

Composite Sample Number: 1

Composite Sample Name: Potatoes, old, raw, flesh only

Sub-sample Number: 1.2

Sub-sample Name: Tesco, Eastern Counties, Desiree potatoes

Brand: Tesco

Pack size: 2.5kg

Purchase Date: 03.10.2011

Place of Purchase: Tesco, Harford Bridges, Norwich

Display Until Date: 06 Oct

Best before Date: 08 Oct

Batch Number: GV1 11:58 L2

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 1.2

Sub-sample Name: Tesco, Eastern Counties, Desiree potatoes

Ingredients: Desiree potatoes

Label claim(s):

Locally farmed, UK
Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/typical 250g serving
Energy	kJ	335	839
Energy	kcal	79	198
Protein	g	2.1	5.3
Carbohydrate	g	17.2	43.0
Sugars	g	0.6	1.5
Starch	g	N/A	N/A
Fat	g	0.2	0.5
Saturates	g	0.1	0.3
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.3	3.3
Salt	g	Tr	Tr
Sodium	g	Tr	Tr
Thiamin (B1)	mg	0.2	0.5

Nutrient analysis of fruit and vegetables

Composite Sample Number: 1
Composite Sample Name: Potatoes, old, raw, flesh only
Sub-sample Number: 1.3
Sub-sample Name: Asda, Maris Piper potatoes
Brand: Asda
Pack size: 2.5kg
Purchase Date: 03.10.2011
Place of Purchase: Asda, Norwich
Display Until Date: 04 Oct
Best Before Date: 07 Oct
Batch Number: QVL43021C39176879 Site code: 790317
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 1.3

Sub-sample Name: Asda, Maris Piper potatoes

Ingredients: No information

Label claim(s):

Naturally high in vitamin B6

Naturally high in vitamin C

Origin: Suffolk.

Grower: SJ Parr

Produced in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g (oven baked)	Amount/200g serving
Energy	kJ	760	N/A
Energy	kcal	180	N/A
Protein	g	3.7	N/A
Carbohydrate	g	29.9	N/A
Sugars	g	1.1	N/A
Starch	g	N/A	N/A
Fat	g	5.9	N/A
Saturates	g	0.7	N/A
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.5	N/A
Salt	g	Tr	N/A
Sodium	g	Tr	N/A
Vitamin B ₆	mg	0.5	1.0
Vitamin C	mg	14.0	28.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 1

Composite Sample Name: Potatoes, old, raw, flesh only

Sub-sample Number: 1.4

Sub-sample Name: Asda, Desiree potatoes

Brand: Asda

Pack size: 2.5kg

Purchase Date: 03.10.2011

Place of Purchase: Asda, Norwich

Display Until Date: 05 Oct

Best Before Date: 08 Oct

Batch Number: QVL 10906E39176268 site code: 790195

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 1.4

Sub-sample Name: Asda, Desiree potatoes

Ingredients: No information

Label claim(s):

Origin: Norfolk

Grower: J Hartley

Naturally high in vitamin B6

Naturally high in vitamin C

Produced in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled)	Amount/200g serving
Energy	kJ	323	N/A
Energy	kcal	78	N/A
Protein	g	1.8	N/A
Carbohydrate	g	17.0	N/A
Sugars	g	0.7	N/A
Starch	g	N/A	N/A
Fat	g	0.1	N/A
Saturates	g	Tr	N/A
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.2	N/A
Salt	g	Tr	N/A
Sodium	g	Tr	N/A
Vitamin B ₆	mg	0.3	0.6
Vitamin C	mg	6.0	12.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 1

Composite Sample Name: Potatoes, old, raw, flesh only

Sub-sample Number: 1.5

Sub-sample Name: Sainsbury's, British King Edward potatoes

Brand: Sainsbury's

Pack size: 2.5kg

Purchase Date: 03.10.2011

Place of Purchase: Sainsbury's, Longwater, Norwich

Display Until Date: 05 Oct

Best Before Date: 07 Oct

Batch Number: A0283 B Line D 5 2001

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 1.5

Sub-sample Name: Sainsbury's, British King Edward potatoes

Ingredients: No information

Label claim(s):

Produced in the UK

Grown in Lincs UK by Mark Lamyman

Naturally low in fat

A source of dietary fibre and Vitamin B6

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled in unsalted water)	Amount/175g (boiled in unsalted water)
Energy	kJ	308	N/A
Energy	kcal	72	N/A
Protein	g	1.8	N/A
Carbohydrate	g	16.2	N/A
Sugars	g	1.4	N/A
Starch	g	N/A	N/A
Fat	g	0.1	N/A
Saturates	g	Tr	N/A
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.2	N/A
Salt	g	Tr	N/A
Sodium	g	Tr	N/A
Thiamin B1	mg	0.18	0.3
Vitamin B6	mg	0.33	0.6
Vitamin C	mg	6.0	10.5
Folate	µg	19.0	33.3

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Composite Sample Number: 1
Composite Sample Name: Potatoes, old, raw, flesh only
Sub-sample Number: 1.6
Sub-sample Name: Morrisons, white potatoes
Brand: Morrisons
Pack size: 2.5kg
Purchase Date: 03.10.2011
Place of Purchase: Morrisons, Norwich
Display Until Date: 05 Oct
Best Before Date: 07 Oct
Batch Number: 3104 RD1-POT5B27311 8S 13:5C
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 1.6

Sub-sample Name: Morrisons white potatoes

Ingredients: White potatoes

Label claim(s):

British Assured Food Standards, UK

Variety: Estima

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	318
Energy	kcal	75
Protein	g	2.1
Carbohydrate	g	17.2
Sugars	g	0.6
Starch	g	N/A
Fat	g	0.2
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.3
Salt	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 1
Composite Sample Name: Potatoes, old, raw, flesh only
Sub-sample Number: 1.7
Sub-sample Name: Waitrose, Maris Piper potatoes
Brand: Waitrose
Pack size: 2.5kg
Purchase Date: 03.10.2011
Place of Purchase: Waitrose, Wymondham
Display Until Date: 07 Oct
Best Before Date:
Batch Number: Supplier 236A HC PL5 10:39 r 236A
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 1.7

Sub-sample Name: Waitrose, Maris Piper potatoes

Ingredients: Maris Piper potatoes

Label claim(s):

Origin: Suffolk UK

Grower: F Hiam

Nutrient Information:

Nutrient	Unit	Amount/100g as sold
Energy	kJ	335
Energy	kcal	79
Protein	g	2.1
Carbohydrate	g	17.2
Sugars	g	0.6
Starch	g	N/A
Fat	g	0.2
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2.4
Salt	g	0.02
Sodium	g	0.01

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Composite Sample Number: 1
Composite Sample Name: Potatoes, old, raw, flesh only
Sub-sample Number: 1.8
Sub-sample Name: British white potatoes
Brand: Aldi
Pack size: 2.5kg
Purchase Date: 03.10.2011
Place of Purchase: Aldi, Norwich
Display Until Date:
Best Before Date:
Batch Number: 3906 33L11052609 348
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 1.8

Sub-sample Name: British white potatoes

Ingredients: British white potatoes

Label claim(s):

Produce of UK

Variety: Estima

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 1
Composite Sample Name: Potatoes, old, raw, flesh only
Sub-sample Number: 1.9
Sub-sample Name: Tesco, Market Value potatoes
Brand: Tesco Market Value
Pack size: 5kg
Purchase Date: 03.10.2011
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date: 06 Oct
Best Before Date:
Batch Number: GV1 23:26 L3
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 1.9

Sub-sample Name: Tesco, Market Value potatoes

Ingredients: Potatoes

Label claim(s):

Great Britain

Melody

Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/250g serving
Energy	kJ	318	795
Energy	kcal	75	188
Protein	g	2.1	5.3
Carbohydrate	g	17.2	43.0
Sugars	g	0.6	1.5
Starch	g	N/A	N/A
Fat	g	0.2	0.5
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.3	3.3
Salt	g	Tr	Tr
Sodium	g	Tr	Tr
Thiamin B1	mg	0.2	0.5

Nutrient analysis of fruit and vegetables

Composite Sample Number: 1

Composite Sample Name: Potatoes, old, raw, flesh only

Sub-sample Number: 1.10

Sub-sample Name: Market, old potatoes

Brand:

Pack size:

Purchase Date: 03.10.2011

Place of Purchase: Independent market stall, Norwich

Display Until Date:

Best Before Date:

Batch Number:

Packaging: Paper

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 1.10

Sub-sample Name: Market, old potatoes

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 1

Composite Sample Name: Potatoes, old, raw, flesh only

Sub-sample Number: 1.11

Sub-sample Name: Garden of Elveden white potatoes

Brand: Garden of Elveden

Pack size: 10 x 2kg

Purchase Date: 03.10.2011

Place of Purchase: Makro, Norwich

Display Until Date:

Best Before Date:

Batch Number: Supplier:24333 Art No:368824 Code:273

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 1.11

Sub-sample Name: Garden of Elveden white potatoes

Ingredients: Washed white potatoes

Label claim(s):

Low in fat and a good source of vitamins B1, B6 and vitamin C
UK Saxon

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled)
Energy	kJ	306
Energy	kcal	72
Protein	g	1.8
Carbohydrate	g	17.0
Sugars	g	0.7
Starch	g	N/A
Fat	g	0.1
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.2
Salt	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 1
Composite Sample Name: Potatoes, old, raw, flesh only
Sub-sample Number: 1.12
Sub-sample Name: Tesco, British King Edward potatoes
Brand: Tesco
Pack size: 2.5kg
Purchase Date: 16.01.2012
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date: 19 Jan
Best Before Date: 21 Jan
Batch Number: GV1 20:07 L3
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 1.12

Sub-sample Name: Tesco, British King Edward potatoes

Ingredients: No information

Label claim(s):

Great Britain

Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/typical 250g serving
Energy	kJ	335	839
Energy	kcal	79	198
Protein	g	2.1	5.3
Carbohydrate	g	17.2	43.0
Sugars	g	0.6	1.5
Starch	g	N/A	N/A
Fat	g	0.2	0.5
Saturates	g	0.1	0.3
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.3	3.3
Salt	g	Tr	Tr
Sodium	g	Tr	Tr
Thiamin B1	mg	0.2	0.5

Nutrient analysis of fruit and vegetables

Composite Sample Number: 1

Composite Sample Name: Potatoes, old, raw, flesh only

Sub-sample Number: 1.13

Sub-sample Name: Tesco, Scottish Maris Piper potatoes

Brand: Tesco

Pack size: 2.5kg

Purchase Date: 16.01.2012

Place of Purchase: Tesco, Blue Boar Road, Norwich

Display Until Date: 18 Jan

Best Before Date: 20 Jan

Batch Number: GV3 16:50 LD

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 1.13

Sub-sample Name: Tesco, Scottish Maris Piper potatoes

Ingredients: Maris Piper potatoes

Label claim(s):

Scotland

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/250g typical serving
Energy	kJ	346	865
Energy	kcal	82	204
Protein	g	2.1	5.3
Carbohydrate	g	17.2	43.0
Sugars	g	0.6	1.5
Starch	g	N/A	N/A
Fat	g	0.2	0.5
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.3	3.3
Salt	g	Tr	Tr
Sodium	g	Tr	Tr
Thiamin (B1)	mg	0.2	0.5
Folic Acid	µg	35.0	87.5

Nutrient analysis of fruit and vegetables

Composite Sample Number: 1

Composite Sample Name: Potatoes, old, raw, flesh only

Sub-sample Number: 1.14

Sub-sample Name: Asda, British white potatoes

Brand: Asda

Pack size: 2.5kg

Purchase Date: 16.01.2012

Place of Purchase: Asda, Norwich

Display Until Date:

Best Before Date:

Batch Number: QVL60217D02183443 Site code: 790180

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 1.14

Sub-sample Name: Asda, British white potatoes

Ingredients: No information

Label claim(s):

Origin: Cambs

Variety: Melody

Grower: JR Fisher

Naturally high in vitamin B₆

Natural source of vitamin C

Produced in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled)	Amount/200g serving
Energy	kJ	333	N/A
Energy	kcal	79	N/A
Protein	g	1.8	N/A
Carbohydrate	g	17.0	N/A
Sugars	g	0.7	N/A
Starch	g	N/A	N/A
Fat	g	0.1	N/A
Saturates	g	Tr	N/A
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.2	N/A
Salt	g	Tr	N/A
Sodium	g	Tr	N/A
Vitamin B6	mg	0.3	0.6
Vitamin C	mg	6.0	12.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 1

Composite Sample Name: Potatoes, old, raw, flesh only

Sub-sample Number: 1.15

Sub-sample Name: Asda, British white potatoes

Brand: Asda

Pack size: 2.5kg

Purchase Date: 16.01.2012

Place of Purchase: Asda, Norwich

Display Until Date:

Best Before Date:

Batch Number: QVL65719C02183457 Site code: 790123

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 1.15

Sub-sample Name: Asda, British white potatoes

Ingredients: No information

Label claim(s):

Origin: Cambs

Variety: Maritiema

Grower: Fredrick Hiam

Naturally high in vitamin B6

Natural source of vitamin C

Produced in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled)	Amount/200g serving
Energy	kJ	333	N/A
Energy	kcal	79	N/A
Protein	g	1.8	N/A
Carbohydrate	g	17.0	N/A
Sugars	g	0.7	N/A
Starch	g	N/A	N/A
Fat	g	0.1	N/A
Saturates	g	Tr	N/A
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.2	N/A
Salt	g	Tr	N/A
Sodium	g	Tr	N/A
Vitamin B6	mg	0.3	0.6
Vitamin C	mg	6.0	12.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 1
Composite Sample Name: Potatoes, old, raw, flesh only
Sub-sample Number: 1.16
Sub-sample Name: Sainsbury's, Desiree potatoes
Brand: Sainsbury's
Pack size: 2.5kg
Purchase Date: 16.01.2012
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date:
Best Before Date: 20 Jan
Batch Number: D0646C 2253L2
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 1.16

Sub-sample Name: Sainsbury's, Desiree potatoes

Ingredients: No information

Label claim(s):

Grown in Norfolk UK

Source of fibre

Source of vitamin B6

Produced in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled in unsalted water)	Amount/175g serving (boiled in unsalted water)
Energy	kJ	306	N/A
Energy	kcal	72	N/A
Protein	g	1.8	N/A
Carbohydrate	g	15.4	N/A
Sugars	g	0.6	N/A
Starch	g	14.8	N/A
Fat	g	0.1	N/A
Saturates	g	Tr	N/A
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.2	2.1
Salt	g	Tr	N/A
Sodium	g	Tr	N/A
Thiamin B1	mg	0.18	0.3
Vitamin B6	mg	0.33	0.6

Nutrient analysis of fruit and vegetables

Composite Sample Number: 1
Composite Sample Name: Potatoes, old, raw, flesh only
Sub-sample Number: 1.17
Sub-sample Name: Morrisons, white potatoes
Brand: Morrisons
Pack size: 2.5kg
Purchase Date: 16.01.2012
Place of Purchase: Morrisons, Norwich
Display Until Date: 19 Jan
Best Before Date: 21 Jan
Batch Number: 12961 RD1-POT7A01412KC 04:15
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 1.17

Sub-sample Name: Morrisons white potatoes

Ingredients: No information

Label claim(s):

Estima
UK

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	318
Energy	kcal	75
Protein	g	2.1
Carbohydrate	g	17.2
Sugars	g	0.6
Starch	g	N/A
Fat	g	0.2
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.3
Salt	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 1

Composite Sample Name: Potatoes, old, raw, flesh only

Sub-sample Number: 1.18

Sub-sample Name: The Co-operative, white potatoes

Brand: The Co-operative

Pack size: 2.5kg

Purchase Date: 16.01.2012

Place of Purchase: The Co-operative, Wymondham

Display Until Date:

Best Before Date: 18 Jan

Batch Number: M082 / 8858

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 1.18

Sub-sample Name: The Co-operative, white potatoes

Ingredients: No Information

Label claim(s):

Melody
UK Herts
Farr
Produce of UK
Packed in UK

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/ 1/10pack (approx. 250g)
Energy	kJ	310	780
Energy	kcal	75	185
Protein	g	2.1	5.3
Carbohydrate	g	15.7	39.3
Sugars	g	0.6	1.5
Starch	g	N/A	N/A
Fat	g	0.2	0.5
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.6	4.0
Salt	g	Tr	Tr
Sodium	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 1
Composite Sample Name: Potatoes, old, raw, flesh only
Sub-sample Number: 1.19
Sub-sample Name: British red potatoes
Brand: Aldi
Pack size: 1.5kg
Purchase Date: 16.01.2012
Place of Purchase: Aldi, Norwich
Display Until Date:
Best Before Date:
Batch Number: 03 04 QVPL216551401 348
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 1.19

Sub-sample Name: British red potatoes

Ingredients: No information

Label claim(s):

Romano

100% British

Produce of UK

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 1
Composite Sample Name: Potatoes, old, raw, flesh only
Sub-sample Number: 1.20
Sub-sample Name: Sainsbury's, basics potatoes
Brand: Sainsbury's basics
Pack size: 2.5kg
Purchase Date: 16.01.2012
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date:
Best Before Date: 19 Jan
Batch Number: D0646C (2) 23:30
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 1.20

Sub-sample Name: Sainsbury's, basics potatoes

Ingredients: No Information

Label claim(s):

Variety: Maris Peer

Grown in Norfolk UK

Low in fat

Source of dietary fibre and vitamin B6

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled in unsalted water)	Amount/175g serving (boiled in unsalted water)
Energy	kJ	308	N/A
Energy	kcal	72	N/A
Protein	g	1.8	N/A
Carbohydrate	g	16.2	N/A
Sugars	g	1.4	N/A
Starch	g	14.8	N/A
Fat	g	0.1	N/A
Saturates	g	Tr	N/A
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.2	N/A
Salt	g	Tr	N/A
Sodium	g	Tr	N/A
Thiamin B1	mg	0.18	0.3
Vitamin B6	mg	0.33	0.6
Vitamin C	mg	6.0	10.5
Folate	µg	19.0	33.3

Nutrient analysis of fruit and vegetables

Composite Sample Number: 1

Composite Sample Name: Potatoes, old, raw, flesh only

Sub-sample Number: 1.21

Sub-sample Name: Market old potatoes

Brand:

Pack size:

Purchase Date: 16.01.2012

Place of Purchase: Independent market stall, Norwich

Display Until Date:

Best Before Date:

Batch Number:

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 1.21

Sub-sample Name: Market old potatoes

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 1

Composite Sample Name: Potatoes, old, raw, flesh only

Sub-sample Number: 1.22

Sub-sample Name: Farm Fresh, washed white potatoes

Brand: Farm Fresh

Pack size: 2kg

Purchase Date: 16.01.2012

Place of Purchase: Booker, Norwich

Display Until Date:

Best Before Date:

Batch Number: 43/2 07:25 56957

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 1.22

Sub-sample Name: Farm Fresh, washed white potatoes

Ingredients: No information

Label claim(s):

Variety: Estima

Origin: UK

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled in unsalted water)
Energy	kJ	306
Energy	kcal	72
Protein	g	1.4
Carbohydrate	g	17.0
Sugars	g	0.7
Starch	g	N/A
Fat	g	0.1
Saturates	g	<0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.2
Salt	g	N/A
Sodium	g	7
Vitamin B6	mg	0.33
Vitamin C	mg	6

Sample 2: Potatoes, old, boiled, flesh only

Composite Sample Number: 2
Composite Sample Name: Potatoes, old, boiled, flesh only
Sub-sample Number: 2.1
Sub-sample Name: Tesco, Eastern Counties, white potatoes
Brand: Tesco
Pack size: 2.5kg
Purchase Date: 03.10.2011
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date: 05 Oct
Best before Date: 06 Oct
Batch Number: GV1 01:03 L3
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 2.1

Sub-sample Name: Tesco, Eastern Counties, white potatoes

Ingredients: No information

Label claim(s):

Variety: Harmony

Locally farmed, UK

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/typical 250g serving
Energy	kJ	335	839
Energy	kcal	79	198
Protein	g	2.1	5.3
Carbohydrate	g	17.2	43.0
Sugars	g	0.6	1.5
Starch	g	N/A	N/A
Fat	g	0.2	0.5
Saturates	g	0.1	0.3
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.3	3.3
Salt	g	Tr	Tr
Sodium	g	Tr	Tr
Thiamin	mg	0.2	0.5

Nutrient analysis of fruit and vegetables

Composite Sample Number: 2

Composite Sample Name: Potatoes, old, boiled, flesh only

Sub-sample Number: 2.2

Sub-sample Name: Tesco, Eastern Counties, Desiree potatoes

Brand: Tesco

Pack size: 2.5kg

Purchase Date: 03.10.2011

Place of Purchase: Tesco, Harford Bridges, Norwich

Display Until Date: 06 Oct

Best before Date: 08 Oct

Batch Number: GV1 11:58 L2

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 2.2

Sub-sample Name: Tesco, Eastern Counties, Desiree potatoes

Ingredients: Desiree potatoes

Label claim(s):

Locally farmed, UK
Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/typical 250g serving
Energy	kJ	335	839
Energy	kcal	79	198
Protein	g	2.1	5.3
Carbohydrate	g	17.2	43.0
Sugars	g	0.6	1.5
Starch	g	N/A	N/A
Fat	g	0.2	0.5
Saturates	g	0.1	0.3
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.3	3.3
Salt	g	Tr	Tr
Sodium	g	Tr	Tr
Thiamin (B1)	mg	0.2	0.5

Nutrient analysis of fruit and vegetables

Composite Sample Number: 2

Composite Sample Name: Potatoes, old, boiled, flesh only

Sub-sample Number: 2.3

Sub-sample Name: Asda, Maris Piper potatoes

Brand: Asda

Pack size: 2.5kg

Purchase Date: 03.10.2011

Place of Purchase: Asda, Norwich

Display Until Date: 04 Oct

Best Before Date: 07 Oct

Batch Number: QVL43021C39176879 Site code: 790317

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 2.3

Sub-sample Name: Asda, Maris Piper potatoes

Ingredients: No information

Label claim(s):

Naturally high in vitamin B6

Naturally high in vitamin C

Origin: Suffolk.

Grower: SJ Parr

Produced in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g (oven baked)	Amount/200g serving
Energy	kJ	760	N/A
Energy	kcal	180	N/A
Protein	g	3.7	N/A
Carbohydrate	g	29.9	N/A
Sugars	g	1.1	N/A
Starch	g	N/A	N/A
Fat	g	5.9	N/A
Saturates	g	0.7	N/A
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.5	N/A
Salt	g	Tr	N/A
Sodium	g	Tr	N/A
Vitamin B ₆	mg	0.5	1.0
Vitamin C	mg	14.0	28.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 2

Composite Sample Name: Potatoes, old, boiled, flesh only

Sub-sample Number: 2.4

Sub-sample Name: Asda, Desiree potatoes

Brand: Asda

Pack size: 2.5kg

Purchase Date: 03.10.2011

Place of Purchase: Asda, Norwich

Display Until Date: 05 Oct

Best Before Date: 08 Oct

Batch Number: QVL 10906E39176268 site code: 790195

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 2.4

Sub-sample Name: Asda, Desiree potatoes

Ingredients: No information

Label claim(s):

Origin: Norfolk

Grower: J Hartley

Naturally high in vitamin B6

Naturally high in vitamin C

Produced in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled)	Amount/200g serving
Energy	kJ	323	N/A
Energy	kcal	78	N/A
Protein	g	1.8	N/A
Carbohydrate	g	17.0	N/A
Sugars	g	0.7	N/A
Starch	g	N/A	N/A
Fat	g	0.1	N/A
Saturates	g	Tr	N/A
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.2	N/A
Salt	g	Tr	N/A
Sodium	g	Tr	N/A
Vitamin B ₆	mg	0.3	0.6
Vitamin C	mg	6.0	12.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 2

Composite Sample Name: Potatoes, old, boiled, flesh only

Sub-sample Number: 2.5

Sub-sample Name: Sainsbury's, British King Edward potatoes

Brand: Sainsbury's

Pack size: 2.5kg

Purchase Date: 03.10.2011

Place of Purchase: Sainsbury's, Longwater, Norwich

Display Until Date: 05 Oct

Best Before Date: 07 Oct

Batch Number: A0283 B Line D 5 2001

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 2.5

Sub-sample Name: Sainsbury's, British King Edward potatoes

Ingredients: No Information

Label claim(s):

Produced in the UK

Grown in Lincs UK by Mark Lamyman

Naturally low in fat

A source of dietary fibre and Vitamin B6

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled in unsalted water)	Amount/175g (boiled in unsalted water)
Energy	kJ	308	N/A
Energy	kcal	72	N/A
Protein	g	1.8	N/A
Carbohydrate	g	16.2	N/A
Sugars	g	1.4	N/A
Starch	g	N/A	N/A
Fat	g	0.1	N/A
Saturates	g	Tr	N/A
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.2	N/A
Salt	g	Tr	N/A
Sodium	g	Tr	N/A
Thiamin B1	mg	0.18	0.3
Vitamin B6	mg	0.33	0.6
Vitamin C	mg	6.0	10.5
Folate	µg	19.0	33.3

Nutrient analysis of fruit and vegetables

Composite Sample Number: 2

Composite Sample Name: Potatoes, old, boiled, flesh only

Sub-sample Number: 2.6

Sub-sample Name: Morrisons, white potatoes

Brand: Morrisons

Pack size: 2.5kg

Purchase Date: 03.10.2011

Place of Purchase: Morrisons, Norwich

Display Until Date: 05 Oct

Best Before Date: 07 Oct

Batch Number: 3104 RD1-POT5B27311 8S 13:5C

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 2.6

Sub-sample Name: Morrisons, white potatoes

Ingredients: White potatoes

Label claim(s):

British Assured Food Standards, UK

Variety: Estima

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	318
Energy	kcal	75
Protein	g	2.1
Carbohydrate	g	17.2
Sugars	g	0.6
Starch	g	N/A
Fat	g	0.2
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.3
Salt	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 2

Composite Sample Name: Potatoes, old, boiled, flesh only

Sub-sample Number: 2.7

Sub-sample Name: Waitrose, Maris Piper potatoes

Brand: Waitrose

Pack size: 2.5kg

Purchase Date: 03.10.2011

Place of Purchase: Waitrose, Wymondham

Display Until Date: 07 Oct

Best Before Date:

Batch Number: Supplier 236A HC PL5 10:39 r 236A

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 2.7

Sub-sample Name: Waitrose, Maris Piper potatoes

Ingredients: Maris piper potatoes

Label claim(s):

Origin: Suffolk UK

Grower: F Hiam

Nutrient Information:

Nutrient	Unit	Amount/100g as sold
Energy	kJ	335
Energy	kcal	79
Protein	g	2.1
Carbohydrate	g	17.2
Sugars	g	0.6
Starch	g	N/A
Fat	g	0.2
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2.4
Salt	g	0.02
Sodium	g	0.01

Nutrient analysis of fruit and vegetables

Composite Sample Number: 2
Composite Sample Name: Potatoes, old, boiled, flesh only
Sub-sample Number: 2.8
Sub-sample Name: British white potatoes
Brand: Aldi
Pack size: 2.5kg
Purchase Date: 03.10.2011
Place of Purchase: Aldi, Norwich
Display Until Date:
Best Before Date:
Batch Number: 3906 33L11052609 348
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 2.8

Sub-sample Name: British white potatoes

Ingredients: British white potatoes

Label claim(s):

Produce of UK

Variety: Estima

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 2

Composite Sample Name: Potatoes, old, boiled, flesh only

Sub-sample Number: 2.9

Sub-sample Name: Tesco, Market Value potatoes

Brand: Tesco Market Value

Pack size: 5kg

Purchase Date: 03.10.2011

Place of Purchase: Tesco, Harford Bridges, Norwich

Display Until Date: 06 Oct

Best Before Date:

Batch Number: GV1 23:26 L3

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 2.9

Sub-sample Name: Tesco, Market Value potatoes

Ingredients: Potatoes

Label claim(s):

Great Britain

Melody

Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/250g serving
Energy	kJ	318	795
Energy	kcal	75	188
Protein	g	2.1	5.3
Carbohydrate	g	17.2	43.0
Sugars	g	0.6	1.5
Starch	g	N/A	N/A
Fat	g	0.2	0.5
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.3	3.3
Salt	g	Tr	Tr
Sodium	g	Tr	Tr
Thiamin B1	mg	0.2	0.5

Nutrient analysis of fruit and vegetables

Composite Sample Number: 2

Composite Sample Name: Potatoes, old, boiled, flesh only

Sub-sample Number: 2.10

Sub-sample Name: Market old potatoes

Brand:

Pack size:

Purchase Date: 03.10.2011

Place of Purchase: Independent market stall, Norwich

Display Until Date:

Best Before Date:

Batch Number:

Packaging: Paper

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 2.10

Sub-sample Name: Market old potatoes

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 2

Composite Sample Name: Potatoes, old, boiled, flesh only

Sub-sample Number: 2.11

Sub-sample Name: Garden of Elveden white potatoes

Brand: Garden of Elveden

Pack size: 10 x 2kg

Purchase Date: 03.10.2011

Place of Purchase: Makro, Norwich

Display Until Date:

Best Before Date:

Batch Number: Supplier:24333 Art No:368824 Code:273

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 2.11

Sub-sample Name: Garden of Elveden white potatoes

Ingredients: Washed white potatoes

Label claim(s):

Low in fat and a good source of vitamins B1, B6 and vitamin C
UK Saxon

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled)
Energy	kJ	306
Energy	kcal	72
Protein	g	1.8
Carbohydrate	g	17.0
Sugars	g	0.7
Starch	g	N/A
Fat	g	0.1
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.2
Salt	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 2

Composite Sample Name: Potatoes, old, boiled, flesh only

Sub-sample Number: 2.12

Sub-sample Name: Tesco, British King Edward potatoes

Brand: Tesco

Pack size: 2.5kg

Purchase Date: 16.01.2012

Place of Purchase: Tesco, Blue Boar Road, Norwich

Display Until Date: 19 Jan

Best Before Date: 21 Jan

Batch Number: GV1 20:07 L3

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 2.12

Sub-sample Name: Tesco, British King Edward potatoes

Ingredients: No information

Label claim(s):

Great Britain

Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/typical 250g serving
Energy	kJ	335	839
Energy	kcal	79	198
Protein	g	2.1	5.3
Carbohydrate	g	17.2	43.0
Sugars	g	0.6	1.5
Starch	g	N/A	N/A
Fat	g	0.2	0.5
Saturates	g	0.1	0.3
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.3	3.3
Salt	g	Tr	Tr
Sodium	g	Tr	Tr
Thiamin B1	mg	0.2	0.5

Nutrient analysis of fruit and vegetables

Composite Sample Number: 2

Composite Sample Name: Potatoes, old, boiled, flesh only

Sub-sample Number: 2.13

Sub-sample Name: Tesco, Scottish Maris Piper potatoes

Brand: Tesco

Pack size: 2.5kg

Purchase Date: 16.01.2012

Place of Purchase: Tesco, Blue Boar Road, Norwich

Display Until Date: 18 Jan

Best Before Date: 20 Jan

Batch Number: GV3 16:50 LD

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 2.13

Sub-sample Name: Tesco, Scottish Maris Piper potatoes

Ingredients: Maris Piper potatoes

Label claim(s):

Scotland

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/250g typical serving
Energy	kJ	346	865
Energy	kcal	82	204
Protein	g	2.1	5.3
Carbohydrate	g	17.2	43.0
Sugars	g	0.6	1.5
Starch	g	N/A	N/A
Fat	g	0.2	0.5
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.3	3.3
Salt	g	Tr	Tr
Sodium	g	Tr	Tr
Thiamin (B1)	mg	0.2	0.5
Folic Acid	µg	35.0	87.5

Nutrient analysis of fruit and vegetables

Composite Sample Number: 2

Composite Sample Name: Potatoes, old, boiled, flesh only

Sub-sample Number: 2.14

Sub-sample Name: Asda, British white potatoes

Brand: Asda

Pack size: 2.5kg

Purchase Date: 16.01.2012

Place of Purchase: Asda, Norwich

Display Until Date:

Best Before Date:

Batch Number: QVL60217D02183443 Site code: 790180

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 2.14

Sub-sample Name: Asda, British white potatoes

Ingredients: No information

Label claim(s):

Origin: Cambs

Variety: Melody

Grower: JR Fisher

Naturally high in vitamin B6

Natural source of vitamin C

Produced in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled)	Amount/200g serving
Energy	kJ	333	N/A
Energy	kcal	79	N/A
Protein	g	1.8	N/A
Carbohydrate	g	17.0	N/A
Sugars	g	0.7	N/A
Starch	g	N/A	N/A
Fat	g	0.1	N/A
Saturates	g	Tr	N/A
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.2	N/A
Salt	g	Tr	N/A
Sodium	g	Tr	N/A
Vitamin B6	mg	0.3	0.6
Vitamin C	mg	6.0	12.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 2

Composite Sample Name: Potatoes, old, boiled, flesh only

Sub-sample Number: 2.15

Sub-sample Name: Asda, British white potatoes

Brand: Asda

Pack size: 2.5kg

Purchase Date: 16.01.2012

Place of Purchase: Asda, Norwich

Display Until Date:

Best Before Date:

Batch Number: QVL65719C02183457 Site code: 790123

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 2.15

Sub-sample Name: Asda, British white potatoes

Ingredients: No information

Label claim(s):

Origin: Cambs

Variety: Maritiema

Grower: Fredrick Hiam

Naturally high in vitamin B6

Natural source of vitamin C

Produced in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled)	Amount/200g serving
Energy	kJ	333	N/A
Energy	kcal	79	N/A
Protein	g	1.8	N/A
Carbohydrate	g	17.0	N/A
Sugars	g	0.7	N/A
Starch	g	N/A	N/A
Fat	g	0.1	N/A
Saturates	g	Tr	N/A
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.2	N/A
Salt	g	Tr	N/A
Sodium	g	Tr	N/A
Vitamin B6	mg	0.3	0.6
Vitamin C	mg	6.0	12.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 2

Composite Sample Name: Potatoes, old, boiled, flesh only

Sub-sample Number: 2.16

Sub-sample Name: Sainsbury's, Desiree potatoes

Brand: Sainsbury's

Pack size: 2.5kg

Purchase Date: 16.01.2012

Place of Purchase: Sainsbury's, Longwater, Norwich

Display Until Date:

Best Before Date: 20 Jan

Batch Number: D0646C 2253L2

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 2.16

Sub-sample Name: Sainsbury's, Desiree potatoes

Ingredients: No information

Label claim(s):

Grown in Norfolk UK

Source of fibre

Source of vitamin B6

Produced in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled in unsalted water)	Amount/175g serving (boiled in unsalted water)
Energy	kJ	306	N/A
Energy	kcal	72	N/A
Protein	g	1.8	N/A
Carbohydrate	g	15.4	N/A
Sugars	g	0.6	N/A
Starch	g	14.8	N/A
Fat	g	0.1	N/A
Saturates	g	Tr	N/A
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.2	2.1
Salt	g	Tr	N/A
Sodium	g	Tr	N/A
Thiamin B1	mg	0.18	0.3
Vitamin B6	mg	0.33	0.6

Nutrient analysis of fruit and vegetables

Composite Sample Number: 2

Composite Sample Name: Potatoes, old, boiled, flesh only

Sub-sample Number: 2.17

Sub-sample Name: Morrisons, white potatoes

Brand: Morrisons

Pack size: 2.5kg

Purchase Date: 16.01.2012

Place of Purchase: Morrisons, Norwich

Display Until Date: 19 Jan

Best Before Date: 21 Jan

Batch Number: 12961 RD1-POT7A01412KC 04:15

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 2.17

Sub-sample Name: Morrisons, white potatoes

Ingredients: No information

Label claim(s):

Estima
UK

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	318
Energy	kcal	75
Protein	g	2.1
Carbohydrate	g	17.2
Sugars	g	0.6
Starch	g	N/A
Fat	g	0.2
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.3
Salt	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 2

Composite Sample Name: Potatoes, old, boiled, flesh only

Sub-sample Number: 2.18

Sub-sample Name: The Co-operative, white potatoes

Brand: The Co-operative

Pack size: 2.5kg

Purchase Date: 16.01.2012

Place of Purchase: The Co-operative, Wymondham

Display Until Date:

Best Before Date: 18 Jan

Batch Number: M082 / 8858

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 2.18

Sub-sample Name: The Co-operative, white potatoes

Ingredients: No information

Label claim(s):

Melody
UK Herts
Farr
Produce of UK
Packed in UK

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/ 1/10pack (approx. 250g)
Energy	kJ	310	780
Energy	kcal	75	185
Protein	g	2.1	5.3
Carbohydrate	g	15.7	39.3
Sugars	g	0.6	1.5
Starch	g	N/A	N/A
Fat	g	0.2	0.5
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.6	4.0
Salt	g	Tr	Tr
Sodium	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 2
Composite Sample Name: Potatoes, old, boiled, flesh only
Sub-sample Number: 2.19
Sub-sample Name: British red potatoes
Brand: Aldi
Pack size: 1.5kg
Purchase Date: 16.01.2012
Place of Purchase: Aldi, Norwich
Display Until Date:
Best Before Date:
Batch Number: 03 04 QVPL216551401 348
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 2.19

Sub-sample Name: British red potatoes

Ingredients: No information

Label claim(s):

Romano

100% British

Produce of UK

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 2

Composite Sample Name: Potatoes, old, boiled, flesh only

Sub-sample Number: 2.20

Sub-sample Name: Sainsbury's, basics Potatoes

Brand: Sainsbury's, basics

Pack size: 2.5kg

Purchase Date: 16.01.2012

Place of Purchase: Sainsbury's, Longwater, Norwich

Display Until Date:

Best Before Date: 19 Jan

Batch Number: D0646C (2) 23:30

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 2.20

Sub-sample Name: Sainsbury's, basics potatoes

Ingredients: No information

Label claim(s):

Variety: Maris Peer

Grown in Norfolk UK

Low in fat

Source of dietary fibre and vitamin B6

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled in unsalted water)	Amount/175g serving (boiled in unsalted water)
Energy	kJ	308	N/A
Energy	kcal	72	N/A
Protein	g	1.8	N/A
Carbohydrate	g	16.2	N/A
Sugars	g	1.4	N/A
Starch	g	14.8	N/A
Fat	g	0.1	N/A
Saturates	g	Tr	N/A
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.2	N/A
Salt	g	Tr	N/A
Sodium	g	Tr	N/A
Thiamin B1	mg	0.18	0.3
Vitamin B6	mg	0.33	0.6
Vitamin C	mg	6.0	10.5
Folate	µg	19.0	33.3

Nutrient analysis of fruit and vegetables

Composite Sample Number: 2

Composite Sample Name: Potatoes, old, boiled, flesh only

Sub-sample Number: 2.21

Sub-sample Name: Market old potatoes

Brand:

Pack size:

Purchase Date: 16.01.2012

Place of Purchase: Independent market stall, Norwich

Display Until Date:

Best Before Date:

Batch Number:

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 2.21

Sub-sample Name: Market old potatoes

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 2

Composite Sample Name: Potatoes, old, boiled, flesh only

Sub-sample Number: 2.22

Sub-sample Name: Farm Fresh, washed white potatoes

Brand: Farm Fresh

Pack size: 2kg

Purchase Date: 16.01.2012

Place of Purchase: Booker, Norwich

Display Until Date:

Best Before Date:

Batch Number: 43/2 07:25 56957

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 2.22

Sub-sample Name: Farm Fresh, washed white potatoes

Ingredients: No information

Label claim(s):

Variety: Estima

Origin: UK

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled in unsalted water)
Energy	kJ	306
Energy	kcal	72
Protein	g	1.4
Carbohydrate	g	17.0
Sugars	g	0.7
Starch	g	N/A
Fat	g	0.1
Saturates	g	<0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.2
Salt	g	N/A
Sodium	g	7
Vitamin B6	mg	0.33
Vitamin C	mg	6

Sample 3: Potatoes, old, baked, flesh and skin

Composite Sample Number: 3
Composite Sample Name: Potatoes, old, baked, flesh and skin
Sub-sample Number: 3.1
Sub-sample Name: Tesco, Eastern Counties, white potatoes
Brand: Tesco
Pack size: 2.5kg
Purchase Date: 03.10.2011
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date: 05 Oct
Best before Date: 06 Oct
Batch Number: GV1 01:03 L3
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 3.1

Sub-sample Name: Tesco, Eastern Counties, white potatoes

Ingredients: No information

Label claim(s):

Variety: Harmony

Locally farmed, UK

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/typical 250g serving
Energy	kJ	335	839
Energy	kcal	79	198
Protein	g	2.1	5.3
Carbohydrate	g	17.2	43.0
Sugars	g	0.6	1.5
Starch	g	N/A	N/A
Fat	g	0.2	0.5
Saturates	g	0.1	0.3
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.3	3.3
Salt	g	Tr	Tr
Sodium	g	Tr	Tr
Thiamin	mg	0.2	0.5

Nutrient analysis of fruit and vegetables

Composite Sample Number: 3

Composite Sample Name: Potatoes, old, baked, flesh and skin

Sub-sample Number: 3.2

Sub-sample Name: Tesco, Eastern Counties, Desiree potatoes

Brand: Tesco

Pack size: 2.5kg

Purchase Date: 03.10.2011

Place of Purchase: Tesco, Harford Bridges, Norwich

Display Until Date: 06 Oct

Best before Date: 08 Oct

Batch Number: GV1 11:58 L2

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 3.2

Sub-sample Name: Tesco, Eastern Counties, Desiree potatoes

Ingredients: Desiree potatoes

Label claim(s):

Locally farmed, UK
Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/typical 250g serving
Energy	kJ	335	839
Energy	kcal	79	198
Protein	g	2.1	5.3
Carbohydrate	g	17.2	43.0
Sugars	g	0.6	1.5
Starch	g	N/A	N/A
Fat	g	0.2	0.5
Saturates	g	0.1	0.3
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.3	3.3
Salt	g	Tr	Tr
Sodium	g	Tr	Tr
Thiamin (B1)	mg	0.2	0.5

Nutrient analysis of fruit and vegetables

Composite Sample Number: 3

Composite Sample Name: Potatoes, old, baked, flesh and skin

Sub-sample Number: 3.3

Sub-sample Name: Asda, Maris Piper potatoes

Brand: Asda

Pack size: 2.5kg

Purchase Date: 03.10.2011

Place of Purchase: Asda, Norwich

Display Until Date: 04 Oct

Best Before Date: 07 Oct

Batch Number: QVL43021C39176879 Site code: 790317

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 3.3

Sub-sample Name: Asda, Maris Piper potatoes

Ingredients: No information

Label claim(s):

Naturally high in vitamin B6

Naturally high in vitamin C

Origin: Suffolk.

Grower: SJ Parr

Produced in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g (ovenbaked)	Amount/200g serving
Energy	kJ	760	N/A
Energy	kcal	180	N/A
Protein	g	3.7	N/A
Carbohydrate	g	29.9	N/A
Sugars	g	1.1	N/A
Starch	g	N/A	N/A
Fat	g	5.9	N/A
Saturates	g	0.7	N/A
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.5	N/A
Salt	g	Tr	N/A
Sodium	g	Tr	N/A
Vitamin B ₆	mg	0.5	1.0
Vitamin C	mg	14.0	28.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 3

Composite Sample Name: Potatoes, old, baked, flesh and skin

Sub-sample Number: 3.4

Sub-sample Name: Asda, Desiree potatoes

Brand: Asda

Pack size: 2.5kg

Purchase Date: 03.10.2011

Place of Purchase: Asda, Norwich

Display Until Date: 05 Oct

Best Before Date: 08 Oct

Batch Number: QVL 10906E39176268 site code: 790195

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 3.4

Sub-sample Name: Asda, Desiree potatoes

Ingredients: No information

Label claim(s):

Origin: Norfolk

Grower: J Hartley

Naturally high in vitamin B6

Naturally high in vitamin C

Produced in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled)	Amount/200g serving
Energy	kJ	323	N/A
Energy	kcal	78	N/A
Protein	g	1.8	N/A
Carbohydrate	g	17.0	N/A
Sugars	g	0.7	N/A
Starch	g	N/A	N/A
Fat	g	0.1	N/A
Saturates	g	Tr	N/A
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.2	N/A
Salt	g	Tr	N/A
Sodium	g	Tr	N/A
Vitamin B ₆	mg	0.3	0.6
Vitamin C	mg	6.0	12.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 3

Composite Sample Name: Potatoes, old, baked, flesh and skin

Sub-sample Number: 3.5

Sub-sample Name: Sainsbury's, British King Edward potatoes

Brand: Sainsbury's

Pack size: 2.5kg

Purchase Date: 03.10.2011

Place of Purchase: Sainsbury's, Longwater, Norwich

Display Until Date: 05 Oct

Best Before Date: 07 Oct

Batch Number: A0283 B Line D 5 2001

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 3.5

Sub-sample Name: Sainsbury's, British King Edward potatoes

Ingredients: No information

Label claim(s):

Produced in the UK

Grown in Lincs UK by Mark Lamyman

Naturally low in fat

A source of dietary fibre and Vitamin B6

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled in unsalted water)	Amount/175g (boiled in unsalted water)
Energy	kJ	308	N/A
Energy	kcal	72	N/A
Protein	g	1.8	N/A
Carbohydrate	g	16.2	N/A
Sugars	g	1.4	N/A
Starch	g	N/A	N/A
Fat	g	0.1	N/A
Saturates	g	Tr	N/A
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.2	N/A
Salt	g	Tr	N/A
Sodium	g	Tr	N/A
Thiamin B1	mg	0.18	0.3
Vitamin B6	mg	0.33	0.6
Vitamin C	mg	6.0	10.5
Folate	µg	19.0	33.3

Nutrient analysis of fruit and vegetables

Composite Sample Number: 3
Composite Sample Name: Potatoes, old, baked, flesh and skin
Sub-sample Number: 3.6
Sub-sample Name: Morrisons, white potatoes
Brand: Morrisons
Pack size: 2.5kg
Purchase Date: 03.10.2011
Place of Purchase: Morrisons, Norwich
Display Until Date: 05 Oct
Best Before Date: 07 Oct
Batch Number: 3104 RD1-POT5B27311 8S 13:5C
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 3.6

Sub-sample Name: Morrisons, white potatoes

Ingredients: White potatoes

Label claim(s):

British Assured Food Standards, UK

Variety: Estima

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	318
Energy	kcal	75
Protein	g	2.1
Carbohydrate	g	17.2
Sugars	g	0.6
Starch	g	N/A
Fat	g	0.2
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.3
Salt	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 3

Composite Sample Name: Potatoes, old, baked, flesh and skin

Sub-sample Number: 3.7

Sub-sample Name: Waitrose, Maris Piper potatoes

Brand: Waitrose

Pack size: 2.5kg

Purchase Date: 03.10.2011

Place of Purchase: Waitrose, Wymondham

Display Until Date: 07 Oct

Best Before Date:

Batch Number: Supplier 236A HC PL5 10:39 r 236A

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 3.7

Sub-sample Name: Waitrose, Maris Piper potatoes

Ingredients: Maris piper potatoes

Label claim(s):

Origin: Suffolk UK

Grower: F Hiam

Nutrient Information:

Nutrient	Unit	Amount/100g as sold
Energy	kJ	335
Energy	kcal	79
Protein	g	2.1
Carbohydrate	g	17.2
Sugars	g	0.6
Starch	g	N/A
Fat	g	0.2
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2.4
Salt	g	0.02
Sodium	g	0.01

Nutrient analysis of fruit and vegetables

Composite Sample Number: 3
Composite Sample Name: Potatoes, old, baked, flesh and skin
Sub-sample Number: 3.8
Sub-sample Name: British white potatoes
Brand: Aldi
Pack size: 2.5kg
Purchase Date: 03.10.2011
Place of Purchase: Aldi, Norwich
Display Until Date:
Best Before Date:
Batch Number: 3906 33L11052609 348
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 3.8

Sub-sample Name: British white potatoes

Ingredients: British white potatoes

Label claim(s):

Produce of UK

Variety: Estima

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 3

Composite Sample Name: Potatoes, old, baked, flesh and skin

Sub-sample Number: 3.9

Sub-sample Name: Tesco, Market Value potatoes

Brand: Tesco Market Value

Pack size: 5kg

Purchase Date: 03.10.2011

Place of Purchase: Tesco, Harford Bridges, Norwich

Display Until Date: 06 Oct

Best Before Date:

Batch Number: GV1 23:26 L3

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 3.9

Sub-sample Name: Tesco, Market Value potatoes

Ingredients: Potatoes

Label claim(s):

Great Britain

Melody

Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/250g serving
Energy	kJ	318	795
Energy	kcal	75	188
Protein	g	2.1	5.3
Carbohydrate	g	17.2	43.0
Sugars	g	0.6	1.5
Starch	g	N/A	N/A
Fat	g	0.2	0.5
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.3	3.3
Salt	g	Tr	Tr
Sodium	g	Tr	Tr
Thiamin B1	mg	0.2	0.5

Nutrient analysis of fruit and vegetables

Composite Sample Number: 3

Composite Sample Name: Potatoes, old, baked, flesh and skin

Sub-sample Number: 3.10

Sub-sample Name: Market old potatoes

Brand:

Pack size:

Purchase Date: 03.10.2011

Place of Purchase: Independent market stall, Norwich

Display Until Date:

Best Before Date:

Batch Number:

Packaging: Paper

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 3.10

Sub-sample Name: Market old potatoes

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 3

Composite Sample Name: Potatoes, old, baked, flesh and skin

Sub-sample Number: 3.11

Sub-sample Name: Garden of Elveden white potatoes

Brand: Garden of Elveden

Pack size: 10 x 2kg

Purchase Date: 03.10.2011

Place of Purchase: Makro, Norwich

Display Until Date:

Best Before Date:

Batch Number: Supplier:24333 Art No:368824 Code:273

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 3.11

Sub-sample Name: Garden of Elveden white potatoes

Ingredients: Washed white potatoes

Label claim(s):

Low in fat and a good source of vitamins B1, B6 and vitamin C
UK Saxon

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled)
Energy	kJ	306
Energy	kcal	72
Protein	g	1.8
Carbohydrate	g	17.0
Sugars	g	0.7
Starch	g	N/A
Fat	g	0.1
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.2
Salt	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 3

Composite Sample Name: Potatoes, old, baked, flesh and skin

Sub-sample Number: 3.12

Sub-sample Name: Tesco, British King Edward potatoes

Brand: Tesco

Pack size: 2.5kg

Purchase Date: 16.01.2012

Place of Purchase: Tesco, Blue Boar Road, Norwich

Display Until Date: 19 Jan

Best Before Date: 21 Jan

Batch Number: GV1 20:07 L3

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 3.12

Sub-sample Name: Tesco, British King Edward potatoes

Ingredients: No information

Label claim(s):

Great Britain

Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/typical 250g serving
Energy	kJ	335	839
Energy	kcal	79	198
Protein	g	2.1	5.3
Carbohydrate	g	17.2	43.0
Sugars	g	0.6	1.5
Starch	g	N/A	N/A
Fat	g	0.2	0.5
Saturates	g	0.1	0.3
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.3	3.3
Salt	g	Tr	Tr
Sodium	g	Tr	Tr
Thiamin B1	mg	0.2	0.5

Nutrient analysis of fruit and vegetables

Composite Sample Number: 3

Composite Sample Name: Potatoes, old, baked, flesh and skin

Sub-sample Number: 3.13

Sub-sample Name: Tesco, Scottish Maris Piper potatoes

Brand: Tesco

Pack size: 2.5kg

Purchase Date: 16.01.2012

Place of Purchase: Tesco, Blue Boar Road, Norwich

Display Until Date: 18 Jan

Best Before Date: 20 Jan

Batch Number: GV3 16:50 LD

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 3.13

Sub-sample Name: Tesco, Scottish Maris Piper potatoes

Ingredients: Maris Piper potatoes

Label claim(s):

Scotland

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/250g typical serving
Energy	kJ	346	865
Energy	kcal	82	204
Protein	g	2.1	5.3
Carbohydrate	g	17.2	43.0
Sugars	g	0.6	1.5
Starch	g	N/A	N/A
Fat	g	0.2	0.5
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.3	3.3
Salt	g	Tr	Tr
Sodium	g	Tr	Tr
Thiamin (B1)	mg	0.2	0.5
Folic Acid	µg	35.0	87.5

Nutrient analysis of fruit and vegetables

Composite Sample Number: 3

Composite Sample Name: Potatoes, old, baked, flesh and skin

Sub-sample Number: 3.14

Sub-sample Name: Asda, British white potatoes

Brand: Asda

Pack size: 2.5kg

Purchase Date: 16.01.2012

Place of Purchase: Asda, Norwich

Display Until Date:

Best Before Date:

Batch Number: QVL60217D02183443 Site code: 790180

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 3.14

Sub-sample Name: Asda, British white potatoes

Ingredients: No information

Label claim(s):

Origin: Cambs

Variety: Melody

Grower: JR Fisher

Naturally high in vitamin B6

Natural source of vitamin C

Produced in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled)	Amount/200g serving
Energy	kJ	333	N/A
Energy	kcal	79	N/A
Protein	g	1.8	N/A
Carbohydrate	g	17.0	N/A
Sugars	g	0.7	N/A
Starch	g	N/A	N/A
Fat	g	0.1	N/A
Saturates	g	Tr	N/A
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.2	N/A
Salt	g	Tr	N/A
Sodium	g	Tr	N/A
Vitamin B6	mg	0.3	0.6
Vitamin C	mg	6.0	12.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 3

Composite Sample Name: Potatoes, old, baked, flesh and skin

Sub-sample Number: 3.15

Sub-sample Name: Asda, British white potatoes

Brand: Asda

Pack size: 2.5kg

Purchase Date: 16.01.2012

Place of Purchase: Asda, Norwich

Display Until Date:

Best Before Date:

Batch Number: QVL65719C02183457 Site code: 790123

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 3.15

Sub-sample Name: Asda, British white potatoes

Ingredients: No information

Label claim(s):

Origin: Cambs

Variety: Maritiema

Grower: Fredrick Hiam

Naturally high in vitamin B6

Natural source of vitamin C

Produced in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled)	Amount/200g serving
Energy	kJ	333	N/A
Energy	kcal	79	N/A
Protein	g	1.8	N/A
Carbohydrate	g	17.0	N/A
Sugars	g	0.7	N/A
Starch	g	N/A	N/A
Fat	g	0.1	N/A
Saturates	g	Tr	N/A
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.2	N/A
Salt	g	Tr	N/A
Sodium	g	Tr	N/A
Vitamin B6	mg	0.3	0.6
Vitamin C	mg	6.0	12.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 3
Composite Sample Name: Potatoes, old, baked, flesh and skin
Sub-sample Number: 3.16
Sub-sample Name: Sainsbury's, Desiree potatoes
Brand: Sainsbury's
Pack size: 2.5kg
Purchase Date: 16.01.2012
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date:
Best Before Date: 20 Jan
Batch Number: D0646C 2253L2
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 3.16

Sub-sample Name: Sainsbury's, Desiree potatoes

Ingredients: No information

Label claim(s):

Grown in Norfolk UK

Source of fibre

Source of vitamin B6

Produced in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled in unsalted water)	Amount/175g serving (boiled in unsalted water)
Energy	kJ	306	N/A
Energy	kcal	72	N/A
Protein	g	1.8	N/A
Carbohydrate	g	15.4	N/A
Sugars	g	0.6	N/A
Starch	g	14.8	N/A
Fat	g	0.1	N/A
Saturates	g	Tr	N/A
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.2	2.1
Salt	g	Tr	N/A
Sodium	g	Tr	N/A
Thiamin B1	mg	0.18	0.3
Vitamin B6	mg	0.33	0.6

Nutrient analysis of fruit and vegetables

Composite Sample Number: 3

Composite Sample Name: Potatoes, old, baked, flesh and skin

Sub-sample Number: 3.17

Sub-sample Name: Morrisons, white potatoes

Brand: Morrisons

Pack size: 2.5kg

Purchase Date: 16.01.2012

Place of Purchase: Morrisons, Norwich

Display Until Date: 19 Jan

Best Before Date: 21 Jan

Batch Number: 12961 RD1-POT7A01412KC 04:15

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 3.17

Sub-sample Name: Morrisons, white potatoes

Ingredients: No information

Label claim(s):

Estima
UK

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	318
Energy	kcal	75
Protein	g	2.1
Carbohydrate	g	17.2
Sugars	g	0.6
Starch	g	N/A
Fat	g	0.2
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.3
Salt	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 3

Composite Sample Name: Potatoes, old, baked, flesh and skin

Sub-sample Number: 3.18

Sub-sample Name: The Co-operative, white potatoes

Brand: The Co-operative

Pack size: 2.5kg

Purchase Date: 16.01.2012

Place of Purchase: The Co-operative, Wymondham

Display Until Date:

Best Before Date: 18 Jan

Batch Number: M082 / 8858

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 3.18

Sub-sample Name: The Co-operative, white potatoes

Ingredients: No information

Label claim(s):

Melody
UK Herts
Farr
Produce of UK
Packed in UK

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/ 1/10pack (approx. 250g)
Energy	kJ	310	780
Energy	kcal	75	185
Protein	g	2.1	5.3
Carbohydrate	g	15.7	39.3
Sugars	g	0.6	1.5
Starch	g	N/A	N/A
Fat	g	0.2	0.5
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.6	4.0
Salt	g	Tr	Tr
Sodium	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 3
Composite Sample Name: Potatoes, old, baked, flesh and skin
Sub-sample Number: 3.19
Sub-sample Name: British red potatoes
Brand: Aldi
Pack size: 1.5kg
Purchase Date: 16.01.2012
Place of Purchase: Aldi, Norwich
Display Until Date:
Best Before Date:
Batch Number: 03 04 QVPL216551401 348
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 3.19

Sub-sample Name: British red potatoes

Ingredients: No information

Label claim(s):

Romano

100% British

Produce of UK

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 3

Composite Sample Name: Potatoes, old, baked, flesh and skin

Sub-sample Number: 3.20

Sub-sample Name: Sainsbury's, basics potatoes

Brand: Sainsbury's basics

Pack size: 2.5kg

Purchase Date: 16.01.2012

Place of Purchase: Sainsbury's, Longwater, Norwich

Display Until Date:

Best Before Date: 19 Jan

Batch Number: D0646C (2) 23:30

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 3.20

Sub-sample Name: Sainsbury's, basics potatoes

Ingredients: No information

Label claim(s):

Variety: Maris Peer

Grown in Norfolk UK

Low in fat

Source of dietary fibre and vitamin B6

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled in unsalted water)	Amount/175g serving (boiled in unsalted water)
Energy	kJ	308	N/A
Energy	kcal	72	N/A
Protein	g	1.8	N/A
Carbohydrate	g	16.2	N/A
Sugars	g	1.4	N/A
Starch	g	14.8	N/A
Fat	g	0.1	N/A
Saturates	g	Tr	N/A
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.2	N/A
Salt	g	Tr	N/A
Sodium	g	Tr	N/A
Thiamin B1	mg	0.18	0.3
Vitamin B6	mg	0.33	0.6
Vitamin C	mg	6.0	10.5
Folate	µg	19.0	33.3

Nutrient analysis of fruit and vegetables

Composite Sample Number: 3

Composite Sample Name: Potatoes, old, baked, flesh and skin

Sub-sample Number: 3.21

Sub-sample Name: Market old potatoes

Brand:

Pack size:

Purchase Date: 16.01.2012

Place of Purchase: Independent market stall, Norwich

Display Until Date:

Best Before Date:

Batch Number:

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 3.21

Sub-sample Name: Market old potatoes

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 3

Composite Sample Name: Potatoes, old, baked, flesh and skin

Sub-sample Number: 3.22

Sub-sample Name: Farm Fresh, washed white potatoes

Brand: Farm Fresh

Pack size: 2kg

Purchase Date: 16.01.2012

Place of Purchase: Booker, Norwich

Display Until Date:

Best Before Date:

Batch Number: 43/2 07:25 56957

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 3.22

Sub-sample Name: Farm Fresh, washed white potatoes

Ingredients: No information

Label claim(s):

Variety: Estima

Origin: UK

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled in unsalted water)
Energy	kJ	306
Energy	kcal	72
Protein	g	1.4
Carbohydrate	g	17.0
Sugars	g	0.7
Starch	g	N/A
Fat	g	0.1
Saturates	g	<0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.2
Salt	g	N/A
Sodium	g	7
Vitamin B6	mg	0.33
Vitamin C	mg	6

Sample 4: Potatoes, old, roasted, flesh only

Composite Sample Number: 4
Composite Sample Name: Potatoes, old, roasted, flesh only
Sub-sample Number: 4.1
Sub-sample Name: Tesco, British King Edward potatoes
Brand: Tesco
Pack size: 2.5kg
Purchase Date: 16.01.2012
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date: 19 Jan
Best Before Date: 21 Jan
Batch Number: GV1 20:07 L3
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 4.1

Sub-sample Name: Tesco, British King Edward potatoes

Ingredients: No information

Label claim(s):

Great Britain

Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/typical 250g serving
Energy	kJ	335	839
Energy	kcal	79	198
Protein	g	2.1	5.3
Carbohydrate	g	17.2	43.0
Sugars	g	0.6	1.5
Starch	g	N/A	N/A
Fat	g	0.2	0.5
Saturates	g	0.1	0.3
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.3	3.3
Salt	g	Tr	Tr
Sodium	g	Tr	Tr
Thiamin B1	mg	0.2	0.5

Nutrient analysis of fruit and vegetables

Composite Sample Number: 4

Composite Sample Name: Potatoes, old, roasted, flesh only

Sub-sample Number: 4.2

Sub-sample Name: Tesco, Scottish Maris Piper potatoes

Brand: Tesco

Pack size: 2.5kg

Purchase Date: 16.01.2012

Place of Purchase: Tesco, Blue Boar Road, Norwich

Display Until Date: 18 Jan

Best Before Date: 20 Jan

Batch Number: GV3 16:50 LD

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 4.2

Sub-sample Name: Tesco, Scottish Maris Piper potatoes

Ingredients: Maris Piper potatoes

Label claim(s):

Scotland

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/250g typical serving
Energy	kJ	346	865
Energy	kcal	82	204
Protein	g	2.1	5.3
Carbohydrate	g	17.2	43.0
Sugars	g	0.6	1.5
Starch	g	N/A	N/A
Fat	g	0.2	0.5
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.3	3.3
Salt	g	Tr	Tr
Sodium	g	Tr	Tr
Thiamin (B1)	mg	0.2	0.5
Folic Acid	µg	35.0	87.5

Nutrient analysis of fruit and vegetables

Composite Sample Number: 4

Composite Sample Name: Potatoes, old, roasted, flesh only

Sub-sample Number: 4.3

Sub-sample Name: Asda, British white potatoes

Brand: Asda

Pack size: 2.5kg

Purchase Date: 16.01.2012

Place of Purchase: Asda, Norwich

Display Until Date:

Best Before Date:

Batch Number: QVL60217D02183443 Site code: 790180

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 4.3
Sub-sample Name: Asda, British white potatoes

Ingredients: No information

Label claim(s):

Origin: Cambs
Variety: Melody
Grower: JR Fisher
Naturally high in vitamin B6
Natural source of vitamin C
Produced in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled)	Amount/200g serving
Energy	kJ	333	N/A
Energy	kcal	79	N/A
Protein	g	1.8	N/A
Carbohydrate	g	17.0	N/A
Sugars	g	0.7	N/A
Starch	g	N/A	N/A
Fat	g	0.1	N/A
Saturates	g	Tr	N/A
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.2	N/A
Salt	g	Tr	N/A
Sodium	g	Tr	N/A
Vitamin B6	mg	0.3	0.6
Vitamin C	mg	6.0	12.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 4

Composite Sample Name: Potatoes, old, roasted, flesh only

Sub-sample Number: 4.4

Sub-sample Name: Asda, British white potatoes

Brand: Asda

Pack size: 2.5kg

Purchase Date: 16.01.2012

Place of Purchase: Asda, Norwich

Display Until Date:

Best Before Date:

Batch Number: QVL65719C02183457 Site code: 790123

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number:

4.4

Sub-sample Name:

Asda, British white potatoes

Ingredients: No information

Label claim(s):

Origin: Cambs

Variety: Maritiema

Grower: Fredrick Hiam

Naturally high in vitamin B6

Natural source of vitamin C

Produced in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled)	Amount/200g serving
Energy	kJ	333	N/A
Energy	kcal	79	N/A
Protein	g	1.8	N/A
Carbohydrate	g	17.0	N/A
Sugars	g	0.7	N/A
Starch	g	N/A	N/A
Fat	g	0.1	N/A
Saturates	g	Tr	N/A
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.2	N/A
Salt	g	Tr	N/A
Sodium	g	Tr	N/A
Vitamin B6	mg	0.3	0.6
Vitamin C	mg	6.0	12.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 4

Composite Sample Name: Potatoes, old, roasted, flesh only

Sub-sample Number: 4.5

Sub-sample Name: Sainsbury's, Desiree potatoes

Brand: Sainsbury's

Pack size: 2.5kg

Purchase Date: 16.01.2012

Place of Purchase: Sainsbury's, Longwater, Norwich

Display Until Date:

Best Before Date: 20 Jan

Batch Number: D0646C 2253L2

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number:

4.5

Sub-sample Name:

Sainsbury's, Desiree potatoes

Ingredients: No information

Label claim(s):

Grown in Norfolk UK

Source of fibre

Source of vitamin B6

Produced in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled in unsalted water)	Amount/175g serving (boiled in unsalted water)
Energy	kJ	306	N/A
Energy	kcal	72	N/A
Protein	g	1.8	N/A
Carbohydrate	g	15.4	N/A
Sugars	g	0.6	N/A
Starch	g	14.8	N/A
Fat	g	0.1	N/A
Saturates	g	Tr	N/A
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.2	2.1
Salt	g	Tr	N/A
Sodium	g	Tr	N/A
Thiamin B1	mg	0.18	0.3
Vitamin B6	mg	0.33	0.6

Nutrient analysis of fruit and vegetables

Composite Sample Number: 4

Composite Sample Name: Potatoes, old, roasted, flesh only

Sub-sample Number: 4.6

Sub-sample Name: Morrisons, white potatoes

Brand: Morrisons

Pack size: 2.5kg

Purchase Date: 16.01.2012

Place of Purchase: Morrisons, Norwich

Display Until Date: 19 Jan

Best Before Date: 21 Jan

Batch Number: 12961 RD1-POT7A01412KC 04:15

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 4.6

Sub-sample Name: Morrisons, white potatoes

Ingredients: No information

Label claim(s):

Estima
UK

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	318
Energy	kcal	75
Protein	g	2.1
Carbohydrate	g	17.2
Sugars	g	0.6
Starch	g	N/A
Fat	g	0.2
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.3
Salt	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 4

Composite Sample Name: Potatoes, old, roasted, flesh only

Sub-sample Number: 4.7

Sub-sample Name: The Co-operative, white potatoes

Brand: The Co-operative

Pack size: 2.5kg

Purchase Date: 16.01.2012

Place of Purchase: The Co-operative, Wymondham

Display Until Date:

Best Before Date: 18 Jan

Batch Number: M082 / 8858

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 4.7

Sub-sample Name: The Co-operative, white potatoes

Ingredients: No information

Label claim(s):

Melody
UK Herts
Farr
Produce of UK
Packed in UK

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/ 1/10pack (approx. 250g)
Energy	kJ	310	780
Energy	kcal	75	185
Protein	g	2.1	5.3
Carbohydrate	g	15.7	39.3
Sugars	g	0.6	1.5
Starch	g	N/A	N/A
Fat	g	0.2	0.5
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.6	4.0
Salt	g	Tr	Tr
Sodium	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 4

Composite Sample Name: Potatoes, old, roasted, flesh only

Sub-sample Number: 4.8

Sub-sample Name: British red potatoes

Brand: Aldi

Pack size: 1.5kg

Purchase Date: 16.01.2012

Place of Purchase: Aldi, Norwich

Display Until Date:

Best Before Date:

Batch Number: 03 04 QVPL216551401 348

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 4.8

Sub-sample Name: British red potatoes

Ingredients: No information

Label claim(s):

Romano
100% British
Produce of UK

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 4

Composite Sample Name: Potatoes, old, roasted, flesh only

Sub-sample Number: 4.9

Sub-sample Name: Sainsbury's, basics Potatoes

Brand: Sainsbury's basics

Pack size: 2.5kg

Purchase Date: 16.01.2012

Place of Purchase: Sainsbury's, Longwater, Norwich

Display Until Date:

Best Before Date: 19 Jan

Batch Number: D0646C (2) 23:30

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 4.9

Sub-sample Name: Sainsbury's, basics Potatoes

Ingredients: No information

Label claim(s):

Variety: Maris Peer

Grown in Norfolk UK

Low in fat

Source of dietary fibre and vitamin B6

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled in unsalted water)	Amount/175g serving (boiled in unsalted water)
Energy	kJ	308	N/A
Energy	kcal	72	N/A
Protein	g	1.8	N/A
Carbohydrate	g	16.2	N/A
Sugars	g	1.4	N/A
Starch	g	14.8	N/A
Fat	g	0.1	N/A
Saturates	g	Tr	N/A
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.2	N/A
Salt	g	Tr	N/A
Sodium	g	Tr	N/A
Thiamin B1	mg	0.18	0.3
Vitamin B6	mg	0.33	0.6
Vitamin C	mg	6.0	10.5
Folate	µg	19.0	33.3

Nutrient analysis of fruit and vegetables

Composite Sample Number: 4

Composite Sample Name: Potatoes, old, roasted, flesh only

Sub-sample Number: 4.10

Sub-sample Name: Market old potatoes

Brand:

Pack size:

Purchase Date: 16.01.2012

Place of Purchase: Independent market stall, Norwich

Display Until Date:

Best Before Date:

Batch Number:

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 4.10

Sub-sample Name: Market old potatoes

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 4

Composite Sample Name: Potatoes, old, roasted, flesh only

Sub-sample Number: 4.11

Sub-sample Name: Farm Fresh, washed white potatoes

Brand: Farm Fresh

Pack size: 2kg

Purchase Date: 16.01.2012

Place of Purchase: Booker, Norwich

Display Until Date:

Best Before Date:

Batch Number: 43/2 07:25 56957

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 4.11
Sub-sample Name: Farm Fresh, washed white potatoes

Ingredients: No information

Label claim(s):

Variety: Estima
Origin: UK

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled in unsalted water)
Energy	kJ	306
Energy	kcal	72
Protein	g	1.4
Carbohydrate	g	17.0
Sugars	g	0.7
Starch	g	N/A
Fat	g	0.1
Saturates	g	<0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.2
Salt	g	N/A
Sodium	g	7
Vitamin B6	mg	0.33
Vitamin C	mg	6

Sample 5: Potatoes, old, potato wedges, with skin, dipped in sunflower oil, baked

Composite Sample Number: 5

Composite Sample Name: Potatoes, old, potato wedges, with skin, dipped in sunflower oil, baked

Sub-sample Number: 5.1

Sub-sample Name: Tesco, British King Edward potatoes

Brand: Tesco

Pack size: 2.5kg

Purchase Date: 16.01.2012

Place of Purchase: Tesco, Blue Boar Road, Norwich

Display Until Date: 19 Jan

Best Before Date: 21 Jan

Batch Number: GV1 20:07 L3

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 5.1

Sub-sample Name: Tesco, British King Edward potatoes

Ingredients: No information

Label claim(s):

Great Britain

Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/typical 250g serving
Energy	kJ	335	839
Energy	kcal	79	198
Protein	g	2.1	5.3
Carbohydrate	g	17.2	43.0
Sugars	g	0.6	1.5
Starch	g	N/A	N/A
Fat	g	0.2	0.5
Saturates	g	0.1	0.3
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.3	3.3
Salt	g	Tr	Tr
Sodium	g	Tr	Tr
Thiamin B1	mg	0.2	0.5

Nutrient analysis of fruit and vegetables

Composite Sample Number: 5

Composite Sample Name: Potatoes, old, potato wedges, with skin, dipped in sunflower oil, baked

Sub-sample Number: 5.2

Sub-sample Name: Tesco, Scottish Maris Piper potatoes

Brand: Tesco

Pack size: 2.5kg

Purchase Date: 16.01.2012

Place of Purchase: Tesco, Blue Boar Road, Norwich

Display Until Date: 18 Jan

Best Before Date: 20 Jan

Batch Number: GV3 16:50 LD

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 5.2

Sub-sample Name: Tesco, Scottish Maris Piper potatoes

Ingredients: Maris Piper potatoes

Label claim(s):

Scotland

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/250g typical serving
Energy	kJ	346	865
Energy	kcal	82	204
Protein	g	2.1	5.3
Carbohydrate	g	17.2	43.0
Sugars	g	0.6	1.5
Starch	g	N/A	N/A
Fat	g	0.2	0.5
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.3	3.3
Salt	g	Tr	Tr
Sodium	g	Tr	Tr
Thiamin (B1)	mg	0.2	0.5
Folic Acid	µg	35.0	87.5

Nutrient analysis of fruit and vegetables

Composite Sample Number: 5

Composite Sample Name: Potatoes, old, potato wedges, with skin, dipped in sunflower oil, baked

Sub-sample Number: 5.3

Sub-sample Name: Asda, British white potatoes

Brand: Asda

Pack size: 2.5kg

Purchase Date: 16.01.2012

Place of Purchase: Asda, Norwich

Display Until Date:

Best Before Date:

Batch Number: QVL60217D02183443 Site code: 790180

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 5.3

Sub-sample Name: Asda, British white potatoes

Ingredients: No information

Label claim(s):

Origin: Cambs

Variety: Melody

Grower: JR Fisher

Naturally high in vitamin B6

Natural source of vitamin C

Produced in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled)	Amount/200g serving
Energy	kJ	333	N/A
Energy	kcal	79	N/A
Protein	g	1.8	N/A
Carbohydrate	g	17.0	N/A
Sugars	g	0.7	N/A
Starch	g	N/A	N/A
Fat	g	0.1	N/A
Saturates	g	Tr	N/A
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.2	N/A
Salt	g	Tr	N/A
Sodium	g	Tr	N/A
Vitamin B6	mg	0.3	0.6
Vitamin C	mg	6.0	12.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 5

Composite Sample Name: Potatoes, old, potato wedges, with skin, dipped in sunflower oil, baked

Sub-sample Number: 5.4

Sub-sample Name: Asda, British white potatoes

Brand: Asda

Pack size: 2.5kg

Purchase Date: 16.01.2012

Place of Purchase: Asda, Norwich

Display Until Date:

Best Before Date:

Batch Number: QVL65719C02183457 Site code: 790123

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number:

5.4

Sub-sample Name:

Asda, British white potatoes

Ingredients: No information

Label claim(s):

Origin: Cambs

Variety: Maritiema

Grower: Fredrick Hiam

Naturally high in vitamin B6

Natural source of vitamin C

Produced in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled)	Amount/200g serving
Energy	kJ	333	N/A
Energy	kcal	79	N/A
Protein	g	1.8	N/A
Carbohydrate	g	17.0	N/A
Sugars	g	0.7	N/A
Starch	g	N/A	N/A
Fat	g	0.1	N/A
Saturates	g	Tr	N/A
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.2	N/A
Salt	g	Tr	N/A
Sodium	g	Tr	N/A
Vitamin B6	mg	0.3	0.6
Vitamin C	mg	6.0	12.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 5

Composite Sample Name: Potatoes, old, potato wedges, with skin, dipped in sunflower oil, baked

Sub-sample Number: 5.5

Sub-sample Name: Sainsbury's, Desiree potatoes

Brand: Sainsbury's

Pack size: 2.5kg

Purchase Date: 16.01.2012

Place of Purchase: Sainsbury's, Longwater, Norwich

Display Until Date:

Best Before Date: 20 Jan

Batch Number: D0646C 2253L2

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number:

5.5

Sub-sample Name:

Sainsbury's, Desiree potatoes

Ingredients: No information

Label claim(s):

Grown in Norfolk UK

Source of fibre

Source of vitamin B6

Produced in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled in unsalted water)	Amount/175g serving (boiled in unsalted water)
Energy	kJ	306	N/A
Energy	kcal	72	N/A
Protein	g	1.8	N/A
Carbohydrate	g	15.4	N/A
Sugars	g	0.6	N/A
Starch	g	14.8	N/A
Fat	g	0.1	N/A
Saturates	g	Tr	N/A
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.2	2.1
Salt	g	Tr	N/A
Sodium	g	Tr	N/A
Thiamin B1	mg	0.18	0.3
Vitamin B6	mg	0.33	0.6

Nutrient analysis of fruit and vegetables

Composite Sample Number: 5

Composite Sample Name: Potatoes, old, potato wedges, with skin, dipped in sunflower oil, baked

Sub-sample Number: 5.6

Sub-sample Name: Morrisons, white potatoes

Brand: Morrisons

Pack size: 2.5kg

Purchase Date: 16.01.2012

Place of Purchase: Morrisons, Norwich

Display Until Date: 19 Jan

Best Before Date: 21 Jan

Batch Number: 12961 RD1-POT7A01412KC 04:15

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 5.6

Sub-sample Name: Morrisons, white potatoes

Ingredients: No information

Label claim(s):

Estima
UK

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	318
Energy	kcal	75
Protein	g	2.1
Carbohydrate	g	17.2
Sugars	g	0.6
Starch	g	N/A
Fat	g	0.2
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.3
Salt	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 5

Composite Sample Name: Potatoes, old, potato wedges, with skin, dipped in sunflower oil, baked

Sub-sample Number: 5.7

Sub-sample Name: The Co-operative, white potatoes

Brand: The Co-operative

Pack size: 2.5kg

Purchase Date: 16.01.2012

Place of Purchase: The Co-operative, Wymondham

Display Until Date:

Best Before Date: 18 Jan

Batch Number: M082 / 8858

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 5.7

Sub-sample Name: The Co-operative, white potatoes

Ingredients: No information

Label claim(s):

Melody
UK Herts
Farr
Produce of UK
Packed in UK

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/ 1/10pack (approx. 250g)
Energy	kJ	310	780
Energy	kcal	75	185
Protein	g	2.1	5.3
Carbohydrate	g	15.7	39.3
Sugars	g	0.6	1.5
Starch	g	N/A	N/A
Fat	g	0.2	0.5
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.6	4.0
Salt	g	Tr	Tr
Sodium	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 5

Composite Sample Name: Potatoes, old, potato wedges, with skin, dipped in sunflower oil, baked

Sub-sample Number: 5.8

Sub-sample Name: British red potatoes

Brand: Aldi

Pack size: 1.5kg

Purchase Date: 16.01.2012

Place of Purchase: Aldi, Norwich

Display Until Date:

Best Before Date:

Batch Number: 03 04 QVPL216551401 348

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 5.8

Sub-sample Name: British red potatoes

Ingredients: No information

Label claim(s):

Romano
100% British
Produce of UK

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 5

Composite Sample Name: Potatoes, old, potato wedges, with skin, dipped in sunflower oil, baked

Sub-sample Number: 5.9

Sub-sample Name: Sainsbury's, basics potatoes

Brand: Sainsbury's basics

Pack size: 2.5kg

Purchase Date: 16.01.2012

Place of Purchase: Sainsbury's, Longwater, Norwich

Display Until Date:

Best Before Date: 19 Jan

Batch Number: D0646C (2) 23:30

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 5.9

Sub-sample Name: Sainsbury's, basics potatoes

Ingredients: No information

Label claim(s):

Variety: Maris Peer

Grown in Norfolk UK

Low in fat

Source of dietary fibre and vitamin B6

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled in unsalted water)	Amount/175g serving (boiled in unsalted water)
Energy	kJ	308	N/A
Energy	kcal	72	N/A
Protein	g	1.8	N/A
Carbohydrate	g	16.2	N/A
Sugars	g	1.4	N/A
Starch	g	14.8	N/A
Fat	g	0.1	N/A
Saturates	g	Tr	N/A
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.2	N/A
Salt	g	Tr	N/A
Sodium	g	Tr	N/A
Thiamin B1	mg	0.18	0.3
Vitamin B6	mg	0.33	0.6
Vitamin C	mg	6.0	10.5
Folate	µg	19.0	33.3

Nutrient analysis of fruit and vegetables

Composite Sample Number: 5

Composite Sample Name: Potatoes, old, potato wedges, with skin, dipped in sunflower oil, baked

Sub-sample Number: 5.10

Sub-sample Name: Market old potatoes

Brand:

Pack size:

Purchase Date: 16.01.2012

Place of Purchase: Independent market stall, Norwich

Display Until Date:

Best Before Date:

Batch Number:

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 5.10

Sub-sample Name: Market old potatoes

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 5

Composite Sample Name: Potatoes, old, potato wedges, with skin, dipped in sunflower oil, baked

Sub-sample Number: 5.11

Sub-sample Name: Farm Fresh washed white potatoes

Brand: Farm Fresh

Pack size: 2kg

Purchase Date: 16.01.2012

Place of Purchase: Booker, Norwich

Display Until Date:

Best Before Date:

Batch Number: 43/2 07:25 56957

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 5.11

Sub-sample Name: Farm Fresh, washed white potatoes

Ingredients: No information

Label claim(s):

Variety: Estima

Origin: UK

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled in unsalted water)
Energy	kJ	306
Energy	kcal	72
Protein	g	1.4
Carbohydrate	g	17.0
Sugars	g	0.7
Starch	g	N/A
Fat	g	0.1
Saturates	g	<0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.2
Salt	g	N/A
Sodium	g	7
Vitamin B6	mg	0.33
Vitamin C	mg	6

Sample 6: Potatoes, old, microwaved, flesh and skin

Composite Sample Number: 6
Composite Sample Name: Potatoes, old, microwaved, flesh and skin
Sub-sample Number: 6.1
Sub-sample Name: Tesco, British King Edward potatoes
Brand: Tesco
Pack size: 2.5kg
Purchase Date: 16.01.2012
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date: 19 Jan
Best Before Date: 21 Jan
Batch Number: GV1 20:07 L3
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 6.1

Sub-sample Name: Tesco, British King Edward potatoes

Ingredients: No information

Label claim(s):

Great Britain

Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/typical 250g serving
Energy	kJ	335	839
Energy	kcal	79	198
Protein	g	2.1	5.3
Carbohydrate	g	17.2	43.0
Sugars	g	0.6	1.5
Starch	g	N/A	N/A
Fat	g	0.2	0.5
Saturates	g	0.1	0.3
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.3	3.3
Salt	g	Tr	Tr
Sodium	g	Tr	Tr
Thiamin B1	mg	0.2	0.5

Nutrient analysis of fruit and vegetables

Composite Sample Number: 6
Composite Sample Name: Potatoes, old, microwaved, flesh and skin
Sub-sample Number: 6.2
Sub-sample Name: Tesco, Scottish Maris Piper potatoes
Brand: Tesco
Pack size: 2.5kg
Purchase Date: 16.01.2012
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date: 18 Jan
Best Before Date: 20 Jan
Batch Number: GV3 16:50 LD
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 6.2

Sub-sample Name: Tesco, Scottish Maris Piper potatoes

Ingredients: Maris Piper potatoes

Label claim(s):

Scotland

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/250g typical serving
Energy	kJ	346	865
Energy	kcal	82	204
Protein	g	2.1	5.3
Carbohydrate	g	17.2	43.0
Sugars	g	0.6	1.5
Starch	g	N/A	N/A
Fat	g	0.2	0.5
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.3	3.3
Salt	g	Tr	Tr
Sodium	g	Tr	Tr
Thiamin (B1)	mg	0.2	0.5
Folic Acid	µg	35.0	87.5

Nutrient analysis of fruit and vegetables

Composite Sample Number: 6
Composite Sample Name: Potatoes, old, microwaved, flesh and skin
Sub-sample Number: 6.3
Sub-sample Name: Asda, British white potatoes
Brand: Asda
Pack size: 2.5kg
Purchase Date: 16.01.2012
Place of Purchase: Asda, Norwich
Display Until Date:
Best Before Date:
Batch Number: QVL60217D02183443 Site code: 790180
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number:

6.3

Sub-sample Name:

Asda, British white potatoes

Ingredients: No information

Label claim(s):

Origin: Cambs

Variety: Melody

Grower: JR Fisher

Naturally high in vitamin B₆

Natural source of vitamin C

Produced in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled)	Amount/200g serving
Energy	kJ	333	N/A
Energy	kcal	79	N/A
Protein	g	1.8	N/A
Carbohydrate	g	17.0	N/A
Sugars	g	0.7	N/A
Starch	g	N/A	N/A
Fat	g	0.1	N/A
Saturates	g	Tr	N/A
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.2	N/A
Salt	g	Tr	N/A
Sodium	g	Tr	N/A
Vitamin B6	mg	0.3	0.6
Vitamin C	mg	6.0	12.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 6
Composite Sample Name: Potatoes, old, microwaved, flesh and skin
Sub-sample Number: 6.4
Sub-sample Name: Asda, British white potatoes
Brand: Asda
Pack size: 2.5kg
Purchase Date: 16.01.2012
Place of Purchase: Asda, Norwich
Display Until Date:
Best Before Date:
Batch Number: QVL65719C02183457 Site code: 790123
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number:

6.4

Sub-sample Name:

Asda, British white potatoes

Ingredients: No information

Label claim(s):

Origin: Cambs

Variety: Maritiema

Grower: Fredrick Hiam

Naturally high in vitamin B₆

Natural source of vitamin C

Produced in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled)	Amount/200g serving
Energy	kJ	333	N/A
Energy	kcal	79	N/A
Protein	g	1.8	N/A
Carbohydrate	g	17.0	N/A
Sugars	g	0.7	N/A
Starch	g	N/A	N/A
Fat	g	0.1	N/A
Saturates	g	Tr	N/A
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.2	N/A
Salt	g	Tr	N/A
Sodium	g	Tr	N/A
Vitamin B6	mg	0.3	0.6
Vitamin C	mg	6.0	12.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 6
Composite Sample Name: Potatoes, old, microwaved, flesh and skin
Sub-sample Number: 6.5
Sub-sample Name: Sainsbury's, Desiree potatoes
Brand: Sainsbury's
Pack size: 2.5kg
Purchase Date: 16.01.2012
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date:
Best Before Date: 20 Jan
Batch Number: D0646C 2253L2
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number:

6.5

Sub-sample Name:

Sainsbury's, Desiree potatoes

Ingredients: No information

Label claim(s):

Grown in Norfolk UK

Source of fibre

Source of vitamin B6

Produced in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled in unsalted water)	Amount/175g serving (boiled in unsalted water)
Energy	kJ	306	N/A
Energy	kcal	72	N/A
Protein	g	1.8	N/A
Carbohydrate	g	15.4	N/A
Sugars	g	0.6	N/A
Starch	g	14.8	N/A
Fat	g	0.1	N/A
Saturates	g	Tr	N/A
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.2	2.1
Salt	g	Tr	N/A
Sodium	g	Tr	N/A
Thiamin B1	mg	0.18	0.3
Vitamin B6	mg	0.33	0.6

Nutrient analysis of fruit and vegetables

Composite Sample Number: 6
Composite Sample Name: Potatoes, old, microwaved, flesh and skin
Sub-sample Number: 6.6
Sub-sample Name: Morrisons, white potatoes
Brand: Morrisons
Pack size: 2.5kg
Purchase Date: 16.01.2012
Place of Purchase: Morrisons, Norwich
Display Until Date: 19 Jan
Best Before Date: 21 Jan
Batch Number: 12961 RD1-POT7A01412KC 04:15
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 6.6

Sub-sample Name: Morrisons, white potatoes

Ingredients: No information

Label claim(s):

Estima
UK

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	318
Energy	kcal	75
Protein	g	2.1
Carbohydrate	g	17.2
Sugars	g	0.6
Starch	g	N/A
Fat	g	0.2
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.3
Salt	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 6

Composite Sample Name: Potatoes, old, microwaved, flesh and skin

Sub-sample Number: 6.7

Sub-sample Name: The Co-operative, white potatoes

Brand: The Co-operative

Pack size: 2.5kg

Purchase Date: 16.01.2012

Place of Purchase: The Co-operative, Wymondham

Display Until Date:

Best Before Date: 18 Jan

Batch Number: M082 / 8858

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 6.7

Sub-sample Name: The Co-operative, white potatoes

Ingredients: No information

Label claim(s):

Melody
UK Herts
Farr
Produce of UK
Packed in UK

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/ 1/10pack (approx. 250g)
Energy	kJ	310	780
Energy	kcal	75	185
Protein	g	2.1	5.3
Carbohydrate	g	15.7	39.3
Sugars	g	0.6	1.5
Starch	g	N/A	N/A
Fat	g	0.2	0.5
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.6	4.0
Salt	g	Tr	Tr
Sodium	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 6
Composite Sample Name: Potatoes, old, microwaved, flesh and skin
Sub-sample Number: 6.8
Sub-sample Name: British red potatoes
Brand: Aldi
Pack size: 1.5kg
Purchase Date: 16.01.2012
Place of Purchase: Aldi, Norwich
Display Until Date:
Best Before Date:
Batch Number: 03 04 QVPL216551401 348
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 6.8

Sub-sample Name: British red potatoes

Ingredients: No information

Label claim(s):

Romano
100% British
Produce of UK

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 6
Composite Sample Name: Potatoes, old, microwaved, flesh and skin
Sub-sample Number: 6.9
Sub-sample Name: Sainsbury's, basics potatoes
Brand: Sainsbury's basics
Pack size: 2.5kg
Purchase Date: 16.01.2012
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date:
Best Before Date: 19 Jan
Batch Number: D0646C (2) 23:30
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 6.9

Sub-sample Name: Sainsbury's, basics potatoes

Ingredients: No information

Label claim(s):

Variety: Maris Peer

Grown in Norfolk UK

Low in fat

Source of dietary fibre and vitamin B6

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled in unsalted water)	Amount/175g serving (boiled in unsalted water)
Energy	kJ	308	N/A
Energy	kcal	72	N/A
Protein	g	1.8	N/A
Carbohydrate	g	16.2	N/A
Sugars	g	1.4	N/A
Starch	g	14.8	N/A
Fat	g	0.1	N/A
Saturates	g	Tr	N/A
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.2	N/A
Salt	g	Tr	N/A
Sodium	g	Tr	N/A
Thiamin B1	mg	0.18	0.3
Vitamin B6	mg	0.33	0.6
Vitamin C	mg	6.0	10.5
Folate	µg	19.0	33.3

Nutrient analysis of fruit and vegetables

Composite Sample Number: 6

Composite Sample Name: Potatoes, old, microwave, flesh and skin

Sub-sample Number: 6.10

Sub-sample Name: Market old potatoes

Brand:

Pack size:

Purchase Date: 16.01.2012

Place of Purchase: Independent market stall, Norwich

Display Until Date:

Best Before Date:

Batch Number:

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 6.10

Sub-sample Name: Market old potatoes

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 6

Composite Sample Name: Potatoes, old, microwaved, flesh and skin

Sub-sample Number: 6.11

Sub-sample Name: Farm Fresh, washed white potatoes

Brand: Farm Fresh

Pack size: 2kg

Purchase Date: 16.01.2012

Place of Purchase: Booker, Norwich

Display Until Date:

Best Before Date:

Batch Number: 43/2 07:25 56957

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 6.11

Sub-sample Name: Farm Fresh, washed white potatoes

Ingredients: No information

Label claim(s):

Variety: Estima

Origin: UK

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled in unsalted water)
Energy	kJ	306
Energy	kcal	72
Protein	g	1.4
Carbohydrate	g	17.0
Sugars	g	0.7
Starch	g	N/A
Fat	g	0.1
Saturates	g	<0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.2
Salt	g	N/A
Sodium	g	7
Vitamin B6	mg	0.33
Vitamin C	mg	6

Sample 7: Potatoes, new, boiled, flesh and skin

Composite Sample Number: 7
Composite Sample Name: Potatoes, new, boiled, flesh and skin
Sub-sample Number: 7.1
Sub-sample Name: Tesco, Eastern Counties, baby new potatoes
Brand: Tesco
Pack size: 1kg
Purchase Date: 31.08.11
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date: 01 Sep
Best Before Date: 03 Sep
Batch Number: GV1 00:48 L4
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 7.1

Sub-sample Name: Tesco, Eastern Counties, baby new potatoes

Ingredients: Baby new potatoes

Label claim(s):

Locally farmed

Packed in the UK for Tesco Stores Ltd

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/typical 250g serving
Energy	kJ	315	785
Energy	kcal	75	185
Protein	g	1.7	4.3
Carbohydrate	g	16.1	40.3
Sugars	g	1.3	3.3
Starch	g	N/A	N/A
Fat	g	0.3	0.8
Saturates	g	0.2	0.5
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.0	2.5
Salt	g	Tr	Tr
Sodium	g	Tr	Tr
Folic acid	µg	25.0	62.5

Nutrient analysis of fruit and vegetables

Composite Sample Number: 7

Composite Sample Name: Potatoes, new, boiled, flesh and skin

Sub-sample Number: 7.2

Sub-sample Name: Tesco, Eastern Counties, Charlotte potatoes

Brand: Tesco

Pack size: 1kg

Purchase Date: 31.08.11

Place of Purchase: Tesco, Harford Bridges, Norwich

Display Until Date: 03 Sept

Best Before Date: 05 Sept

Batch Number: GV1 18:08 L6

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 7.2

Sub-sample Name: Tesco, Eastern Counties, Charlotte potatoes

Ingredients: Charlotte potatoes

Label claim(s)

Charlotte
Great Britain
Locally farmed
Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/typical 250g serving
Energy	kJ	315	785
Energy	kcal	75	185
Protein	g	1.7	4.3
Carbohydrate	g	16.1	40.3
Sugars	g	1.3	3.3
Starch	g	N/A	N/A
Fat	g	0.3	0.8
Saturates	g	0.2	0.5
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.0	2.5
Salt	g	Tr	Tr
Sodium	g	Tr	Tr
Folic acid	µg	25.0	62.5

Nutrient analysis of fruit and vegetables

Composite Sample Number: 7
Composite Sample Name: Potatoes, new, boiled, flesh and skin
Sub-sample Number: 7.3
Sub-sample Name: Asda, baby new potatoes
Brand: Asda
Pack size: 1kg
Purchase Date: 30.08.11
Place of Purchase: Asda, Norwich
Display Until Date: 04 Sept
Best Before Date: 06 Sept
Batch Number: QVL22107A35 Site code:790354
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 7.3

Sub-sample Name: Asda, baby new potatoes

Ingredients: No information

Label claim(s)

Origin: Suffolk

Grown in the UK

Variety: Maris Piper

Grower: William Keer

Naturally high in vitamin B6

Natural source of vitamin C

Produced in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled)	Amount/200g serving
Energy	kJ	297	N/A
Energy	kcal	70	N/A
Protein	g	1.4	N/A
Carbohydrate	g	15.4	N/A
Sugars	g	1.0	N/A
Starch	g	N/A	N/A
Fat	g	0.3	N/A
Saturates	g	0.1	N/A
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.5	N/A
Salt	g	Tr	N/A
Sodium	g	Tr	N/A
Vitamin B6	mg	0.3	0.6
Vitamin C	mg	9.0	18.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 7

Composite Sample Name: Potatoes, new, boiled, flesh and skin

Sub-sample Number: 7.4

Sub-sample Name: Heygate Farms, Norfolk Peer, Best new potatoes

Brand: Heygate Farms

Pack size: 750g

Purchase Date: 30.08.11

Place of Purchase: Asda, Norwich

Display Until Date: 01 Sept

Best Before Date: 03 Sept

Batch Number: 7a 07:05 240 620367

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 7.4

Sub-sample Name: Heygate Farms, Norfolk Peer, Best new potatoes

Ingredients: No information

Label claim(s)

County: Norfolk

Variety: M. Peer

Farmers Name: William Gribbon

Heygate Farms, Swaffham, Norfolk

Nutrient Information:

Nutrient	Unit	Amount/100g as sold
Energy	kJ	314
Energy	kcal	74
Protein	g	1.7
Carbohydrate	g	16.1
Sugars	g	1.3
Starch	g	N/A
Fat	g	0.3
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.3
Salt	g	0.01
Sodium	g	0.01
Vitamin C	mg	16.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 7

Composite Sample Name: Potatoes, new, boiled, flesh and skin

Sub-sample Number: 7.5

Sub-sample Name: Sainsbury's, Taste The Difference, British Anya potatoes

Brand: Sainsbury's Taste The Difference

Pack size: 750g

Purchase Date: 30.08.11

Place of Purchase: Sainsbury's, Longwater, Norwich

Display Until Date: 03 Sept

Best Before Date: 05 Sept

Batch Number: A0283 B LineA 2A 0808

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 7.5

Sub-sample Name: Sainsbury's, Taste The Difference, British Anya potatoes

Ingredients: No information

Label claim(s)

Grown in Norfolk, UK by Steve Lewin
Source of dietary fibre
Source of vitamin B6
Naturally low in fat
Produced in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled in unsalted water)	Amount/175g serving (boiled in unsalted water)
Energy	kJ	308	N/A
Energy	kcal	72	N/A
Protein	g	1.8	N/A
Carbohydrate	g	16.2	N/A
Sugars	g	1.4	N/A
Starch	g	14.8	N/A
Fat	g	0.1	N/A
Saturates	g	Tr	N/A
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.2	N/A
Salt	g	Tr	N/A
Sodium	g	Tr	N/A
Thiamin B1	mg	0.18	0.3
Vitamin B6	mg	0.33	0.6
Folate	µg	19.0	33.3
Vitamin C	mg	6.0	10.5

Nutrient analysis of fruit and vegetables

Composite Sample Number: 7
Composite Sample Name: Potatoes, new, boiled, flesh and skin
Sub-sample Number: 7.6
Sub-sample Name: Morrisons, salad potatoes
Brand: Morrisons
Pack size: 750g
Purchase Date: 30.08.11
Place of Purchase: Morrisons, Norwich
Display Until Date: 02 Sept
Best Before Date: 04 Sept
Batch Number: 2415 RD1-POTSB 23911 DP 09:55
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 7.6

Sub-sample Name: Morrisons, salad potatoes

Ingredients: No information

Label claim(s)

Produce of UK
Charlotte

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	318
Energy	kcal	75
Protein	g	2.1
Carbohydrate	g	17.2
Sugars	g	0.6
Starch	g	N/A
Fat	g	0.2
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.3
Salt	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 7
Composite Sample Name: Potatoes, new, boiled, flesh and skin
Sub-sample Number: 7.7
Sub-sample Name: Waitrose, miniature new potatoes
Brand: Waitrose
Pack size: 500g
Purchase Date: 30.08.11
Place of Purchase: Waitrose, Norwich
Display Until Date: 01 Sept
Best Before Date:
Batch Number: Supplier 236A GA PLO1 16:12
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 7.7
Sub-sample Name: Waitrose, miniature new potatoes

Ingredients: No information

Label claim(s)

Variety: Maris Peer

Origin: Norfolk UK

Grower: Greenseed

Nutrient Information:

Nutrient	Unit	Amount/100g as sold
Energy	kJ	314
Energy	kcal	74
Protein	g	1.7
Carbohydrate	g	16.1
Sugars	g	1.3
Starch	g	N/A
Fat	g	0.3
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.3
Sodium	g	0.01
Vitamin C	mg	16.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 7
Composite Sample Name: Potatoes, new, boiled, flesh and skin
Sub-sample Number: 7.8
Sub-sample Name: Iceland, baby new potatoes
Brand: Iceland
Pack size: 750g
Purchase Date: 30.08.11
Place of Purchase: Iceland, Norwich
Display Until Date: 02 Sept
Best Before Date:
Batch Number: 468 235 Pack code 4209 18:39
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 7.8
Sub-sample Name: Iceland, baby new potatoes

Ingredients: No information

Label claim(s)

Lincs UK
Maris Peer

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled in unsalted water)
Energy	kJ	321
Energy	kcal	75
Protein	g	1.5
Carbohydrate	g	17.8
Sugars	g	1.1
Starch	g	N/A
Fat	g	0.3
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.1
Salt	g	0.2
Sodium	g	0.1

Nutrient analysis of fruit and vegetables

Composite Sample Number: 7

Composite Sample Name: Potatoes, new, boiled, flesh and skin

Sub-sample Number: 7.9

Sub-sample Name: Tesco, Market Value, new potatoes

Brand: Tesco Market Value

Pack size: 1kg

Purchase Date: 30.08.11

Place of Purchase: Tesco, Harford Bridges, Norwich

Display Until Date: 02 Sept

Best Before Date:

Batch Number: GV1 12:11 L2

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 7.9

Sub-sample Name: Tesco, Market Value, new potatoes

Ingredients: New potatoes

Label claim(s)

Israel

Nicola

Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/250g serving
Energy	kJ	314	784
Energy	kcal	74	185
Protein	g	1.7	4.3
Carbohydrate	g	16.1	40.3
Sugars	g	1.3	3.3
Starch	g	N/A	N/A
Fat	g	0.3	0.8
Saturates	g	0.2	0.5
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.0	2.5
Salt	g	Tr	Tr
Sodium	g	Tr	Tr
Folic Acid	µg	25.0	62.5

Nutrient analysis of fruit and vegetables

Composite Sample Number: 7

Composite Sample Name: Potatoes, new, boiled, flesh and skin

Sub-sample Number: 7.10

Sub-sample Name: Market new potatoes

Brand:

Pack size:

Purchase Date: 30.08.11

Place of Purchase: Independent market stall, Norwich

Display Until Date:

Best Before Date:

Batch Number:

Packaging: Paper

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 7.10

Sub-sample Name: Market new potatoes

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 7

Composite Sample Name: Potatoes, new, boiled, flesh and skin

Sub-sample Number: 7.11

Sub-sample Name: Garden of Elveden, premium salad potatoes

Brand: Garden of Elveden

Pack size: 1kg

Purchase Date: 30.08.11

Place of Purchase: Makro, Norwich

Display Until Date:

Best Before Date:

Batch Number: Supplier: 24333 Art No:369933 Code: 241

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 7.11

Sub-sample Name: Garden of Elveden, premium salad potatoes

Ingredients: No information

Label claim(s)

UK Maris Peer

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 7

Composite Sample Name: Potatoes, new, boiled, flesh and skin

Sub-sample Number: 7.12

Sub-sample Name: Tesco, Finest, Exquisa potatoes

Brand: Tesco Finest

Pack size: 1kg

Purchase Date: 07.11.11

Place of Purchase: Tesco, Blue Boar, Norwich

Display Until Date: 09 Nov

Best Before Date: 11 Nov

Batch Number: BS1 9EO2 09:24

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 7.12

Sub-sample Name: Tesco, Finest, Exquisa potatoes

Ingredients: Exquisa potatoes

Label claim(s)

Origin: France

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/250g
Energy	kJ	322	804
Energy	kcal	76	190
Protein	g	1.7	4.3
Carbohydrate	g	16.1	40.3
Sugars	g	1.3	3.3
Starch	g	N/A	N/A
Fat	g	0.3	0.8
Saturates	g	0.1	0.3
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.0	2.5
Salt	g	Tr	Tr
Sodium	g	Tr	Tr
Thiamin (vitamin B1)	mg	0.2	0.4
Folic acid	µg	25.0	62.5

Nutrient analysis of fruit and vegetables

Composite Sample Number: 7

Composite Sample Name: Potatoes, new, boiled, flesh and skin

Sub-sample Number: 7.13

Sub-sample Name: Tesco, Eastern Counties, baby new potatoes

Brand: Tesco

Pack size: 1kg

Purchase Date: 17.11.11

Place of Purchase: Tesco, Blue Boar, Norwich

Display Until Date: 09 Nov

Best Before Date: 11 Nov

Batch Number: GV1 21:32 L6

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 7.13

Sub-sample Name: Tesco, Eastern Counties, baby new potatoes

Ingredients: Baby new potatoes

Label claim(s):

Great Britain
Vales Emerald
Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/250g serving
Energy	kJ	315	785
Energy	kcal	75	185
Protein	g	1.7	4.3
Carbohydrate	g	16.1	40.3
Sugars	g	1.3	3.3
Starch	g	N/A	N/A
Fat	g	0.3	0.8
Saturates	g	0.2	0.5
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.0	2.5
Salt	g	Tr	Tr
Sodium	g	Tr	Tr
Folic acid	µg	25.0	62.5

Nutrient analysis of fruit and vegetables

Composite Sample Number: 7
Composite Sample Name: Potatoes, new, boiled, flesh and skin
Sub-sample Number: 7.14
Sub-sample Name: Asda, baby new potatoes
Brand: Asda
Pack size: 1kg
Purchase Date: 07.11.11
Place of Purchase: Asda, Norwich
Display Until Date: 10 Nov
Best Before Date: 12 Nov
Batch Number: QVL231 12D44179068 Site code:790829
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 7.14

Sub-sample Name: Asda, baby new potatoes

Ingredients: No information

Label claim(s):

Produced in the UK

Variety: Maris Peer

Origin: Norfolk

Grower: Thompson Brancaster

Naturally high in vitamin B₆

Natural source of vitamin C

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled)	Amount/200g serving
Energy	kJ	297	N/A
Energy	kcal	70	N/A
Protein	g	1.4	N/A
Carbohydrate	g	15.4	N/A
Sugars	g	1.0	N/A
Starch	g	N/A	N/A
Fat	g	0.3	N/A
Saturates	g	0.1	N/A
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.5	N/A
Salt	g	Tr	N/A
Sodium	g	Tr	N/A
Vitamin B6	mg	0.3	0.6
Vitamin C	mg	9.0	18.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 7
Composite Sample Name: Potatoes, new, boiled, flesh and skin
Sub-sample Number: 7.15
Sub-sample Name: Asda, new potatoes
Brand: Asda
Pack size: 2.5kg
Purchase Date: 07.11.11
Place of Purchase: Asda, Norwich
Display Until Date: 07 Nov
Best Before Date: 09 Nov
Batch Number: QVL62612A44174070 Site code: 790789
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 7.15

Sub-sample Name: Asda, new potatoes

Ingredients: No information

Label claim(s):

Produced in the UK

Variety: Galante

Origin: Essex

Grower: JH Blyth

Naturally high in vitamin B₆

Natural source of vitamin C

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled)	Amount/200g serving
Energy	kJ	297	N/A
Energy	kcal	70	N/A
Protein	g	1.4	N/A
Carbohydrate	g	15.4	N/A
Sugars	g	1.0	N/A
Starch	g	N/A	N/A
Fat	g	0.3	N/A
Saturates	g	0.1	N/A
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.5	N/A
Salt	g	Tr	N/A
Sodium	g	Tr	N/A
Vitamin B6	mg	0.3	0.6
Vitamin C	mg	9.0	18.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 7

Composite Sample Name: Potatoes, new, boiled, flesh and skin

Sub-sample Number: 7.16

Sub-sample Name: Sainsbury's, British new potatoes

Brand: Sainsbury's

Pack size: 2kg

Purchase Date: 07.11.11

Place of Purchase: Sainsbury's, Longwater, Norwich

Display Until Date: 10 Nov

Best Before Date: 12 Nov

Batch Number: A0283 A Line F14 0814 JS 2kg New

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 7.16

Sub-sample Name: Sainsbury's, British new potatoes

Ingredients: No information

Label claim(s):

Variety: Maris Peer

Grown in: Aberdeenshire UK by E Gauld

Produced in the UK

Naturally low in fat

A source of dietary fibre, Vitamin C and Vitamin B6

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled in unsalted water)	Amount/175g serving (boiled in unsalted water)
Energy	kJ	290	N/A
Energy	kcal	68	N/A
Protein	g	1.4	N/A
Carbohydrate	g	15.0	N/A
Sugars	g	2.0	N/A
Starch	g	13.0	N/A
Fat	g	0.3	N/A
Saturates	g	Tr	N/A
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.5	N/A
Salt	g	Tr	N/A
Sodium	g	Tr	N/A
Thiamin B1	mg	0.13	0.23
Vitamin B6	mg	0.33	0.57
Folate	µg	19.0	33.2
Vitamin C	mg	9.0	15.7

Nutrient analysis of fruit and vegetables

Composite Sample Number: 7
Composite Sample Name: Potatoes, new, boiled, flesh and skin
Sub-sample Number: 7.17
Sub-sample Name: Morrisons, salad potatoes
Brand: Morrisons
Pack size: 750g
Purchase Date: 07.11.11
Place of Purchase: Morrisons, Norwich
Display Until Date: 11 Nov
Best Before Date: 13 Nov
Batch Number: 6913 RD1-POT8A 30911SK 11:06
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 7.17

Sub-sample Name: Morrisons, salad potatoes

Ingredients: No information

Label claim(s):

Charlotte
Produce of France

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	318
Energy	kcal	75
Protein	g	2.1
Carbohydrate	g	17.2
Sugars	g	0.6
Starch	g	N/A
Fat	g	0.2
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.3
Salt	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 7

Composite Sample Name: Potatoes, new, boiled, flesh and skin

Sub-sample Number: 7.18

Sub-sample Name: Waitrose, Charlotte

Brand: Waitrose

Pack size: 500g

Purchase Date: 07.11.11

Place of Purchase: Waitrose, Norwich

Display Until Date: 11 Nov

Best Before Date: 11 Nov

Batch Number: Supplier 236A SC PP3a 08:41

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 7.18

Sub-sample Name: Waitrose, Charlotte

Ingredients: Charlotte potatoes

Label claim(s):

Variety: Charlotte

Origin: Cambs UK

Grower: RS Farms

Nutrient Information:

Nutrient	Unit	Amount/100g as sold
Energy	kJ	314
Energy	kcal	74
Protein	g	1.7
Carbohydrate	g	16.1
Sugars	g	1.3
Starch	g	N/A
Fat	g	0.3
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.3
Salt	g	0.03
Sodium	g	0.01
Vitamin C	mg	16.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 7

Composite Sample Name: Potatoes, new, boiled, flesh and skin

Sub-sample Number: 7.19

Sub-sample Name: Oaklands, British baby potatoes

Brand: Oaklands

Pack size: 1kg

Purchase Date: 07.11.11

Place of Purchase: Lidl, Attleborough

Display Until Date: 11 Nov

Best Before Date: 11 Nov

Batch Number: 4405 class 1 W0788 17:17 42mm 308 132383

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 7.19

Sub-sample Name: Oaklands, British baby potatoes

Ingredients: No information

Label claim(s):

Source of vitamin B6

Origin: Essex, UK

Sofia

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/100g serving
Energy	kJ	297	N/A
Energy	kcal	70	70
Protein	g	1.4	N/A
Carbohydrate	g	15.4	N/A
Sugars	g	1.0	1.0
Starch	g	N/A	N/A
Fat	g	0.3	0.3
Saturates	g	0.1	0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.2	N/A
Salt	g	Tr	Tr
Sodium	g	Tr	N/A
Vitamin B6	mg	0.3	N/A

Nutrient analysis of fruit and vegetables

Composite Sample Number: 7

Composite Sample Name: Potatoes, new, boiled, flesh and skin

Sub-sample Number: 7.20

Sub-sample Name: Tesco, Market Value, new potatoes

Brand: Tesco Market Value

Pack size: 1kg

Purchase Date: 07.11.11

Place of Purchase: Tesco, Harford Bridges, Norwich

Display Until Date: 09 Nov

Best Before Date:

Batch Number: GV1 10:41 L4

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 7.20

Sub-sample Name: Tesco, Market Value, new potatoes

Ingredients: New potatoes

Label claim(s):

Great Britain
Vales Emerald
Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/250g serving
Energy	kJ	314	784
Energy	kcal	74	185
Protein	g	1.7	4.3
Carbohydrate	g	16.1	40.3
Sugars	g	1.3	3.3
Starch	g	N/A	N/A
Fat	g	0.3	0.8
Saturates	g	0.2	0.5
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.0	2.5
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr
Folic Acid	µg	25.0	62.5

Nutrient analysis of fruit and vegetables

Composite Sample Number: 7

Composite Sample Name: Potatoes, new, boiled, flesh and skin

Sub-sample Number: 7.21

Sub-sample Name: Greengrocer new potatoes

Brand:

Pack size:

Purchase Date: 07.11.11

Place of Purchase: Independent Greengrocers, Norwich

Display Until Date:

Best Before Date:

Batch Number:

Packaging: Paper

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 7.21

Sub-sample Name: Greengrocer new potatoes

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 7
Composite Sample Name: Potatoes, new, boiled, flesh and skin
Sub-sample Number: 7.22
Sub-sample Name: Farm Fresh, baby new potatoes
Brand: Farm Fresh
Pack size: 750g
Purchase Date: 07.11.11
Place of Purchase: Booker, Norwich
Display Until Date: 09 Nov
Best Before Date:
Batch Number: 83 / 3 15:14 5 56957
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 7.22

Sub-sample Name: Farm Fresh, baby new potatoes

Ingredients: No information

Label claim(s):

Variety: Carlingford

Origin: UK

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled in unsalted water)
Energy	kJ	281
Energy	kcal	66
Protein	g	1.4
Carbohydrate	g	15.4
Sugars	g	1.0
Starch	g	N/A
Fat	g	0.3
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.5
Sodium	mg	10
Vitamin B6	mg	0.33
Vitamin C	mg	9.0

Sample 8: Carrots, old, raw

Composite Sample Number: 8
Composite Sample Name: Carrots, old, raw
Sub-sample Number: 8.1
Sub-sample Name: Tesco, loose carrots
Brand:
Pack size:
Purchase Date: 10.10.2011
Place of Purchase: Tesco, Blue Boar, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 8.1

Sub-sample Name: Tesco, loose carrots

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 8

Composite Sample Name: Carrots, old, raw

Sub-sample Number: 8.2

Sub-sample Name: Tesco, East Anglian carrots

Brand: Tesco

Pack size: 1kg

Purchase Date: 10.10.2011

Place of Purchase: Tesco, Blue Boar, Norwich

Display Until Date: 12 Oct

Best Before Date: 13 Oct

Batch Number: Supplier Code D1 ABC 08-50

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 8.2

Sub-sample Name: Tesco, East Anglian carrots

Ingredients: Carrots

Label claim(s):

Produce of UK
Grown by Alan Bartlett and sons
Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g serving
Energy	kJ	146
Energy	kcal	37
Protein	g	0.6
Carbohydrate	g	7.9
Sugars	g	7.4
Starch	g	N/A
Fat	g	0.3
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2.4
Salt equivalent	g	Tr
Sodium	g	Tr
Vitamin A	µg	2079

Nutrient analysis of fruit and vegetables

Composite Sample Number: 8
Composite Sample Name: Carrots, old, raw
Sub-sample Number: 8.3
Sub-sample Name: Asda, fresh tastes, bumper carrot batons
Brand: Asda fresh tastes
Pack size: 600g
Purchase Date: 10.10.2011
Place of Purchase: Asda, Norwich
Display Until Date: 13 Oct
Use By Date: 13 Oct
Batch Number: 281 12:22 A
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 8.3

Sub-sample Name: Asda, fresh tastes, bumper carrot batons

Ingredients: Carrot batons (100%)

Label claim(s):

Naturally high in fibre

Produced in the UK

Suitable for vegetarians

Nutrient Information:

Nutrient	Unit	Amount/100g (microwaved)
Energy	kJ	108
Energy	kcal	26
Protein	g	0.6
Carbohydrate	g	4.9
Sugars	g	4.6
Starch	g	N/A
Fat	g	0.4
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2.5
Salt equivalent	g	0.3
Sodium	g	0.10

Nutrient analysis of fruit and vegetables

Composite Sample Number: 8
Composite Sample Name: Carrots, old, raw
Sub-sample Number: 8.4
Sub-sample Name: Asda, British carrots
Brand: Asda
Pack size: 1kg
Purchase Date: 10.10.2011
Place of Purchase: Asda, Norwich
Display Until Date: 14 Oct
Best Before Date: 16 Oct
Batch Number: 13:49 281 845019 20-40mm
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 8.4

Sub-sample Name: Asda, British carrots

Ingredients: British carrots

Label claim(s):

County: Notts

Farmers Name: David Smith

Source of beta-carotene

Naturally high in fibre

Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled in unsalted water)	Amount/3 heaped tbsps (80g) serving
Energy	kJ	100	80
Energy	kcal	24	19
Protein	g	0.6	0.5
Carbohydrate	g	4.9	3.9
Sugars	g	4.6	3.7
Starch	g	N/A	N/A
Fat	g	0.4	0.3
Saturates	g	0.1	0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.5	2.0
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr
Beta-carotene	µg	7560	6048

Nutrient analysis of fruit and vegetables

Composite Sample Number: 8

Composite Sample Name: Carrots, old, raw

Sub-sample Number: 8.5

Sub-sample Name: Sainsbury's, loose carrots

Brand:

Pack size:

Purchase Date: 10.10.2011

Place of Purchase: Sainsbury's, Longwater, Norwich

Display Until Date:

Best Before Date:

Batch Number:

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 8.5

Sub-sample Name: Sainsbury's, loose carrots

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 8
Composite Sample Name: Carrots, old, raw
Sub-sample Number: 8.6
Sub-sample Name: Morrisons, bunched carrots
Brand: Morrisons
Pack size: 500g
Purchase Date: 10.10.2011
Place of Purchase: Morrisons, Norwich
Display Until Date: 12 Oct
Best Before Date: 14 Oct
Batch Number: 0121 CLASS 1
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 8.6

Sub-sample Name: Morrisons, bunched carrots

Ingredients: Bunched carrots

Label claim(s):

Origin: UK

Produced in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	125
Energy	kcal	30
Protein	g	0.7
Carbohydrate	g	6
Sugars	g	5.6
Starch	g	N/A
Fat	g	0.5
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2.4
Salt equivalent	g	0.1
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 8
Composite Sample Name: Carrots, old, raw
Sub-sample Number: 8.7
Sub-sample Name: Waitrose, loose carrots
Brand: Waitrose
Pack size:
Purchase Date: 10.10.2011
Place of Purchase: Waitrose, Wymondham
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 8.7

Sub-sample Name: Waitrose, loose carrots

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 8

Composite Sample Name: Carrots, old, raw

Sub-sample Number: 8.8

Sub-sample Name: Aldi, British carrots

Brand: Aldi

Pack size: 1kg

Purchase Date: 10.10.2011

Place of Purchase: Aldi, Norwich

Display Until Date:

Best Before Date:

Batch Number: Supplier Code:348 4103 21:09 2A A

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 8.8

Sub-sample Name: Aldi, British carrots

Ingredients: British carrots

Label claim(s):

Produce of UK (Lancs)

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 8
Composite Sample Name: Carrots, old, raw
Sub-sample Number: 8.9
Sub-sample Name: Sainsbury's, basics carrots
Brand: Sainsbury's basics
Pack size: 1.5kg
Purchase Date: 10.10.2011
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date: 12 Oct
Best Before Date: 14 Oct
Batch Number: K0087B
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 8.9

Sub-sample Name: Sainsbury's, basics carrots

Ingredients: No information

Label claim(s):

Grown in Norfolk UK

Grown By Jane Strawson

Source of Vitamin A

Nutrient Information:

Nutrient	Unit	Amount/100g (raw)
Energy	kJ	139
Energy	kcal	33
Protein	g	0.6
Carbohydrate	g	7.5
Sugars	g	7.0
Starch	g	N/A
Fat	g	0.3
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2.4
Salt	g	Tr
Sodium	g	Tr
Vitamin A	µg	2078

Nutrient analysis of fruit and vegetables

Composite Sample Number: 8

Composite Sample Name: Carrots, old, raw

Sub-sample Number: 8.10

Sub-sample Name: Market carrots

Brand:

Pack size:

Purchase Date: 10.10.2011

Place of Purchase: Independent market stall, Norwich

Display Until Date:

Best Before Date:

Batch Number:

Packaging: Paper

Sample Condition As Purchased: Ambient

Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 8.10

Sub-sample Name: Market carrots

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 8

Composite Sample Name: Carrots, old, raw

Sub-sample Number: 8.11

Sub-sample Name: Makro, carrots

Brand: Makro

Pack size: 2kg

Purchase Date: 10.10.2011

Place of Purchase: Makro, Norwich

Display Until Date:

Best Before Date:

Batch Number: Date Code: 280 Art No:369860 supp no:24477

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 8.11

Sub-sample Name: Makro, carrots

Ingredients: No information

Label claim(s):

Origin: UK

Packed by DE Brand and Sons Ltd

Class 1

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 8
Composite Sample Name: Carrots, old, raw
Sub-sample Number: 8.12
Sub-sample Name: Tesco, loose carrots
Brand:
Pack size:
Purchase Date: 23.01.2012
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 8.12

Sub-sample Name: Tesco, loose carrots

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 8

Composite Sample Name: Carrots, old, raw

Sub-sample Number: 8.13

Sub-sample Name: Tesco, carrot batons

Brand: Tesco

Pack size: 670g

Purchase Date: 23.01.2012

Place of Purchase: Tesco, Blue Boar Road, Norwich

Display Until Date:

Use By Date: 26 Jan

Batch Number: 15:06 10

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 8.13

Sub-sample Name: Tesco, carrot batons

Ingredients: Carrot batons

Label claim(s):

Packed in the UK

Washed and ready to cook

Recipe: no nuts

Ingredients: cannot guarantee nut free

Factory: no nuts

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	131
Energy	kcal	31
Protein	g	0.7
Carbohydrate	g	5.9
Sugars	g	5.5
Starch	g	N/A
Fat	g	0.5
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	3.0
Salt equivalent	g	Tr
Sodium	g	Tr
Vitamin A	µg	1301

Nutrient analysis of fruit and vegetables

Composite Sample Number: 8
Composite Sample Name: Carrots, old, raw
Sub-sample Number: 8.14
Sub-sample Name: Asda, loose carrots
Brand:
Pack size:
Purchase Date: 23.01.2012
Place of Purchase: Asda, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 8.14

Sub-sample Name: Asda, loose carrots

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 8
Composite Sample Name: Carrots, old, raw
Sub-sample Number: 8.15
Sub-sample Name: Asda, British carrots
Brand: Asda
Pack size: 500g
Purchase Date: 23.01.2012
Place of Purchase: Asda, Norwich
Display Until Date:
Best Before Date:
Batch Number: 06:50 020 845020
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 8.15

Sub-sample Name: Asda, British carrots

Ingredients: British carrots

Label claim(s):

Class I

County: Notts

Farmers name: John Baker

20-35mm

Source of beta-carotene

Naturally high in fibre

Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled in unsalted water)	Amount/3 heaped tbsps (80g) serving (boiled in unsalted water)
Energy	kJ	100	80
Energy	kcal	24	19
Protein	g	0.6	0.5
Carbohydrate	g	4.9	3.9
Sugars	g	4.6	3.7
Starch	g	N/A	N/A
Fat	g	0.4	0.3
Saturates	g	0.1	0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.5	2.0
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr
Beta-carotene	µg	7560	6048

Nutrient analysis of fruit and vegetables

Composite Sample Number: 8

Composite Sample Name: Carrots, old, raw

Sub-sample Number: 8.16

Sub-sample Name: Sainsbury's, 'no need to peel', carrots

Brand: Sainsbury's

Pack size: 1kg

Purchase Date: 23.01.2012

Place of Purchase: Sainsbury's, Longwater, Norwich

Display Until Date:

Best Before Date: 27 Jan

Batch Number: K0087B 60 12:18

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 8.16

Sub-sample Name: Sainsbury's, 'no need to peel', carrots

Ingredients: No information

Label claim(s):

Produced in the UK

Grown by: Joe Gibson

Grown in: Fyfe, Scotland

High in vitamin A

Nutrient Information:

Nutrient	Unit	Amount/100g (raw)
Energy	kJ	139
Energy	kcal	33
Protein	g	0.6
Carbohydrate	g	7.5
Sugars	g	7.0
Starch	g	N/A
Fat	g	0.3
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2.4
Salt	g	Tr
Sodium	g	Tr
Vitamin A	µg	2078

Nutrient analysis of fruit and vegetables

Composite Sample Number: 8

Composite Sample Name: Carrots, old, raw

Sub-sample Number: 8.17

Sub-sample Name: Morrisons, loose carrots

Brand:

Pack size:

Purchase Date: 23.01.2012

Place of Purchase: Morrisons, Norwich

Display Until Date:

Best Before Date:

Batch Number:

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 8.17

Sub-sample Name: Morrisons, loose carrots

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 8
Composite Sample Name: Carrots, old, raw
Sub-sample Number: 8.18
Sub-sample Name: The Co-operative, carrots
Brand: The Co-operative
Pack size: 1.2kg
Purchase Date: 23.01.2012
Place of Purchase: The Co-operative, Wymondham
Display Until Date:
Best Before Date: 26 Jan
Batch Number: M208A 019 4 12:48 263
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 8.18

Sub-sample Name: The Co-operative, carrots

Ingredients: No information

Label claim(s):

British produce harvested in: Suffolk, UK
Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/3 heaped tbsps (approx. 80g) serving
Energy	kJ	160	120
Energy	kcal	35	30
Protein	g	0.6	0.5
Carbohydrate	g	7.9	6.3
Sugars	g	7.4	5.9
Starch	g	N/A	N/A
Fat	g	0.3	0.2
Saturates	g	0.1	0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.4	1.9
Salt	g	0.1	0.1
Sodium	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 8
Composite Sample Name: Carrots, old, raw
Sub-sample Number: 8.19
Sub-sample Name: Iceland, carrots
Brand: Iceland
Pack size: 1kg
Purchase Date: 23.01.2012
Place of Purchase: Iceland, Norwich
Display Until Date: 26 Jan
Best Before Date:
Batch Number: 469 L6 019
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 8.19

Sub-sample Name: Iceland carrots

Ingredients: No information

Label claim(s):

Class I
20-40mm
UK

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled in unsalted water)
Energy	kJ	100
Energy	kcal	24
Protein	g	0.6
Carbohydrate	g	4.9
Sugars	g	4.6
Starch	g	N/A
Fat	g	0.4
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2.5
Salt	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 8

Composite Sample Name: Carrots, old, raw

Sub-sample Number: 8.20

Sub-sample Name: Morrisons, Savers carrots

Brand: Morrisons Savers

Pack size: 1.5kg

Purchase Date: 23.01.2012

Place of Purchase: Morrisons, Norwich

Display Until Date: 26 Jan

Best Before Date: 28 Jan

Batch Number: 13759 RD1-CAR 2B02112 ZP 06:14

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 8.20

Sub-sample Name: Morrisons, Savers carrots

Ingredients: Carrots

Label claim(s):

Class II

UK

Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/(80g) serving
Energy	kJ	175	140
Energy	kcal	42	33
Protein	g	0.6	0.5
Carbohydrate	g	7.9	6.3
Sugars	g	7.4	5.9
Starch	g	N/A	N/A
Fat	g	0.3	0.2
Saturates	g	0.1	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.4	1.9
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 8

Composite Sample Name: Carrots, old, raw

Sub-sample Number: 8.21

Sub-sample Name: Market carrots

Brand:

Pack size:

Purchase Date: 23.01.2012

Place of Purchase: Independent market stall, Norwich

Display Until Date:

Best Before Date:

Batch Number:

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 8.21

Sub-sample Name: Market carrots

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 8
Composite Sample Name: Carrots, old, raw
Sub-sample Number: 8.22
Sub-sample Name: Farm Fresh, carrots
Brand: Farm Fresh
Pack size: 2kg
Purchase Date: 23.01.2012
Place of Purchase: Booker, Norwich
Display Until Date:
Best Before Date:
Batch Number: 45/2 A22511
Packaging: Plastic
Sample Condition As Purchased: Refrigerated
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 8.22

Sub-sample Name: Farm Fresh, carrots

Ingredients: No information

Label claim(s):

Class I

Country of origin: UK

Nutrient Information: No information

Sample 9: Carrots, old, boiled

Composite Sample Number:

9

Composite Sample Name:

Carrots, old, boiled

Sub-sample Number:

9.1

Sub-sample Name:

Tesco, loose carrots

Brand:

Pack size:

Purchase Date:

10.10.2011

Place of Purchase:

Tesco, Blue Boar, Norwich

Display Until Date:

Best Before Date:

Batch Number:

Packaging:

Plastic

Sample Condition As Purchased:

Ambient

Post Purchase Storage:

Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 9.1

Sub-sample Name: Tesco, loose carrots

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 9
Composite Sample Name: Carrots, old, boiled
Sub-sample Number: 9.2
Sub-sample Name: Tesco, East Anglian carrots
Brand: Tesco
Pack size: 1kg
Purchase Date: 10.10.2011
Place of Purchase: Tesco, Blue Boar, Norwich
Display Until Date: 12 Oct
Best Before Date: 13 Oct
Batch Number: Supplier Code D1 ABC 08-50
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 9.2

Sub-sample Name: Tesco, East Anglian carrots

Ingredients: Carrots

Label claim(s):

Produce of UK
Grown by Alan Bartlett and sons
Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g serving
Energy	kJ	146
Energy	kcal	37
Protein	g	0.6
Carbohydrate	g	7.9
Sugars	g	7.4
Starch	g	N/A
Fat	g	0.3
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2.4
Salt equivalent	g	Tr
Sodium	g	Tr
Vitamin A	µg	2079

Nutrient analysis of fruit and vegetables

Composite Sample Number: 9
Composite Sample Name: Carrots, old, boiled
Sub-sample Number: 9.3
Sub-sample Name: Asda, fresh tastes, bumper carrot batons
Brand: Asda fresh tastes
Pack size: 600g
Purchase Date: 10.10.2011
Place of Purchase: Asda, Norwich
Display Until Date: 13 Oct
Use By Date: 13 Oct
Batch Number: 281 12:22 A
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 9.3

Sub-sample Name: Asda, fresh tastes, bumper carrot batons

Ingredients: Carrot batons (100%)

Label claim(s):

Naturally high in fibre

Produced in the UK

Suitable for vegetarians

Nutrient Information:

Nutrient	Unit	Amount/100g (microwaved)
Energy	kJ	108
Energy	kcal	26
Protein	g	0.6
Carbohydrate	g	4.9
Sugars	g	4.6
Starch	g	N/A
Fat	g	0.4
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2.5
Salt equivalent	g	0.3
Sodium	g	0.10

Nutrient analysis of fruit and vegetables

Composite Sample Number: 9
Composite Sample Name: Carrots, old, boiled
Sub-sample Number: 9.4
Sub-sample Name: Asda, British carrots
Brand: Asda
Pack size: 1kg
Purchase Date: 10.10.2011
Place of Purchase: Asda, Norwich
Display Until Date: 14 Oct
Best Before Date: 16 Oct
Batch Number: 13:49 281 845019 20-40mm
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 9.4

Sub-sample Name: Asda, British carrots

Ingredients: British carrots

Label claim(s):

County: Notts

Farmers Name: David Smith

Source of beta-carotene

Naturally high in fibre

Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled in unsalted water)	Amount/3 heaped tbsps (80g) serving
Energy	kJ	100	80
Energy	kcal	24	19
Protein	g	0.6	0.5
Carbohydrate	g	4.9	3.9
Sugars	g	4.6	3.7
Starch	g	N/A	N/A
Fat	g	0.4	0.3
Saturates	g	0.1	0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.5	2.0
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr
Beta-carotene	µg	7560	6048

Nutrient analysis of fruit and vegetables

Composite Sample Number: 9
Composite Sample Name: Carrots, old, boiled
Sub-sample Number: 9.5
Sub-sample Name: Sainsbury's, loose carrots
Brand:
Pack size:
Purchase Date: 10.10.2011
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 9.5

Sub-sample Name: Sainsbury's, loose carrots

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 9
Composite Sample Name: Carrots, old, boiled
Sub-sample Number: 9.6
Sub-sample Name: Morrisons, bunched carrots
Brand: Morrisons
Pack size: 500g
Purchase Date: 10.10.2011
Place of Purchase: Morrisons, Norwich
Display Until Date: 12 Oct
Best Before Date: 14 Oct
Batch Number: 0121 CLASS 1
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 9.6

Sub-sample Name: Morrisons, bunched carrots

Ingredients: Bunched carrots

Label claim(s):

Origin: UK

Produced in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	125
Energy	kcal	30
Protein	g	0.7
Carbohydrate	g	6
Sugars	g	5.6
Starch	g	N/A
Fat	g	0.5
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2.4
Salt equivalent	g	0.1
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 9
Composite Sample Name: Carrots, old, boiled
Sub-sample Number: 9.7
Sub-sample Name: Waitrose, loose carrots
Brand: Waitrose
Pack size:
Purchase Date: 10.10.2011
Place of Purchase: Waitrose, Wymondham
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 9.7

Sub-sample Name: Waitrose, loose carrots

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 9
Composite Sample Name: Carrots, old, boiled
Sub-sample Number: 9.8
Sub-sample Name: Aldi, British carrots
Brand: Aldi
Pack size: 1kg
Purchase Date: 10.10.2011
Place of Purchase: Aldi, Norwich
Display Until Date:
Best Before Date:
Batch Number: Supplier Code:348 4103 21:09 2A A
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 9.8

Sub-sample Name: Aldi, British carrots

Ingredients: British carrots

Label claim(s):

Produce of UK (Lancs)

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 9
Composite Sample Name: Carrots, old, boiled
Sub-sample Number: 9.9
Sub-sample Name: Sainsbury's, basics carrots
Brand: Sainsbury's basics
Pack size: 1.5kg
Purchase Date: 10.10.2011
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date: 12 Oct
Best Before Date: 14 Oct
Batch Number: K0087B
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 9.9

Sub-sample Name: Sainsbury's, basics carrots

Ingredients: No information

Label claim(s):

Grown in Norfolk UK

Grown By Jane Strawson

Source of Vitamin A

Nutrient Information:

Nutrient	Unit	Amount/100g (raw)
Energy	kJ	139
Energy	kcal	33
Protein	g	0.6
Carbohydrate	g	7.5
Sugars	g	7.0
Starch	g	N/A
Fat	g	0.3
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2.4
Salt	g	Tr
Sodium	g	Tr
Vitamin A	µg	2078

Nutrient analysis of fruit and vegetables

Composite Sample Number: 9
Composite Sample Name: Carrots, old, boiled
Sub-sample Number: 9.10
Sub-sample Name: Market carrots
Brand:
Pack size:
Purchase Date: 10.10.2011
Place of Purchase: Independent market stall, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Paper
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 9.10

Sub-sample Name: Market carrots

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 9
Composite Sample Name: Carrots, old, boiled
Sub-sample Number: 9.11
Sub-sample Name: Makro, carrots
Brand: Makro
Pack size: 2kg
Purchase Date: 10.10.2011
Place of Purchase: Makro, Norwich
Display Until Date:
Best Before Date:
Batch Number: Date Code: 280 Art No:369860 supp no:24477
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 9.11

Sub-sample Name: Makro carrots

Ingredients: No information

Label claim(s):

Origin: UK

Packed by DE Brand and Sons Ltd

Class 1

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 9
Composite Sample Name: Carrots, old, boiled
Sub-sample Number: 9.12
Sub-sample Name: Tesco, loose carrots
Brand:
Pack size:
Purchase Date: 23.01.2012
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 9.12

Sub-sample Name: Tesco, loose carrots

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 9
Composite Sample Name: Carrots, old, boiled
Sub-sample Number: 9.13
Sub-sample Name: Tesco, carrot batons
Brand: Tesco
Pack size: 670g
Purchase Date: 23.01.2012
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date:
Use By Date: 26 Jan
Batch Number: 15:06 10
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 9.13

Sub-sample Name: Tesco, barrot batons

Ingredients: Carrot batons

Label claim(s):

Packed in the UK

Washed and ready to cook

Recipe: no nuts

Ingredients: cannot guarantee nut free

Factory: no nuts

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	131
Energy	kcal	31
Protein	g	0.7
Carbohydrate	g	5.9
Sugars	g	5.5
Starch	g	N/A
Fat	g	0.5
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	3.0
Salt equivalent	g	Tr
Sodium	g	Tr
Vitamin A	µg	1301

Nutrient analysis of fruit and vegetables

Composite Sample Number: 9
Composite Sample Name: Carrots, old, boiled
Sub-sample Number: 9.14
Sub-sample Name: Asda, loose carrots
Brand:
Pack size:
Purchase Date: 23.01.2012
Place of Purchase: Asda, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 9.14

Sub-sample Name: Asda, loose carrots

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 9
Composite Sample Name: Carrots, old, boiled
Sub-sample Number: 9.15
Sub-sample Name: Asda, British carrots
Brand: Asda
Pack size: 500g
Purchase Date: 23.01.2012
Place of Purchase: Asda, Norwich
Display Until Date:
Best Before Date:
Batch Number: 06:50 020 845020
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 9.15

Sub-sample Name: Asda, British carrots

Ingredients: British carrots

Label claim(s):

Class I

County: Notts

Farmers name: John Baker

20-35mm

Source of beta-carotene

Naturally high in fibre

Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled in unsalted water)	Amount/3 heaped tbsps (80g) serving (boiled in unsalted water)
Energy	kJ	100	80
Energy	kcal	24	19
Protein	g	0.6	0.5
Carbohydrate	g	4.9	3.9
Sugars	g	4.6	3.7
Starch	g	N/A	N/A
Fat	g	0.4	0.3
Saturates	g	0.1	0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.5	2.0
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr
Beta-carotene	µg	7560	6048

Nutrient analysis of fruit and vegetables

Composite Sample Number: 9
Composite Sample Name: Carrots, old, boiled
Sub-sample Number: 9.16
Sub-sample Name: Sainsbury's, 'no need to peel' carrots
Brand: Sainsbury's
Pack size: 1kg
Purchase Date: 23.01.2012
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date:
Best Before Date: 27 Jan
Batch Number: K0087B 60 12:18
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 9.16

Sub-sample Name: Sainsbury's, 'no need to peel' carrots

Ingredients: No information

Label claim(s):

Produced in the UK

Grown by: Joe Gibson

Grown in: Fyfe, Scotland

High in vitamin A

Nutrient Information:

Nutrient	Unit	Amount/100g (raw)
Energy	kJ	139
Energy	kcal	33
Protein	g	0.6
Carbohydrate	g	7.5
Sugars	g	7.0
Starch	g	N/A
Fat	g	0.3
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2.4
Salt	g	Tr
Sodium	g	Tr
Vitamin A	µg	2078

Nutrient analysis of fruit and vegetables

Composite Sample Number: 9
Composite Sample Name: Carrots, old, boiled
Sub-sample Number: 9.17
Sub-sample Name: Morrisons, loose carrots
Brand:
Pack size:
Purchase Date: 23.01.2012
Place of Purchase: Morrisons, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 9.17

Sub-sample Name: Morrisons, loose carrots

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 9
Composite Sample Name: Carrots, old, boiled
Sub-sample Number: 9.18
Sub-sample Name: The Co-operative, carrots
Brand: The Co-operative
Pack size: 1.2kg
Purchase Date: 23.01.2012
Place of Purchase: The Co-operative, Wymondham
Display Until Date:
Best Before Date: 26 Jan
Batch Number: M208A 019 4 12:48 263
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 9.18

Sub-sample Name: The Co-operative, carrots

Ingredients: No information

Label claim(s):

British produce harvested in: Suffolk, UK
Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/3 heaped tbsps (approx. 80g) serving
Energy	kJ	160	120
Energy	kcal	35	30
Protein	g	0.6	0.5
Carbohydrate	g	7.9	6.3
Sugars	g	7.4	5.9
Starch	g	N/A	N/A
Fat	g	0.3	0.2
Saturates	g	0.1	0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.4	1.9
Salt	g	0.1	0.1
Sodium	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 9
Composite Sample Name: Carrots, old, boiled
Sub-sample Number: 9.19
Sub-sample Name: Iceland, carrots
Brand: Iceland
Pack size: 1kg
Purchase Date: 23.01.2012
Place of Purchase: Iceland, Norwich
Display Until Date: 26 Jan
Best Before Date:
Batch Number: 469 L6 019
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 9.19

Sub-sample Name: Iceland, carrots

Ingredients: No information

Label claim(s):

Class I
20-40mm
UK

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled in unsalted water)
Energy	kJ	100
Energy	kcal	24
Protein	g	0.6
Carbohydrate	g	4.9
Sugars	g	4.6
Starch	g	N/A
Fat	g	0.4
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2.5
Salt	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 9
Composite Sample Name: Carrots, old, boiled
Sub-sample Number: 9.20
Sub-sample Name: Morrisons, Savers carrots
Brand: Morrisons Savers
Pack size: 1.5kg
Purchase Date: 23.01.2012
Place of Purchase: Morrisons, Norwich
Display Until Date: 26 Jan
Best Before Date: 28 Jan
Batch Number: 13759 RD1-CAR 2B02112 ZP 06:14
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 9.20

Sub-sample Name: Morrisons, Savers carrots

Ingredients: Carrots

Label claim(s):

Class II

UK

Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/(80g) serving
Energy	kJ	175	140
Energy	kcal	42	33
Protein	g	0.6	0.5
Carbohydrate	g	7.9	6.3
Sugars	g	7.4	5.9
Starch	g	N/A	N/A
Fat	g	0.3	0.2
Saturates	g	0.1	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.4	1.9
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 9
Composite Sample Name: Carrots, old, boiled
Sub-sample Number: 9.21
Sub-sample Name: Market carrots
Brand:
Pack size:
Purchase Date: 23.01.2012
Place of Purchase: Independent market stall, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 9.21

Sub-sample Name: Market carrots

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 9
Composite Sample Name: Carrots, old, boiled
Sub-sample Number: 9.22
Sub-sample Name: Farm Fresh, carrots
Brand: Farm Fresh
Pack size: 2kg
Purchase Date: 23.01.2012
Place of Purchase: Booker, Norwich
Display Until Date:
Best Before Date:
Batch Number: 45/2 A22511
Packaging: Plastic
Sample Condition As Purchased: Refrigerated
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 9.22

Sub-sample Name: Farm Fresh, carrots

Ingredients: No information

Label claim(s):

Class I

Country of origin: UK

Nutrient Information: No information

Sample 10: Carrots, old, microwaved

Composite Sample Number:

10

Composite Sample Name:

Carrots, old, microwaved

Sub-sample Number:

10.1

Sub-sample Name:

Tesco, loose carrots

Brand:

Pack size:

Purchase Date:

10.10.2011

Place of Purchase:

Tesco, Blue Boar, Norwich

Display Until Date:

Best Before Date:

Batch Number:

Packaging:

Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage:

Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 10.1

Sub-sample Name: Tesco, loose carrots

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 10
Composite Sample Name: Carrots, old, microwaved
Sub-sample Number: 10.2
Sub-sample Name: Tesco, East Anglian carrots
Brand: Tesco
Pack size: 1kg
Purchase Date: 10.10.2011
Place of Purchase: Tesco, Blue Boar, Norwich
Display Until Date: 12 Oct
Best Before Date: 13 Oct
Batch Number: Supplier Code D1 ABC 08-50
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 10.2

Sub-sample Name: Tesco, East Anglian carrots

Ingredients: Carrots

Label claim(s):

Produce of UK
Grown by Alan Bartlett and sons
Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g serving
Energy	kJ	146
Energy	kcal	37
Protein	g	0.6
Carbohydrate	g	7.9
Sugars	g	7.4
Starch	g	N/A
Fat	g	0.3
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2.4
Salt equivalent	g	Tr
Sodium	g	Tr
Vitamin A	µg	2079

Nutrient analysis of fruit and vegetables

Composite Sample Number: 10

Composite Sample Name: Carrots, old, microwaved

Sub-sample Number: 10.3

Sub-sample Name: Asda, fresh tastes, bumper carrot batons

Brand: Asda fresh tastes

Pack size: 600g

Purchase Date: 10.10.2011

Place of Purchase: Asda, Norwich

Display Until Date: 13 Oct

Use By Date: 13 Oct

Batch Number: 281 12:22 A

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 10.3

Sub-sample Name: Asda, fresh tastes, bumper carrot batons

Ingredients: Carrot batons (100%)

Label claim(s):

Naturally high in fibre

Produced in the UK

Suitable for vegetarians

Nutrient Information:

Nutrient	Unit	Amount/100g (microwaved)
Energy	kJ	108
Energy	kcal	26
Protein	g	0.6
Carbohydrate	g	4.9
Sugars	g	4.6
Starch	g	N/A
Fat	g	0.4
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2.5
Salt equivalent	g	0.3
Sodium	g	0.10

Nutrient analysis of fruit and vegetables

Composite Sample Number: 10
Composite Sample Name: Carrots, old, microwaved
Sub-sample Number: 10.4
Sub-sample Name: Asda, British carrots
Brand: Asda
Pack size: 1kg
Purchase Date: 10.10.2011
Place of Purchase: Asda, Norwich
Display Until Date: 14 Oct
Best Before Date: 16 Oct
Batch Number: 13:49 281 845019 20-40mm
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 10.4

Sub-sample Name: Asda, British carrots

Ingredients: British carrots

Label claim(s):

County: Notts

Farmers Name: David Smith

Source of beta-carotene

Naturally high in fibre

Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled in unsalted water)	Amount/3 heaped tbsps (80g) serving
Energy	kJ	100	80
Energy	kcal	24	19
Protein	g	0.6	0.5
Carbohydrate	g	4.9	3.9
Sugars	g	4.6	3.7
Starch	g	N/A	N/A
Fat	g	0.4	0.3
Saturates	g	0.1	0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.5	2.0
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr
Beta-carotene	µg	7560	6048

Nutrient analysis of fruit and vegetables

Composite Sample Number: 10

Composite Sample Name: Carrots, old, microwaved

Sub-sample Number: 10.5

Sub-sample Name: Sainsbury's, loose carrots

Brand:

Pack size:

Purchase Date: 10.10.2011

Place of Purchase: Sainsbury's, Longwater, Norwich

Display Until Date:

Best Before Date:

Batch Number:

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 10.5

Sub-sample Name: Sainsbury's, loose carrots

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 10
Composite Sample Name: Carrots, old, microwaved
Sub-sample Number: 10.6
Sub-sample Name: Morrisons, bunched carrots
Brand: Morrisons
Pack size: 500g
Purchase Date: 10.10.2011
Place of Purchase: Morrisons, Norwich
Display Until Date: 12 Oct
Best Before Date: 14 Oct
Batch Number: 0121 CLASS 1
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 10.6

Sub-sample Name: Morrisons, bunched carrots

Ingredients: Bunched carrots

Label claim(s):

Origin: UK

Produced in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	125
Energy	kcal	30
Protein	g	0.7
Carbohydrate	g	6
Sugars	g	5.6
Starch	g	N/A
Fat	g	0.5
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2.4
Salt equivalent	g	0.1
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 10

Composite Sample Name: Carrots, old, microwaved

Sub-sample Number: 10.7

Sub-sample Name: Waitrose, loose carrots

Brand: Waitrose

Pack size:

Purchase Date: 10.10.2011

Place of Purchase: Waitrose, Wymondham

Display Until Date:

Best Before Date:

Batch Number:

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 10.7

Sub-sample Name: Waitrose, loose carrots

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 10

Composite Sample Name: Carrots, old, microwaved

Sub-sample Number: 10.8

Sub-sample Name: Aldi, British carrots

Brand: Aldi

Pack size: 1kg

Purchase Date: 10.10.2011

Place of Purchase: Aldi, Norwich

Display Until Date:

Best Before Date:

Batch Number: Supplier Code:348 4103 21:09 2A A

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 10.8

Sub-sample Name: Aldi, British carrots

Ingredients: British carrots

Label claim(s):

Produce of UK (Lancs)

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 10
Composite Sample Name: Carrots, old, microwaved
Sub-sample Number: 10.9
Sub-sample Name: Sainsbury's, basics carrots
Brand: Sainsbury's basics
Pack size: 1.5kg
Purchase Date: 10.10.2011
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date: 12 Oct
Best Before Date: 14 Oct
Batch Number: K0087B
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 10.9

Sub-sample Name: Sainsbury's, basics carrots

Ingredients: No information

Label claim(s):

Grown in Norfolk UK

Grown By Jane Strawson

Source of Vitamin A

Nutrient Information:

Nutrient	Unit	Amount/100g (raw)
Energy	kJ	139
Energy	kcal	33
Protein	g	0.6
Carbohydrate	g	7.5
Sugars	g	7.0
Starch	g	N/A
Fat	g	0.3
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2.4
Salt	g	Tr
Sodium	g	Tr
Vitamin A	µg	2078

Nutrient analysis of fruit and vegetables

Composite Sample Number: 10

Composite Sample Name: Carrots, old, microwaved

Sub-sample Number: 10.10

Sub-sample Name: Market carrots

Brand:

Pack size:

Purchase Date: 10.10.2011

Place of Purchase: Independent market stall, Norwich

Display Until Date:

Best Before Date:

Batch Number:

Packaging: Paper

Sample Condition As Purchased: Ambient

Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 10.10

Sub-sample Name: Market carrots

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 10

Composite Sample Name: Carrots, old, microwaved

Sub-sample Number: 10.11

Sub-sample Name: Makro, carrots

Brand: Makro

Pack size: 2kg

Purchase Date: 10.10.2011

Place of Purchase: Makro, Norwich

Display Until Date:

Best Before Date:

Batch Number: Date Code: 280 Art No:369860 supp no:24477

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 10.11

Sub-sample Name: Makro, carrots

Ingredients: No information

Label claim(s):

Origin: UK

Packed by DE Brand and Sons Ltd

Class 1

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 10

Composite Sample Name: Carrots, old, microwaved

Sub-sample Number: 10.12

Sub-sample Name: Tesco, loose carrots

Brand:

Pack size:

Purchase Date: 23.01.2012

Place of Purchase: Tesco, Blue Boar Road, Norwich

Display Until Date:

Best Before Date:

Batch Number:

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 10.12

Sub-sample Name: Tesco, loose carrots

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 10
Composite Sample Name: Carrots, old, microwaved
Sub-sample Number: 10.13
Sub-sample Name: Tesco, carrot batons
Brand: Tesco
Pack size: 670g
Purchase Date: 23.01.2012
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date:
Use By Date: 26 Jan
Batch Number: 15:06 10
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 10.13

Sub-sample Name: Tesco, carrot batons

Ingredients: Carrot batons

Label claim(s):

Packed in the UK

Washed and ready to cook

Recipe: no nuts

Ingredients: cannot guarantee nut free

Factory: no nuts

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	131
Energy	kcal	31
Protein	g	0.7
Carbohydrate	g	5.9
Sugars	g	5.5
Starch	g	N/A
Fat	g	0.5
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	3.0
Salt equivalent	g	Tr
Sodium	g	Tr
Vitamin A	µg	1301

Nutrient analysis of fruit and vegetables

Composite Sample Number: 10
Composite Sample Name: Carrots, old, microwaved
Sub-sample Number: 10.14
Sub-sample Name: Asda, loose carrots
Brand:
Pack size:
Purchase Date: 23.01.2012
Place of Purchase: Asda, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 10.14

Sub-sample Name: Asda loose carrots

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 10
Composite Sample Name: Carrots, old, microwaved
Sub-sample Number: 10.15
Sub-sample Name: Asda, British carrots
Brand: Asda
Pack size: 500g
Purchase Date: 23.01.2012
Place of Purchase: Asda, Norwich
Display Until Date:
Best Before Date:
Batch Number: 06:50 020 845020
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 10.15

Sub-sample Name: Asda, British carrots

Ingredients: British carrots

Label claim(s):

Class I

County: Notts

Farmers name: John Baker

20-35mm

Source of beta-carotene

Naturally high in fibre

Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled in unsalted water)	Amount/3 heaped tbsps (80g) serving (boiled in unsalted water)
Energy	kJ	100	80
Energy	kcal	24	19
Protein	g	0.6	0.5
Carbohydrate	g	4.9	3.9
Sugars	g	4.6	3.7
Starch	g	N/A	N/A
Fat	g	0.4	0.3
Saturates	g	0.1	0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.5	2.0
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr
Beta-carotene	µg	7560	6048

Nutrient analysis of fruit and vegetables

Composite Sample Number: 10
Composite Sample Name: Carrots, old, microwaved
Sub-sample Number: 10.16
Sub-sample Name: Sainsbury's, 'no need to peel' carrots
Brand: Sainsbury's
Pack size: 1kg
Purchase Date: 23.01.2012
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date:
Best Before Date: 27 Jan
Batch Number: K0087B 60 12:18
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 10.16

Sub-sample Name: Sainsbury's, 'no need to peel' carrots

Ingredients: No information

Label claim(s):

Produced in the UK

Grown by: Joe Gibson

Grown in: Fyfe, Scotland

High in vitamin A

Nutrient Information:

Nutrient	Unit	Amount/100g (raw)
Energy	kJ	139
Energy	kcal	33
Protein	g	0.6
Carbohydrate	g	7.5
Sugars	g	7.0
Starch	g	N/A
Fat	g	0.3
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2.4
Salt	g	Tr
Sodium	g	Tr
Vitamin A	µg	2078

Nutrient analysis of fruit and vegetables

Composite Sample Number: 10

Composite Sample Name: Carrots, old, microwaved

Sub-sample Number: 10.17

Sub-sample Name: Morrisons, loose carrots

Brand:

Pack size:

Purchase Date: 23.01.2012

Place of Purchase: Morrisons, Norwich

Display Until Date:

Best Before Date:

Batch Number:

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 10.17

Sub-sample Name: Morrisons, loose carrots

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 10

Composite Sample Name: Carrots, old, microwaved

Sub-sample Number: 10.18

Sub-sample Name: The Co-operative, carrots

Brand: The Co-operative

Pack size: 1.2kg

Purchase Date: 23.01.2012

Place of Purchase: The Co-operative, Wymondham

Display Until Date:

Best Before Date: 26 Jan

Batch Number: M208A 019 4 12:48 263

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 10.18

Sub-sample Name: The Co-operative, carrots

Ingredients: No information

Label claim(s):

British produce harvested in: Suffolk, UK
Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/3 heaped tbsps (approx. 80g) serving
Energy	kJ	160	120
Energy	kcal	35	30
Protein	g	0.6	0.5
Carbohydrate	g	7.9	6.3
Sugars	g	7.4	5.9
Starch	g	N/A	N/A
Fat	g	0.3	0.2
Saturates	g	0.1	0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.4	1.9
Salt	g	0.1	0.1
Sodium	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 10
Composite Sample Name: Carrots, old, microwaved
Sub-sample Number: 10.19
Sub-sample Name: Iceland, carrots
Brand: Iceland
Pack size: 1kg
Purchase Date: 23.01.2012
Place of Purchase: Iceland, Norwich
Display Until Date: 26 Jan
Best Before Date:
Batch Number: 469 L6 019
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 10.19

Sub-sample Name: Iceland, carrots

Ingredients: No information

Label claim(s):

Class I
20-40mm
UK

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled in unsalted water)
Energy	kJ	100
Energy	kcal	24
Protein	g	0.6
Carbohydrate	g	4.9
Sugars	g	4.6
Starch	g	N/A
Fat	g	0.4
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2.5
Salt	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 10
Composite Sample Name: Carrots, old, microwaved
Sub-sample Number: 10.20
Sub-sample Name: Morrisons, Savers carrots
Brand: Morrisons Savers
Pack size: 1.5kg
Purchase Date: 23.01.2012
Place of Purchase: Morrisons, Norwich
Display Until Date: 26 Jan
Best Before Date: 28 Jan
Batch Number: 13759 RD1-CAR 2B02112 ZP 06:14
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 10.20

Sub-sample Name: Morrisons, Savers carrots

Ingredients: Carrots

Label claim(s):

Class II

UK

Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/(80g) serving
Energy	kJ	175	140
Energy	kcal	42	33
Protein	g	0.6	0.5
Carbohydrate	g	7.9	6.3
Sugars	g	7.4	5.9
Starch	g	N/A	N/A
Fat	g	0.3	0.2
Saturates	g	0.1	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.4	1.9
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 10

Composite Sample Name: Carrots, old, microwaved

Sub-sample Number: 10.21

Sub-sample Name: Market carrots

Brand:

Pack size:

Purchase Date: 23.01.2012

Place of Purchase: Independent market stall, Norwich

Display Until Date:

Best Before Date:

Batch Number:

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 10.21

Sub-sample Name: Market carrots

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 10
Composite Sample Name: Carrots, old, microwaved
Sub-sample Number: 10.22
Sub-sample Name: Farm Fresh, carrots
Brand: Farm Fresh
Pack size: 2kg
Purchase Date: 23.01.2012
Place of Purchase: Booker, Norwich
Display Until Date:
Best Before Date:
Batch Number: 45/2 A22511
Packaging: Plastic
Sample Condition As Purchased: Refrigerated
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 10.22

Sub-sample Name: Farm Fresh, carrots

Ingredients: No information

Label claim(s):

Class I

Country of origin: UK

Nutrient Information: No information

Sample 11: Onions, raw

Composite Sample Number: 11
Composite Sample Name: Onions, raw
Sub-sample Number: 11.1
Sub-sample Name: Tesco, Finest, sweet onions
Brand: Tesco Finest
Pack size:
Purchase Date: 10.10.2011
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date: 17 Oct
Best Before Date:
Batch Number: GS11 L2
Packaging: Netting
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 11.1

Sub-sample Name: Tesco, Finest, sweet onions

Ingredients: No information

Label claim(s):

Produce of UK

Class II

Size 65/85 mm

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	173
Energy	kcal	41
Protein	g	0.6
Carbohydrate	g	8.9
Sugars	g	8.7
Starch	g	N/A
Fat	g	0.3
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.6
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 11
Composite Sample Name: Onions, raw
Sub-sample Number: 11.2
Sub-sample Name: Tesco, East Anglian cooking onions
Brand: Tesco
Pack size: 1.2kg
Purchase Date: 10.10.2011
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date: 18 Oct
Best Before Date:
Batch Number: GS11 11:13 L3A
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 11.2

Sub-sample Name: Tesco, East Anglian cooking onions

Ingredients: Onions

Label claim(s):

Grown in Norfolk UK

Packed in the UK

50/70 mm

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/100g typical serving
Energy	kJ	162	162
Energy	kcal	38	38
Protein	g	1.2	1.2
Carbohydrate	g	7.9	7.9
Sugars	g	5.6	5.6
Starch	g	N/A	N/A
Fat	g	0.2	0.2
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.4	1.4
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 11
Composite Sample Name: Onions, raw
Sub-sample Number: 11.3
Sub-sample Name: Asda, East Anglian onions
Brand: Asda
Pack size: 1kg
Purchase Date: 10.10.2011
Place of Purchase: Asda, Norwich
Display Until Date:
Best Before Date:
Batch Number: 670017 42 B 278 LO3
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 11.3

Sub-sample Name: Asda, East Anglian onions

Ingredients: No information

Label claim(s):

County: Cambs UK

Farmers Name: Farcet Farms

Produced in the UK

Grown in East Anglia

50-700 mm

Class II

Nutrient Information:

Nutrient	Unit	Amount/100g (fried in 15ml (1 tbsp) oil)
Energy	kJ	693
Energy	kcal	166
Protein	g	2.3
Carbohydrate	g	14.3
Sugars	g	10.0
Starch	g	N/A
Fat	g	11.2
Saturates	g	1.4
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	3.1
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 11
Composite Sample Name: Onions, raw
Sub-sample Number: 11.4
Sub-sample Name: Asda, loose onions
Brand:
Pack size:
Purchase Date: 10.10.2011
Place of Purchase: Asda, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 11.4

Sub-sample Name: Asda, loose onions

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 11
Composite Sample Name: Onions, raw
Sub-sample Number: 11.5
Sub-sample Name: Sainsbury's, large onions, strong flavour
Brand: Sainsbury's
Pack size: x3
Purchase Date: 10.10.2011
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date:
Best Before Date: 21 Oct
Batch Number: 11279 3b 74143
Packaging: Net
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 11.5

Sub-sample Name: Sainsbury's, large onions, strong flavour

Ingredients: No information

Label claim(s):

Grown By: Consuay, Spain

Nutrient Information:

Nutrient	Unit	Typical values/100g (raw)
Energy	kJ	163
Energy	kcal	38
Protein	g	1.3
Carbohydrate	g	7.9
Sugars	g	5.3
Starch	g	N/A
Fat	g	0.2
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.4
Salt	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 11
Composite Sample Name: Onions, raw
Sub-sample Number: 11.6
Sub-sample Name: Morrisons, onions
Brand: Morrisons
Pack size: 500g
Purchase Date: 10.10.2011
Place of Purchase: Morrisons, Norwich
Display Until Date: 14 Oct
Best Before Date: 18 Oct
Batch Number: 3882 RD1-ONI2A 28011 DB 13:14
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 11.6

Sub-sample Name: Morrisons, onions

Ingredients: Onions

Label claim(s):

50-65mm

UK

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	150
Energy	kcal	36
Protein	g	1.2
Carbohydrate	g	7.9
Sugars	g	5.6
Starch	g	N/A
Fat	g	0.2
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.4
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 11
Composite Sample Name: Onions, raw
Sub-sample Number: 11.7
Sub-sample Name: Waitrose, loose onions
Brand:
Pack size:
Purchase Date: 10.10.2011
Place of Purchase: Waitrose, Wymondham
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 11.7

Sub-sample Name: Waitrose, Loose Onions

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 11
Composite Sample Name: Onions, raw
Sub-sample Number: 11.8
Sub-sample Name: Aldi, onions
Brand: Aldi
Pack size: 1kg
Purchase Date: 10.10.2011
Place of Purchase: Aldi, Norwich
Display Until Date:
Best Before Date:
Batch Number: 41 06 Supplier No: 348 AA
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 11.8

Sub-sample Name: Aldi onions

Ingredients: No information

Label claim(s):

Origin: UK

County: Lincs

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 11
Composite Sample Name: Onions, raw
Sub-sample Number: 11.9
Sub-sample Name: Sainsbury's, basics Onions
Brand: Sainsbury's basics
Pack size: 1.5kg
Purchase Date: 10.10.2011
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date: 15 Oct
Best Before Date: 15 Oct
Batch Number: 16:18 11279L2 LOT74151 RO466A
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 11.9

Sub-sample Name: Sainsbury's, basics onions

Ingredients: No information

Label claim(s):

Grown in Cambs UK

Grown by DJC Farms

Packed for Sainsbury's Supermarkets Ltd

Nutrient Information:

Nutrient	Unit	Amount/100g (raw)
Energy	kJ	163
Energy	kcal	38
Protein	g	1.3
Carbohydrate	g	7.9
Sugars	g	5.3
Starch	g	N/A
Fat	g	0.2
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.4
Salt	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 11
Composite Sample Name: Onions, raw
Sub-sample Number: 11.10
Sub-sample Name: Market onions
Brand:
Pack size:
Purchase Date: 10.10.2011
Place of Purchase: Independent market stall, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging:
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 11.10

Sub-sample Name: Market onions

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 11
Composite Sample Name: Onions, raw
Sub-sample Number: 11.11
Sub-sample Name: Horeca, Select Cooking onions
Brand: Horeca Select
Pack size: 6pk
Purchase Date: 10.10.2011
Place of Purchase: Makro, Norwich
Display Until Date:
Best Before Date:
Batch Number: Jul No: 278 A22624, Art No:354951, Supplier Code: 24272 Class 2
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 11.11

Sub-sample Name: Horeca, Select Cooking Onions

Ingredients: Cooking onions

Label claim(s):

60-80mm

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 11
Composite Sample Name: Onions, raw
Sub-sample Number: 11.12
Sub-sample Name: Tesco, East Anglian Cooking Onions
Brand: Tesco
Pack size: 1.2kg
Purchase Date: 09.01.2012
Place of Purchase: Tesco, Blue Boar Lane, Norwich
Display Until Date: 19 Jan
Best Before Date:
Batch Number: L3B 12:26 GS11
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 11.12

Sub-sample Name: Tesco, East Anglian Cooking Onions

Ingredients: Onions

Label claim(s):

Grown in Cambridgeshire, UK

Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/ 100g
Energy	kJ	162
Energy	kcal	38
Protein	g	1.2
Carbohydrate	g	7.9
Sugars	g	5.6
Starch	g	N/A
Fat	g	0.2
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.4
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 11
Composite Sample Name: Onions, raw
Sub-sample Number: 11.13
Sub-sample Name: Tesco, Loose Onions
Brand:
Pack size: Loose
Purchase Date: 09.01.2012
Place of Purchase: Tesco, Blue Boar Lane, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 11.13

Sub-sample Name: Tesco, Loose Onions

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 11
Composite Sample Name: Onions, raw
Sub-sample Number: 11.14
Sub-sample Name: Asda, East Anglian Large Onions
Brand: Asda
Pack size: 3 onions
Purchase Date: 09.01.2012
Place of Purchase: Asda, Norwich
Display Until Date:
Best Before Date:
Batch Number: 03A 004 L15 670 035
Packaging: Plastic net
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 11.14

Sub-sample Name: Asda, East Anglian Large Onions

Ingredients: No information

Label claim(s):

Grown in Suffolk UK

70/90mm

1 of 5 a day per 1 onion

Nutrient Information:

Nutrient	Unit	Amount/100g (fried in 15mls oil)
Energy	kJ	693
Energy	kcal	166
Protein	g	2.3
Carbohydrate	g	14.1
Sugars	g	10.0
Starch	g	N/A
Fat	g	11.2
Saturates	g	1.4
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	3.1
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 11
Composite Sample Name: Onions, raw
Sub-sample Number: 11.15
Sub-sample Name: Asda. Loose Onions
Brand:
Pack size: Loose
Purchase Date: 09.01.2012
Place of Purchase: Asda, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 11.15

Sub-sample Name: Asda, Loose Onions

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 11
Composite Sample Name: Onions, raw
Sub-sample Number: 11.16
Sub-sample Name: Sainsbury's, Cooking Onions
Brand: Sainsbury's
Pack size: 1kg
Purchase Date: 09.01.2012
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date:
Best Before Date: 20 Jan
Batch Number: M0226A
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 11.16

Sub-sample Name: Sainsbury's Cooking Onions

Ingredients: No information

Label claim(s):

Grown by: Bagthorpe Farms Norfolk, UK
1 of 5 a day per medium onion

Nutrient Information:

Nutrient	Unit	Amount/100g (raw)
Energy	kJ	163
Energy	kcal	38
Protein	g	1.3
Carbohydrate	g	7.9
Sugars	g	5.3
Starch	g	N/A
Fat	g	0.2
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.4
Salt	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 11
Composite Sample Name: Onions, raw
Sub-sample Number: 11.17
Sub-sample Name: Morrisons, Large Onions
Brand: Morrisons
Pack size: 3 onions
Purchase Date: 09.01.2012
Place of Purchase: Morrisons, Norwich
Display Until Date: 15 Jan
Best Before Date: 19 Jan
Batch Number: 12364 RD1-ONI3A-007 07011206:12 MP
Packaging: Plastic net
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 11.17

Sub-sample Name: Morrisons, Large Onions

Ingredients: Large onions

Label claim(s):

Class II

Spain

80/100mm

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 11
Composite Sample Name: Onions, raw
Sub-sample Number: 11.18
Sub-sample Name: Marks & Spencer, Loose Onions
Brand:
Pack size: Loose
Purchase Date: 09.01.2012
Place of Purchase: Marks & Spenser, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 11.18

Sub-sample Name: Marks & Spencer Loose Onions

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 11
Composite Sample Name: Onions, raw
Sub-sample Number: 11.19
Sub-sample Name: Iceland, Cooking Onions
Brand: Iceland
Pack size: 1.5kg
Purchase Date: 09.01.2012
Place of Purchase: Iceland, Norwich
Display Until Date: 18 Jan
Best Before Date:
Batch Number: 3510 005 472
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 11.19

Sub-sample Name: Iceland, Cooking Onions

Ingredients: No information

Label claim(s):

Class II

UK

50/70mm

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 11
Composite Sample Name: Onions, raw
Sub-sample Number: 11.20
Sub-sample Name: Asda, Smart Price Onions
Brand: Asda Smart Price
Pack size: 2kg
Purchase Date: 09.01.2012
Place of Purchase: Asda, Norwich
Display Until Date:
Best Before Date:
Batch Number: 670155 03 B 006 L06
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 11.20

Sub-sample Name: Asda, Smart Price Onions

Ingredients: No information

Label claim(s):

Norfolk, UK

Class 2

Packed in the UK

1 of 5 a day per medium onion

Nutrient Information:

Nutrient	Unit	Amount/100g (fried in 15ml oil)	Amount per (80g) serving (fried in 15ml oil)
Energy	kJ	693	554
Energy	kcal	166	133
Protein	g	2.3	1.8
Carbohydrate	g	14.1	11.3
Sugars	g	10.0	8.0
Starch	g	N/A	N/A
Fat	g	11.2	8.9
Saturates	g	1.4	1.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	3.1	2.5
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 11
Composite Sample Name: Onions, raw
Sub-sample Number: 11.21
Sub-sample Name: Market Onions
Brand:
Pack size: Loose
Purchase Date: 09.01.2012
Place of Purchase: Independent market stall, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 11.21

Sub-sample Name: Market Onions

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 11
Composite Sample Name: Onions, raw
Sub-sample Number: 11.22
Sub-sample Name: Farm Fresh, Large Mild Onions
Brand: Farm Fresh
Pack size: 3 onions
Purchase Date: 09.01.2012
Place of Purchase: Booker, Norwich
Display Until Date:
Best Before Date:
Batch Number: 43/04 E52170 supplier code:55521 Midas code:M116753
Packaging: Plastic net
Sample Condition As Purchased: Refrigerated
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 11.22

Sub-sample Name: Farm Fresh, Large Mild Onions

Ingredients: Spanish onions

Label claim(s):

Spanish

70/90mm

Class II

Nutrient Information: No information

Sample 12: Onions, boiled

Composite Sample Number: 12
Composite Sample Name: Onions, boiled
Sub-sample Number: 12.1
Sub-sample Name: Tesco, Finest, sweet onions
Brand: Tesco Finest
Pack size:
Purchase Date: 10.10.2011
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date: 17 Oct
Best Before Date:
Batch Number: GS11 L2
Packaging: Netting
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 12.1

Sub-sample Name: Tesco, Finest, sweet onions

Ingredients: No information

Label claim(s):

Produce of UK

Class II

Size 65/85 mm

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	173
Energy	kcal	41
Protein	g	0.6
Carbohydrate	g	8.9
Sugars	g	8.7
Starch	g	N/A
Fat	g	0.3
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.6
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 12

Composite Sample Name: Onions, boiled

Sub-sample Number: 12.2

Sub-sample Name: Tesco, East Anglian cooking onions

Brand: Tesco

Pack size: 1.2kg

Purchase Date: 10.10.2011

Place of Purchase: Tesco, Harford Bridges, Norwich

Display Until Date: 18 Oct

Best Before Date:

Batch Number: GS11 11:13 L3A

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 12.2

Sub-sample Name: Tesco, East Anglian cooking onions

Ingredients: Onions

Label claim(s):

Grown in Norfolk UK

Packed in the UK

50/70 mm

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/100g typical serving
Energy	kJ	162	162
Energy	kcal	38	38
Protein	g	1.2	1.2
Carbohydrate	g	7.9	7.9
Sugars	g	5.6	5.6
Starch	g	N/A	N/A
Fat	g	0.2	0.2
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.4	1.4
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 12
Composite Sample Name: Onions, boiled
Sub-sample Number: 12.3
Sub-sample Name: Asda, East Anglian onions
Brand: Asda
Pack size: 1kg
Purchase Date: 10.10.2011
Place of Purchase: Asda, Norwich
Display Until Date:
Best Before Date:
Batch Number: 670017 42 B 278 LO3
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 12.3

Sub-sample Name: Asda, East Anglian onions

Ingredients: No information

Label claim(s):

County: Cambs UK

Farmers Name: Farcet Farms

Produced in the UK

Grown in East Anglia

50-700 mm

Class II

Nutrient Information:

Nutrient	Unit	Amount/100g (fried in 15ml (1 tbsp) oil)
Energy	kJ	693
Energy	kcal	166
Protein	g	2.3
Carbohydrate	g	14.3
Sugars	g	10.0
Starch	g	N/A
Fat	g	11.2
Saturates	g	1.4
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	3.1
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 12
Composite Sample Name: Onions, boiled
Sub-sample Number: 12.4
Sub-sample Name: Asda, loose onions
Brand:
Pack size:
Purchase Date: 10.10.2011
Place of Purchase: Asda, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 12.4

Sub-sample Name: Asda, loose onions

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 12

Composite Sample Name: Onions, boiled

Sub-sample Number: 12.5

Sub-sample Name: Sainsbury's, large onions, strong flavour

Brand: Sainsbury's

Pack size: x3

Purchase Date: 10.10.2011

Place of Purchase: Sainsbury's, Longwater, Norwich

Display Until Date:

Best Before Date: 21 Oct

Batch Number: 11279 3b 74143

Packaging: Net

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 12.5

Sub-sample Name: Sainsbury's, large onions, strong flavour

Ingredients: No information

Label claim(s):

Grown By: Consuay, Spain

Nutrient Information:

Nutrient	Unit	Typical values/100g (raw)
Energy	kJ	163
Energy	kcal	38
Protein	g	1.3
Carbohydrate	g	7.9
Sugars	g	5.3
Starch	g	N/A
Fat	g	0.2
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.4
Salt	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 12
Composite Sample Name: Onions, boiled
Sub-sample Number: 12.6
Sub-sample Name: Morrisons, onions
Brand: Morrisons
Pack size: 500g
Purchase Date: 10.10.2011
Place of Purchase: Morrisons, Norwich
Display Until Date: 14 Oct
Best Before Date: 18 Oct
Batch Number: 3882 RD1-ONI2A 28011 DB 13:14
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 12.6

Sub-sample Name: Morrisons, onions

Ingredients: Onions

Label claim(s):

50-65mm

UK

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	150
Energy	kcal	36
Protein	g	1.2
Carbohydrate	g	7.9
Sugars	g	5.6
Starch	g	N/A
Fat	g	0.2
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.4
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 12
Composite Sample Name: Onions, boiled
Sub-sample Number: 12.7
Sub-sample Name: Waitrose, loose onions
Brand:
Pack size:
Purchase Date: 10.10.2011
Place of Purchase: Waitrose, Wymondham
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 12.7

Sub-sample Name: Waitrose, Loose Onions

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 12
Composite Sample Name: Onions, boiled
Sub-sample Number: 12.8
Sub-sample Name: Aldi, onions
Brand: Aldi
Pack size: 1kg
Purchase Date: 10.10.2011
Place of Purchase: Aldi, Norwich
Display Until Date:
Best Before Date:
Batch Number: 41 06 Supplier No: 348 AA
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 12.8

Sub-sample Name: Aldi onions

Ingredients: No information

Label claim(s):

Origin: UK

County: Lincs

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 12

Composite Sample Name: Onions, boiled

Sub-sample Number: 12.9

Sub-sample Name: Sainsbury's, basics Onions

Brand: Sainsbury's basics

Pack size: 1.5kg

Purchase Date: 10.10.2011

Place of Purchase: Sainsbury's, Longwater, Norwich

Display Until Date: 15 Oct

Best Before Date: 15 Oct

Batch Number: 16:18 11279L2 LOT74151 RO466A

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 12.9

Sub-sample Name: Sainsbury's, basics onions

Ingredients: No information

Label claim(s):

Grown in Cambs UK

Grown by DJC Farms

Packed for Sainsbury's Supermarkets Ltd

Nutrient Information:

Nutrient	Unit	Amount/100g (raw)
Energy	kJ	163
Energy	kcal	38
Protein	g	1.3
Carbohydrate	g	7.9
Sugars	g	5.3
Starch	g	N/A
Fat	g	0.2
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.4
Salt	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 12

Composite Sample Name: Onions, boiled

Sub-sample Number: 12.10

Sub-sample Name: Market onions

Brand:

Pack size:

Purchase Date: 10.10.2011

Place of Purchase: Independent market stall, Norwich

Display Until Date:

Best Before Date:

Batch Number:

Packaging:

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 12.10

Sub-sample Name: Market onions

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 12

Composite Sample Name: Onions, boiled

Sub-sample Number: 12.11

Sub-sample Name: Horeca, Select Cooking onions

Brand: Horeca Select

Pack size: 6pk

Purchase Date: 10.10.2011

Place of Purchase: Makro, Norwich

Display Until Date:

Best Before Date:

Batch Number: Jul No: 278 A22624, Art No:354951, Supplier Code: 24272 Class 2

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 12.11

Sub-sample Name: Horeca, Select Cooking Onions

Ingredients: Cooking onions

Label claim(s):

60-80mm

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 12

Composite Sample Name: Onions, boiled

Sub-sample Number: 12.12

Sub-sample Name: Tesco, East Anglian Cooking Onions

Brand: Tesco

Pack size: 1.2kg

Purchase Date: 09.01.2012

Place of Purchase: Tesco, Blue Boar Lane, Norwich

Display Until Date: 19 Jan

Best Before Date:

Batch Number: L3B 12:26 GS11

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 12.12

Sub-sample Name: Tesco, East Anglian Cooking Onions

Ingredients: Onions

Label claim(s):

Grown in Cambridgeshire, UK

Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/ 100g
Energy	kJ	162
Energy	kcal	38
Protein	g	1.2
Carbohydrate	g	7.9
Sugars	g	5.6
Starch	g	N/A
Fat	g	0.2
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.4
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 12

Composite Sample Name: Onions, boiled

Sub-sample Number: 12.13

Sub-sample Name: Tesco, Loose Onions

Brand:

Pack size: Loose

Purchase Date: 09.01.2012

Place of Purchase: Tesco, Blue Boar Lane, Norwich

Display Until Date:

Best Before Date:

Batch Number:

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 12.13

Sub-sample Name: Tesco, Loose Onions

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 12
Composite Sample Name: Onions, boiled
Sub-sample Number: 12.14
Sub-sample Name: Asda, East Anglian Large Onions
Brand: Asda
Pack size: 3 onions
Purchase Date: 09.01.2012
Place of Purchase: Asda, Norwich
Display Until Date:
Best Before Date:
Batch Number: 03A 004 L15 670 035
Packaging: Plastic net
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 12.14

Sub-sample Name: Asda, East Anglian Large Onions

Ingredients: No information

Label claim(s):

Grown in Suffolk UK

70/90mm

1 of 5 a day per 1 onion

Nutrient Information:

Nutrient	Unit	Amount/100g (fried in 15mls oil)
Energy	kJ	693
Energy	kcal	166
Protein	g	2.3
Carbohydrate	g	14.1
Sugars	g	10.0
Starch	g	N/A
Fat	g	11.2
Saturates	g	1.4
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	3.1
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 12
Composite Sample Name: Onions, boiled
Sub-sample Number: 12.15
Sub-sample Name: Asda. Loose Onions
Brand:
Pack size: Loose
Purchase Date: 09.01.2012
Place of Purchase: Asda, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 12.15

Sub-sample Name: Asda, Loose Onions

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 12
Composite Sample Name: Onions, boiled
Sub-sample Number: 12.16
Sub-sample Name: Sainsbury's, Cooking Onions
Brand: Sainsbury's
Pack size: 1kg
Purchase Date: 09.01.2012
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date:
Best Before Date: 20 Jan
Batch Number: M0226A
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 12.16

Sub-sample Name: Sainsbury's Cooking Onions

Ingredients: No information

Label claim(s):

Grown by: Bagthorpe Farms Norfolk, UK
1 of 5 a day per medium onion

Nutrient Information:

Nutrient	Unit	Amount/100g (raw)
Energy	kJ	163
Energy	kcal	38
Protein	g	1.3
Carbohydrate	g	7.9
Sugars	g	5.3
Starch	g	N/A
Fat	g	0.2
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.4
Salt	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 12
Composite Sample Name: Onions, boiled
Sub-sample Number: 12.17
Sub-sample Name: Morrisons, Large Onions
Brand: Morrisons
Pack size: 3 onions
Purchase Date: 09.01.2012
Place of Purchase: Morrisons, Norwich
Display Until Date: 15 Jan
Best Before Date: 19 Jan
Batch Number: 12364 RD1-ONI3A-007 07011206:12 MP
Packaging: Plastic net
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 12.17

Sub-sample Name: Morrisons, Large Onions

Ingredients: Large onions

Label claim(s):

Class II

Spain

80/100mm

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 12

Composite Sample Name: Onions, boiled

Sub-sample Number: 12.18

Sub-sample Name: Marks & Spencer, Loose Onions

Brand:

Pack size: Loose

Purchase Date: 09.01.2012

Place of Purchase: Marks & Spenser, Norwich

Display Until Date:

Best Before Date:

Batch Number:

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 12.18

Sub-sample Name: Marks & Spencer Loose Onions

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 12
Composite Sample Name: Onions, boiled
Sub-sample Number: 12.19
Sub-sample Name: Iceland, Cooking Onions
Brand: Iceland
Pack size: 1.5kg
Purchase Date: 09.01.2012
Place of Purchase: Iceland, Norwich
Display Until Date: 18 Jan
Best Before Date:
Batch Number: 3510 005 472
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 12.19

Sub-sample Name: Iceland, Cooking Onions

Ingredients: No information

Label claim(s):

Class II

UK

50/70mm

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 12

Composite Sample Name: Onions, boiled

Sub-sample Number: 12.20

Sub-sample Name: Asda, Smart Price Onions

Brand: Asda Smart Price

Pack size: 2kg

Purchase Date: 09.01.2012

Place of Purchase: Asda, Norwich

Display Until Date:

Best Before Date:

Batch Number: 670155 03 B 006 L06

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 12.20

Sub-sample Name: Asda, Smart Price Onions

Ingredients: No information

Label claim(s):

Norfolk, UK

Class 2

Packed in the UK

1 of 5 a day per medium onion

Nutrient Information:

Nutrient	Unit	Amount/100g (fried in 15ml oil)	Amount per (80g) serving (fried in 15ml oil)
Energy	kJ	693	554
Energy	kcal	166	133
Protein	g	2.3	1.8
Carbohydrate	g	14.1	11.3
Sugars	g	10.0	8.0
Starch	g	N/A	N/A
Fat	g	11.2	8.9
Saturates	g	1.4	1.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	3.1	2.5
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 12

Composite Sample Name: Onions, boiled

Sub-sample Number: 12.21

Sub-sample Name: Market Onions

Brand:

Pack size: Loose

Purchase Date: 09.01.2012

Place of Purchase: Independent market stall, Norwich

Display Until Date:

Best Before Date:

Batch Number:

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 12.21

Sub-sample Name: Market Onions

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 12

Composite Sample Name: Onions, boiled

Sub-sample Number: 12.22

Sub-sample Name: Farm Fresh, Large Mild Onions

Brand: Farm Fresh

Pack size: 3 onions

Purchase Date: 09.01.2012

Place of Purchase: Booker, Norwich

Display Until Date:

Best Before Date:

Batch Number: 43/04 E52170 supplier code:55521 Midas code:M116753

Packaging: Plastic net

Sample Condition As Purchased: Refrigerated

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 12.22

Sub-sample Name: Farm Fresh, Large Mild Onions

Ingredients: Spanish onions

Label claim(s):

Spanish

70/90mm

Class II

Nutrient Information: No information

Sample 13: Onions, fried

Composite Sample Number: 13
Composite Sample Name: Onions, fried
Sub-sample Number: 13.1
Sub-sample Name: Tesco, Finest, sweet onions
Brand: Tesco Finest
Pack size:
Purchase Date: 10.10.2011
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date: 17 Oct
Best Before Date:
Batch Number: GS11 L2
Packaging: Netting
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 13.1

Sub-sample Name: Tesco, Finest, sweet onions

Ingredients: No information

Label claim(s):

Produce of UK

Class II

Size 65/85 mm

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	173
Energy	kcal	41
Protein	g	0.6
Carbohydrate	g	8.9
Sugars	g	8.7
Starch	g	N/A
Fat	g	0.3
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.6
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 13
Composite Sample Name: Onions, fried
Sub-sample Number: 13.2
Sub-sample Name: Tesco, East Anglian cooking onions
Brand: Tesco
Pack size: 1.2kg
Purchase Date: 10.10.2011
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date: 18 Oct
Best Before Date:
Batch Number: GS11 11:13 L3A
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 13.2

Sub-sample Name: Tesco, East Anglian cooking onions

Ingredients: Onions

Label claim(s):

Grown in Norfolk UK

Packed in the UK

50/70 mm

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/100g typical serving
Energy	kJ	162	162
Energy	kcal	38	38
Protein	g	1.2	1.2
Carbohydrate	g	7.9	7.9
Sugars	g	5.6	5.6
Starch	g	N/A	N/A
Fat	g	0.2	0.2
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.4	1.4
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 13
Composite Sample Name: Onions, fried
Sub-sample Number: 13.3
Sub-sample Name: Asda, East Anglian onions
Brand: Asda
Pack size: 1kg
Purchase Date: 10.10.2011
Place of Purchase: Asda, Norwich
Display Until Date:
Best Before Date:
Batch Number: 670017 42 B 278 LO3
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 13.3

Sub-sample Name: Asda, East Anglian onions

Ingredients: No information

Label claim(s):

County: Cambs UK

Farmers Name: Farcet Farms

Produced in the UK

Grown in East Anglia

50-700 mm

Class II

Nutrient Information:

Nutrient	Unit	Amount/100g (fried in 15ml (1 tbsp) oil)
Energy	kJ	693
Energy	kcal	166
Protein	g	2.3
Carbohydrate	g	14.3
Sugars	g	10.0
Starch	g	N/A
Fat	g	11.2
Saturates	g	1.4
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	3.1
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 13
Composite Sample Name: Onions, fried
Sub-sample Number: 13.4
Sub-sample Name: Asda, loose onions
Brand:
Pack size:
Purchase Date: 10.10.2011
Place of Purchase: Asda, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 13.4

Sub-sample Name: Asda, loose onions

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 13
Composite Sample Name: Onions, fried
Sub-sample Number: 13.5
Sub-sample Name: Sainsbury's, large onions, strong flavour
Brand: Sainsbury's
Pack size: x3
Purchase Date: 10.10.2011
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date:
Best Before Date: 21 Oct
Batch Number: 11279 3b 74143
Packaging: Net
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 13.5

Sub-sample Name: Sainsbury's, large onions, strong flavour

Ingredients: No information

Label claim(s):

Grown By: Consuay, Spain

Nutrient Information:

Nutrient	Unit	Typical values/100g (raw)
Energy	kJ	163
Energy	kcal	38
Protein	g	1.3
Carbohydrate	g	7.9
Sugars	g	5.3
Starch	g	N/A
Fat	g	0.2
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.4
Salt	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 13
Composite Sample Name: Onions, fried
Sub-sample Number: 13.6
Sub-sample Name: Morrisons, onions
Brand: Morrisons
Pack size: 500g
Purchase Date: 10.10.2011
Place of Purchase: Morrisons, Norwich
Display Until Date: 14 Oct
Best Before Date: 18 Oct
Batch Number: 3882 RD1-ONI2A 28011 DB 13:14
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 13.6

Sub-sample Name: Morrisons, onions

Ingredients: Onions

Label claim(s):

50-65mm

UK

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	150
Energy	kcal	36
Protein	g	1.2
Carbohydrate	g	7.9
Sugars	g	5.6
Starch	g	N/A
Fat	g	0.2
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.4
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 13
Composite Sample Name: Onions, fried
Sub-sample Number: 13.7
Sub-sample Name: Waitrose, loose onions
Brand:
Pack size:
Purchase Date: 10.10.2011
Place of Purchase: Waitrose, Wymondham
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 13.7

Sub-sample Name: Waitrose, Loose Onions

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 13
Composite Sample Name: Onions, fried
Sub-sample Number: 13.8
Sub-sample Name: Aldi, onions
Brand: Aldi
Pack size: 1kg
Purchase Date: 10.10.2011
Place of Purchase: Aldi, Norwich
Display Until Date:
Best Before Date:
Batch Number: 41 06 Supplier No: 348 AA
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 13.8

Sub-sample Name: Aldi onions

Ingredients: No information

Label claim(s):

Origin: UK

County: Lincs

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 13
Composite Sample Name: Onions, fried
Sub-sample Number: 13.9
Sub-sample Name: Sainsbury's, basics Onions
Brand: Sainsbury's basics
Pack size: 1.5kg
Purchase Date: 10.10.2011
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date: 15 Oct
Best Before Date: 15 Oct
Batch Number: 16:18 11279L2 LOT74151 RO466A
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 13.9

Sub-sample Name: Sainsbury's, basics onions

Ingredients: No information

Label claim(s):

Grown in Cambs UK

Grown by DJC Farms

Packed for Sainsbury's Supermarkets Ltd

Nutrient Information:

Nutrient	Unit	Amount/100g (raw)
Energy	kJ	163
Energy	kcal	38
Protein	g	1.3
Carbohydrate	g	7.9
Sugars	g	5.3
Starch	g	N/A
Fat	g	0.2
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.4
Salt	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 13

Composite Sample Name: Onions, fried

Sub-sample Number: 13.10

Sub-sample Name: Market onions

Brand:

Pack size:

Purchase Date: 10.10.2011

Place of Purchase: Independent market stall, Norwich

Display Until Date:

Best Before Date:

Batch Number:

Packaging:

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 13.10

Sub-sample Name: Market onions

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 13

Composite Sample Name: Onions, fried

Sub-sample Number: 13.11

Sub-sample Name: Horeca, Select Cooking onions

Brand: Horeca Select

Pack size: 6pk

Purchase Date: 10.10.2011

Place of Purchase: Makro, Norwich

Display Until Date:

Best Before Date:

Batch Number: Jul No: 278 A22624, Art No:354951, Supplier Code: 24272 Class 2

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 13.11

Sub-sample Name: Horeca, Select Cooking Onions

Ingredients: Cooking onions

Label claim(s):

60-80mm

Nutrient Information: No information

Sample 14: Broccoli (Calabrese), raw

Composite Sample Number: 14
Composite Sample Name: Broccoli (Calabrese), raw
Sub-sample Number: 14.1
Sub-sample Name: Tesco, broccoli florets
Brand: Tesco
Pack size: 400g
Purchase Date: 05.09.2011
Place of Purchase: Tesco, Blue Boar, Norwich
Display Until Date: 08 Sept
Best Before Date: 09 Sept
Batch Number: CE
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 14.1

Sub-sample Name: Tesco, broccoli florets

Ingredients: Broccoli florets

Label claim(s):

Produce of UK

Locally grown in Lincolnshire

Nutrient Information:

Nutrient	Unit	Amount/100g typical serving
Energy	kJ	139
Energy	kcal	33
Protein	g	4.4
Carbohydrate	g	1.8
Sugars	g	1.5
Starch	g	N/A
Fat	g	0.9
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2.6
Salt equivalent	g	0.0
Sodium	g	0.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 14
Composite Sample Name: Broccoli (Calabrese), raw
Sub-sample Number: 14.2
Sub-sample Name: Tesco, broccoli, loose
Brand:
Pack size:
Purchase Date: 05.09.2011
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 14.2

Sub-sample Name: Tesco, broccoli, loose

Ingredients: No information

Label claim(s): No information

Nutrient Information: No Information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 14
Composite Sample Name: Broccoli (Calabrese), raw
Sub-sample Number: 14.3
Sub-sample Name: Asda, British broccoli
Brand: Asda
Pack size: 300g
Purchase Date: 05.09.2011
Place of Purchase: Asda, Norwich
Display Until Date: 06 Sept
Best Before Date: 08 Sept
Batch Number: 730000
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 14.3

Sub-sample Name: Asda, British broccoli

Ingredients: No information

Label claim(s):

Natural source of folic acid/folacin

Naturally high in vitamin C

Farmer's Name: George Read

County of origin: Lincs

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled)	Amount/2 spears (80g) serving
Energy	kJ	101	N/A
Energy	kcal	24	N/A
Protein	g	3.1	N/A
Carbohydrate	g	1.1	N/A
Sugars	g	0.9	N/A
Starch	g	N/A	N/A
Fat	g	0.8	N/A
Saturates	g	0.2	N/A
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.3	N/A
Salt equivalent	g	Tr	N/A
Sodium	g	Tr	N/A
Folic acid	µg	64.0	51.2
Vitamin C	mg	44.0	35.2

Nutrient analysis of fruit and vegetables

Composite Sample Number: 14
Composite Sample Name: Broccoli (Calabrese), raw
Sub-sample Number: 14.4
Sub-sample Name: Asda, broccoli loose
Brand:
Pack size:
Purchase Date: 05.09.2011
Place of Purchase: Asda, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 14.4

Sub-sample Name: Asda, broccoli loose

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 14
Composite Sample Name: Broccoli (Calabrese), raw
Sub-sample Number: 14.5
Sub-sample Name: Sainsbury's, broccoli, loose
Brand:
Pack size:
Purchase Date: 05.09.2011
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 14.5

Sub-sample Name: Sainsbury's, broccoli, loose

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 14
Composite Sample Name: Broccoli (Calabrese), raw
Sub-sample Number: 14.6
Sub-sample Name: Morrisons, broccoli loose
Brand:
Pack size:
Purchase Date: 05.09.2011
Place of Purchase: Morrisons, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 14.6

Sub-sample Name: Morrisons, broccoli loose

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 14
Composite Sample Name: Broccoli (Calabrese), raw
Sub-sample Number: 14.7
Sub-sample Name: Waitrose, broccoli, loose
Brand:
Pack size:
Purchase Date: 05.09.2011
Place of Purchase: Waitrose, Wymondham
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 14.7

Sub-sample Name: Waitrose broccoli loose

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 14
Composite Sample Name: Broccoli (Calabrese), raw
Sub-sample Number: 14.8
Sub-sample Name: Aldi, British broccoli
Brand: Aldi
Pack size: 350g
Purchase Date: 05.09.2011
Place of Purchase: Aldi, Norwich
Display Until Date:
Best Before Date:
Batch Number: Supplier code: 348 JJ Lot code: 3602
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 14.8

Sub-sample Name: Aldi, British broccoli

Ingredients: No information

Label claim(s):

100% British
Produce of UK, Lincs

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 14
Composite Sample Name: Broccoli (Calabrese), raw
Sub-sample Number: 14.9
Sub-sample Name: Tesco, Market Value, broccoli
Brand: Tesco Market Value
Pack size: 293g
Purchase Date: 05.09.2011
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date: 06 Sept
Best Before Date:
Batch Number: 172855 CE
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 14.9

Sub-sample Name: Tesco, Market Value, broccoli

Ingredients: Broccoli

Label claim(s):

Grown in: UK

Class I

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	139
Energy	kcal	33
Protein	g	4.4
Carbohydrate	g	1.8
Sugars	g	1.5
Starch	g	N/A
Fat	g	0.9
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2.6
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 14
Composite Sample Name: Broccoli (Calabrese), raw
Sub-sample Number: 14.10
Sub-sample Name: Market broccoli
Brand:
Pack size:
Purchase Date: 05.09.2011
Place of Purchase: Independent market stall, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging:
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 14.10

Sub-sample Name: Market broccoli

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 14
Composite Sample Name: Broccoli (Calabrese), raw
Sub-sample Number: 14.11
Sub-sample Name: Macro, broccoli, loose
Brand:
Pack size:
Purchase Date: 05.09.2011
Place of Purchase: Makro, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Cardboard
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 14.11

Sub-sample Name: Macro, broccoli, loose

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 14
Composite Sample Name: Broccoli (Calabrese), raw
Sub-sample Number: 14.12
Sub-sample Name: Tesco, broccoli, loose
Brand:
Pack size:
Purchase Date: 28.11.2011
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 14.12

Sub-sample Name: Tesco, broccoli, loose

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 14
Composite Sample Name: Broccoli (Calabrese), raw
Sub-sample Number: 14.13
Sub-sample Name: Tesco, broccoli, florets
Brand: Tesco
Pack size: 200g
Purchase Date: 28.11.2011
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date: 30 Nov
Best Before Date: 30 Nov
Batch Number: 10:56 11
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 14.13

Sub-sample Name: Tesco, broccoli florets

Ingredients: Broccoli florets

Label claim(s):

Packed in the UK

Recipe: no nuts

Ingredients: cannot guarantee nut free

Factory: no nuts

Nutrient Information:

Nutrient	Unit	Amount/100g serving
Energy	kJ	139
Energy	kcal	33
Protein	g	4.4
Carbohydrate	g	1.8
Sugars	g	1.5
Starch	g	N/A
Fat	g	0.9
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	3.0
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 14
Composite Sample Name: Broccoli (Calabrese), raw
Sub-sample Number: 14.14
Sub-sample Name: Asda, broccoli, loose
Brand:
Pack size:
Purchase Date: 28.11.2011
Place of Purchase: Asda, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 14.14

Sub-sample Name: Asda, broccoli, loose

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 14
Composite Sample Name: Broccoli (Calabrese), raw
Sub-sample Number: 14.15
Sub-sample Name: Asda, broccoli
Brand: Asda
Pack size: 335g
Purchase Date: 28.11.2011
Place of Purchase: Asda, Norwich
Display Until Date: 28 Nov
Best Before Date: 30 Nov
Batch Number: 900506
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 14.15

Sub-sample Name: Asda, broccoli

Ingredients: No information

Label claim(s):

Natural source of folacin

Naturally high in vitamin C

Country of Origin: Spain

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled)	Amount/2 spears (80g) serving
Energy	kJ	119	N/A
Energy	kcal	29	N/A
Protein	g	3.1	N/A
Carbohydrate	g	1.1	N/A
Sugars	g	0.9	N/A
Starch	g	N/A	N/A
Fat	g	0.8	N/A
Saturates	g	0.2	N/A
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.3	N/A
Salt equivalent	g	Tr	N/A
Sodium	g	Tr	N/A
Folic acid	µg	64.0	51.2
Vitamin C	mg	44.0	35.2

Nutrient analysis of fruit and vegetables

Composite Sample Number: 14
Composite Sample Name: Broccoli (Calabrese), raw
Sub-sample Number: 14.16
Sub-sample Name: Sainsbury's, broccoli
Brand: Sainsbury's
Pack size: 300g
Purchase Date: 28.11.2011
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date:
Best Before Date: 30 Nov
Batch Number: K0087D
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 14.16

Sub-sample Name: Sainsbury's, broccoli

Ingredients: No information

Label claim(s):

Grown by Eduardo Ramires, Navarra, Spain

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 14
Composite Sample Name: Broccoli (Calabrese), raw
Sub-sample Number: 14.17
Sub-sample Name: Morrisons, broccoli, loose
Brand:
Pack size:
Purchase Date: 28.11.2011
Place of Purchase: Morrisons, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 14.17

Sub-sample Name: Morrisons, broccoli, loose

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 14
Composite Sample Name: Broccoli (Calabrese), raw
Sub-sample Number: 14.18
Sub-sample Name: Waitrose, broccoli, loose
Brand:
Pack size:
Purchase Date: 28.11.2011
Place of Purchase: Waitrose, Wymondham
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 14.18

Sub-sample Name: Waitrose, broccoli, loose

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 14
Composite Sample Name: Broccoli (Calabrese), raw
Sub-sample Number: 14.19
Sub-sample Name: Oaklands broccoli
Brand: Oaklands
Pack size: 500g
Purchase Date: 28.11.2011
Place of Purchase: Lidl, Norwich
Display Until Date:
Best Before Date:
Batch Number: W-0385 L-4702 TR2-24713496 AGRORIZAO S.L. CIF
B73148793
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 14.19

Sub-sample Name: Oaklands Broccoli

Ingredients: No information

Label claim(s):

Country of Origin: Spain

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 14
Composite Sample Name: Broccoli (Calabrese), raw
Sub-sample Number: 14.20
Sub-sample Name: Tesco, Market Value, broccoli
Brand: Tesco Market Value
Pack size: 339g
Purchase Date: 28.11.2011
Place of Purchase: Tesco, Blue Boar, Norwich
Display Until Date: 30 Nov
Best Before Date:
Batch Number: ASE01(T) 178868
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 14.20

Sub-sample Name: Tesco, Market Value, Broccoli

Ingredients: Broccoli

Label claim(s):

Grown in Spain

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	139
Energy	kcal	33
Protein	g	4.4
Carbohydrate	g	1.8
Sugars	g	1.5
Starch	g	N/A
Fat	g	0.9
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2.6
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 14
Composite Sample Name: Broccoli (Calabrese), raw
Sub-sample Number: 14.21
Sub-sample Name: Market broccoli
Brand:
Pack size:
Purchase Date: 28.11.2011
Place of Purchase: Independent market stall, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 14.21

Sub-sample Name: Market broccoli

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 14
Composite Sample Name: Broccoli (Calabrese), raw
Sub-sample Number: 14.22
Sub-sample Name: Makro, broccoli, loose
Brand:
Pack size:
Purchase Date: 28.11.2011
Place of Purchase: Makro, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging:
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 14.22

Sub-sample Name: Makro broccoli loose

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Sample 15: Broccoli (Calabrese), boiled

Composite Sample Number: 15
Composite Sample Name: Broccoli (Calabrese), boiled
Sub-sample Number: 15.1
Sub-sample Name: Tesco, broccoli florets
Brand: Tesco
Pack size: 400g
Purchase Date: 05.09.2011
Place of Purchase: Tesco, Blue Boar, Norwich
Display Until Date: 08 Sept
Best Before Date: 09 Sept
Batch Number: CE
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 15.1

Sub-sample Name: Tesco, broccoli florets

Ingredients: Broccoli florets

Label claim(s):

Produce of UK

Locally grown in Lincolnshire

Nutrient Information:

Nutrient	Unit	Amount/100g typical serving
Energy	kJ	139
Energy	kcal	33
Protein	g	4.4
Carbohydrate	g	1.8
Sugars	g	1.5
Starch	g	N/A
Fat	g	0.9
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2.6
Salt equivalent	g	0.0
Sodium	g	0.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 15
Composite Sample Name: Broccoli (Calabrese), boiled
Sub-sample Number: 15.2
Sub-sample Name: Tesco, broccoli, loose
Brand:
Pack size:
Purchase Date: 05.09.2011
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 15.2

Sub-sample Name: Tesco, broccoli, loose

Ingredients: No information

Label claim(s): No information

Nutrient Information: No Information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 15
Composite Sample Name: Broccoli (Calabrese), boiled
Sub-sample Number: 15.3
Sub-sample Name: Asda, British broccoli
Brand: Asda
Pack size: 300g
Purchase Date: 05.09.2011
Place of Purchase: Asda, Norwich
Display Until Date: 06 Sept
Best Before Date: 08 Sept
Batch Number: 730000
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 15.3

Sub-sample Name: Asda, British broccoli

Ingredients: No information

Label claim(s):

Natural source of folic acid/folacin

Naturally high in vitamin C

Farmer's Name: George Read

County of origin: Lincs

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled)	Amount/2 spears (80g) serving
Energy	kJ	101	N/A
Energy	kcal	24	N/A
Protein	g	3.1	N/A
Carbohydrate	g	1.1	N/A
Sugars	g	0.9	N/A
Starch	g	N/A	N/A
Fat	g	0.8	N/A
Saturates	g	0.2	N/A
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.3	N/A
Salt equivalent	g	Tr	N/A
Sodium	g	Tr	N/A
Folic acid	µg	64.0	51.2
Vitamin C	mg	44.0	35.2

Nutrient analysis of fruit and vegetables

Composite Sample Number: 15
Composite Sample Name: Broccoli (Calabrese), boiled
Sub-sample Number: 15.4
Sub-sample Name: Asda, broccoli loose
Brand:
Pack size:
Purchase Date: 05.09.2011
Place of Purchase: Asda, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 15.4

Sub-sample Name: Asda, broccoli loose

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 15

Composite Sample Name: Broccoli (Calabrese), boiled

Sub-sample Number: 15.5

Sub-sample Name: Sainsbury's, broccoli, loose

Brand:

Pack size:

Purchase Date: 05.09.2011

Place of Purchase: Sainsbury's, Longwater, Norwich

Display Until Date:

Best Before Date:

Batch Number:

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 15.5

Sub-sample Name: Sainsbury's, broccoli, loose

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 15
Composite Sample Name: Broccoli (Calabrese), boiled
Sub-sample Number: 15.6
Sub-sample Name: Morrisons, broccoli loose
Brand:
Pack size:
Purchase Date: 05.09.2011
Place of Purchase: Morrisons, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 15.6

Sub-sample Name: Morrisons, broccoli loose

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 15
Composite Sample Name: Broccoli (Calabrese), boiled
Sub-sample Number: 15.7
Sub-sample Name: Waitrose, broccoli, loose
Brand:
Pack size:
Purchase Date: 05.09.2011
Place of Purchase: Waitrose, Wymondham
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 15.7

Sub-sample Name: Waitrose broccoli loose

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 15

Composite Sample Name: Broccoli (Calabrese), boiled

Sub-sample Number: 15.8

Sub-sample Name: Aldi, British broccoli

Brand: Aldi

Pack size: 350g

Purchase Date: 05.09.2011

Place of Purchase: Aldi, Norwich

Display Until Date:

Best Before Date:

Batch Number: Supplier code: 348 JJ Lot code: 3602

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 15.8

Sub-sample Name: Aldi, British broccoli

Ingredients: No information

Label claim(s):

100% British
Produce of UK, Lincs

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 15
Composite Sample Name: Broccoli (Calabrese), boiled
Sub-sample Number: 15.9
Sub-sample Name: Tesco, Market Value, broccoli
Brand: Tesco Market Value
Pack size: 293g
Purchase Date: 05.09.2011
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date: 06 Sept
Best Before Date:
Batch Number: 172855 CE
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 15.9

Sub-sample Name: Tesco, Market Value, broccoli

Ingredients: Broccoli

Label claim(s):

Grown in: UK

Class I

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	139
Energy	kcal	33
Protein	g	4.4
Carbohydrate	g	1.8
Sugars	g	1.5
Starch	g	N/A
Fat	g	0.9
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2.6
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 15
Composite Sample Name: Broccoli (Calabrese), boiled
Sub-sample Number: 15.10
Sub-sample Name: Market broccoli
Brand:
Pack size:
Purchase Date: 05.09.2011
Place of Purchase: Independent market stall, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging:
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 15.10

Sub-sample Name: Market broccoli

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 15
Composite Sample Name: Broccoli (Calabrese), boiled
Sub-sample Number: 15.11
Sub-sample Name: Macro, broccoli, loose
Brand:
Pack size:
Purchase Date: 05.09.2011
Place of Purchase: Makro, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Cardboard
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 15.11

Sub-sample Name: Macro, broccoli, loose

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 15
Composite Sample Name: Broccoli (Calabrese), boiled
Sub-sample Number: 15.12
Sub-sample Name: Tesco, broccoli, loose
Brand:
Pack size:
Purchase Date: 28.11.2011
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 15.12

Sub-sample Name: Tesco, broccoli, loose

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 15
Composite Sample Name: Broccoli (Calabrese), boiled
Sub-sample Number: 15.13
Sub-sample Name: Tesco, broccoli, florets
Brand: Tesco
Pack size: 200g
Purchase Date: 28.11.2011
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date: 30 Nov
Best Before Date: 30 Nov
Batch Number: 10:56 11
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 15.13

Sub-sample Name: Tesco, broccoli florets

Ingredients: Broccoli florets

Label claim(s):

Packed in the UK

Recipe: no nuts

Ingredients: cannot guarantee nut free

Factory: no nuts

Nutrient Information:

Nutrient	Unit	Amount/100g serving
Energy	kJ	139
Energy	kcal	33
Protein	g	4.4
Carbohydrate	g	1.8
Sugars	g	1.5
Starch	g	N/A
Fat	g	0.9
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	3.0
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 15
Composite Sample Name: Broccoli (Calabrese), boiled
Sub-sample Number: 15.14
Sub-sample Name: Asda, broccoli, loose
Brand:
Pack size:
Purchase Date: 28.11.2011
Place of Purchase: Asda, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 15.14

Sub-sample Name: Asda, broccoli, loose

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 15
Composite Sample Name: Broccoli (Calabrese), boiled
Sub-sample Number: 15.15
Sub-sample Name: Asda, broccoli
Brand: Asda
Pack size: 335g
Purchase Date: 28.11.2011
Place of Purchase: Asda, Norwich
Display Until Date: 28 Nov
Best Before Date: 30 Nov
Batch Number: 900506
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 15.15

Sub-sample Name: Asda, broccoli

Ingredients: No information

Label claim(s):

Natural source of folacin

Naturally high in vitamin C

Country of Origin: Spain

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled)	Amount/2 spears (80g) serving
Energy	kJ	119	N/A
Energy	kcal	29	N/A
Protein	g	3.1	N/A
Carbohydrate	g	1.1	N/A
Sugars	g	0.9	N/A
Starch	g	N/A	N/A
Fat	g	0.8	N/A
Saturates	g	0.2	N/A
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.3	N/A
Salt equivalent	g	Tr	N/A
Sodium	g	Tr	N/A
Folic acid	µg	64.0	51.2
Vitamin C	mg	44.0	35.2

Nutrient analysis of fruit and vegetables

Composite Sample Number: 15
Composite Sample Name: Broccoli (Calabrese), boiled
Sub-sample Number: 15.16
Sub-sample Name: Sainsbury's, broccoli
Brand: Sainsbury's
Pack size: 300g
Purchase Date: 28.11.2011
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date:
Best Before Date: 30 Nov
Batch Number: K0087D
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 15.16

Sub-sample Name: Sainsbury's, broccoli

Ingredients: No information

Label claim(s):

Grown by Eduardo Ramires, Navarra, Spain

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 15
Composite Sample Name: Broccoli (Calabrese), boiled
Sub-sample Number: 15.17
Sub-sample Name: Morrisons, broccoli, loose
Brand:
Pack size:
Purchase Date: 28.11.2011
Place of Purchase: Morrisons, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 15.17

Sub-sample Name: Morrisons, broccoli, loose

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 15
Composite Sample Name: Broccoli (Calabrese), boiled
Sub-sample Number: 15.18
Sub-sample Name: Waitrose, broccoli, loose
Brand:
Pack size:
Purchase Date: 28.11.2011
Place of Purchase: Waitrose, Wymondham
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 15.18

Sub-sample Name: Waitrose, broccoli, loose

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 15
Composite Sample Name: Broccoli (Calabrese), boiled
Sub-sample Number: 15.19
Sub-sample Name: Oaklands broccoli
Brand: Oaklands
Pack size: 500g
Purchase Date: 28.11.2011
Place of Purchase: Lidl, Norwich
Display Until Date:
Best Before Date:
Batch Number: W-0385 L-4702 TR2-24713496 AGRORIZAO S.L. CIF
B73148793
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 15.19

Sub-sample Name: Oaklands Broccoli

Ingredients: No information

Label claim(s):

Country of Origin: Spain

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 15
Composite Sample Name: Broccoli (Calabrese), boiled
Sub-sample Number: 15.20
Sub-sample Name: Tesco, Market Value, broccoli
Brand: Tesco Market Value
Pack size: 339g
Purchase Date: 28.11.2011
Place of Purchase: Tesco, Blue Boar, Norwich
Display Until Date: 30 Nov
Best Before Date:
Batch Number: ASE01(T) 178868
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 15.20

Sub-sample Name: Tesco, Market Value, Broccoli

Ingredients: Broccoli

Label claim(s):

Grown in Spain

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	139
Energy	kcal	33
Protein	g	4.4
Carbohydrate	g	1.8
Sugars	g	1.5
Starch	g	N/A
Fat	g	0.9
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2.6
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 15
Composite Sample Name: Broccoli (Calabrese), boiled
Sub-sample Number: 15.21
Sub-sample Name: Market broccoli
Brand:
Pack size:
Purchase Date: 28.11.2011
Place of Purchase: Independent market stall, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 15.21

Sub-sample Name: Market broccoli

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 15
Composite Sample Name: Broccoli (Calabrese), boiled
Sub-sample Number: 15.22
Sub-sample Name: Makro, broccoli, loose
Brand:
Pack size:
Purchase Date: 28.11.2011
Place of Purchase: Makro, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging:
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 15.22

Sub-sample Name: Makro broccoli loose

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Sample 16: Broccoli (Calabrese), steamed

Composite Sample Number: 16
Composite Sample Name: Broccoli (Calabrese), steamed
Sub-sample Number: 16.1
Sub-sample Name: Tesco, broccoli florets
Brand: Tesco
Pack size: 400g
Purchase Date: 05.09.2011
Place of Purchase: Tesco, Blue Boar, Norwich
Display Until Date: 08 Sept
Best Before Date: 09 Sept
Batch Number: CE
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 16.1

Sub-sample Name: Tesco, broccoli florets

Ingredients: Broccoli florets

Label claim(s):

Produce of UK

Locally grown in Lincolnshire

Nutrient Information:

Nutrient	Unit	Amount/100g typical serving
Energy	kJ	139
Energy	kcal	33
Protein	g	4.4
Carbohydrate	g	1.8
Sugars	g	1.5
Starch	g	N/A
Fat	g	0.9
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2.6
Salt equivalent	g	0.0
Sodium	g	0.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 16
Composite Sample Name: Broccoli (Calabrese), steamed
Sub-sample Number: 16.2
Sub-sample Name: Tesco, broccoli, loose
Brand:
Pack size:
Purchase Date: 05.09.2011
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 16.2

Sub-sample Name: Tesco, broccoli, loose

Ingredients: No information

Label claim(s): No information

Nutrient Information: No Information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 16
Composite Sample Name: Broccoli (Calabrese), steamed
Sub-sample Number: 16.3
Sub-sample Name: Asda, British broccoli
Brand: Asda
Pack size: 300g
Purchase Date: 05.09.2011
Place of Purchase: Asda, Norwich
Display Until Date: 06 Sept
Best Before Date: 08 Sept
Batch Number: 730000
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 16.3

Sub-sample Name: Asda, British broccoli

Ingredients: No information

Label claim(s):

Natural source of folic acid/folacin
Naturally high in vitamin C
Farmer's Name: George Read
County of origin: Lincs

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled)	Amount/2 spears (80g) serving
Energy	kJ	101	N/A
Energy	kcal	24	N/A
Protein	g	3.1	N/A
Carbohydrate	g	1.1	N/A
Sugars	g	0.9	N/A
Starch	g	N/A	N/A
Fat	g	0.8	N/A
Saturates	g	0.2	N/A
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.3	N/A
Salt equivalent	g	Tr	N/A
Sodium	g	Tr	N/A
Folic acid	µg	64.0	51.2
Vitamin C	mg	44.0	35.2

Nutrient analysis of fruit and vegetables

Composite Sample Number: 16
Composite Sample Name: Broccoli (Calabrese), steamed
Sub-sample Number: 16.4
Sub-sample Name: Asda, broccoli loose
Brand:
Pack size:
Purchase Date: 05.09.2011
Place of Purchase: Asda, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 16.4

Sub-sample Name: Asda, broccoli loose

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 16

Composite Sample Name: Broccoli (Calabrese), steamed

Sub-sample Number: 16.5

Sub-sample Name: Sainsbury's, broccoli, loose

Brand:

Pack size:

Purchase Date: 05.09.2011

Place of Purchase: Sainsbury's, Longwater, Norwich

Display Until Date:

Best Before Date:

Batch Number:

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 16.5

Sub-sample Name: Sainsbury's, broccoli, loose

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 16

Composite Sample Name: Broccoli (Calabrese), steamed

Sub-sample Number: 16.6

Sub-sample Name: Morrisons, broccoli loose

Brand:

Pack size:

Purchase Date: 05.09.2011

Place of Purchase: Morrisons, Norwich

Display Until Date:

Best Before Date:

Batch Number:

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 16.6

Sub-sample Name: Morrisons, broccoli loose

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 16

Composite Sample Name: Broccoli (Calabrese), steamed

Sub-sample Number: 16.7

Sub-sample Name: Waitrose, broccoli, loose

Brand:

Pack size:

Purchase Date: 05.09.2011

Place of Purchase: Waitrose, Wymondham

Display Until Date:

Best Before Date:

Batch Number:

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 16.7

Sub-sample Name: Waitrose broccoli loose

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 16
Composite Sample Name: Broccoli (Calabrese), steamed
Sub-sample Number: 16.8
Sub-sample Name: Aldi, British broccoli
Brand: Aldi
Pack size: 350g
Purchase Date: 05.09.2011
Place of Purchase: Aldi, Norwich
Display Until Date:
Best Before Date:
Batch Number: Supplier code: 348 JJ Lot code: 3602
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 16.8

Sub-sample Name: Aldi, British broccoli

Ingredients: No information

Label claim(s):

100% British
Produce of UK, Lincs

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 16
Composite Sample Name: Broccoli (Calabrese), steamed
Sub-sample Number: 16.9
Sub-sample Name: Tesco, Market Value, broccoli
Brand: Tesco Market Value
Pack size: 293g
Purchase Date: 05.09.2011
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date: 06 Sept
Best Before Date:
Batch Number: 172855 CE
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 16.9

Sub-sample Name: Tesco, Market Value, broccoli

Ingredients: Broccoli

Label claim(s):

Grown in: UK

Class I

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	139
Energy	kcal	33
Protein	g	4.4
Carbohydrate	g	1.8
Sugars	g	1.5
Starch	g	N/A
Fat	g	0.9
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2.6
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 16
Composite Sample Name: Broccoli (Calabrese), steamed
Sub-sample Number: 16.10
Sub-sample Name: Market broccoli
Brand:
Pack size:
Purchase Date: 05.09.2011
Place of Purchase: Independent market stall, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging:
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 16.10

Sub-sample Name: Market broccoli

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 16
Composite Sample Name: Broccoli (Calabrese), steamed
Sub-sample Number: 16.11
Sub-sample Name: Macro, broccoli, loose
Brand:
Pack size:
Purchase Date: 05.09.2011
Place of Purchase: Makro, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Cardboard
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 16.11

Sub-sample Name: Macro, broccoli, loose

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 16
Composite Sample Name: Broccoli (Calabrese), steamed
Sub-sample Number: 16.12
Sub-sample Name: Tesco, broccoli, loose
Brand:
Pack size:
Purchase Date: 28.11.2011
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 16.12

Sub-sample Name: Tesco, broccoli, loose

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 16
Composite Sample Name: Broccoli (Calabrese), steamed
Sub-sample Number: 16.13
Sub-sample Name: Tesco, broccoli, florets
Brand: Tesco
Pack size: 200g
Purchase Date: 28.11.2011
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date: 30 Nov
Best Before Date: 30 Nov
Batch Number: 10:56 11
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 16.13

Sub-sample Name: Tesco, broccoli florets

Ingredients: Broccoli florets

Label claim(s):

Packed in the UK

Recipe: no nuts

Ingredients: cannot guarantee nut free

Factory: no nuts

Nutrient Information:

Nutrient	Unit	Amount/100g serving
Energy	kJ	139
Energy	kcal	33
Protein	g	4.4
Carbohydrate	g	1.8
Sugars	g	1.5
Starch	g	N/A
Fat	g	0.9
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	3.0
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 16
Composite Sample Name: Broccoli (Calabrese), steamed
Sub-sample Number: 16.14
Sub-sample Name: Asda, broccoli, loose
Brand:
Pack size:
Purchase Date: 28.11.2011
Place of Purchase: Asda, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 16.14

Sub-sample Name: Asda, broccoli, loose

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 16
Composite Sample Name: Broccoli (Calabrese), steamed
Sub-sample Number: 16.15
Sub-sample Name: Asda, broccoli
Brand: Asda
Pack size: 335g
Purchase Date: 28.11.2011
Place of Purchase: Asda, Norwich
Display Until Date: 28 Nov
Best Before Date: 30 Nov
Batch Number: 900506
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 16.15

Sub-sample Name: Asda, broccoli

Ingredients: No information

Label claim(s):

Natural source of folacin

Naturally high in vitamin C

Country of Origin: Spain

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled)	Amount/2 spears (80g) serving
Energy	kJ	119	N/A
Energy	kcal	29	N/A
Protein	g	3.1	N/A
Carbohydrate	g	1.1	N/A
Sugars	g	0.9	N/A
Starch	g	N/A	N/A
Fat	g	0.8	N/A
Saturates	g	0.2	N/A
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.3	N/A
Salt equivalent	g	Tr	N/A
Sodium	g	Tr	N/A
Folic acid	µg	64.0	51.2
Vitamin C	mg	44.0	35.2

Nutrient analysis of fruit and vegetables

Composite Sample Number: 16
Composite Sample Name: Broccoli (Calabrese), steamed
Sub-sample Number: 16.16
Sub-sample Name: Sainsbury's, broccoli
Brand: Sainsbury's
Pack size: 300g
Purchase Date: 28.11.2011
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date:
Best Before Date: 30 Nov
Batch Number: K0087D
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 16.16

Sub-sample Name: Sainsbury's, broccoli

Ingredients: No information

Label claim(s):

Grown by Eduardo Ramires, Navarra, Spain

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 16
Composite Sample Name: Broccoli (Calabrese), steamed
Sub-sample Number: 16.17
Sub-sample Name: Morrisons, broccoli, loose
Brand:
Pack size:
Purchase Date: 28.11.2011
Place of Purchase: Morrisons, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 16.17

Sub-sample Name: Morrisons, broccoli, loose

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 16
Composite Sample Name: Broccoli (Calabrese), steamed
Sub-sample Number: 16.18
Sub-sample Name: Waitrose, broccoli, loose
Brand:
Pack size:
Purchase Date: 28.11.2011
Place of Purchase: Waitrose, Wymondham
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 16.18

Sub-sample Name: Waitrose, broccoli, loose

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 16
Composite Sample Name: Broccoli (Calabrese), steamed
Sub-sample Number: 16.19
Sub-sample Name: Oaklands broccoli
Brand: Oaklands
Pack size: 500g
Purchase Date: 28.11.2011
Place of Purchase: Lidl, Norwich
Display Until Date:
Best Before Date:
Batch Number: W-0385 L-4702 TR2-24713496 AGRORIZAO S.L. CIF
B73148793
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 16.19

Sub-sample Name: Oaklands Broccoli

Ingredients: No information

Label claim(s):

Country of Origin: Spain

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 16
Composite Sample Name: Broccoli (Calabrese), steamed
Sub-sample Number: 16.20
Sub-sample Name: Tesco, Market Value, broccoli
Brand: Tesco Market Value
Pack size: 339g
Purchase Date: 28.11.2011
Place of Purchase: Tesco, Blue Boar, Norwich
Display Until Date: 30 Nov
Best Before Date:
Batch Number: ASE01(T) 178868
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 16.20
Sub-sample Name: Tesco, Market Value, Broccoli

Ingredients: Broccoli

Label claim(s):

Grown in Spain

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	139
Energy	kcal	33
Protein	g	4.4
Carbohydrate	g	1.8
Sugars	g	1.5
Starch	g	N/A
Fat	g	0.9
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2.6
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 16
Composite Sample Name: Broccoli (Calabrese), steamed
Sub-sample Number: 16.21
Sub-sample Name: Market broccoli
Brand:
Pack size:
Purchase Date: 28.11.2011
Place of Purchase: Independent market stall, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 16.21

Sub-sample Name: Market broccoli

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 16
Composite Sample Name: Broccoli (Calabrese), steamed
Sub-sample Number: 16.22
Sub-sample Name: Makro, broccoli, loose
Brand:
Pack size:
Purchase Date: 28.11.2011
Place of Purchase: Makro, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging:
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 16.22

Sub-sample Name: Makro broccoli loose

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Sample 17: Mushrooms, raw

Composite Sample Number: 17
Composite Sample Name: Mushrooms, raw
Sub-sample Number: 17.1
Sub-sample Name: Tesco, British closed cup mushrooms
Brand: Tesco
Pack size: 250g
Purchase Date: 03.10.2011
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date: 04 Oct
Best Before Date: 06 Oct
Batch Number: 232 GS15
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 17.1

Sub-sample Name: Tesco, British closed cup mushrooms

Ingredients: Close cup mushrooms

Label claim(s):

Grown in UK

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	56
Energy	kcal	13
Protein	g	1.8
Carbohydrate	g	0.4
Sugars	g	0.2
Starch	g	N/A
Fat	g	0.5
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.1
Salt equivalent	g	Tr
Sodium	g	Tr
Folic acid	µg	44.0
Pantothenic acid	mg	2.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 17
Composite Sample Name: Mushrooms, raw
Sub-sample Number: 17.2
Sub-sample Name: Tesco, mushrooms, loose
Brand:
Pack size:
Purchase Date: 03.10.2011
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 17.2

Sub-sample Name: Tesco, mushrooms, loose

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 17
Composite Sample Name: Mushrooms, raw
Sub-sample Number: 17.3
Sub-sample Name: Asda, British closed cup mushrooms
Brand: Asda
Pack size: 250g
Purchase Date: 03.10.2011
Place of Purchase: Asda, Norwich
Display Until Date: 05 Oct
Best Before Date: 07 Oct
Batch Number: 640001 class I
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 17.3

Sub-sample Name: Asda, British closed cup mushrooms

Ingredients: No information

Label claim(s):

County of origin: Sussex UK

Farmers name: Nick Tolhurst

Nutrient Information:

Nutrient	Unit	Amount/100g (fried with a knob of butter)	Amount/¾ heaped tablespoons (80g) fried with a knob of butter
Energy	kJ	645	513
Energy	kcal	157	125
Protein	g	2.4	1.9
Carbohydrate	g	0.3	0.2
Sugars	g	0.1	0.1
Starch	g	N/A	N/A
Fat	g	16.2	12.9
Saturates	g	10.7	8.5
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.5	1.2
Salt equivalent	g	0.4	0.3
Sodium	g	0.15	0.12

Nutrient analysis of fruit and vegetables

Composite Sample Number: 17
Composite Sample Name: Mushrooms, raw
Sub-sample Number: 17.4
Sub-sample Name: Asda, mushrooms loose
Brand:
Pack size:
Purchase Date: 03.10.2011
Place of Purchase: Asda, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Paper
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 17.4

Sub-sample Name: Asda, mushrooms loose

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 17
Composite Sample Name: Mushrooms, raw
Sub-sample Number: 17.5
Sub-sample Name: Sainsbury's, sliced mushrooms
Brand: Sainsbury's
Pack size: 250g
Purchase Date: 03.10.2011
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date:
Best Before Date: 07 Oct
Batch Number: M0819N
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 17.5

Sub-sample Name: Sainsbury's, sliced mushrooms

Ingredients: No information

Label claim(s):

Grown by: Monaghan Mushrooms, Ireland

Mild flavour

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 17
Composite Sample Name: Mushrooms, raw
Sub-sample Number: 17.6
Sub-sample Name: Morrisons, button mushrooms
Brand: Morrisons
Pack size: 250g
Purchase Date: 03.10.2011
Place of Purchase: Morrisons, Norwich
Display Until Date: 05 Oct
Best Before Date: 06 Oct
Batch Number: 1379/06
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 17.6

Sub-sample Name: Morrisons, button mushrooms

Ingredients: Button mushrooms

Label claim(s):

UK class I
Somerset

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	55
Energy	kcal	13
Protein	g	1.8
Carbohydrate	g	0.4
Sugars	g	0.2
Starch	g	N/A
Fat	g	0.5
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.1
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 17
Composite Sample Name: Mushrooms, raw
Sub-sample Number: 17.7
Sub-sample Name: Waitrose, mushrooms, loose
Brand:
Pack size:
Purchase Date: 03.10.2011
Place of Purchase: Waitrose, Wymondham
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 17.7

Sub-sample Name: Waitrose, mushrooms, loose

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 17
Composite Sample Name: Mushrooms, raw
Sub-sample Number: 17.8
Sub-sample Name: Aldi, button mushrooms
Brand: Aldi
Pack size: 150g
Purchase Date: 03.10.2011
Place of Purchase: Aldi, Norwich
Display Until Date:
Best Before Date:
Batch Number: Supplier code: 685 WM 6. Lot code: 4001
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 17.8

Sub-sample Name: Aldi, button mushrooms

Ingredients: No information

Label claim(s):

English

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 17
Composite Sample Name: Mushrooms, raw
Sub-sample Number: 17.9
Sub-sample Name: Asda, Smart Price, mushrooms
Brand: Asda Smart Price
Pack size: 750g
Purchase Date: 03.10.2011
Place of Purchase: Asda, Norwich
Display Until Date: 04 Oct
Best Before Date: 06 Oct
Batch Number: ASL0906225 Ireland 987001
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 17.9

Sub-sample Name: Asda, Smart Price, mushrooms

Ingredients: No information

Label claim(s):

Ireland

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 17

Composite Sample Name: Mushrooms, raw

Sub-sample Number: 17.10

Sub-sample Name: Waveney, cultivated cut mushrooms

Brand: Waveney Mushrooms Ltd

Pack size: 1.361kg (3lb)

Purchase Date: 03.10.2011

Place of Purchase: Independent market stall, Norwich

Display Until Date:

Best Before Date:

Batch Number:

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 17.10

Sub-sample Name: Waveney, cultivated cut mushrooms

Ingredients: Closed cups

Label claim(s):

English Mushrooms from Norfolk and Suffolk
Class II

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 17
Composite Sample Name: Mushrooms, raw
Sub-sample Number: 17.11
Sub-sample Name: Makro, button mushrooms
Brand: Makro
Pack size: 250g
Purchase Date: 03.10.2011
Place of Purchase: Makro, Norwich
Display Until Date:
Best Before Date:
Batch Number: 273 24296 355311
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 17.11

Sub-sample Name: Makro, button mushrooms

Ingredients: No information

Label claim(s):

Origin: Holland

Class I

Nutrient Information: No information

Sample 18: Mushrooms, stewed

Composite Sample Number: 18
Composite Sample Name: Mushrooms, stewed
Sub-sample Number: 18.1
Sub-sample Name: Tesco, British closed cup mushrooms
Brand: Tesco
Pack size: 250g
Purchase Date: 03.10.2011
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date: 04 Oct
Best Before Date: 06 Oct
Batch Number: 232 GS15
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 18.1

Sub-sample Name: Tesco, British closed cup mushrooms

Ingredients: Close cup mushrooms

Label claim(s):

Grown in UK

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	56
Energy	kcal	13
Protein	g	1.8
Carbohydrate	g	0.4
Sugars	g	0.2
Starch	g	N/A
Fat	g	0.5
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.1
Salt equivalent	g	Tr
Sodium	g	Tr
Folic acid	µg	44.0
Pantothenic acid	mg	2.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 18
Composite Sample Name: Mushrooms, stewed
Sub-sample Number: 18.2
Sub-sample Name: Tesco, mushrooms, loose
Brand:
Pack size:
Purchase Date: 03.10.2011
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 18.2

Sub-sample Name: Tesco, mushrooms, loose

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 18
Composite Sample Name: Mushrooms, stewed
Sub-sample Number: 18.3
Sub-sample Name: Asda, British closed cup mushrooms
Brand: Asda
Pack size: 250g
Purchase Date: 03.10.2011
Place of Purchase: Asda, Norwich
Display Until Date: 05 Oct
Best Before Date: 07 Oct
Batch Number: 640001 class I
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 18.3

Sub-sample Name: Asda, British closed cup mushrooms

Ingredients: No information

Label claim(s):

County of origin: Sussex UK

Farmers name: Nick Tolhurst

Nutrient Information:

Nutrient	Unit	Amount/100g (fried with a knob of butter)	Amount/¾ heaped tablespoons (80g) fried with a knob of butter
Energy	kJ	645	513
Energy	kcal	157	125
Protein	g	2.4	1.9
Carbohydrate	g	0.3	0.2
Sugars	g	0.1	0.1
Starch	g	N/A	N/A
Fat	g	16.2	12.9
Saturates	g	10.7	8.5
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.5	1.2
Salt equivalent	g	0.4	0.3
Sodium	g	0.15	0.12

Nutrient analysis of fruit and vegetables

Composite Sample Number: 18
Composite Sample Name: Mushrooms, stewed
Sub-sample Number: 18.4
Sub-sample Name: Asda, mushrooms loose
Brand:
Pack size:
Purchase Date: 03.10.2011
Place of Purchase: Asda, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Paper
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 18.4

Sub-sample Name: Asda, mushrooms loose

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 18
Composite Sample Name: Mushrooms, stewed
Sub-sample Number: 18.5
Sub-sample Name: Sainsbury's, sliced mushrooms
Brand: Sainsbury's
Pack size: 250g
Purchase Date: 03.10.2011
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date:
Best Before Date: 07 Oct
Batch Number: M0819N
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 18.5

Sub-sample Name: Sainsbury's, sliced mushrooms

Ingredients: No information

Label claim(s):

Grown by: Monaghan Mushrooms, Ireland
Mild flavour

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 18
Composite Sample Name: Mushrooms, stewed
Sub-sample Number: 18.6
Sub-sample Name: Morrisons, button mushrooms
Brand: Morrisons
Pack size: 250g
Purchase Date: 03.10.2011
Place of Purchase: Morrisons, Norwich
Display Until Date: 05 Oct
Best Before Date: 06 Oct
Batch Number: 1379/06
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 18.6

Sub-sample Name: Morrisons, button mushrooms

Ingredients: Button mushrooms

Label claim(s):

UK class I
Somerset

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	55
Energy	kcal	13
Protein	g	1.8
Carbohydrate	g	0.4
Sugars	g	0.2
Starch	g	N/A
Fat	g	0.5
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.1
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 18
Composite Sample Name: Mushrooms, stewed
Sub-sample Number: 18.7
Sub-sample Name: Waitrose, mushrooms, loose
Brand:
Pack size:
Purchase Date: 03.10.2011
Place of Purchase: Waitrose, Wymondham
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 18.7

Sub-sample Name: Waitrose, mushrooms, loose

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 18
Composite Sample Name: Mushrooms, stewed
Sub-sample Number: 18.8
Sub-sample Name: Aldi, button mushrooms
Brand: Aldi
Pack size: 150g
Purchase Date: 03.10.2011
Place of Purchase: Aldi, Norwich
Display Until Date:
Best Before Date:
Batch Number: Supplier code: 685 WM 6. Lot code: 4001
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 18.8

Sub-sample Name: Aldi, button mushrooms

Ingredients: No information

Label claim(s):

English

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 18
Composite Sample Name: Mushrooms, stewed
Sub-sample Number: 18.9
Sub-sample Name: Asda, Smart Price, mushrooms
Brand: Asda Smart Price
Pack size: 750g
Purchase Date: 03.10.2011
Place of Purchase: Asda, Norwich
Display Until Date: 04 Oct
Best Before Date: 06 Oct
Batch Number: ASL0906225 Ireland 987001
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 18.9

Sub-sample Name: Asda, Smart Price, mushrooms

Ingredients: No information

Label claim(s):

Ireland

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 18
Composite Sample Name: Mushrooms, stewed
Sub-sample Number: 18.10
Sub-sample Name: Waveney, cultivated cut mushrooms
Brand: Waveney Mushrooms Ltd
Pack size: 1.361kg (3lb)
Purchase Date: 03.10.2011
Place of Purchase: Independent market stall, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 18.10

Sub-sample Name: Waveney, cultivated cut mushrooms

Ingredients: Closed cups

Label claim(s):

English Mushrooms from Norfolk and Suffolk
Class II

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 18
Composite Sample Name: Mushrooms, stewed
Sub-sample Number: 18.11
Sub-sample Name: Makro, button mushrooms
Brand: Makro
Pack size: 250g
Purchase Date: 03.10.2011
Place of Purchase: Makro, Norwich
Display Until Date:
Best Before Date:
Batch Number: 273 24296 355311
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 18.11

Sub-sample Name: Makro, button mushrooms

Ingredients: No information

Label claim(s):

Origin: Holland

Class I

Nutrient Information: No information

Sample 19: Mushrooms, cooked in sunflower oil

Composite Sample Number: 19
Composite Sample Name: Mushrooms, cooked in sunflower oil
Sub-sample Number: 19.1
Sub-sample Name: Tesco, British closed cup mushrooms
Brand: Tesco
Pack size: 250g
Purchase Date: 03.10.2011
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date: 04 Oct
Best Before Date: 06 Oct
Batch Number: 232 GS15
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 19.1

Sub-sample Name: Tesco, British closed cup mushrooms

Ingredients: Close cup mushrooms

Label claim(s):

Grown in UK

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	56
Energy	kcal	13
Protein	g	1.8
Carbohydrate	g	0.4
Sugars	g	0.2
Starch	g	N/A
Fat	g	0.5
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.1
Salt equivalent	g	Tr
Sodium	g	Tr
Folic acid	µg	44.0
Pantothenic acid	mg	2.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 19
Composite Sample Name: Mushrooms, cooked in sunflower oil
Sub-sample Number: 19.2
Sub-sample Name: Tesco, mushrooms, loose
Brand:
Pack size:
Purchase Date: 03.10.2011
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 19.2

Sub-sample Name: Tesco, mushrooms, loose

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 19
Composite Sample Name: Mushrooms, cooked in sunflower oil
Sub-sample Number: 19.3
Sub-sample Name: Asda, British closed cup mushrooms
Brand: Asda
Pack size: 250g
Purchase Date: 03.10.2011
Place of Purchase: Asda, Norwich
Display Until Date: 05 Oct
Best Before Date: 07 Oct
Batch Number: 640001 class I
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 19.3

Sub-sample Name: Asda, British closed cup mushrooms

Ingredients: No information

Label claim(s):

County of origin: Sussex UK

Farmers name: Nick Tolhurst

Nutrient Information:

Nutrient	Unit	Amount/100g (fried with a knob of butter)	Amount/¾ heaped tablespoons (80g) fried with a knob of butter
Energy	kJ	645	513
Energy	kcal	157	125
Protein	g	2.4	1.9
Carbohydrate	g	0.3	0.2
Sugars	g	0.1	0.1
Starch	g	N/A	N/A
Fat	g	16.2	12.9
Saturates	g	10.7	8.5
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.5	1.2
Salt equivalent	g	0.4	0.3
Sodium	g	0.15	0.12

Nutrient analysis of fruit and vegetables

Composite Sample Number: 19
Composite Sample Name: Mushrooms, cooked in sunflower oil
Sub-sample Number: 19.4
Sub-sample Name: Asda, mushrooms loose
Brand:
Pack size:
Purchase Date: 03.10.2011
Place of Purchase: Asda, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Paper
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 19.4

Sub-sample Name: Asda, mushrooms loose

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 19
Composite Sample Name: Mushrooms, cooked in sunflower oil
Sub-sample Number: 19.5
Sub-sample Name: Sainsbury's, sliced mushrooms
Brand: Sainsbury's
Pack size: 250g
Purchase Date: 03.10.2011
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date:
Best Before Date: 07 Oct
Batch Number: M0819N
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 19.5

Sub-sample Name: Sainsbury's, sliced mushrooms

Ingredients: No information

Label claim(s):

Grown by: Monaghan Mushrooms, Ireland
Mild flavour

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 19
Composite Sample Name: Mushrooms, cooked in sunflower oil
Sub-sample Number: 19.6
Sub-sample Name: Morrisons, button mushrooms
Brand: Morrisons
Pack size: 250g
Purchase Date: 03.10.2011
Place of Purchase: Morrisons, Norwich
Display Until Date: 05 Oct
Best Before Date: 06 Oct
Batch Number: 1379/06
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 19.6

Sub-sample Name: Morrisons, button mushrooms

Ingredients: Button mushrooms

Label claim(s):

UK class I
Somerset

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	55
Energy	kcal	13
Protein	g	1.8
Carbohydrate	g	0.4
Sugars	g	0.2
Starch	g	N/A
Fat	g	0.5
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.1
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 19
Composite Sample Name: Mushrooms, cooked in sunflower oil
Sub-sample Number: 19.7
Sub-sample Name: Waitrose, mushrooms, loose
Brand:
Pack size:
Purchase Date: 03.10.2011
Place of Purchase: Waitrose, Wymondham
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 19.7

Sub-sample Name: Waitrose, mushrooms, loose

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 19
Composite Sample Name: Mushrooms, cooked in sunflower oil
Sub-sample Number: 19.8
Sub-sample Name: Aldi, button mushrooms
Brand: Aldi
Pack size: 150g
Purchase Date: 03.10.2011
Place of Purchase: Aldi, Norwich
Display Until Date:
Best Before Date:
Batch Number: Supplier code: 685 WM 6. Lot code: 4001
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 19.8

Sub-sample Name: Aldi, button mushrooms

Ingredients: No information

Label claim(s):

English

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 19
Composite Sample Name: Mushrooms, cooked in sunflower oil
Sub-sample Number: 19.9
Sub-sample Name: Asda, Smart Price, mushrooms
Brand: Asda Smart Price
Pack size: 750g
Purchase Date: 03.10.2011
Place of Purchase: Asda, Norwich
Display Until Date: 04 Oct
Best Before Date: 06 Oct
Batch Number: ASL0906225 Ireland 987001
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 19.9

Sub-sample Name: Asda, Smart Price, mushrooms

Ingredients: No information

Label claim(s):

Ireland

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 19
Composite Sample Name: Mushrooms, cooked in sunflower oil
Sub-sample Number: 19.10
Sub-sample Name: Waveney, cultivated cut mushrooms
Brand: Waveney Mushrooms Ltd
Pack size: 1.361kg (3lb)
Purchase Date: 03.10.2011
Place of Purchase: Independent market stall, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 19.10

Sub-sample Name: Waveney, cultivated cut mushrooms

Ingredients: Closed cups

Label claim(s):

English Mushrooms from Norfolk and Suffolk
Class II

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 19
Composite Sample Name: Mushrooms, cooked in sunflower oil
Sub-sample Number: 19.11
Sub-sample Name: Makro, button mushrooms
Brand: Makro
Pack size: 250g
Purchase Date: 03.10.2011
Place of Purchase: Makro, Norwich
Display Until Date:
Best Before Date:
Batch Number: 273 24296 355311
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 19.11

Sub-sample Name: Makro, button mushrooms

Ingredients: No information

Label claim(s):

Origin: Holland

Class I

Nutrient Information: No information

Sample 20: Sweetcorn, kernels, boiled 'on the cob'

Composite Sample Number: 20
Composite Sample Name: Sweetcorn, kernels, boiled 'on the cob'
Sub-sample Number: 20.1
Sub-sample Name: Tesco, sweetcorn cobettes
Brand: Tesco
Pack size:
Purchase Date: 05.09.2011
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date: 08 Sep
Best Before Date: 10 Sep
Batch Number: Supplier code: SADI
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 20.1

Sub-sample Name: Tesco, sweetcorn cobettes

Ingredients: Supersweet sweetcorn

Label claim(s):

Packed in the UK

Grown in UK

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/cobette (89g) serving
Energy	kJ	396	N/A
Energy	kcal	93	83
Protein	g	3.4	N/A
Carbohydrate	g	17.0	N/A
Sugars	g	2.0	1.8
Starch	g	N/A	N/A
Fat	g	2.3	2
Saturates	g	0.2	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.5	N/A
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	N/A

Nutrient analysis of fruit and vegetables

Composite Sample Number: 20

Composite Sample Name: Sweetcorn, kernels, boiled 'on the cob'

Sub-sample Number: 20.2

Sub-sample Name: Tesco, Finest, tendersweet sweetcorn

Brand: Tesco Finest

Pack size:

Purchase Date: 05.09.2011

Place of Purchase: Tesco, Blue Boar, Norwich

Display Until Date: 07 Sept

Best Before Date: 09 Sept

Batch Number: Supplier code BOB01 10:48

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 20.2

Sub-sample Name: Tesco, Finest, tendersweet sweetcorn

Ingredients: Finest sweetcorn

Label claim(s):

Grown in Hampshire UK

Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/typical cob (130g)
Energy	kJ	396	515
Energy	kcal	93	121
Protein	g	3.4	4.4
Carbohydrate	g	17.0	22.1
Sugars	g	2.0	2.6
Starch	g	N/A	N/A
Fat	g	2.3	3.0
Saturates	g	0.2	0.3
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.5	2.0
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 20
Composite Sample Name: Sweetcorn, kernels, boiled 'on the cob'
Sub-sample Number: 20.3
Sub-sample Name: Asda, sweetcorn cobettes
Brand: Asda
Pack size: 4 pack
Purchase Date: 05.09.2011
Place of Purchase: Asda, Norwich
Display Until Date: 08 Sept
Best Before Date: 10 Sept
Batch Number: 700244 SHP
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 20.3

Sub-sample Name: Asda, sweetcorn cobettes

Ingredients: No information

Label claim(s):

Country of origin: UK

Nutrient Information:

Nutrient	Unit	Amount/100g (microwaved)
Energy	kJ	432
Energy	kcal	102
Protein	g	3.4
Carbohydrate	g	17.0
Sugars	g	2.0
Starch	g	N/A
Fat	g	2.3
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.5
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 20
Composite Sample Name: Sweetcorn, kernels, boiled 'on the cob'
Sub-sample Number: 20.4
Sub-sample Name: Asda, sweetcorn
Brand: Asda
Pack size: 2 pack
Purchase Date: 05.09.2011
Place of Purchase: Asda, Norwich
Display Until Date: 08 Sept
Best Before Date: 10 Sept
Batch Number: 700244 SHP
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 20.4

Sub-sample Name: Asda, sweetcorn

Ingredients: No information

Label claim(s):

Country of origin: UK

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled)
Energy	kJ	309
Energy	kcal	73
Protein	g	2.5
Carbohydrate	g	12.0
Sugars	g	0.0
Starch	g	N/A
Fat	g	1.4
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.3
Salt equivalent	g	0.0
Sodium	g	0.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 20
Composite Sample Name: Sweetcorn, kernels, boiled 'on the cob'
Sub-sample Number: 20.5
Sub-sample Name: Sainsbury's, British sweetcorn cobettes
Brand: Sainsbury's
Pack size:
Purchase Date: 05.09.2011
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date: 08 Sept
Best Before Date: 10 Sept
Batch Number: B0090B 17:19 6 2a
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 20.5

Sub-sample Name: Sainsbury's, British sweetcorn cobettes

Ingredients: Sweetcorn

Label claim(s):

Grown in Sussex UK

Grown by Barfoot Farms

Produced in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g (cooked as per instructions)
Energy	kJ	470
Energy	kcal	111
Protein	g	4.2
Carbohydrate	g	19.6
Sugars	g	2.3
Starch	g	16.9
Fat	g	2.3
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.3
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 20

Composite Sample Name: Sweetcorn, kernels, boiled 'on the cob'

Sub-sample Number: 20.6

Sub-sample Name: Morrisons, sweetcorn cobs

Brand: Morrisons

Pack size: 2 pack

Purchase Date: 05.09.2011

Place of Purchase: Morrisons, Norwich

Display Until Date: 09 Sept

Best Before Date: 11 Sept

Batch Number: 2593/02 02 22:33

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 20.6

Sub-sample Name: Morrisons, sweetcorn cobs

Ingredients: sweetcorn cobs

Label claim(s):

E. Sussex UK
Class 1
Produced in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	470
Energy	kcal	111
Protein	g	4.2
Carbohydrate	g	19.6
Sugars	g	2.3
Starch	g	N/A
Fat	g	2.3
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2.2
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 20
Composite Sample Name: Sweetcorn, kernels, boiled 'on the cob'
Sub-sample Number: 20.7
Sub-sample Name: Waitrose, Sweetcorn kebabs
Brand: Waitrose
Pack size:
Purchase Date: 05.09.2011
Place of Purchase: Waitrose, Wymondham
Display Until Date: 07 Sept
Best Before Date:
Batch Number: 2b4 12:41 111A AA
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 20.7

Sub-sample Name: Waitrose, sweetcorn kebabs

Ingredients: No information

Label claim(s):

Origin: Sussex UK
Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	490
Energy	kcal	116
Protein	g	4.2
Carbohydrate	g	19.6
Sugars	g	2.3
Starch	g	N/A
Fat	g	2.3
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2.7
Sodium	g	Tr
Vitamin C	mg	7.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 20
Composite Sample Name: Sweetcorn, kernels, boiled 'on the cob'
Sub-sample Number: 20.8
Sub-sample Name: Aldi, sweetcorn
Brand: Aldi
Pack size: 2 cobs
Purchase Date: 05.09.2011
Place of Purchase: Aldi, Norwich
Display Until Date:
Best Before Date:
Batch Number: 3603 (4) 12 Supplier code: 0570
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 20.8

Sub-sample Name: Aldi, sweetcorn

Ingredients: No information

Label claim(s):

Class 1

Produce of UK

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 20

Composite Sample Name: Sweetcorn, kernels, boiled 'on the cob'

Sub-sample Number: 20.9

Sub-sample Name: Market sweetcorn, loose

Brand:

Pack size:

Purchase Date: 05.09.2011

Place of Purchase: Independent market stall, Norwich

Display Until Date:

Best Before Date:

Batch Number:

Packaging:

Sample Condition As Purchased: Ambient

Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 20.9

Sub-sample Name: Market sweetcorn, loose

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 20
Composite Sample Name: Sweetcorn, kernels, boiled 'on the cob'
Sub-sample Number: 20.10
Sub-sample Name: Tesco, supersweet sweetcorn
Brand: Tesco
Pack size: Twin pack
Purchase Date: 28.11.2011
Place of Purchase: Tesco, Blue Boar, Norwich
Display Until Date: 30 Nov
Best Before Date: 02 Dec
Batch Number: SADI
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 20.10

Sub-sample Name: Tesco, supersweet sweetcorn

Ingredients: Sweetcorn

Label claim(s):
Produce of Morocco

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/typical serving (130g)
Energy	kJ	510	660
Energy	kcal	120	160
Protein	g	4.2	5.5
Carbohydrate	g	19.6	25.5
Sugars	g	2.3	3.0
Starch	g	N/A	N/A
Fat	g	2.3	3.0
Saturates	g	0.2	0.3
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.2	2.9
Salt equivalent	g	0.3	Tr
Sodium	g	Tr	0.1

Nutrient analysis of fruit and vegetables

Composite Sample Number: 20
Composite Sample Name: Sweetcorn, kernels, boiled 'on the cob'
Sub-sample Number: 20.11
Sub-sample Name: Tesco, family pack, supersweet sweetcorn
Brand: Tesco
Pack size: Family pack
Purchase Date: 28.11.2011
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date: 01 Dec
Best Before Date: 03 Dec
Batch Number: SADI
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 20.11

Sub-sample Name: Tesco, family pack, supersweet sweetcorn

Ingredients: Supersweet sweetcorn

Label claim(s):

Grown in Morocco

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/typical cob (123g)
Energy	kJ	396	487
Energy	kcal	93	114
Protein	g	3.4	4.2
Carbohydrate	g	17.0	20.9
Sugars	g	2.0	2.5
Starch	g	N/A	N/A
Fat	g	2.3	2.8
Saturates	g	0.2	0.3
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.5	1.8
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 20
Composite Sample Name: Sweetcorn, kernels, boiled 'on the cob'
Sub-sample Number: 20.12
Sub-sample Name: Asda, sweetcorn cobettes
Brand: Asda
Pack size: 4 pack
Purchase Date: 28.11.2011
Place of Purchase: Asda, Norwich
Display Until Date: 30 Nov
Best Before Date: 02 Dec
Batch Number: 700273 1911 4
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number:

20.12

Sub-sample Name:

Asda, sweetcorn cobettes

Ingredients: No information

Label claim(s):

Country of Origin: Morocco

Nutrient Information:

Nutrient	Unit	Amount/100g (microwaved)
Energy	kJ	432
Energy	kcal	102
Protein	g	3.4
Carbohydrate	g	17.0
Sugars	g	2.0
Starch	g	N/A
Fat	g	2.3
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.5
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 20
Composite Sample Name: Sweetcorn, kernels, boiled 'on the cob'
Sub-sample Number: 20.13
Sub-sample Name: Asda, Sweetcorn
Brand: Asda
Pack size: 2 pack
Purchase Date: 28.11.2011
Place of Purchase: Asda, Norwich
Display Until Date: 30 Nov
Best Before Date: 02 Dec
Batch Number: 700275 7 384
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 20.13

Sub-sample Name: Asda, sweetcorn

Ingredients: No information

Label claim(s):

Country of Origin: Morocco
Class 1

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled)
Energy	kJ	309
Energy	kcal	73
Protein	g	2.5
Carbohydrate	g	12.0
Sugars	g	0.0
Starch	g	N/A
Fat	g	1.4
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.3
Salt equivalent	g	0.0
Sodium	g	0.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 20
Composite Sample Name: Sweetcorn, kernels, boiled 'on the cob'
Sub-sample Number: 20.14
Sub-sample Name: Sainsbury's, sweetcorn cobettes
Brand: Sainsbury's
Pack size:
Purchase Date: 28.11.2011
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date: 01 Dec
Best Before Date: 03 Dec
Batch Number: B0090 B 16:26 6 2a
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 20.14

Sub-sample Name: Sainsbury's, sweetcorn cobettes

Ingredients: No information

Label claim(s):

Grown in Morocco

Grown by Primland

Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g (cooked as per instructions)
Energy	kJ	470
Energy	kcal	111
Protein	g	4.2
Carbohydrate	g	19.6
Sugars	g	2.3
Starch	g	16.9
Fat	g	2.3
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.3
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 20
Composite Sample Name: Sweetcorn, kernels, boiled 'on the cob'
Sub-sample Number: 20.15
Sub-sample Name: Morrisons, sweetcorn cobettes
Brand: Morrisons
Pack size: 4 cobs
Purchase Date: 28.11.2011
Place of Purchase: Morrisons, Norwich
Display Until Date: 29 Nov 11
Best Before Date: 01 Dec 11
Batch Number: 2593/02 23 14:22
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 20.15

Sub-sample Name: Morrisons, sweetcorn cobettes

Ingredients: 4 sweetcorn cobettes

Label claim(s):

Morocco

Class1

Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	470
Energy	kcal	111
Protein	g	4.2
Carbohydrate	g	19.6
Sugars	g	2.3
Starch	g	N/A
Fat	g	2.3
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2.2
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 20

Composite Sample Name: Sweetcorn, kernels, boiled 'on the cob'

Sub-sample Number: 20.16

Sub-sample Name: The Co-operative, corn on the cob

Brand: The Co-operative

Pack size: 2 cobs

Purchase Date: 28.11.2011

Place of Purchase: The Co-operative, Wymondham

Display Until Date:

Best Before Date: 30 Nov

Batch Number: Supplied by M244

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 20.16

Sub-sample Name: Co-operative, corn on the cob

Ingredients: No information

Label claim(s):

Origin: Morocco

Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g (edible portion)	Amount per cob (approx. 225g)
Energy	kJ	240	N/A
Energy	kcal	55	75
Protein	g	2.0	N/A
Carbohydrate	g	9.9	N/A
Sugars	g	1.2	1.6
Starch	g	N/A	N/A
Fat	g	1.0	1.3
Saturates	g	0.1	N/A
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.7	N/A
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	N/A

Sample 21: Cabbage, white, raw

Composite Sample Number: 21
Composite Sample Name: Cabbage, white, raw
Sub-sample Number: 21.1
Sub-sample Name: Tesco, British White Cabbage
Brand: Tesco
Pack size: 1 cabbage
Purchase Date: 03.10.2011
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date: 09 Oct
Best Before Date: 12 Oct
Batch Number: Supplier code PV
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 21.1

Sub-sample Name: Tesco, British White Cabbage

Ingredients: White cabbage

Label claim(s):

Grown in the UK

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 21
Composite Sample Name: Cabbage, white, raw
Sub-sample Number: 21.2
Sub-sample Name: Tesco, British White Cabbage
Brand: Tesco
Pack size: 1 cabbage
Purchase Date: 03.10.2011
Place of Purchase: Tesco, Blue Boar, Norwich
Display Until Date: 07 Oct
Best Before Date: 10 Oct
Batch Number: Supplier code PV
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 21.2

Sub-sample Name: Tesco, British White Cabbage

Ingredients: White cabbage

Label claim(s):

Grown in the UK

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 21
Composite Sample Name: Cabbage, white, raw
Sub-sample Number: 21.3
Sub-sample Name: Asda, British White Cabbage
Brand: Asda
Pack size: 1 cabbage
Purchase Date: 03.10.2011
Place of Purchase: Asda, Norwich
Display Until Date:
Best Before Date:
Batch Number: PLU577 T30000 5
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 21.3

Sub-sample Name: Asda, British White Cabbage

Ingredients: No information

Label claim(s):

Grown in the UK

Natural source of vitamin C

Naturally high in fibre

1 of 5 a day per 2 sliced handfuls

Farmers name George Read

County of origin:Lincs

Class 1

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled)	Amount per 2 sliced handfuls (80g)
Energy	kJ	116	N/A
Energy	kcal	27	N/A
Protein	g	1.4	N/A
Carbohydrate	g	5.0	N/A
Sugars	g	4.9	N/A
Starch	g	N/A	N/A
Fat	g	0.2	N/A
Saturates	g	Tr	N/A
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.1	N/A
Salt equivalent	g	Nil	N/A
Sodium	g	Nil	N/A
Vitamin C	mg	20.2	16.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 21
Composite Sample Name: Cabbage, white, raw
Sub-sample Number: 21.4
Sub-sample Name: Asda, British White Cabbage
Brand: Asda
Pack size: 1 cabbage
Purchase Date: 03.10.2011
Place of Purchase: Asda, Norwich
Display Until Date:
Best Before Date:
Batch Number: PLU577 T30000 4&5
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 21.4

Sub-sample Name: Asda, British White Cabbage

Ingredients: No information

Label claim(s):

Grown in the UK

Natural source of vitamin C

Naturally high in fibre

1 of 5 a day per 2 sliced handfuls

Farmers name George Read

County of origin:Lincs

Class 1

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled)	Amount per 2 sliced handfuls (80g)
Energy	kJ	116	N/A
Energy	kcal	27	N/A
Protein	g	1.4	N/A
Carbohydrate	g	5.0	N/A
Sugars	g	4.9	N/A
Starch	g	N/A	N/A
Fat	g	0.2	N/A
Saturates	g	Tr	N/A
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.1	N/A
Salt equivalent	g	Nil	N/A
Sodium	g	Nil	N/A
Vitamin C	mg	20.2	16.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 21
Composite Sample Name: Cabbage, white, raw
Sub-sample Number: 21.5
Sub-sample Name: Sainsbury's, White cabbage
Brand: Sainsbury's
Pack size: Loose
Purchase Date: 03.10.2011
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: None
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 21.5

Sub-sample Name: Sainsbury's, White cabbage

Ingredients: No information

Label claim(s):

British

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 21
Composite Sample Name: Cabbage, white, raw
Sub-sample Number: 21.6
Sub-sample Name: Morrisons, White Cabbage
Brand: Morrisons
Pack size: 1 cabbage
Purchase Date: 03.10.2011
Place of Purchase: Morrisons, Norwich
Display Until Date: 06 Oct
Best Before Date: 08 Oct
Batch Number: 17729-TH1VEG-2 27511MD 05:30
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 21.6

Sub-sample Name: Morrisons, White Cabbage

Ingredients: No information

Label claim(s):

UK Lincs

Class1

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 21
Composite Sample Name: Cabbage, white, raw
Sub-sample Number: 21.7
Sub-sample Name: Co-op, White cabbage, loose
Brand: Co-op
Pack size: Loose
Purchase Date: 03.10.2011
Place of Purchase: The Co-operative, Earlham Green Lane, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: None
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 21.7

Sub-sample Name: Co-op, White cabbage, loose

Ingredients: No information

Label claim(s):

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 21
Composite Sample Name: Cabbage, white, raw
Sub-sample Number: 21.8
Sub-sample Name: Aldi, White cabbage
Brand: Aldi
Pack size: 1 cabbage
Purchase Date: 03.10.2011
Place of Purchase: Aldi, Norwich
Display Until Date:
Best Before Date:
Batch Number: Lot code: 40 03
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 21.8

Sub-sample Name: Aldi, White cabbage

Ingredients: No information

Label claim(s):

Produce of: Lincs UK

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 21
Composite Sample Name: Cabbage, white, raw
Sub-sample Number: 21.9
Sub-sample Name: Market white cabbage
Brand:
Pack size: Loose
Purchase Date: 03.10.2011
Place of Purchase: Independent market stall, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: None
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 21.9

Sub-sample Name: Market white cabbage

Ingredients: No information

Label claim(s):

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 21
Composite Sample Name: Cabbage, white, raw
Sub-sample Number: 21.10
Sub-sample Name: White cabbage
Brand: DE Brand & Sons
Pack size: 2 cabbages
Purchase Date: 03.10.2011
Place of Purchase: Makro, Norwich
Display Until Date:
Best Before Date:
Batch Number: Date code 273 Supp no 24477
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 21.10

Sub-sample Name: White cabbage

Ingredients: No information

Label claim(s):

Class 1

Grown and packed by DE Brand & Sons, Lincs

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 21
Composite Sample Name: Cabbage, white, raw
Sub-sample Number: 21.11
Sub-sample Name: Tesco, British white cabbage
Brand: Tesco
Pack size: 1 cabbage
Purchase Date: 09.01.2012
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date: 14 Jan
Best Before Date: 17 Jan
Batch Number: PV bar code 3050
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 21.11

Sub-sample Name: Tesco, British white cabbage

Ingredients: White cabbage

Label claim(s):

Grown in UK

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	116
Energy	kcal	27
Protein	g	1.4
Carbohydrate	g	5.0
Sugars	g	4.9
Starch	g	N/A
Fat	g	0.2
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2.1
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 21
Composite Sample Name: Cabbage, white, raw
Sub-sample Number: 21.12
Sub-sample Name: Tesco, British white cabbage
Brand: Tesco
Pack size: 1 cabbage
Purchase Date: 09.01.2012
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date: 09 Jan
Best Before Date: 12 Jan
Batch Number: PV bar code 3050
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 21.12

Sub-sample Name: Tesco, British white cabbage

Ingredients: White cabbage

Label claim(s):

Grown in UK

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	116
Energy	kcal	27
Protein	g	1.4
Carbohydrate	g	5.0
Sugars	g	4.9
Starch	g	N/A
Fat	g	0.2
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2.1
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 21
Composite Sample Name: Cabbage, white, raw
Sub-sample Number: 21.13
Sub-sample Name: Asda, British white cabbage
Brand: Asda
Pack size: 1 cabbage
Purchase Date: 09.01.2012
Place of Purchase: Asda, Norwich
Display Until Date:
Best Before Date:
Batch Number: 5 PLU577 730000
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 21.13

Sub-sample Name: Asda, British white cabbage

Ingredients: No information

Label claim(s):

County of origin: Lincs

Farmers name: George Read

Class I

Natural source of vitamin C

Naturally high in fibre

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled)	Amount per 2 sliced handfuls (80g) (boiled)
Energy	kJ	116	94
Energy	kcal	27	22
Protein	g	1.4	1.1
Carbohydrate	g	5.0	4.0
Sugars	g	4.9	3.9
Starch	g	N/A	N/A
Fat	g	0.2	0.2
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.1	1.7
Salt equivalent	g	Nil	Nil
Sodium	g	Nil	Nil

Nutrient analysis of fruit and vegetables

Composite Sample Number: 21
Composite Sample Name: Cabbage, white, raw
Sub-sample Number: 21.14
Sub-sample Name: Asda, British white cabbage
Brand: Asda
Pack size: 1 cabbage
Purchase Date: 09.01.2012
Place of Purchase: Asda, Norwich
Display Until Date:
Best Before Date:
Batch Number: PLU577 730000
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 21.14

Sub-sample Name: Asda, British white cabbage

Ingredients: No information

Label claim(s):

County of origin: Lincs

Farmers name: George Read

Class I

Natural source of vitamin C

Naturally high in fibre

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled)	Amount per 2 sliced handfuls (80g) (boiled)
Energy	kJ	116	94
Energy	kcal	27	22
Protein	g	1.4	1.1
Carbohydrate	g	5.0	4.0
Sugars	g	4.9	3.9
Starch	g	N/A	N/A
Fat	g	0.2	0.2
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.1	1.7
Salt equivalent	g	Nil	Nil
Sodium	g	Nil	Nil

Nutrient analysis of fruit and vegetables

Composite Sample Number: 21
Composite Sample Name: Cabbage, white, raw
Sub-sample Number: 21.15
Sub-sample Name: White cabbage (Sainsbury's)
Brand:
Pack size: Whole cabbage loose
Purchase Date: 09.01.2012
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date:
Best Before Date:
Batch Number: 7092
Packaging: None
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 21.15

Sub-sample Name: White cabbage (Sainsbury's)

Ingredients: No information

Label claim(s):

UK

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 21
Composite Sample Name: Cabbage, white, raw
Sub-sample Number: 21.16
Sub-sample Name: Morrisons, White cabbage
Brand: Morrisons
Pack size: 1/2 cabbage
Purchase Date: 09.01.2012
Place of Purchase: Morrisons, Norwich
Display Until Date: 12 Jan
Best Before Date: 14 Jan
Batch Number: 32220-TH1-VEG2C 00712GR [clock]10:29
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 21.16

Sub-sample Name: Morrisons, White cabbage

Ingredients: White cabbage

Label claim(s):

UK Lincs

Class I

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	113
Energy	kcal	27
Protein	g	1.4
Carbohydrate	g	5
Sugars	g	4.9
Starch	g	N/A
Fat	g	0.2
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2.1
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 21
Composite Sample Name: Cabbage, white, raw
Sub-sample Number: 21.17
Sub-sample Name: White cabbage (Lidl)
Brand:
Pack size: Whole cabbage loose
Purchase Date: 09.01.2012
Place of Purchase: Lidl, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 21.17

Sub-sample Name: White cabbage (Lidl)

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 21
Composite Sample Name: Cabbage, white, raw
Sub-sample Number: 21.18
Sub-sample Name: Market white cabbage
Brand:
Pack size: Loose whole cabbage
Purchase Date: 09.01.2012
Place of Purchase: Independent market stall, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: None
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 21.18

Sub-sample Name: Market white cabbage

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 21
Composite Sample Name: Cabbage, white, raw
Sub-sample Number: 21.19
Sub-sample Name: White cabbage
Brand: D.E. Brand & Sons Ltd
Pack size: 2 cabbages
Purchase Date: 09.01.2012
Place of Purchase: Makro, Norwich
Display Until Date: Date code: 003
Best Before Date:
Batch Number: Art no: 364558 Supp no: 24477
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 21.19

Sub-sample Name: White cabbage

Ingredients: No information

Label claim(s):

Class I

Origin: UK

Grown and packed by: DE Brand & Sons Ltd Lincs

Nutrient Information: No information

Sample 22: Cabbage, green, raw

Composite Sample Number: 22
Composite Sample Name: Cabbage, green, raw
Sub-sample Number: 22.1
Sub-sample Name: Tesco, Lincolnshire green cabbage
Brand: Tesco
Pack size:
Purchase Date: 17.10.2011
Place of Purchase: Tesco, Dereham
Display Until Date: 21 Oct
Best Before Date: 23 Oct
Batch Number: PV 002339284
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 22.1

Sub-sample Name: Tesco, Lincolnshire green cabbage

Ingredients: Green cabbage

Label claim(s):

UK

Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/100g typical serving
Energy	kJ	113	113
Energy	kcal	27	27
Protein	g	1.7	1.7
Carbohydrate	g	4.1	4.1
Sugars	g	4.0	4.0
Starch	g	N/A	N/A
Fat	g	0.4	0.4
Saturates	g	0.1	0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.4	2.4
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr
Vitamin C	mg	49.0	49.0
Folic Acid	µg	75.0	75.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 22
Composite Sample Name: Cabbage, green, raw
Sub-sample Number: 22.2
Sub-sample Name: Tesco, Lincolnshire sweetheart cabbage
Brand: Tesco
Pack size:
Purchase Date: 17.10.2011
Place of Purchase: Tesco, Dereham
Display Until Date: 21 Oct
Best Before Date: 23 Oct
Batch Number: PV 004194517
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 22.2

Sub-sample Name: Tesco, Lincolnshire sweetheart cabbage

Ingredients: Lincolnshire sweetheart cabbage

Label claim(s):

UK

Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/100g typical serving
Energy	kJ	113	113
Energy	kcal	27	27
Protein	g	1.7	1.7
Carbohydrate	g	4.1	4.1
Sugars	g	4.0	4.0
Starch	g	N/A	N/A
Fat	g	0.4	0.4
Saturates	g	0.1	0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.4	2.4
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 22
Composite Sample Name: Cabbage, green, raw
Sub-sample Number: 22.3
Sub-sample Name: Asda, British tenderheart cabbage
Brand: Asda
Pack size:
Purchase Date: 17.10.2011
Place of Purchase: Asda, Norwich
Display Until Date: 21 Oct
Best Before Date: 23 Oct
Batch Number: 730000 04358585
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 22.3

Sub-sample Name: Asda, British tenderheart cabbage

Ingredients: No information

Label claim(s):

Origin: Lincs, UK

Class 1

Natural source of vitamin C

Naturally high in fibre

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled)	Amount/80g serving (boiled)
Energy	kJ	69	55
Energy	kcal	16	13
Protein	g	1.0	0.8
Carbohydrate	g	2.2	1.8
Sugars	g	2.0	1.6
Starch	g	N/A	N/A
Fat	g	0.4	0.3
Saturates	g	0.1	0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.3	1.8
Salt equivalent	g	0.0	0.0
Sodium	g	0.0	0.0
Vitamin C	mg	20	16

Nutrient analysis of fruit and vegetables

Composite Sample Number: 22
Composite Sample Name: Cabbage, green, raw
Sub-sample Number: 22.4
Sub-sample Name: Asda, British green cabbage
Brand: Asda
Pack size:
Purchase Date: 17.10.2011
Place of Purchase: Asda, Norwich
Display Until Date:
Best Before Date:
Batch Number: 730000 005181559
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 22.4

Sub-sample Name: Asda, British green cabbage

Ingredients: No information

Label claim(s):

Natural source of vitamin C

Naturally high in fibre

Class II

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled)	Amount/80g serving (boiled)
Energy	kJ	69	55
Energy	kcal	16	13
Protein	g	1.0	0.8
Carbohydrate	g	2.2	1.8
Sugars	g	2.0	1.6
Starch	g	N/A	N/A
Fat	g	0.4	0.3
Saturates	g	0.1	0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.3	1.8
Salt equivalent	g	0.0	0.0
Sodium	g	0.0	0.0
Vitamin C	mg	20	16

Nutrient analysis of fruit and vegetables

Composite Sample Number: 22
Composite Sample Name: Cabbage, green, raw
Sub-sample Number: 22.5
Sub-sample Name: Sainsbury's, British savoy cabbage
Brand: Sainsbury's
Pack size:
Purchase Date: 17.10.2011
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date: 20 Oct
Best Before Date: 22 Oct
Batch Number: M0259Q
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 22.5

Sub-sample Name: Sainsbury's, British savoy cabbage

Ingredients: No information

Label claim(s):

Grown in Lincs UK

Grown by A.E. Lenton

Produced in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g (raw)
Energy	kJ	112
Energy	kcal	26
Protein	g	1.8
Carbohydrate	g	3.9
Sugars	g	3.8
Starch	g	N/A
Fat	g	0.4
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2.4
Salt equivalent	g	Tr
Sodium	g	Tr
Folic acid	µg	75

Nutrient analysis of fruit and vegetables

Composite Sample Number: 22
Composite Sample Name: Cabbage, green, raw
Sub-sample Number: 22.6
Sub-sample Name: Morrisons, green cabbage
Brand: Morrisons
Pack size:
Purchase Date: 17.10.2011
Place of Purchase: Morrisons, Norwich
Display Until Date: 19 Oct
Best Before Date: 21 Oct
Batch Number: 20306-TH1-VEG2A 28811AB 02:07
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 22.6

Sub-sample Name: Morrisons, green cabbage

Ingredients: No information

Label claim(s):

UK Lincs

Class 2

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	109
Energy	kcal	26
Protein	g	1.7
Carbohydrate	g	4.1
Sugars	g	4.0
Starch	g	N/A
Fat	g	0.4
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2.4
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 22

Composite Sample Name: Cabbage, green, raw

Sub-sample Number: 22.7

Sub-sample Name: The Co-operative, green cabbage

Brand: The Co-operative

Pack size:

Purchase Date: 17.10.2011

Place of Purchase: The Co-operative, Earlham Green Lane, Norwich

Display Until Date: 22 Oct

Best Before Date: 26 Oct

Batch Number: M233

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 22.7

Sub-sample Name: Co-operative, green cabbage

Ingredients: No information

Label claim(s):

Origin: UK, Lincs

Class 1

Produce of UK

Packed in UK

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/2 handfuls of shredded cabbage (approx. 80g)
Energy	kJ	110	90
Energy	kcal	25	20
Protein	g	1.7	1.4
Carbohydrate	g	4.1	3.3
Sugars	g	4.0	3.2
Starch	g	N/A	N/A
Fat	g	0.4	0.3
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.3	1.8
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 22
Composite Sample Name: Cabbage, green, raw
Sub-sample Number: 22.8
Sub-sample Name: Oaklands, British savoy cabbage
Brand: Oaklands
Pack size:
Purchase Date: 17.10.2011
Place of Purchase: Lidl, Norwich
Display Until Date:
Best Before Date:
Batch Number: W1332(3) 4104 005021555
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 22.8

Sub-sample Name: Oaklands, British savoy cabbage

Ingredients: British savoy cabbage

Label claim(s):

Produce of UK
Class 1
High in Vitamin C
High in Folic Acid

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/80g serving
Energy	kJ	113	N/A
Energy	kcal	27	22
Protein	g	1.7	N/A
Carbohydrate	g	4.1	N/A
Sugars	g	4.0	3.0
Starch	g	N/A	N/A
Fat	g	0.4	0.3
Saturates	g	0.1	0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.4	N/A
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	N/A
Folic acid	µg	75	N/A
Vitamin C	mg	49	N/A

Nutrient analysis of fruit and vegetables

Composite Sample Number: 22
Composite Sample Name: Cabbage, green, raw
Sub-sample Number: 22.9
Sub-sample Name: Tesco, Market Value, green cabbage
Brand: Tesco Market Value
Pack size:
Purchase Date: 17.10.2011
Place of Purchase: Tesco, Dereham
Display Until Date: 20 Oct
Best Before Date:
Batch Number: Supplier code: PV
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 22.9

Sub-sample Name: Tesco, Market Value, green cabbage

Ingredients: Cabbage

Label claim(s):

Grown in UK

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	113
Energy	kcal	27
Protein	g	1.7
Carbohydrate	g	4.1
Sugars	g	4.0
Starch	g	N/A
Fat	g	0.4
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2.4
Salt equivalent	g	Tr
Sodium	g	Tr
Vitamin C	mg	49.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 22
Composite Sample Name: Cabbage, green, raw
Sub-sample Number: 22.10
Sub-sample Name: Greengrocer savoy cabbage
Brand:
Pack size:
Purchase Date: 17.10.2011
Place of Purchase: Independent greengrocer, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging:
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 22.10

Sub-sample Name: Greengrocer savoy cabbage

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 22
Composite Sample Name: Cabbage, green, raw
Sub-sample Number: 22.11
Sub-sample Name: Farm Fresh, savoy cabbage
Brand: Farm Fresh
Pack size: 2
Purchase Date: 17.10.2011
Place of Purchase: Booker, Norwich
Display Until Date:
Best Before Date:
Batch Number: 30/4 A22511
Packaging: Plastic
Sample Condition As Purchased: Refrigerated
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 22.11

Sub-sample Name: Farm Fresh, savoy cabbage

Ingredients: No information

Label claim(s):

Class1

UK

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 22
Composite Sample Name: Cabbage, green, raw
Sub-sample Number: 22.12
Sub-sample Name: Tesco, Lincolnshire green cabbage
Brand: Tesco
Pack size:
Purchase Date: 09.01.2012
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date: 13 Jan
Best Before Date: 15 Jan
Batch Number: 002718423
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 22.12

Sub-sample Name: Tesco, Lincolnshire green cabbage

Ingredients: Green cabbage

Label claim(s):

UK

Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/100g typical serving
Energy	kJ	113	113
Energy	kcal	27	27
Protein	g	1.7	1.7
Carbohydrate	g	4.1	4.1
Sugars	g	4.0	4.0
Starch	g	N/A	N/A
Fat	g	0.4	0.4
Saturates	g	0.1	0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.4	2.4
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr
Folic acid	µg	75.0	75.0
Vitamin C	mg	49.0	49.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 22
Composite Sample Name: Cabbage, green, raw
Sub-sample Number: 22.13
Sub-sample Name: Tesco, Lincolnshire sweetheart cabbage
Brand: Tesco
Pack size:
Purchase Date: 09.01.2012
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date: 12 Jan
Best Before Date: 13 Jan
Batch Number: PV
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 22.13

Sub-sample Name: Tesco, Lincolnshire sweetheart cabbage

Ingredients: Lincolnshire sweetheart cabbage

Label claim(s):

UK

Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/100g typical serving
Energy	kJ	113	113
Energy	kcal	27	27
Protein	g	1.7	1.7
Carbohydrate	g	4.1	4.1
Sugars	g	4.0	4.0
Starch	g	N/A	N/A
Fat	g	0.4	0.4
Saturates	g	0.1	0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.4	2.4
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr
Folic acid	µg	75.0	75.0
Vitamin C	mg	49.0	49.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 22
Composite Sample Name: Cabbage, green, raw
Sub-sample Number: 22.14
Sub-sample Name: Asda, savoy cabbage
Brand: Asda
Pack size:
Purchase Date: 09.01.2012
Place of Purchase: Asda, Norwich
Display Until Date:
Best Before Date:
Batch Number: 730000 2 002727883
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 22.14

Sub-sample Name: Asda, savoy cabbage

Ingredients: No information

Label claim(s):

Origin: Lincs, UK

Natural source of vitamin C

Naturally high in fibre

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled)	Amount/80g serving (boiled)
Energy	kJ	69	55
Energy	kcal	16	13
Protein	g	1.0	0.8
Carbohydrate	g	2.2	1.8
Sugars	g	2.0	1.6
Starch	g	N/A	N/A
Fat	g	0.4	0.3
Saturates	g	0.1	0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.3	1.8
Salt equivalent	g	0.0	0.0
Sodium	g	0.0	0.0
Vitamin C	mg	20	16

Nutrient analysis of fruit and vegetables

Composite Sample Number: 22

Composite Sample Name: Cabbage, green, raw

Sub-sample Number: 22.15

Sub-sample Name: Asda, tenderheart cabbage

Brand: Asda

Pack size:

Purchase Date: 09.01.2012

Place of Purchase: Asda, Norwich

Display Until Date:

Best Before Date:

Batch Number: 730000 6 003199285 (back of bag)

Packaging: Plastic (open)

Sample Condition As Purchased: Ambient

Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 22.15

Sub-sample Name: Asda, tenderheart cabbage

Ingredients: No information

Label claim(s):

Origin: Lincs, UK

Natural source of vitamin C

Naturally high in fibre

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled)	Amount/80g serving (boiled)
Energy	kJ	69	55
Energy	kcal	16	13
Protein	g	1.0	0.8
Carbohydrate	g	2.2	1.8
Sugars	g	2.0	1.6
Starch	g	N/A	N/A
Fat	g	0.4	0.3
Saturates	g	0.1	0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.3	1.8
Salt equivalent	g	0.0	0.0
Sodium	g	0.0	0.0
Vitamin C	mg	20	16

Nutrient analysis of fruit and vegetables

Composite Sample Number: 22
Composite Sample Name: Cabbage, green, raw
Sub-sample Number: 22.16
Sub-sample Name: Sainsbury's, green cabbage
Brand: Sainsbury's
Pack size:
Purchase Date: 09.01.2012
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date:
Best Before Date: 12 Jan
Batch Number: SO249
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 22.16

Sub-sample Name: Sainsbury's, green cabbage

Ingredients: No information

Label claim(s):

Lincs, UK

Grown by George Read

Produced in the UK

Source of folic acid

Nutrient Information:

Nutrient	Unit	Amount/100g (raw)
Energy	kJ	112
Energy	kcal	26
Protein	g	1.8
Carbohydrate	g	3.9
Sugars	g	3.8
Starch	g	N/A
Fat	g	0.4
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2.4
Salt equivalent	g	Tr
Sodium	g	Tr
Folic acid	µg	75

Nutrient analysis of fruit and vegetables

Composite Sample Number: 22
Composite Sample Name: Cabbage, green, raw
Sub-sample Number: 22.17
Sub-sample Name: Morrisons, savoy cabbage
Brand: Morrisons
Pack size:
Purchase Date: 09.01.2012
Place of Purchase: Morrisons, Norwich
Display Until Date: 11 Jan
Best Before Date: 13 Jan
Batch Number: 32241-TH1-VEG1E 00712NZ 11:58
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 22.17

Sub-sample Name: Morrisons, savoy cabbage

Ingredients: Savoy cabbage

Label claim(s):

Lincs, UK

Class 2

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	109
Energy	kcal	26
Protein	g	1.7
Carbohydrate	g	4.1
Sugars	g	4.0
Starch	g	N/A
Fat	g	0.4
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2.4
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 22
Composite Sample Name: Cabbage, green, raw
Sub-sample Number: 22.18
Sub-sample Name: The Co-operative, sweetheart cabbage
Brand: The Co-operative
Pack size:
Purchase Date: 09.01.2012
Place of Purchase: The Co-operative, Wymondham
Display Until Date:
Best Before Date: 15 Jan
Batch Number: M233
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 22.18

Sub-sample Name: The Co-operative, sweetheart cabbage

Ingredients: No information

Label claim(s):

Spain

Class I

Packed in the UK

Produce of various countries

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/ 2 handfuls of shredded cabbage (approx. 80g)
Energy	kJ	120	90
Energy	kcal	25	20
Protein	g	1.4	1.1
Carbohydrate	g	5.0	4.0
Sugars	g	4.9	3.9
Starch	g	N/A	N/A
Fat	g	0.2	0.2
Saturates	g	0.1	0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.3	1.8
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 22
Composite Sample Name: Cabbage, green, raw
Sub-sample Number: 22.19
Sub-sample Name: Iceland, green cabbage
Brand: Iceland
Pack size:
Purchase Date: 09.01.2012
Place of Purchase: Iceland, Norwich
Display Until Date: 12 Jan
Best Before Date:
Batch Number: 462 004
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 22.19

Sub-sample Name: Iceland, green cabbage

Ingredients: Savoy cabbage

Label claim(s):

Savoy
Class I
Cornwall, UK

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled in unsalted water)
Energy	kJ	70
Energy	kcal	15
Protein	g	1.0
Carbohydrate	g	2.2
Sugars	g	2.0
Starch	g	N/A
Fat	g	0.4
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.8
Salt	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 22

Composite Sample Name: Cabbage, green, raw

Sub-sample Number: 22.20

Sub-sample Name: Tesco, Market Value, green cabbage

Brand: Tesco Market Value

Pack size:

Purchase Date: 09.01.2012

Place of Purchase: Tesco, Blue Boar Road, Norwich

Display Until Date: 13 Jan

Best Before Date:

Batch Number: Supplier code: PV

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 22.20

Sub-sample Name: Tesco, Market Value, green cabbage

Ingredients: Cabbage

Label claim(s):

UK

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	113
Energy	kcal	27
Protein	g	1.7
Carbohydrate	g	4.1
Sugars	g	4.0
Starch	g	N/A
Fat	g	0.4
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2.4
Salt equivalent	g	Tr
Sodium	g	Tr
Vitamin C	mg	49

Nutrient analysis of fruit and vegetables

Composite Sample Number: 22
Composite Sample Name: Cabbage, green, raw
Sub-sample Number: 22.21
Sub-sample Name: Market savoy cabbage
Brand:
Pack size:
Purchase Date: 09.01.2012
Place of Purchase: Independent market stall, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging:
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 22.21

Sub-sample Name: Market savoy cabbage

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 22
Composite Sample Name: Cabbage, green, raw
Sub-sample Number: 22.22
Sub-sample Name: Makro, savoy cabbage
Brand: Makro
Pack size:
Purchase Date: 09.01.2012
Place of Purchase: Makro, Norwich
Display Until Date:
Best Before Date:
Batch Number: Art no: 364519 supp no: 24477 date code: 003
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 22.22

Sub-sample Name: Makro, savoy cabbage

Ingredients: No information

Label claim(s):

Class 1

Origin: UK

Grown and packed by D.E. Brand & Sons Ltd, Lincs

Nutrient Information: No information

Sample 23: Cabbage, green, boiled

Composite Sample Number: 23
Composite Sample Name: Cabbage, green, boiled
Sub-sample Number: 23.1
Sub-sample Name: Tesco, Lincolnshire green cabbage
Brand: Tesco
Pack size:
Purchase Date: 17.10.2011
Place of Purchase: Tesco, Dereham
Display Until Date: 21 Oct
Best Before Date: 23 Oct
Batch Number: PV 002339284
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 23.1

Sub-sample Name: Tesco, Lincolnshire green cabbage

Ingredients: Green cabbage

Label claim(s):

UK

Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/100g typical serving
Energy	kJ	113	113
Energy	kcal	27	27
Protein	g	1.7	1.7
Carbohydrate	g	4.1	4.1
Sugars	g	4.0	4.0
Starch	g	N/A	N/A
Fat	g	0.4	0.4
Saturates	g	0.1	0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.4	2.4
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr
Vitamin C	mg	49.0	49.0
Folic Acid	µg	75.0	75.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 23
Composite Sample Name: Cabbage, green, boiled
Sub-sample Number: 23.2
Sub-sample Name: Tesco, Lincolnshire sweetheart cabbage
Brand: Tesco
Pack size:
Purchase Date: 17.10.2011
Place of Purchase: Tesco, Dereham
Display Until Date: 21 Oct
Best Before Date: 23 Oct
Batch Number: PV 004194517
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 23.2

Sub-sample Name: Tesco, Lincolnshire sweetheart cabbage

Ingredients: Lincolnshire sweetheart cabbage

Label claim(s):

UK

Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/100g typical serving
Energy	kJ	113	113
Energy	kcal	27	27
Protein	g	1.7	1.7
Carbohydrate	g	4.1	4.1
Sugars	g	4.0	4.0
Starch	g	N/A	N/A
Fat	g	0.4	0.4
Saturates	g	0.1	0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.4	2.4
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 23
Composite Sample Name: Cabbage, green, boiled
Sub-sample Number: 23.3
Sub-sample Name: Asda, British tenderheart cabbage
Brand: Asda
Pack size:
Purchase Date: 17.10.2011
Place of Purchase: Asda, Norwich
Display Until Date: 21 Oct
Best Before Date: 23 Oct
Batch Number: 730000 04358585
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 23.3

Sub-sample Name: Asda, British tenderheart cabbage

Ingredients: No information

Label claim(s):

Origin: Lincs, UK

Class 1

Natural source of vitamin C

Naturally high in fibre

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled)	Amount/80g serving (boiled)
Energy	kJ	69	55
Energy	kcal	16	13
Protein	g	1.0	0.8
Carbohydrate	g	2.2	1.8
Sugars	g	2.0	1.6
Starch	g	N/A	N/A
Fat	g	0.4	0.3
Saturates	g	0.1	0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.3	1.8
Salt equivalent	g	0.0	0.0
Sodium	g	0.0	0.0
Vitamin C	mg	20	16

Nutrient analysis of fruit and vegetables

Composite Sample Number: 23
Composite Sample Name: Cabbage, green, boiled
Sub-sample Number: 23.4
Sub-sample Name: Asda, British green cabbage
Brand: Asda
Pack size:
Purchase Date: 17.10.2011
Place of Purchase: Asda, Norwich
Display Until Date:
Best Before Date:
Batch Number: 730000 005181559
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 23.4

Sub-sample Name: Asda, British green cabbage

Ingredients: No information

Label claim(s):

Natural source of vitamin C

Naturally high in fibre

Class II

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled)	Amount/80g serving (boiled)
Energy	kJ	69	55
Energy	kcal	16	13
Protein	g	1.0	0.8
Carbohydrate	g	2.2	1.8
Sugars	g	2.0	1.6
Starch	g	N/A	N/A
Fat	g	0.4	0.3
Saturates	g	0.1	0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.3	1.8
Salt equivalent	g	0.0	0.0
Sodium	g	0.0	0.0
Vitamin C	mg	20	16

Nutrient analysis of fruit and vegetables

Composite Sample Number: 23
Composite Sample Name: Cabbage, green, boiled
Sub-sample Number: 23.5
Sub-sample Name: Sainsbury's, British savoy cabbage
Brand: Sainsbury's
Pack size:
Purchase Date: 17.10.2011
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date: 20 Oct
Best Before Date: 22 Oct
Batch Number: M0259Q
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 23.5

Sub-sample Name: Sainsbury's, British savoy cabbage

Ingredients: No information

Label claim(s):

Grown in Lincs UK

Grown by A.E. Lenton

Produced in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g (raw)
Energy	kJ	112
Energy	kcal	26
Protein	g	1.8
Carbohydrate	g	3.9
Sugars	g	3.8
Starch	g	N/A
Fat	g	0.4
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2.4
Salt equivalent	g	Tr
Sodium	g	Tr
Folic acid	µg	75

Nutrient analysis of fruit and vegetables

Composite Sample Number: 23
Composite Sample Name: Cabbage, green, boiled
Sub-sample Number: 23.6
Sub-sample Name: Morrisons, green cabbage
Brand: Morrisons
Pack size:
Purchase Date: 17.10.2011
Place of Purchase: Morrisons, Norwich
Display Until Date: 19 Oct
Best Before Date: 21 Oct
Batch Number: 20306-TH1-VEG2A 28811AB 02:07
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 23.6

Sub-sample Name: Morrisons, green cabbage

Ingredients: No information

Label claim(s):

UK Lincs

Class 2

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	109
Energy	kcal	26
Protein	g	1.7
Carbohydrate	g	4.1
Sugars	g	4.0
Starch	g	N/A
Fat	g	0.4
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2.4
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 23
Composite Sample Name: Cabbage, green, boiled
Sub-sample Number: 23.7
Sub-sample Name: The Co-operative, green cabbage
Brand: The Co-operative
Pack size:
Purchase Date: 17.10.2011
Place of Purchase: The Co-operative, Earlham Green Lane, Norwich
Display Until Date: 22 Oct
Best Before Date: 26 Oct
Batch Number: M233
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 23.7

Sub-sample Name: Co-operative, green cabbage

Ingredients: No information

Label claim(s):

Origin: UK, Lincs

Class 1

Produce of UK

Packed in UK

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/2 handfuls of shredded cabbage (approx. 80g)
Energy	kJ	110	90
Energy	kcal	25	20
Protein	g	1.7	1.4
Carbohydrate	g	4.1	3.3
Sugars	g	4.0	3.2
Starch	g	N/A	N/A
Fat	g	0.4	0.3
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.3	1.8
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 23
Composite Sample Name: Cabbage, green, boiled
Sub-sample Number: 23.8
Sub-sample Name: Oaklands, British savoy cabbage
Brand: Oaklands
Pack size:
Purchase Date: 17.10.2011
Place of Purchase: Lidl, Norwich
Display Until Date:
Best Before Date:
Batch Number: W1332(3) 4104 005021555
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 23.8

Sub-sample Name: Oaklands, British savoy cabbage

Ingredients: British savoy cabbage

Label claim(s):

Produce of UK
Class 1
High in Vitamin C
High in Folic Acid

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/80g serving
Energy	kJ	113	N/A
Energy	kcal	27	22
Protein	g	1.7	N/A
Carbohydrate	g	4.1	N/A
Sugars	g	4.0	3.0
Starch	g	N/A	N/A
Fat	g	0.4	0.3
Saturates	g	0.1	0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.4	N/A
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	N/A
Folic acid	µg	75	N/A
Vitamin C	mg	49	N/A

Nutrient analysis of fruit and vegetables

Composite Sample Number: 23
Composite Sample Name: Cabbage, green, boiled
Sub-sample Number: 23.9
Sub-sample Name: Tesco, Market Value, green cabbage
Brand: Tesco Market Value
Pack size:
Purchase Date: 17.10.2011
Place of Purchase: Tesco, Dereham
Display Until Date: 20 Oct
Best Before Date:
Batch Number: Supplier code: PV
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 23.9

Sub-sample Name: Tesco, Market Value, green cabbage

Ingredients: Cabbage

Label claim(s):

Grown in UK

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	113
Energy	kcal	27
Protein	g	1.7
Carbohydrate	g	4.1
Sugars	g	4.0
Starch	g	N/A
Fat	g	0.4
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2.4
Salt equivalent	g	Tr
Sodium	g	Tr
Vitamin C	mg	49.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 23
Composite Sample Name: Cabbage, green, boiled
Sub-sample Number: 23.10
Sub-sample Name: Greengrocer savoy cabbage
Brand:
Pack size:
Purchase Date: 17.10.2011
Place of Purchase: Independent greengrocer, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging:
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 23.10

Sub-sample Name: Greengrocer savoy cabbage

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 23
Composite Sample Name: Cabbage, green, boiled
Sub-sample Number: 23.11
Sub-sample Name: Farm Fresh, savoy cabbage
Brand: Farm Fresh
Pack size: 2
Purchase Date: 17.10.2011
Place of Purchase: Booker, Norwich
Display Until Date:
Best Before Date:
Batch Number: 30/4 A22511
Packaging: Plastic
Sample Condition As Purchased: Refrigerated
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 23.11

Sub-sample Name: Farm Fresh, savoy cabbage

Ingredients: No information

Label claim(s):

Class1

UK

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 23
Composite Sample Name: Cabbage, green, boiled
Sub-sample Number: 23.12
Sub-sample Name: Tesco, Lincolnshire green cabbage
Brand: Tesco
Pack size:
Purchase Date: 09.01.2012
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date: 13 Jan
Best Before Date: 15 Jan
Batch Number: 002718423
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 23.12

Sub-sample Name: Tesco, Lincolnshire green cabbage

Ingredients: Green cabbage

Label claim(s):

UK

Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/100g typical serving
Energy	kJ	113	113
Energy	kcal	27	27
Protein	g	1.7	1.7
Carbohydrate	g	4.1	4.1
Sugars	g	4.0	4.0
Starch	g	N/A	N/A
Fat	g	0.4	0.4
Saturates	g	0.1	0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.4	2.4
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr
Folic acid	µg	75.0	75.0
Vitamin C	mg	49.0	49.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 23
Composite Sample Name: Cabbage, green, boiled
Sub-sample Number: 23.13
Sub-sample Name: Tesco, Lincolnshire sweetheart cabbage
Brand: Tesco
Pack size:
Purchase Date: 09.01.2012
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date: 12 Jan
Best Before Date: 13 Jan
Batch Number: PV
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 23.13

Sub-sample Name: Tesco, Lincolnshire sweetheart cabbage

Ingredients: Lincolnshire sweetheart cabbage

Label claim(s):

UK

Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/100g typical serving
Energy	kJ	113	113
Energy	kcal	27	27
Protein	g	1.7	1.7
Carbohydrate	g	4.1	4.1
Sugars	g	4.0	4.0
Starch	g	N/A	N/A
Fat	g	0.4	0.4
Saturates	g	0.1	0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.4	2.4
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr
Folic acid	µg	75.0	75.0
Vitamin C	mg	49.0	49.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 23
Composite Sample Name: Cabbage, green, boiled
Sub-sample Number: 23.14
Sub-sample Name: Asda, savoy cabbage
Brand: Asda
Pack size:
Purchase Date: 09.01.2012
Place of Purchase: Asda, Norwich
Display Until Date:
Best Before Date:
Batch Number: 730000 2 002727883
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 23.14

Sub-sample Name: Asda, savoy cabbage

Ingredients: No information

Label claim(s):

Origin: Lincs, UK

Natural source of vitamin C

Naturally high in fibre

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled)	Amount/80g serving (boiled)
Energy	kJ	69	55
Energy	kcal	16	13
Protein	g	1.0	0.8
Carbohydrate	g	2.2	1.8
Sugars	g	2.0	1.6
Starch	g	N/A	N/A
Fat	g	0.4	0.3
Saturates	g	0.1	0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.3	1.8
Salt equivalent	g	0.0	0.0
Sodium	g	0.0	0.0
Vitamin C	mg	20	16

Nutrient analysis of fruit and vegetables

Composite Sample Number: 23
Composite Sample Name: Cabbage, green, boiled
Sub-sample Number: 23.15
Sub-sample Name: Asda, tenderheart cabbage
Brand: Asda
Pack size:
Purchase Date: 09.01.2012
Place of Purchase: Asda, Norwich
Display Until Date:
Best Before Date:
Batch Number: 730000 6 003199285 (back of bag)
Packaging: Plastic (open)
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 22.15

Sub-sample Name: Asda, tenderheart cabbage

Ingredients: No information

Label claim(s):

Origin: Lincs, UK

Natural source of vitamin C

Naturally high in fibre

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled)	Amount/80g serving (boiled)
Energy	kJ	69	55
Energy	kcal	16	13
Protein	g	1.0	0.8
Carbohydrate	g	2.2	1.8
Sugars	g	2.0	1.6
Starch	g	N/A	N/A
Fat	g	0.4	0.3
Saturates	g	0.1	0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.3	1.8
Salt equivalent	g	0.0	0.0
Sodium	g	0.0	0.0
Vitamin C	mg	20	16

Nutrient analysis of fruit and vegetables

Composite Sample Number: 23
Composite Sample Name: Cabbage, green, boiled
Sub-sample Number: 23.16
Sub-sample Name: Sainsbury's, green cabbage
Brand: Sainsbury's
Pack size:
Purchase Date: 09.01.2012
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date:
Best Before Date: 12 Jan
Batch Number: SO249
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 23.16

Sub-sample Name: Sainsbury's, green cabbage

Ingredients: No information

Label claim(s):

Lincs, UK

Grown by George Read

Produced in the UK

Source of folic acid

Nutrient Information:

Nutrient	Unit	Amount/100g (raw)
Energy	kJ	112
Energy	kcal	26
Protein	g	1.8
Carbohydrate	g	3.9
Sugars	g	3.8
Starch	g	N/A
Fat	g	0.4
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2.4
Salt equivalent	g	Tr
Sodium	g	Tr
Folic acid	µg	75

Nutrient analysis of fruit and vegetables

Composite Sample Number: 23
Composite Sample Name: Cabbage, green, boiled
Sub-sample Number: 23.17
Sub-sample Name: Morrisons, savoy cabbage
Brand: Morrisons
Pack size:
Purchase Date: 09.01.2012
Place of Purchase: Morrisons, Norwich
Display Until Date: 11 Jan
Best Before Date: 13 Jan
Batch Number: 32241-TH1-VEG1E 00712NZ 11:58
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 23.17

Sub-sample Name: Morrisons, savoy cabbage

Ingredients: Savoy cabbage

Label claim(s):

Lincs, UK

Class 2

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	109
Energy	kcal	26
Protein	g	1.7
Carbohydrate	g	4.1
Sugars	g	4.0
Starch	g	N/A
Fat	g	0.4
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2.4
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 23
Composite Sample Name: Cabbage, green, boiled
Sub-sample Number: 23.18
Sub-sample Name: The Co-operative, sweetheart cabbage
Brand: The Co-operative
Pack size:
Purchase Date: 09.01.2012
Place of Purchase: The Co-operative, Wymondham
Display Until Date:
Best Before Date: 15 Jan
Batch Number: M233
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 23.18

Sub-sample Name: The Co-operative, sweetheart cabbage

Ingredients: No information

Label claim(s):

Spain

Class I

Packed in the UK

Produce of various countries

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/ 2 handfuls of shredded cabbage (approx. 80g)
Energy	kJ	120	90
Energy	kcal	25	20
Protein	g	1.4	1.1
Carbohydrate	g	5.0	4.0
Sugars	g	4.9	3.9
Starch	g	N/A	N/A
Fat	g	0.2	0.2
Saturates	g	0.1	0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.3	1.8
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 23
Composite Sample Name: Cabbage, green, boiled
Sub-sample Number: 22.19
Sub-sample Name: Iceland, green cabbage
Brand: Iceland
Pack size:
Purchase Date: 09.01.2012
Place of Purchase: Iceland, Norwich
Display Until Date: 12 Jan
Best Before Date:
Batch Number: 462 004
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 23.19

Sub-sample Name: Iceland, green cabbage

Ingredients: Savoy cabbage

Label claim(s):

Savoy
Class I
Cornwall, UK

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled in unsalted water)
Energy	kJ	70
Energy	kcal	15
Protein	g	1.0
Carbohydrate	g	2.2
Sugars	g	2.0
Starch	g	N/A
Fat	g	0.4
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.8
Salt	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 23
Composite Sample Name: Cabbage, green, boiled
Sub-sample Number: 23.20
Sub-sample Name: Tesco, Market Value, green cabbage
Brand: Tesco Market Value
Pack size:
Purchase Date: 09.01.2012
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date: 13 Jan
Best Before Date:
Batch Number: Supplier code: PV
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 23.20

Sub-sample Name: Tesco, Market Value, green cabbage

Ingredients: Cabbage

Label claim(s):

UK

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	113
Energy	kcal	27
Protein	g	1.7
Carbohydrate	g	4.1
Sugars	g	4.0
Starch	g	N/A
Fat	g	0.4
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2.4
Salt equivalent	g	Tr
Sodium	g	Tr
Vitamin C	mg	49

Nutrient analysis of fruit and vegetables

Composite Sample Number: 23
Composite Sample Name: Cabbage, green, boiled
Sub-sample Number: 23.21
Sub-sample Name: Market savoy cabbage
Brand:
Pack size:
Purchase Date: 09.01.2012
Place of Purchase: Independent market stall, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging:
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 23.21

Sub-sample Name: Market savoy cabbage

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 23
Composite Sample Name: Cabbage, green, boiled
Sub-sample Number: 23.22
Sub-sample Name: Makro, savoy cabbage
Brand: Makro
Pack size:
Purchase Date: 09.01.2012
Place of Purchase: Makro, Norwich
Display Until Date:
Best Before Date:
Batch Number: Art no: 364519 supp no: 24477 date code: 003
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 23.22

Sub-sample Name: Makro, savoy cabbage

Ingredients: No information

Label claim(s):

Class 1

Origin: UK

Grown and packed by D.E. Brand & Sons Ltd, Lincs

Nutrient Information: No information

Sample 24: Cauliflower, raw

Composite Sample Number: 24
Composite Sample Name: Cauliflower, raw
Sub-sample Number: 24.1
Sub-sample Name: Tesco, Lincolnshire extra large cauliflower
Brand: Tesco
Pack size:
Purchase Date: 17.10.2011
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date: 20 Oct
Best Before Date:
Batch Number: Supplier code: CE
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 24.1

Sub-sample Name: Tesco, Lincolnshire extra large cauliflower

Ingredients: Extra large cauliflower

Label claim(s):

Grown in UK

Locally farmed

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	146
Energy	kcal	35
Protein	g	3.6
Carbohydrate	g	3.0
Sugars	g	2.5
Starch	g	N/A
Fat	g	0.9
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.8
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 24
Composite Sample Name: Cauliflower, raw
Sub-sample Number: 24.2
Sub-sample Name: Tesco, Lincolnshire cauliflower
Brand: Tesco
Pack size:
Purchase Date: 17.10.2011
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date: 21 Oct
Best Before Date: 23 Oct
Batch Number: Supplier code: CE 003892330
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 24.2

Sub-sample Name: Tesco, Lincolnshire cauliflower

Ingredients: Cauliflower

Label claim(s):

Origin: UK

Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	146
Energy	kcal	35
Protein	g	3.6
Carbohydrate	g	3.0
Sugars	g	2.5
Starch	g	N/A
Fat	g	0.9
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.8
Salt equivalent	g	Tr
Sodium	g	Tr
Folic acid	µg	66
Vitamin C	mg	43

Nutrient analysis of fruit and vegetables

Composite Sample Number: 24
Composite Sample Name: Cauliflower, raw
Sub-sample Number: 24.3
Sub-sample Name: Asda, British cauliflower
Brand: Asda
Pack size:
Purchase Date: 17.10.2011
Place of Purchase: Asda, Norwich
Display Until Date: 21 Oct
Best Before Date: 23 Oct
Batch Number: 730000
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 24.3

Sub-sample Name: Asda, British cauliflower

Ingredients: No information

Label claim(s):

UK/Lincs

Class II

Naturally high in vitamin C

Natural source of folic acid

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled)	Amount/8 florets (boiled)
Energy	kJ	118	94
Energy	kcal	28	22
Protein	g	2.9	2.3
Carbohydrate	g	2.1	1.7
Sugars	g	1.8	1.4
Starch	g	N/A	N/A
Fat	g	0.9	0.7
Saturates	g	0.2	0.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.6	1.3
Salt equivalent	g	0.0	0.0
Sodium	g	0.0	0.0
Folic acid	µg	51	40.8
Vitamin C	mg	27	21.6

Nutrient analysis of fruit and vegetables

Composite Sample Number: 24
Composite Sample Name: Cauliflower, raw
Sub-sample Number: 24.4
Sub-sample Name: Asda, cauliflower florets
Brand: Asda
Pack size: 400g
Purchase Date: 17.10.2011
Place of Purchase: Asda, Norwich
Display Until Date: 20 Oct
Best Before Date: 22 Oct
Batch Number: 730000
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number:

24.4

Sub-sample Name:

Asda, cauliflower florets

Ingredients: No information

Label claim(s):

Origin: UK/Lincs

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled)	Amount/8 florets (80g)
Energy	kJ	118	N/A
Energy	kcal	28	N/A
Protein	g	2.9	N/A
Carbohydrate	g	2.1	N/A
Sugars	g	1.8	N/A
Starch	g	N/A	N/A
Fat	g	0.9	N/A
Saturates	g	0.2	N/A
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.6	N/A
Salt equivalent	g	0.0	N/A
Sodium	g	0.0	N/A
Folic acid	µg	51	40.8
Vitamin C	mg	27	21.6

Nutrient analysis of fruit and vegetables

Composite Sample Number: 24
Composite Sample Name: Cauliflower, raw
Sub-sample Number: 24.5
Sub-sample Name: Sainsbury's, cauliflower
Brand: Sainsbury's
Pack size:
Purchase Date: 17.10.2011
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 24.5

Sub-sample Name: Sainsbury's, cauliflower

Ingredients: No information

Label claim(s):

High in vitamin C

A source of folic acid

Nutrient Information:

Nutrient	Unit	Amount/100g (raw)
Energy	kJ	144
Energy	kcal	34
Protein	g	3.6
Carbohydrate	g	2.9
Sugars	g	2.5
Starch	g	0.4
Fat	g	0.9
Saturates	g	N/A
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.8
Salt	g	Tr
Folic acid	µg	66
Vitamin C	mg	43

Nutrient analysis of fruit and vegetables

Composite Sample Number: 24
Composite Sample Name: Cauliflower, raw
Sub-sample Number: 24.6
Sub-sample Name: Morrisons, cauliflower
Brand: Morrisons
Pack size:
Purchase Date: 17.10.2011
Place of Purchase: Morrisons, Norwich
Display Until Date: 18 Oct
Best Before Date: 19 Oct
Batch Number: 6321 016223623
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 24.6

Sub-sample Name: Morrisons, cauliflower

Ingredients: Cauliflower

Label claim(s):

Country of origin: Lincs UK

Class I

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	142
Energy	kcal	34
Protein	g	3.6
Carbohydrate	g	3.0
Sugars	g	2.5
Starch	g	N/A
Fat	g	0.9
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.8
Salt	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 24
Composite Sample Name: Cauliflower, raw
Sub-sample Number: 24.7
Sub-sample Name: The Co-operative, cauliflower
Brand: The Co-op
Pack size: 1 cauliflower
Purchase Date: 17.10.2011
Place of Purchase: The Co-operative, Earlham Green Lane, Norwich
Display Until Date: 17 Oct
Best Before Date: 19 Oct
Batch Number: M253
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 24.7

Sub-sample Name: The Co-operative, cauliflower

Ingredients: Cauliflower

Label claim(s):

Produce of UK
Packed in UK

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/8 florets (approx. 80g)
Energy	kJ	150	120
Energy	kcal	35	30
Protein	g	3.6	2.9
Carbohydrate	g	3.0	2.4
Sugars	g	2.5	2.0
Starch	g	N/A	N/A
Fat	g	0.9	0.7
Saturates	g	0.2	0.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.5	2.0
Salt	g	Tr	Tr
Sodium	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 24
Composite Sample Name: Cauliflower, raw
Sub-sample Number: 24.8
Sub-sample Name: Oaklands, British cauliflower
Brand: Oaklands
Pack size:
Purchase Date: 17.10.2011
Place of Purchase: Lidl, Norwich
Display Until Date:
Best Before Date:
Batch Number: W0632(3) 4201 003821355
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 24.8

Sub-sample Name: Oaklands, British cauliflower

Ingredients: No information

Label claim(s):

Rich in Vitamin C and Folic acid
Produce of UK
Class 2

Nutrient Information:

Nutrient	Unit	Amount/100g (uncooked)	Amount/80g serving (uncooked)
Energy	kJ	146	117
Energy	kcal	35	28
Protein	g	3.6	2.9
Carbohydrate	g	3.0	2.4
Sugars	g	2.5	2.0
Starch	g	N/A	N/A
Fat	g	0.9	0.7
Saturates	g	0.2	0.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.8	1.4
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr
Folic Acid	µg	66	N/A
Vitamin C	mg	43	N/A

Nutrient analysis of fruit and vegetables

Composite Sample Number: 24
Composite Sample Name: Cauliflower, raw
Sub-sample Number: 24.9
Sub-sample Name: Sainsbury's, basics, cauliflower
Brand: Sainsbury's basics
Pack size:
Purchase Date: 17.10.2011
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date: 17 Oct
Best Before Date: 19 Oct
Batch Number: M0259A
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 24.9

Sub-sample Name: Sainsbury's, basics, cauliflower

Ingredients: No information

Label claim(s):

Cauliflower
Grown in Lincs, UK

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 24
Composite Sample Name: Cauliflower, raw
Sub-sample Number: 24.10
Sub-sample Name: Greengrocer's cauliflower
Brand:
Pack size:
Purchase Date: 17.10.2011
Place of Purchase: Independent greengrocer, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging:
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 24.10

Sub-sample Name: Greengrocer's cauliflower

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 24
Composite Sample Name: Cauliflower, raw
Sub-sample Number: 24.11
Sub-sample Name: Farm Fresh, cauliflower
Brand: Farm Fresh
Pack size: Counts x2
Purchase Date: 17.10.2011
Place of Purchase: Booker, Norwich
Display Until Date:
Best Before Date:
Batch Number: 31/2 A22511
Packaging: Plastic
Sample Condition As Purchased: Refrigerated
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 24.11

Sub-sample Name: Farm Fresh, cauliflower

Ingredients: No information

Label claim(s):

Class I

Country of origin: UK

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 24
Composite Sample Name: Cauliflower, raw
Sub-sample Number: 24.12
Sub-sample Name: Tesco, cauliflower
Brand: Tesco
Pack size:
Purchase Date: 09.01.2012
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date: 11 Jan
Best Before Date: 13 Jan
Batch Number: Supplier code: DG01 00385 01481 007204638
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 24.12

Sub-sample Name: Tesco, cauliflower

Ingredients: Cauliflower

Label claim(s):

Origin: UK

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/typical 100g serving
Energy	kJ	146	146
Energy	kcal	35	35
Protein	g	3.6	3.6
Carbohydrate	g	3.0	3.0
Sugars	g	2.5	2.5
Starch	g	N/A	N/A
Fat	g	0.9	0.9
Saturates	g	0.2	0.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.8	1.8
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr
Vitamin C	mg	43	43
Folic Acid	µg	66	66

Nutrient analysis of fruit and vegetables

Composite Sample Number: 24
Composite Sample Name: Cauliflower, raw
Sub-sample Number: 24.13
Sub-sample Name: Tesco, extra large cauliflower
Brand: Tesco
Pack size:
Purchase Date: 09.01.2012
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date: 12 Jan
Best Before Date:
Batch Number: Supplier code DG01 0278
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 24.13

Sub-sample Name: Tesco, extra large cauliflower

Ingredients: Extra large cauliflower

Label claim(s):

Grown in France

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	146
Energy	kcal	35
Protein	g	3.6
Carbohydrate	g	3.0
Sugars	g	2.5
Starch	g	N/A
Fat	g	0.9
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.8
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 24
Composite Sample Name: Cauliflower, raw
Sub-sample Number: 24.14
Sub-sample Name: Asda, cauliflower florets
Brand: Asda
Pack size: 400g
Purchase Date: 09.01.2012
Place of Purchase: Asda, Norwich
Display Until Date: 10 Jan
Best Before Date: 12 Jan
Batch Number: 730000 ASL0804568
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 24.14

Sub-sample Name: Asda, cauliflower florets

Ingredients: No information

Label claim(s):

Country of origin: UK/Lincs

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled)	Amount per 8 florets (80g) serving
Energy	kJ	118	N/A
Energy	kcal	28	N/A
Protein	g	2.9	N/A
Carbohydrate	g	2.1	N/A
Sugars	g	1.8	N/A
Starch	g	N/A	N/A
Fat	g	0.9	N/A
Saturates	g	0.2	N/A
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.6	N/A
Salt equivalent	g	0.0	N/A
Sodium	g	0.0	N/A
Folic acid	µg	51	40.8
Vitamin C	mg	27	21.6

Nutrient analysis of fruit and vegetables

Composite Sample Number: 24
Composite Sample Name: Cauliflower, raw
Sub-sample Number: 24.15
Sub-sample Name: Asda, extra large cauliflower
Brand: Asda
Pack size:
Purchase Date: 09.01.2012
Place of Purchase: Asda, Norwich
Display Until Date: 12 Jan
Best Before Date: 14 Jan
Batch Number: 700018
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 24.15

Sub-sample Name: Asda extra large cauliflower

Ingredients: No information

Label claim(s):

Country of origin: Spain

Class II

Natural source of folic acid

Naturally high in vitamin C

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled)	Amount/8 florets 80g (boiled)
Energy	kJ	118	94
Energy	kcal	28	22
Protein	g	2.9	2.3
Carbohydrate	g	2.1	1.7
Sugars	g	1.8	1.4
Starch	g	N/A	N/A
Fat	g	0.9	0.7
Saturates	g	0.2	0.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.6	1.3
Salt equivalent	g	0.0	0.0
Sodium	g	0.0	0.0
Vitamin C	mg	27	21.6
Folic Acid	µg	51	40.8

Nutrient analysis of fruit and vegetables

Composite Sample Number: 24
Composite Sample Name: Cauliflower, raw
Sub-sample Number: 24.16
Sub-sample Name: Sainsbury's, cauliflower
Brand: Sainsbury's
Pack size:
Purchase Date: 09.01.2012
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date:
Best Before Date: 10 Jan
Batch Number: M0259G 758 08.11
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 24.16

Sub-sample Name: Sainsbury's, cauliflower

Ingredients: No information

Label claim(s):

Grown by: N.Domenech, Spain

High in vitamin C

Source of folic acid

Nutrient Information:

Nutrient	Unit	Amount/100g (raw)
Energy	kJ	144
Energy	kcal	34
Protein	g	3.6
Carbohydrate	g	2.9
Sugars	g	2.5
Starch	g	0.4
Fat	g	0.9
Saturates	g	N/A
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.8
Salt	g	Tr
Vitamin C	mg	43
Folic acid	µg	66

Nutrient analysis of fruit and vegetables

Composite Sample Number: 24
Composite Sample Name: Cauliflower, raw
Sub-sample Number: 24.17
Sub-sample Name: Morrisons, cauliflower
Brand: Morrisons
Pack size:
Purchase Date: 09.01.2012
Place of Purchase: Morrisons, Norwich
Display Until Date: 10 Jan
Best Before Date: 11 Jan
Batch Number: 1945
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 24.17

Sub-sample Name: Morrisons cauliflower

Ingredients: No information

Label claim(s):

Cauliflower

Class I

Country of origin: UK, Cornwall

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	142
Energy	kcal	34
Protein	g	3.6
Carbohydrate	g	3.0
Sugars	g	2.5
Starch	g	N/A
Fat	g	0.9
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.8
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 24
Composite Sample Name: Cauliflower, raw
Sub-sample Number: 24.18
Sub-sample Name: The Co-operative, cauliflower
Brand: The Co-operative
Pack size:
Purchase Date: 09.01.2012
Place of Purchase: The Co-operative, Wymondham
Display Until Date: 13 Jan
Best Before Date:
Batch Number: M253
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 24.18

Sub-sample Name: The Co-operative, cauliflower

Ingredients: No information

Label claim(s):

Cauliflower
France
Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/8 florets (approx. 80g)
Energy	kJ	150	120
Energy	kcal	35	30
Protein	g	3.6	2.9
Carbohydrate	g	3.0	2.4
Sugars	g	2.5	2.0
Starch	g	N/A	N/A
Fat	g	0.9	0.7
Saturates	g	0.2	0.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.5	2.0
Salt	g	Tr	Tr
Sodium	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 24
Composite Sample Name: Cauliflower, raw
Sub-sample Number: 24.19
Sub-sample Name: Aldi, British cauliflower
Brand: Aldi
Pack size:
Purchase Date: 09.01.2012
Place of Purchase: Aldi, Norwich
Display Until Date:
Best Before Date:
Batch Number: L0205 Supplier no:939 E38081
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 24.19

Sub-sample Name: Aldi, British cauliflower

Ingredients: British cauliflower

Label claim(s):

Produce of UK

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 24
Composite Sample Name: Cauliflower, raw
Sub-sample Number: 24.20
Sub-sample Name: Sainsbury's, basics, cauliflower
Brand: Sainsbury's basics
Pack size:
Purchase Date: 09.01.2012
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date: 10 Jan
Best Before Date: 12 Jan
Batch Number: M0259A
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 24.20

Sub-sample Name: Sainsbury's, basics, cauliflower

Ingredients: No information

Label claim(s):

Grown in Cornwall, UK

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 24
Composite Sample Name: Cauliflower, raw
Sub-sample Number: 24.21
Sub-sample Name: Market cauliflower
Brand:
Pack size:
Purchase Date: 09.01.2012
Place of Purchase: Independent market stall, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging:
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 24.21

Sub-sample Name: Market cauliflower

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 24
Composite Sample Name: Cauliflower, raw
Sub-sample Number: 24.22
Sub-sample Name: Farm Fresh, cauliflower
Brand: Farm Fresh
Pack size: Counts x2
Purchase Date: 09.01.2012
Place of Purchase: Booker, Norwich
Display Until Date:
Best Before Date:
Batch Number: 42/6 A22511
Packaging: Plastic
Sample Condition As Purchased: Refrigerated
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 24.22

Sub-sample Name: Farm Fresh, cauliflower

Ingredients: No information

Label claim(s):

Class I

Spain

Nutrient Information: No information

Sample 25: Cauliflower, boiled

Composite Sample Number: 25
Composite Sample Name: Cauliflower, boiled
Sub-sample Number: 25.1
Sub-sample Name: Tesco, Lincolnshire extra large cauliflower
Brand: Tesco
Pack size:
Purchase Date: 17.10.2011
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date: 20 Oct
Best Before Date:
Batch Number: Supplier code: CE
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 25.1

Sub-sample Name: Tesco, Lincolnshire extra large cauliflower

Ingredients: Extra large cauliflower

Label claim(s):

Grown in UK

Locally farmed

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	146
Energy	kcal	35
Protein	g	3.6
Carbohydrate	g	3.0
Sugars	g	2.5
Starch	g	N/A
Fat	g	0.9
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.8
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 25
Composite Sample Name: Cauliflower, boiled
Sub-sample Number: 25.2
Sub-sample Name: Tesco, Lincolnshire cauliflower
Brand: Tesco
Pack size:
Purchase Date: 17.10.2011
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date: 21 Oct
Best Before Date: 23 Oct
Batch Number: Supplier code: CE 003892330
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 25.2

Sub-sample Name: Tesco, Lincolnshire cauliflower

Ingredients: Cauliflower

Label claim(s):

Origin: UK

Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	146
Energy	kcal	35
Protein	g	3.6
Carbohydrate	g	3.0
Sugars	g	2.5
Starch	g	N/A
Fat	g	0.9
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.8
Salt equivalent	g	Tr
Sodium	g	Tr
Folic acid	µg	66
Vitamin C	mg	43

Nutrient analysis of fruit and vegetables

Composite Sample Number: 25
Composite Sample Name: Cauliflower, boiled
Sub-sample Number: 25.3
Sub-sample Name: Asda, British cauliflower
Brand: Asda
Pack size:
Purchase Date: 17.10.2011
Place of Purchase: Asda, Norwich
Display Until Date: 21 Oct
Best Before Date: 23 Oct
Batch Number: 730000
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 25.3

Sub-sample Name: Asda, British cauliflower

Ingredients: No information

Label claim(s):

UK/Lincs

Class II

Naturally high in vitamin C

Natural source of folic acid

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled)	Amount/8 florets (boiled)
Energy	kJ	118	94
Energy	kcal	28	22
Protein	g	2.9	2.3
Carbohydrate	g	2.1	1.7
Sugars	g	1.8	1.4
Starch	g	N/A	N/A
Fat	g	0.9	0.7
Saturates	g	0.2	0.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.6	1.3
Salt equivalent	g	0.0	0.0
Sodium	g	0.0	0.0
Folic acid	µg	51	40.8
Vitamin C	mg	27	21.6

Nutrient analysis of fruit and vegetables

Composite Sample Number: 25
Composite Sample Name: Cauliflower, boiled
Sub-sample Number: 25.4
Sub-sample Name: Asda, cauliflower florets
Brand: Asda
Pack size: 400g
Purchase Date: 17.10.2011
Place of Purchase: Asda, Norwich
Display Until Date: 20 Oct
Best Before Date: 22 Oct
Batch Number: 730000
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 25.4

Sub-sample Name: Asda, cauliflower florets

Ingredients: No information

Label claim(s):

Origin: UK/Lincs

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled)	Amount/8 florets (80g)
Energy	kJ	118	N/A
Energy	kcal	28	N/A
Protein	g	2.9	N/A
Carbohydrate	g	2.1	N/A
Sugars	g	1.8	N/A
Starch	g	N/A	N/A
Fat	g	0.9	N/A
Saturates	g	0.2	N/A
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.6	N/A
Salt equivalent	g	0.0	N/A
Sodium	g	0.0	N/A
Folic acid	µg	51	40.8
Vitamin C	mg	27	21.6

Nutrient analysis of fruit and vegetables

Composite Sample Number: 25
Composite Sample Name: Cauliflower, boiled
Sub-sample Number: 25.5
Sub-sample Name: Sainsbury's, cauliflower
Brand: Sainsbury's
Pack size:
Purchase Date: 17.10.2011
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 25.5

Sub-sample Name: Sainsbury's, cauliflower

Ingredients: No information

Label claim(s):

High in vitamin C

A source of folic acid

Nutrient Information:

Nutrient	Unit	Amount/100g (raw)
Energy	kJ	144
Energy	kcal	34
Protein	g	3.6
Carbohydrate	g	2.9
Sugars	g	2.5
Starch	g	0.4
Fat	g	0.9
Saturates	g	N/A
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.8
Salt	g	Tr
Folic acid	µg	66
Vitamin C	mg	43

Nutrient analysis of fruit and vegetables

Composite Sample Number: 25
Composite Sample Name: Cauliflower, boiled
Sub-sample Number: 25.6
Sub-sample Name: Morrisons, cauliflower
Brand: Morrisons
Pack size:
Purchase Date: 17.10.2011
Place of Purchase: Morrisons, Norwich
Display Until Date: 18 Oct
Best Before Date: 19 Oct
Batch Number: 6321 016223623
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 25.6

Sub-sample Name: Morrisons, cauliflower

Ingredients: Cauliflower

Label claim(s):

Country of origin: Lincs UK
Class I

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	142
Energy	kcal	34
Protein	g	3.6
Carbohydrate	g	3.0
Sugars	g	2.5
Starch	g	N/A
Fat	g	0.9
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.8
Salt	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 25
Composite Sample Name: Cauliflower, boiled
Sub-sample Number: 25.7
Sub-sample Name: The Co-operative, cauliflower
Brand: The Co-op
Pack size: 1 cauliflower
Purchase Date: 17.10.2011
Place of Purchase: The Co-operative, Earlham Green Lane, Norwich
Display Until Date: 17 Oct
Best Before Date: 19 Oct
Batch Number: M253
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 25.7

Sub-sample Name: The Co-operative, cauliflower

Ingredients: Cauliflower

Label claim(s):

Produce of UK
Packed in UK

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/8 florets (approx. 80g)
Energy	kJ	150	120
Energy	kcal	35	30
Protein	g	3.6	2.9
Carbohydrate	g	3.0	2.4
Sugars	g	2.5	2.0
Starch	g	N/A	N/A
Fat	g	0.9	0.7
Saturates	g	0.2	0.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.5	2.0
Salt	g	Tr	Tr
Sodium	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 25
Composite Sample Name: Cauliflower, boiled
Sub-sample Number: 25.8
Sub-sample Name: Oaklands, British cauliflower
Brand: Oaklands
Pack size:
Purchase Date: 17.10.2011
Place of Purchase: Lidl, Norwich
Display Until Date:
Best Before Date:
Batch Number: W0632(3) 4201 003821355
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 25.8

Sub-sample Name: Oaklands, British cauliflower

Ingredients: No information

Label claim(s):

Rich in Vitamin C and Folic acid
Produce of UK
Class 2

Nutrient Information:

Nutrient	Unit	Amount/100g (uncooked)	Amount/80g serving (uncooked)
Energy	kJ	146	117
Energy	kcal	35	28
Protein	g	3.6	2.9
Carbohydrate	g	3.0	2.4
Sugars	g	2.5	2.0
Starch	g	N/A	N/A
Fat	g	0.9	0.7
Saturates	g	0.2	0.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.8	1.4
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr
Folic Acid	µg	66	N/A
Vitamin C	mg	43	N/A

Nutrient analysis of fruit and vegetables

Composite Sample Number: 25
Composite Sample Name: Cauliflower, boiled
Sub-sample Number: 25.9
Sub-sample Name: Sainsbury's, basics, cauliflower
Brand: Sainsbury's basics
Pack size:
Purchase Date: 17.10.2011
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date: 17 Oct
Best Before Date: 19 Oct
Batch Number: M0259A
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 25.9

Sub-sample Name: Sainsbury's, basics, cauliflower

Ingredients: No information

Label claim(s):

Cauliflower
Grown in Lincs, UK

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 25
Composite Sample Name: Cauliflower, boiled
Sub-sample Number: 25.10
Sub-sample Name: Greengrocer's cauliflower
Brand:
Pack size:
Purchase Date: 17.10.2011
Place of Purchase: Independent greengrocer, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging:
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 25.10

Sub-sample Name: Greengrocer's cauliflower

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 25
Composite Sample Name: Cauliflower, boiled
Sub-sample Number: 25.11
Sub-sample Name: Farm Fresh, cauliflower
Brand: Farm Fresh
Pack size: Counts x2
Purchase Date: 17.10.2011
Place of Purchase: Booker, Norwich
Display Until Date:
Best Before Date:
Batch Number: 31/2 A22511
Packaging: Plastic
Sample Condition As Purchased: Refrigerated
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 25.11

Sub-sample Name: Farm Fresh, cauliflower

Ingredients: No information

Label claim(s):

Class I

Country of origin: UK

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 25
Composite Sample Name: Cauliflower, boiled
Sub-sample Number: 25.12
Sub-sample Name: Tesco, cauliflower
Brand: Tesco
Pack size:
Purchase Date: 09.01.2012
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date: 11 Jan
Best Before Date: 13 Jan
Batch Number: Supplier code: DG01 00385 01481 007204638
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 25.12

Sub-sample Name: Tesco, cauliflower

Ingredients: Cauliflower

Label claim(s):

Origin: UK

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/typical 100g serving
Energy	kJ	146	146
Energy	kcal	35	35
Protein	g	3.6	3.6
Carbohydrate	g	3.0	3.0
Sugars	g	2.5	2.5
Starch	g	N/A	N/A
Fat	g	0.9	0.9
Saturates	g	0.2	0.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.8	1.8
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr
Vitamin C	mg	43	43
Folic Acid	µg	66	66

Nutrient analysis of fruit and vegetables

Composite Sample Number: 25
Composite Sample Name: Cauliflower, boiled
Sub-sample Number: 25.13
Sub-sample Name: Tesco, extra large cauliflower
Brand: Tesco
Pack size:
Purchase Date: 09.01.2012
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date: 12 Jan
Best Before Date:
Batch Number: Supplier code DG01 0278
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 25.13

Sub-sample Name: Tesco, extra large cauliflower

Ingredients: Extra large cauliflower

Label claim(s):

Grown in France

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	146
Energy	kcal	35
Protein	g	3.6
Carbohydrate	g	3.0
Sugars	g	2.5
Starch	g	N/A
Fat	g	0.9
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.8
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 25
Composite Sample Name: Cauliflower, boiled
Sub-sample Number: 25.14
Sub-sample Name: Asda, cauliflower florets
Brand: Asda
Pack size: 400g
Purchase Date: 09.01.2012
Place of Purchase: Asda, Norwich
Display Until Date: 10 Jan
Best Before Date: 12 Jan
Batch Number: 730000 ASL0804568
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 25.14

Sub-sample Name: Asda, cauliflower florets

Ingredients: No information

Label claim(s):

Country of origin: UK/Lincs

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled)	Amount per 8 florets (80g) serving
Energy	kJ	118	N/A
Energy	kcal	28	N/A
Protein	g	2.9	N/A
Carbohydrate	g	2.1	N/A
Sugars	g	1.8	N/A
Starch	g	N/A	N/A
Fat	g	0.9	N/A
Saturates	g	0.2	N/A
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.6	N/A
Salt equivalent	g	0.0	N/A
Sodium	g	0.0	N/A
Folic acid	µg	51	40.8
Vitamin C	mg	27	21.6

Nutrient analysis of fruit and vegetables

Composite Sample Number: 25
Composite Sample Name: Cauliflower, boiled
Sub-sample Number: 25.15
Sub-sample Name: Asda, extra large cauliflower
Brand: Asda
Pack size:
Purchase Date: 09.01.2012
Place of Purchase: Asda, Norwich
Display Until Date: 12 Jan
Best Before Date: 14 Jan
Batch Number: 700018
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 25.15

Sub-sample Name: Asda extra large cauliflower

Ingredients: No information

Label claim(s):

Country of origin: Spain

Class II

Natural source of folic acid

Naturally high in vitamin C

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled)	Amount/8 florets 80g (boiled)
Energy	kJ	118	94
Energy	kcal	28	22
Protein	g	2.9	2.3
Carbohydrate	g	2.1	1.7
Sugars	g	1.8	1.4
Starch	g	N/A	N/A
Fat	g	0.9	0.7
Saturates	g	0.2	0.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.6	1.3
Salt equivalent	g	0.0	0.0
Sodium	g	0.0	0.0
Vitamin C	mg	27	21.6
Folic Acid	µg	51	40.8

Nutrient analysis of fruit and vegetables

Composite Sample Number: 25
Composite Sample Name: Cauliflower, boiled
Sub-sample Number: 25.16
Sub-sample Name: Sainsbury's, cauliflower
Brand: Sainsbury's
Pack size:
Purchase Date: 09.01.2012
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date:
Best Before Date: 10 Jan
Batch Number: M0259G 758 08.11
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 25.16

Sub-sample Name: Sainsbury's, cauliflower

Ingredients: No information

Label claim(s):

Grown by: N.Domenech, Spain
High in vitamin C
Source of folic acid

Nutrient Information:

Nutrient	Unit	Amount/100g (raw)
Energy	kJ	144
Energy	kcal	34
Protein	g	3.6
Carbohydrate	g	2.9
Sugars	g	2.5
Starch	g	0.4
Fat	g	0.9
Saturates	g	N/A
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.8
Salt	g	Tr
Vitamin C	mg	43
Folic acid	µg	66

Nutrient analysis of fruit and vegetables

Composite Sample Number: 25
Composite Sample Name: Cauliflower, boiled
Sub-sample Number: 25.17
Sub-sample Name: Morrisons, cauliflower
Brand: Morrisons
Pack size:
Purchase Date: 09.01.2012
Place of Purchase: Morrisons, Norwich
Display Until Date: 10 Jan
Best Before Date: 11 Jan
Batch Number: 1945
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 25.17

Sub-sample Name: Morrisons cauliflower

Ingredients: No information

Label claim(s):

Cauliflower

Class I

Country of origin: UK, Cornwall

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	142
Energy	kcal	34
Protein	g	3.6
Carbohydrate	g	3.0
Sugars	g	2.5
Starch	g	N/A
Fat	g	0.9
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.8
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 25
Composite Sample Name: Cauliflower, boiled
Sub-sample Number: 25.18
Sub-sample Name: The Co-operative, cauliflower
Brand: The Co-operative
Pack size:
Purchase Date: 09.01.2012
Place of Purchase: The Co-operative, Wymondham
Display Until Date: 13 Jan
Best Before Date:
Batch Number: M253
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 25.18

Sub-sample Name: The Co-operative, cauliflower

Ingredients: No information

Label claim(s):

Cauliflower
France
Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/8 florets (approx. 80g)
Energy	kJ	150	120
Energy	kcal	35	30
Protein	g	3.6	2.9
Carbohydrate	g	3.0	2.4
Sugars	g	2.5	2.0
Starch	g	N/A	N/A
Fat	g	0.9	0.7
Saturates	g	0.2	0.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.5	2.0
Salt	g	Tr	Tr
Sodium	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 25
Composite Sample Name: Cauliflower, boiled
Sub-sample Number: 25.19
Sub-sample Name: Aldi, British cauliflower
Brand: Aldi
Pack size:
Purchase Date: 09.01.2012
Place of Purchase: Aldi, Norwich
Display Until Date:
Best Before Date:
Batch Number: L0205 Supplier no:939 E38081
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 25.19

Sub-sample Name: Aldi, British cauliflower

Ingredients: British cauliflower

Label claim(s):

Produce of UK

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 25
Composite Sample Name: Cauliflower, boiled
Sub-sample Number: 25.20
Sub-sample Name: Sainsbury's, basics, cauliflower
Brand: Sainsbury's basics
Pack size:
Purchase Date: 09.01.2012
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date: 10 Jan
Best Before Date: 12 Jan
Batch Number: M0259A
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 25.20

Sub-sample Name: Sainsbury's, basics, cauliflower

Ingredients: No information

Label claim(s):

Grown in Cornwall, UK

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 25
Composite Sample Name: Cauliflower, boiled
Sub-sample Number: 25.21
Sub-sample Name: Market cauliflower
Brand:
Pack size:
Purchase Date: 09.01.2012
Place of Purchase: Independent market stall, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging:
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 25.21

Sub-sample Name: Market cauliflower

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 25
Composite Sample Name: Cauliflower, boiled
Sub-sample Number: 25.22
Sub-sample Name: Farm Fresh, cauliflower
Brand: Farm Fresh
Pack size: Counts x2
Purchase Date: 09.01.2012
Place of Purchase: Booker, Norwich
Display Until Date:
Best Before Date:
Batch Number: 42/6 A22511
Packaging: Plastic
Sample Condition As Purchased: Refrigerated
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 25.22

Sub-sample Name: Farm Fresh, cauliflower

Ingredients: No information

Label claim(s):

Class I

Spain

Nutrient Information: No information

Sample 26: Beans, green, raw

Composite Sample Number: 26
Composite Sample Name: Beans, green, raw
Sub-sample Number: 26.1
Sub-sample Name: Tesco, fine trimmed beans
Brand: Tesco
Pack size: 200g
Purchase Date: 19.09.2011
Place of Purchase: Tesco, East Dereham
Display Until Date: 24 Sep
Best Before Date: 26 Sep
Batch Number: Supplier code: HM3
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 26.1

Sub-sample Name: Tesco, fine trimmed beans

Ingredients: Fine beans

Label claim(s):

Grown in Kenya

Class I

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/typical 100g serving
Energy	kJ	105	N/A
Energy	kcal	25	25
Protein	g	1.9	N/A
Carbohydrate	g	3.2	N/A
Sugars	g	2.1	2.1
Starch	g	N/A	N/A
Fat	g	0.4	0.4
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	4.1	N/A
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	N/A
Vitamin C	mg	12	N/A
Folic acid	µg	64	N/A

Nutrient analysis of fruit and vegetables

Composite Sample Number: 26
Composite Sample Name: Beans, green, raw
Sub-sample Number: 26.2
Sub-sample Name: Tesco, British green beans
Brand: Tesco
Pack size: 220g
Purchase Date: 19.09.2011
Place of Purchase: Tesco, East Dereham
Display Until Date: 21 Sep
Best Before Date: 23 Sep
Batch Number: WD03
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 26.2

Sub-sample Name: Tesco, British green beans

Ingredients: Green beans

Label claim(s):

Grown in Warwickshire, UK

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/typical serving (80g)
Energy	kJ	105	84
Energy	kcal	25	20
Protein	g	1.9	1.5
Carbohydrate	g	3.2	2.6
Sugars	g	2.3	1.8
Starch	g	N/A	N/A
Fat	g	0.5	0.4
Saturates	g	0.1	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.2	1.8
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 26
Composite Sample Name: Beans, green, raw
Sub-sample Number: 26.3
Sub-sample Name: Asda, Extra Special extra fine beans
Brand: Asda Extra Special
Pack size: 200g
Purchase Date: 19.09.2011
Place of Purchase: Asda, Norwich
Display Until Date: 19 Sept
Best Before Date: 21 Sept
Batch Number: 550185
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 26.3

Sub-sample Name: Asda, Extra Special extra fine beans

Ingredients: No information

Label claim(s):

Country of origin: Kenya

Class I

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled in salted water)
Energy	kJ	145
Energy	kcal	35
Protein	g	1.7
Carbohydrate	g	4.7
Sugars	g	2.1
Starch	g	N/A
Fat	g	0.1
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	4.1
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 26
Composite Sample Name: Beans, green, raw
Sub-sample Number: 26.4
Sub-sample Name: Asda, green beans
Brand: Asda
Pack size: 240g
Purchase Date: 19.09.2011
Place of Purchase: Asda, Norwich
Display Until Date: 22 Sep
Best Before Date: 24 Sep
Batch Number: 998000 ASL0908110
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 26.4

Sub-sample Name: Asda, green beans

Ingredients: No information

Label claim(s):

Grown in Kent, UK

Class I

Source of folacin

Nutrient information:

Nutrient	Unit	Amount/100g (boiled in unsalted water)	Amount/3 heaped tablespoons 80g (boiled in unsalted water)
Energy	kJ	113	90
Energy	kcal	27	22
Protein	g	1.7	1.4
Carbohydrate	g	4.7	3.8
Sugars	g	2.1	1.7
Starch	g	N/A	N/A
Fat	g	0.1	0.1
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	4.1	3.3
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr
Folacin	µg	48	38

Nutrient analysis of fruit and vegetables

Composite Sample Number: 26
Composite Sample Name: Beans, green, raw
Sub-sample Number: 26.5
Sub-sample Name: Sainsbury's, Fairtrade fine beans
Brand: Sainsbury's
Pack size: 200g
Purchase Date: 19.09.2011
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date: 24 Sept
Best Before Date: 24 Sept
Batch Number: HO420B
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 26.5

Sub-sample Name: Sainsbury's, Fairtrade fine beans

Ingredients: No information

Label claim(s):

Grown by Finlays

Grown in Kenya

Nutrient information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 26
Composite Sample Name: Beans, green, raw
Sub-sample Number: 26.6
Sub-sample Name: Morrisons, dwarf beans
Brand: Morrisons
Pack size: 220g
Purchase Date: 19.09.2011
Place of Purchase: Morrisons, Norwich
Display Until Date: 20 Sep
Best Before Date: 22 Sep
Batch Number: 0589/4j
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 26.6

Sub-sample Name: Morrisons, dwarf beans

Ingredients: Dwarf beans

Label claim(s):

UK.

Class I

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	99
Energy	kcal	24
Protein	g	1.9
Carbohydrate	g	3.2
Sugars	g	2.3
Starch	g	N/A
Fat	g	0.5
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2.2
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 26
Composite Sample Name: Beans, green, raw
Sub-sample Number: 26.7
Sub-sample Name: Waitrose, fine green beans
Brand: Waitrose
Pack size: 280g
Purchase Date: 19.09.2011
Place of Purchase: Waitrose, Wymondham
Display Until Date: 23 Sep
Best Before Date:
Batch Number: Supplier 284 KAB
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 26.7

Sub-sample Name: Waitrose, fine green beans

Ingredients: Fine green beans

Label claim(s):

Origin: Kenya

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	105
Energy	kcal	25
Protein	g	1.9
Carbohydrate	g	3.2
Sugars	g	2.3
Starch	g	N/A
Fat	g	0.5
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	3.4
Salt equivalent	g	0.0
Sodium	g	0.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 26
Composite Sample Name: Beans, green, raw
Sub-sample Number: 26.8
Sub-sample Name: Oaklands, in season green beans
Brand: Oaklands
Pack size: 250g
Purchase Date: 19.09.2011
Place of Purchase: Lidl, East Dereham
Display Until Date:
Best Before Date: 23 Sep
Batch Number: 40778 W2522
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 26.8

Sub-sample Name: Oaklands, in season green beans

Ingredients: No information

Label claim(s):

UK Worcs.

Class I

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 26
Composite Sample Name: Beans, green, raw
Sub-sample Number: 26.9
Sub-sample Name: Tesco, Market Value, trimmed beans
Brand: Tesco Market Value
Pack size: 400g
Purchase Date: 19.09.2011
Place of Purchase: Tesco, East Dereham
Display Until Date: 26 Sep
Best Before Date:
Batch Number: Supplier code: HM3
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 26.9

Sub-sample Name: Tesco, Market Value, trimmed beans

Ingredients: Trimmed beans

Label claim(s):

Grown in Kenya

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	105
Energy	kcal	25
Protein	g	1.9
Carbohydrate	g	3.2
Sugars	g	2.1
Starch	g	N/A
Fat	g	0.5
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	4.1
Salt equivalent	g	Tr
Sodium	g	Tr
Vitamin C	mg	12.0
Folic acid	µg	64.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 26

Composite Sample Name: Beans, green, raw

Sub-sample Number: 26.10

Sub-sample Name: Market green beans

Brand:

Pack size:

Purchase Date: 19.09.2011

Place of Purchase: Independent market stall, Wymondham

Display Until Date:

Best Before Date:

Batch Number:

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 26.10

Sub-sample Name: Market green beans

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 26
Composite Sample Name: Beans, green, raw
Sub-sample Number: 26.11
Sub-sample Name: Makro, fine beans
Brand: Makro
Pack size: 150g
Purchase Date: 19.09.2011
Place of Purchase: Makro, Norwich
Display Until Date:
Best Before Date:
Batch Number: 009/24265/F Art No: 370528
3706
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 26.11

Sub-sample Name: Makro, fine beans

Ingredients: No information

Label claim(s):

Origin: Kenya

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 26
Composite Sample Name: Beans, green, raw
Sub-sample Number: 26.12
Sub-sample Name: Sainsbury's, fine beans
Brand: Sainsbury's
Pack size: 200g
Purchase Date: 31.10.2011
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date:
Best Before Date: 06 Nov
Batch Number: HO420B 1039382 07.11
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 26.12

Sub-sample Name: Sainsbury's, fine beans

Ingredients: No information

Label claim(s):

Grown by Finlays Kenya

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 26
Composite Sample Name: Beans, green, raw
Sub-sample Number: 26.13
Sub-sample Name: Tesco, green beans
Brand: Tesco
Pack size: 220g
Purchase Date: 31.10.2011
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date: 05 Nov
Best Before Date: 07 Nov
Batch Number: HM2j
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 26.13

Sub-sample Name: Tesco, green beans

Ingredients: Green beans

Label claim(s):
Produce of Morocco

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/typical serving (80g)
Energy	kJ	105	84
Energy	kcal	25	20
Protein	g	1.9	1.5
Carbohydrate	g	3.2	2.6
Sugars	g	2.3	1.8
Starch	g	N/A	N/A
Fat	g	0.5	0.4
Saturates	g	0.1	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.2	1.8
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 26
Composite Sample Name: Beans, green, raw
Sub-sample Number: 26.14
Sub-sample Name: Asda, trimmed fine beans
Brand: Asda
Pack size: 205g
Purchase Date: 31.10.2011
Place of Purchase: Asda, Norwich
Display Until Date: 03 Nov
Best Before Date: 05 Nov
Batch Number: 550105 ASL0904470
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 26.14

Sub-sample Name: Asda, trimmed fine beans

Ingredients: No information

Label claim(s):

Source of folacin

Naturally high in fibre

Class I

Country of origin: Egypt

Nutrient Information:

Nutrient	Unit	Amount/100g (steamed)	Amount/4 heaped tablespoons 80g (steamed)
Energy	kJ	104	N/A
Energy	kcal	25	N/A
Protein	g	1.9	N/A
Carbohydrate	g	3.1	N/A
Sugars	g	2.3	N/A
Starch	g	N/A	N/A
Fat	g	0.5	N/A
Saturates	g	0.1	N/A
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	3.4	N/A
Salt equivalent	g	0.0	N/A
Sodium	g	0.0	N/A
Folacin	µg	60.0	48.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 26
Composite Sample Name: Beans, green, raw
Sub-sample Number: 26.15
Sub-sample Name: Asda, Extra Special extra fine beans
Brand: Asda
Pack size: 250g
Purchase Date: 31.10.2011
Place of Purchase: Asda, Norwich
Display Until Date: 02 Nov
Best Before Date: 04 Nov
Batch Number: 550165
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 26.15

Sub-sample Name: Asda, Extra Special extra fine beans

Ingredients: No information

Label claim(s):

Class I

Country of origin: Kenya

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled in salted water)
Energy	kJ	145
Energy	kcal	35
Protein	g	1.7
Carbohydrate	g	4.7
Sugars	g	2.1
Starch	g	N/A
Fat	g	0.1
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	4.1
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 26
Composite Sample Name: Beans, green, raw
Sub-sample Number: 26.16
Sub-sample Name: Sainsbury's, Fairtrade fine beans
Brand: Sainsbury's
Pack size: 200g
Purchase Date: 31.10.2011
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date: 06 Nov
Best Before Date: 06 Nov
Batch Number: H0420B 7287905 04.10
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 26.16

Sub-sample Name: Sainsbury's, Fairtrade fine beans

Ingredients: No information

Label claim(s):

Grown in: Kenya

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 26
Composite Sample Name: Beans, green, raw
Sub-sample Number: 26.17
Sub-sample Name: Morrisons, dwarf beans
Brand: Morrisons
Pack size: 100g
Purchase Date: 31.10.2011
Place of Purchase: Morrisons, East Dereham
Display Until Date: 02 Nov
Best Before Date: 04 Nov
Batch Number: 1360
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 26.17

Sub-sample Name: Morrisons, dwarf beans

Ingredients: Dwarf beans

Label claim(s):

Origin: Kenya

Class 1

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	99
Energy	kcal	24
Protein	g	1.9
Carbohydrate	g	3.2
Sugars	g	2.3
Starch	g	N/A
Fat	g	0.5
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2.2
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 26
Composite Sample Name: Beans, green, raw
Sub-sample Number: 26.18
Sub-sample Name: Marks & Spencer, fine beans
Brand: Marks & Spencer
Pack size: 165g
Purchase Date: 31.10.2011
Place of Purchase: Marks & Spencer, Norwich
Display Until Date: 07 Nov
Best Before Date:
Batch Number: 4848D
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 26.18

Sub-sample Name: Marks & Spencer, fine beans

Ingredients: No information

Label claim(s):

Country of origin: Kenya

Class I

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	100
Energy	kcal	25
Protein	g	1.9
Carbohydrate	g	3.0
Sugars	g	2.2
Starch	g	N/A
Fat	g	0.5
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	3.4
Salt equivalent	g	<0.1
Sodium	g	<0.1
Vitamin C	mg	12.0
Folic Acid (B6)	µg	64.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 26
Composite Sample Name: Beans, green, raw
Sub-sample Number: 26.19
Sub-sample Name: Aldi, green beans
Brand: Aldi
Pack size: 200g
Purchase Date: 31.10.2011
Place of Purchase: Aldi, Norwich
Display Until Date:
Best Before Date:
Batch Number: Lot code: 4306 supplier code: 1859
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 26.19

Sub-sample Name: Aldi, green beans

Ingredients: No information

Label claim(s):

Produce of: Egypt

Class I

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 26
Composite Sample Name: Beans, green, raw
Sub-sample Number: 26.20
Sub-sample Name: Morrisons, Value beans
Brand: Morrisons Value
Pack size: 400g
Purchase Date: 31.10.2011
Place of Purchase: Morrisons, East Dereham
Display Until Date: 03 Nov 11
Best Before Date: 05 Nov 11
Batch Number: 0589/2L
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 26.20

Sub-sample Name: Morrisons, Value beans

Ingredients: Dwarf beans

Label claim(s):

Egypt
Class II

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	99
Energy	kcal	24
Protein	g	1.9
Carbohydrate	g	3.2
Sugars	g	2.3
Starch	g	N/A
Fat	g	0.5
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2.2
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 26
Composite Sample Name: Beans, green, raw
Sub-sample Number: 26.21
Sub-sample Name: Market green beans
Brand:
Pack size:
Purchase Date: 31.10.2011
Place of Purchase: Independent market stall, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 26.21

Sub-sample Name: Market green beans

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 26
Composite Sample Name: Beans, green, raw
Sub-sample Number: 26.22
Sub-sample Name: Makro, extrafine beans
Brand: Makro
Pack size: 2.2kg
Purchase Date: 31.10.2011
Place of Purchase: Makro, Norwich
Display Until Date:
Best Before Date:
Batch Number: KCB 1565 Art no:375467 Supplier:24273 Jul Code:301
Packaging: Plastic and cardboard
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 26.22

Sub-sample Name: Makro, extrafine beans

Ingredients: No information

Label claim(s):

Haricots

Origin: Kenya

Class I

Nutrient Information: No information

Sample 27: Beans, green, boiled

Composite Sample Number: 27
Composite Sample Name: Beans, green, boiled
Sub-sample Number: 27.1
Sub-sample Name: Tesco, fine trimmed beans
Brand: Tesco
Pack size: 200g
Purchase Date: 19.09.2011
Place of Purchase: Tesco, East Dereham
Display Until Date: 24 Sep
Best Before Date: 26 Sep
Batch Number: Supplier code: HM3
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 27.1

Sub-sample Name: Tesco, fine trimmed beans

Ingredients: Fine beans

Label claim(s):

Grown in Kenya

Class I

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/typical 100g serving
Energy	kJ	105	N/A
Energy	kcal	25	25
Protein	g	1.9	N/A
Carbohydrate	g	3.2	N/A
Sugars	g	2.1	2.1
Starch	g	N/A	N/A
Fat	g	0.4	0.4
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	4.1	N/A
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	N/A
Vitamin C	mg	12	N/A
Folic acid	µg	64	N/A

Nutrient analysis of fruit and vegetables

Composite Sample Number: 27
Composite Sample Name: Beans, green, boiled
Sub-sample Number: 27.2
Sub-sample Name: Tesco, British green beans
Brand: Tesco
Pack size: 220g
Purchase Date: 19.09.2011
Place of Purchase: Tesco, East Dereham
Display Until Date: 21 Sep
Best Before Date: 23 Sep
Batch Number: WD03
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 27.2

Sub-sample Name: Tesco, British green beans

Ingredients: Green beans

Label claim(s):

Grown in Warwickshire, UK

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/typical serving (80g)
Energy	kJ	105	84
Energy	kcal	25	20
Protein	g	1.9	1.5
Carbohydrate	g	3.2	2.6
Sugars	g	2.3	1.8
Starch	g	N/A	N/A
Fat	g	0.5	0.4
Saturates	g	0.1	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.2	1.8
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 27
Composite Sample Name: Beans, green, boiled
Sub-sample Number: 27.3
Sub-sample Name: Asda, Extra Special extra fine beans
Brand: Asda Extra Special
Pack size: 200g
Purchase Date: 19.09.2011
Place of Purchase: Asda, Norwich
Display Until Date: 19 Sept
Best Before Date: 21 Sept
Batch Number: 550185
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 27.3

Sub-sample Name: Asda, Extra Special extra fine beans

Ingredients: No information

Label claim(s):

Country of origin: Kenya

Class I

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled in salted water)
Energy	kJ	145
Energy	kcal	35
Protein	g	1.7
Carbohydrate	g	4.7
Sugars	g	2.1
Starch	g	N/A
Fat	g	0.1
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	4.1
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 27
Composite Sample Name: Beans, green, boiled
Sub-sample Number: 27.4
Sub-sample Name: Asda, green beans
Brand: Asda
Pack size: 240g
Purchase Date: 19.09.2011
Place of Purchase: Asda, Norwich
Display Until Date: 22 Sep
Best Before Date: 24 Sep
Batch Number: 998000 ASL0908110
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 27.4

Sub-sample Name: Asda, green beans

Ingredients: No information

Label claim(s):

Grown in Kent, UK

Class I

Source of folacin

Nutrient information:

Nutrient	Unit	Amount/100g (boiled in unsalted water)	Amount/3 heaped tablespoons 80g (boiled in unsalted water)
Energy	kJ	113	90
Energy	kcal	27	22
Protein	g	1.7	1.4
Carbohydrate	g	4.7	3.8
Sugars	g	2.1	1.7
Starch	g	N/A	N/A
Fat	g	0.1	0.1
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	4.1	3.3
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr
Folacin	µg	48	38

Nutrient analysis of fruit and vegetables

Composite Sample Number: 27
Composite Sample Name: Beans, green, boiled
Sub-sample Number: 27.5
Sub-sample Name: Sainsbury's, Fairtrade fine beans
Brand: Sainsbury's
Pack size: 200g
Purchase Date: 19.09.2011
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date: 24 Sept
Best Before Date: 24 Sept
Batch Number: HO420B
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 27.5

Sub-sample Name: Sainsbury's, Fairtrade fine beans

Ingredients: No information

Label claim(s):

Grown by Finlays

Grown in Kenya

Nutrient information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 27
Composite Sample Name: Beans, green, boiled
Sub-sample Number: 27.6
Sub-sample Name: Morrisons, dwarf beans
Brand: Morrisons
Pack size: 220g
Purchase Date: 19.09.2011
Place of Purchase: Morrisons, Norwich
Display Until Date: 20 Sep
Best Before Date: 22 Sep
Batch Number: 0589/4j
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 27.6

Sub-sample Name: Morrisons, dwarf beans

Ingredients: Dwarf beans

Label claim(s):

UK.

Class I

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	99
Energy	kcal	24
Protein	g	1.9
Carbohydrate	g	3.2
Sugars	g	2.3
Starch	g	N/A
Fat	g	0.5
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2.2
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 27
Composite Sample Name: Beans, green, boiled
Sub-sample Number: 27.7
Sub-sample Name: Waitrose, fine green beans
Brand: Waitrose
Pack size: 280g
Purchase Date: 19.09.2011
Place of Purchase: Waitrose, Wymondham
Display Until Date: 23 Sep
Best Before Date:
Batch Number: Supplier 284 KAB
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 27.7

Sub-sample Name: Waitrose, fine green beans

Ingredients: Fine green beans

Label claim(s):

Origin: Kenya

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	105
Energy	kcal	25
Protein	g	1.9
Carbohydrate	g	3.2
Sugars	g	2.3
Starch	g	N/A
Fat	g	0.5
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	3.4
Salt equivalent	g	0.0
Sodium	g	0.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 27

Composite Sample Name: Beans, green, boiled

Sub-sample Number: 27.8

Sub-sample Name: Oaklands, in season green beans

Brand: Oaklands

Pack size: 250g

Purchase Date: 19.09.2011

Place of Purchase: Lidl, East Dereham

Display Until Date:

Best Before Date: 23 Sep

Batch Number: 40778 W2522

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 27.8

Sub-sample Name: Oaklands, in season green beans

Ingredients: No information

Label claim(s):

UK Worcs.

Class I

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 27
Composite Sample Name: Beans, green, boiled
Sub-sample Number: 27.9
Sub-sample Name: Tesco, Market Value, trimmed beans
Brand: Tesco Market Value
Pack size: 400g
Purchase Date: 19.09.2011
Place of Purchase: Tesco, East Dereham
Display Until Date: 26 Sep
Best Before Date:
Batch Number: Supplier code: HM3
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 27.9

Sub-sample Name: Tesco, Market Value, trimmed beans

Ingredients: Trimmed beans

Label claim(s):

Grown in Kenya

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	105
Energy	kcal	25
Protein	g	1.9
Carbohydrate	g	3.2
Sugars	g	2.1
Starch	g	N/A
Fat	g	0.5
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	4.1
Salt equivalent	g	Tr
Sodium	g	Tr
Vitamin C	mg	12.0
Folic acid	µg	64.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 27

Composite Sample Name: Beans, green, boiled

Sub-sample Number: 27.10

Sub-sample Name: Market green beans

Brand:

Pack size:

Purchase Date: 19.09.2011

Place of Purchase: Independent market stall, Wymondham

Display Until Date:

Best Before Date:

Batch Number:

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 27.10

Sub-sample Name: Market green beans

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 27
Composite Sample Name: Beans, green, boiled
Sub-sample Number: 27.11
Sub-sample Name: Makro, fine beans
Brand: Makro
Pack size: 150g
Purchase Date: 19.09.2011
Place of Purchase: Makro, Norwich
Display Until Date:
Best Before Date:
Batch Number: 009/24265/F Art No: 370528
3706
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 27.11

Sub-sample Name: Makro, fine beans

Ingredients: No information

Label claim(s):

Origin: Kenya

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 27
Composite Sample Name: Beans, green, boiled
Sub-sample Number: 27.12
Sub-sample Name: Sainsbury's, fine beans
Brand: Sainsbury's
Pack size: 200g
Purchase Date: 31.10.2011
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date:
Best Before Date: 06 Nov
Batch Number: HO420B 1039382 07.11
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 27.12

Sub-sample Name: Sainsbury's, fine beans

Ingredients: No information

Label claim(s):

Grown by Finlays Kenya

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 27
Composite Sample Name: Beans, green, boiled
Sub-sample Number: 27.13
Sub-sample Name: Tesco, green beans
Brand: Tesco
Pack size: 220g
Purchase Date: 31.10.2011
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date: 05 Nov
Best Before Date: 07 Nov
Batch Number: HM2j
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 27.13

Sub-sample Name: Tesco, green beans

Ingredients: Green beans

Label claim(s):
Produce of Morocco

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/typical serving (80g)
Energy	kJ	105	84
Energy	kcal	25	20
Protein	g	1.9	1.5
Carbohydrate	g	3.2	2.6
Sugars	g	2.3	1.8
Starch	g	N/A	N/A
Fat	g	0.5	0.4
Saturates	g	0.1	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.2	1.8
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 27
Composite Sample Name: Beans, green, boiled
Sub-sample Number: 27.14
Sub-sample Name: Asda, trimmed fine beans
Brand: Asda
Pack size: 205g
Purchase Date: 31.10.2011
Place of Purchase: Asda, Norwich
Display Until Date: 03 Nov
Best Before Date: 05 Nov
Batch Number: 550105 ASL0904470
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 27.14

Sub-sample Name: Asda, trimmed fine beans

Ingredients: No information

Label claim(s):

Source of folacin

Naturally high in fibre

Class I

Country of origin: Egypt

Nutrient Information:

Nutrient	Unit	Amount/100g (steamed)	Amount/4 heaped tablespoons 80g (steamed)
Energy	kJ	104	N/A
Energy	kcal	25	N/A
Protein	g	1.9	N/A
Carbohydrate	g	3.1	N/A
Sugars	g	2.3	N/A
Starch	g	N/A	N/A
Fat	g	0.5	N/A
Saturates	g	0.1	N/A
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	3.4	N/A
Salt equivalent	g	0.0	N/A
Sodium	g	0.0	N/A
Folacin	µg	60.0	48.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 27
Composite Sample Name: Beans, green, boiled
Sub-sample Number: 27.15
Sub-sample Name: Asda, Extra Special extra fine beans
Brand: Asda
Pack size: 250g
Purchase Date: 31.10.2011
Place of Purchase: Asda, Norwich
Display Until Date: 02 Nov
Best Before Date: 04 Nov
Batch Number: 550165
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 27.15

Sub-sample Name: Asda, Extra Special extra fine beans

Ingredients: No information

Label claim(s):

Class I

Country of origin: Kenya

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled in salted water)
Energy	kJ	145
Energy	kcal	35
Protein	g	1.7
Carbohydrate	g	4.7
Sugars	g	2.1
Starch	g	N/A
Fat	g	0.1
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	4.1
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 27
Composite Sample Name: Beans, green, boiled
Sub-sample Number: 27.16
Sub-sample Name: Sainsbury's, Fairtrade fine beans
Brand: Sainsbury's
Pack size: 200g
Purchase Date: 31.10.2011
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date: 06 Nov
Best Before Date: 06 Nov
Batch Number: H0420B 7287905 04.10
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 27.16

Sub-sample Name: Sainsbury's, Fairtrade fine beans

Ingredients: No information

Label claim(s):

Grown in: Kenya

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 27
Composite Sample Name: Beans, green, boiled
Sub-sample Number: 27.17
Sub-sample Name: Morrisons, dwarf beans
Brand: Morrisons
Pack size: 100g
Purchase Date: 31.10.2011
Place of Purchase: Morrisons, East Dereham
Display Until Date: 02 Nov
Best Before Date: 04 Nov
Batch Number: 1360
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 27.17

Sub-sample Name: Morrisons, dwarf beans

Ingredients: Dwarf beans

Label claim(s):

Origin: Kenya

Class 1

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	99
Energy	kcal	24
Protein	g	1.9
Carbohydrate	g	3.2
Sugars	g	2.3
Starch	g	N/A
Fat	g	0.5
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2.2
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 27
Composite Sample Name: Beans, green, boiled
Sub-sample Number: 27.18
Sub-sample Name: Marks & Spencer, fine beans
Brand: Marks & Spencer
Pack size: 165g
Purchase Date: 31.10.2011
Place of Purchase: Marks & Spencer, Norwich
Display Until Date: 07 Nov
Best Before Date:
Batch Number: 4848D
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 27.18

Sub-sample Name: Marks & Spencer, fine beans

Ingredients: No information

Label claim(s):

Country of origin: Kenya

Class I

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	100
Energy	kcal	25
Protein	g	1.9
Carbohydrate	g	3.0
Sugars	g	2.2
Starch	g	N/A
Fat	g	0.5
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	3.4
Salt equivalent	g	<0.1
Sodium	g	<0.1
Vitamin C	mg	12.0
Folic Acid (B6)	µg	64.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 27
Composite Sample Name: Beans, green, boiled
Sub-sample Number: 27.19
Sub-sample Name: Aldi, green beans
Brand: Aldi
Pack size: 200g
Purchase Date: 31.10.2011
Place of Purchase: Aldi, Norwich
Display Until Date:
Best Before Date:
Batch Number: Lot code: 4306 supplier code: 1859
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 27.19

Sub-sample Name: Aldi, green beans

Ingredients: No information

Label claim(s):

Produce of: Egypt

Class I

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 27
Composite Sample Name: Beans, green, boiled
Sub-sample Number: 27.20
Sub-sample Name: Morrisons, Value beans
Brand: Morrisons Value
Pack size: 400g
Purchase Date: 31.10.2011
Place of Purchase: Morrisons, East Dereham
Display Until Date: 03 Nov 11
Best Before Date: 05 Nov 11
Batch Number: 0589/2L
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 27.20

Sub-sample Name: Morrisons, Value beans

Ingredients: Dwarf beans

Label claim(s):

Egypt
Class II

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	99
Energy	kcal	24
Protein	g	1.9
Carbohydrate	g	3.2
Sugars	g	2.3
Starch	g	N/A
Fat	g	0.5
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2.2
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 27

Composite Sample Name: Beans, green, boiled

Sub-sample Number: 27.21

Sub-sample Name: Market green beans

Brand:

Pack size:

Purchase Date: 31.10.2011

Place of Purchase: Independent market stall, Norwich

Display Until Date:

Best Before Date:

Batch Number:

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 27.21

Sub-sample Name: Market green beans

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 27
Composite Sample Name: Beans, green, boiled
Sub-sample Number: 27.22
Sub-sample Name: Makro, extrafine beans
Brand: Makro
Pack size: 2.2kg
Purchase Date: 31.10.2011
Place of Purchase: Makro, Norwich
Display Until Date:
Best Before Date:
Batch Number: KCB 1565 Art no:375467 Supplier:24273 Jul Code:301
Packaging: Plastic and cardboard
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 27.22

Sub-sample Name: Makro, extrafine beans

Ingredients: No information

Label claim(s):

Haricots

Origin: Kenya

Class I

Nutrient Information: No information

Sample 28: Pak choi, steamed

Composite Sample Number: 28
Composite Sample Name: Pak choi, steamed
Sub-sample Number: 28.1 & 28.2
Sub-sample Name: Tesco, pak choi
Brand: Tesco
Pack size: 250g
Purchase Date: 19.09.2011
Place of Purchase: Tesco, East Dereham
Display Until Date: 21 Sep
Best Before Date: 23 Sep
Batch Number: Supplier code: EM01
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 28.1 & 28.2
Sub-sample Name: Tesco, pak choi

Ingredients: Pak choi

Label claim(s):

Produce of UK

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	70
Energy	kcal	17
Protein	g	1.5
Carbohydrate	g	2.2
Sugars	g	1.2
Starch	g	N/A
Fat	g	0.2
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.0
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 28
Composite Sample Name: Pak choi, steamed
Sub-sample Number: 28.3
Sub-sample Name: Asda, pak choi
Brand: Asda
Pack size: 200g
Purchase Date: 19.09.2011
Place of Purchase: Asda, Norwich
Display Until Date: 21 Sep
Best Before Date: 23 Sep
Batch Number: 998000
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 28.3

Sub-sample Name: Asda, pak choi

Ingredients: No information

Label claim(s):

Country of origin: Kent, UK

Natural source of folic acid

Naturally high in vitamin C

Class I

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled)	Amount/2 handfuls sliced 80g (boiled)
Energy	kJ	48	39
Energy	kcal	11	9
Protein	g	1.6	1.3
Carbohydrate	g	0.8	0.6
Sugars	g	0.8	0.6
Starch	g	N/A	N/A
Fat	g	0.2	0.2
Saturates	g	0.0	0.0
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.0	0.8
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr
Folic acid	µg	41.0	32.8
Vitamin C	mg	26.0	20.8

Nutrient analysis of fruit and vegetables

Composite Sample Number: 28
Composite Sample Name: Pak choi, steamed
Sub-sample Number: 28.4
Sub-sample Name: Asda, pak choi
Brand: Asda
Pack size: 200g
Purchase Date: 19.09.2011
Place of Purchase: Asda, Norwich
Display Until Date: 20 Sep
Best Before Date: 22 Sep
Batch Number: 998000
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 28.4

Sub-sample Name: Asda, pak choi

Ingredients: No information

Label claim(s):

Country of origin: Kent, UK

Natural source of folic acid

Naturally high in vitamin C

Class I

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled)	Amount/2 handfuls sliced 80g (boiled)
Energy	kJ	48	39
Energy	kcal	11	9
Protein	g	1.6	1.3
Carbohydrate	g	0.8	0.6
Sugars	g	0.8	0.6
Starch	g	N/A	N/A
Fat	g	0.2	0.2
Saturates	g	0.0	0.0
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.0	0.8
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr
Folic acid	µg	41.0	32.8
Vitamin C	mg	26.0	20.8

Nutrient analysis of fruit and vegetables

Composite Sample Number: 28
Composite Sample Name: Pak choi, steamed
Sub-sample Number: 28.5
Sub-sample Name: Sainsbury's, pak choi
Brand: Sainsbury's
Pack size: 200g
Purchase Date: 19.09.2011
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date: 23 Sep
Best Before Date: 23 Sep
Batch Number: MO211A
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 28.5

Sub-sample Name: Sainsbury's, pak choi

Ingredients: No information

Label claim(s):

Origin: UK Worcs.

Grown by: Harper Farming

Nutrient Information:

Nutrient	Unit	Amount/100g (raw)
Energy	kJ	54
Energy	kcal	13
Protein	g	1.6
Carbohydrate	g	2.2
Sugars	g	1.2
Starch	g	Tr
Fat	g	0.2
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.0
Salt	g	0.2
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 28
Composite Sample Name: Pak choi, steamed
Sub-sample Number: 28.6
Sub-sample Name: Morrisons, pak choi
Brand: Morrisons
Pack size: 200g
Purchase Date: 19.09.2011
Place of Purchase: Morrisons, East Dereham
Display Until Date: 19 Sep 11
Best Before Date: 21 Sep 11
Batch Number: 1940
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 28.6

Sub-sample Name: Morrisons, pak choi

Ingredients: Pak choi

Label claim(s):

Produce of UK

Class I

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	55
Energy	kcal	13
Protein	g	1.5
Carbohydrate	g	2.2
Sugars	g	1.2
Starch	g	N/A
Fat	g	0.2
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.0
Salt equivalent	g	0.2
Sodium	g	0.1

Nutrient analysis of fruit and vegetables

Composite Sample Number: 28
Composite Sample Name: Pak choi, steamed
Sub-sample Number: 28.7
Sub-sample Name: Waitrose, green pak choi
Brand: Waitrose
Pack size: 235g
Purchase Date: 19.09.2011
Place of Purchase: Waitrose, Wymondham
Display Until Date: 22 Sep
Best Before Date:
Batch Number: Supplier 154A AB 02.09
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 28.7

Sub-sample Name: Waitrose, green pak choi

Ingredients: Green pak choi

Label claim(s):

Origin: Nottinghamshire, UK

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	70
Energy	kcal	17
Protein	g	1.5
Carbohydrate	g	2.2
Sugars	g	1.2
Starch	g	N/A
Fat	g	0.2
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.0
Salt equivalent	g	N/A
Sodium	g	0.07

Nutrient analysis of fruit and vegetables

Composite Sample Number: 28
Composite Sample Name: Pak choi, steamed
Sub-sample Number: 28.8
Sub-sample Name: Makro, pak choi
Brand: Makro
Pack size: 500g
Purchase Date: 19.09.2011
Place of Purchase: Makro, Norwich
Display Until Date:
Best Before Date:
Batch Number: Supplier No: 22287 Art No: 370822 258
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 28.8

Sub-sample Name: Pak choi

Ingredients: No information

Label claim(s):

Origin: UK

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 28
Composite Sample Name: Pak choi, steamed
Sub-sample Number: 28.9
Sub-sample Name: Tesco, pak choi
Brand: Tesco
Pack size: 250g
Purchase Date: 16.01.2012
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date: 18 Jan
Best Before Date: 20 Jan
Batch Number: 08:42 13 EM01
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 28.9

Sub-sample Name: Tesco, pak choi

Ingredients: Pak choi

Label claim(s):

Produce of Spain

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/typical 80g serving
Energy	kJ	70	56
Energy	kcal	17	13
Protein	g	1.5	1.2
Carbohydrate	g	2.2	1.7
Sugars	g	1.2	0.9
Starch	g	N/A	N/A
Fat	g	0.2	0.2
Saturates	g	Tr	Tr
Monounsaturates	g	Tr	Tr
Polyunsaturates	g	0.1	Tr
Fibre	g	1.0	0.8
Salt equivalent	g	Tr	Tr
Sodium	g	0.1	0.1

Nutrient analysis of fruit and vegetables

Composite Sample Number: 28
Composite Sample Name: Pak choi, steamed
Sub-sample Number: 28.10
Sub-sample Name: Tesco, pak choi
Brand: Tesco
Pack size: 250g
Purchase Date: 16.01.2012
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date: 17 Jan
Best Before Date: 19 Jan
Batch Number: 09:55 11 EM01
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 28.10

Sub-sample Name: Tesco, pak choi

Ingredients: Pak choi

Label claim(s):

Produce of Spain

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/typical 80g serving
Energy	kJ	70	56
Energy	kcal	17	13
Protein	g	1.5	1.2
Carbohydrate	g	2.2	1.7
Sugars	g	1.2	0.9
Starch	g	N/A	N/A
Fat	g	0.2	0.2
Saturates	g	Tr	Tr
Monounsaturates	g	Tr	Tr
Polyunsaturates	g	0.1	Tr
Fibre	g	1.0	0.8
Salt equivalent	g	Tr	Tr
Sodium	g	0.1	0.1

Nutrient analysis of fruit and vegetables

Composite Sample Number: 28
Composite Sample Name: Pak choi, steamed
Sub-sample Number: 28.11
Sub-sample Name: Asda, pak choi
Brand: Asda
Pack size: 200g
Purchase Date: 16.01.2012
Place of Purchase: Asda, Norwich
Display Until Date: 19 Jan
Best Before Date: 21 Jan
Batch Number: 550150
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 28.11

Sub-sample Name: Asda, pak choi

Ingredients: No information

Label claim(s):

Country of origin: Spain

Natural source of folic acid

Naturally high in vitamin C

Class I

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled)	Amount/2 handfuls sliced 80g (boiled)
Energy	kJ	48	39
Energy	kcal	11	9
Protein	g	1.6	1.3
Carbohydrate	g	0.8	0.6
Sugars	g	0.8	0.6
Starch	g	N/A	N/A
Fat	g	0.2	0.2
Saturates	g	0.0	0.0
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.0	0.8
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr
Folic acid	µg	41	32.8
Vitamin C	mg	26	20.8

Nutrient analysis of fruit and vegetables

Composite Sample Number: 28
Composite Sample Name: Pak choi, steamed
Sub-sample Number: 28.12
Sub-sample Name: Asda, pak choi
Brand: Asda
Pack size: 200g
Purchase Date: 16.01.2012
Place of Purchase: Asda, Norwich
Display Until Date: 19 Jan
Best Before Date: 21 Jan
Batch Number: 550150
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 28.12

Sub-sample Name: Asda, pak choi

Ingredients: No information

Label claim(s):

Country of origin: Spain

Natural source of folic acid

Naturally high in vitamin C

Class I

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled)	Amount/2 handfuls sliced 80g (boiled)
Energy	kJ	48	39
Energy	kcal	11	9
Protein	g	1.6	1.3
Carbohydrate	g	0.8	0.6
Sugars	g	0.8	0.6
Starch	g	N/A	N/A
Fat	g	0.2	0.2
Saturates	g	0.0	0.0
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.0	0.8
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr
Folic acid	µg	41	32.8
Vitamin C	mg	26	20.8

Nutrient analysis of fruit and vegetables

Composite Sample Number: 28
Composite Sample Name: Pak choi, steamed
Sub-sample Number: 28.13
Sub-sample Name: Sainsbury's, pak choi
Brand: Sainsbury's
Pack size: 200g
Purchase Date: 16.01.2012
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date: 20 Jan
Best Before Date: 20 Jan
Batch Number: MO211A
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 28.13

Sub-sample Name: Sainsbury's, pak choi

Ingredients: No information

Label claim(s):

Origin: Spain

Grown by: Frutas Alhambra-Campvert

Nutrient Information:

Nutrient	Unit	Amount/100g (raw)
Energy	kJ	54
Energy	kcal	13
Protein	g	1.6
Carbohydrate	g	2.2
Sugars	g	1.2
Starch	g	Tr
Fat	g	0.2
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.0
Salt	g	0.2
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 28
Composite Sample Name: Pak choi, steamed
Sub-sample Number: 28.14
Sub-sample Name: Morrisons, pak choi
Brand: Morrisons
Pack size: 200g
Purchase Date: 16.01.2012
Place of Purchase: Morrisons, East Dereham
Display Until Date: 18 Jan 12
Best Before Date: 20 Jan 12
Batch Number: 1940
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 28.14

Sub-sample Name: Morrisons, pak choi

Ingredients: Pak choi

Label claim(s):

Class I

Produce of UK

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	55
Energy	kcal	13
Protein	g	1.5
Carbohydrate	g	2.2
Sugars	g	1.2
Starch	g	N/A
Fat	g	0.2
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.0
Salt equivalent	g	0.2
Sodium	g	0.1

Nutrient analysis of fruit and vegetables

Composite Sample Number: 28
Composite Sample Name: Pak choi, steamed
Sub-sample Number: 28.15
Sub-sample Name: Waitrose, green pak choi
Brand: Waitrose
Pack size: 235g
Purchase Date: 16.01.2012
Place of Purchase: Waitrose, Wymondham
Display Until Date: 20 Jan
Best Before Date:
Batch Number: L1 14 11:03 AKBQ226 08.11 supplier 154A AK
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 28.15

Sub-sample Name: Waitrose, green pak choi

Ingredients: Green pak choi

Label claim(s):

Origin: Spain

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	78
Energy	kcal	19
Protein	g	1.5
Carbohydrate	g	2.2
Sugars	g	1.2
Starch	g	N/A
Fat	g	0.2
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.0
Sodium	g	0.07

Nutrient analysis of fruit and vegetables

Composite Sample Number: 28
Composite Sample Name: Pak choi, steamed
Sub-sample Number: 28.16
Sub-sample Name: Wattsfarms, pak choi
Brand: Wattsfarms
Pack size: 200g
Purchase Date: 16.01.2012
Place of Purchase: Makro, Norwich
Display Until Date:
Best Before Date:
Batch Number: 24380 27/219/0035 375295 012
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 28.16

Sub-sample Name: Wattsfarms, pak choi

Ingredients: No information

Label claim(s):

Origin: Italy

Class I

Nutrient Information: No information

Sample 29: Tomatoes (standard), raw

Composite Sample Number: 29
Composite Sample Name: Tomatoes (standard), raw
Sub-sample Number: 29.1
Sub-sample Name: Tesco, Norfolk salad tomatoes
Brand: Tesco
Pack size: 6 pack
Purchase Date: 12.09.2011
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date: 13 Sep
Best Before Date: 15 Sep
Batch Number: SP08
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number:

29.1

Sub-sample Name:

Tesco, Norfolk salad tomatoes

Ingredients: Salad tomatoes

Label claim(s):

Packed in the UK

Class I

52-57mm

Grown in UK

Grown by Nigel Bartle

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/one typical tomato (70g)
Energy	kJ	76	53
Energy	kcal	18	13
Protein	g	0.7	0.5
Carbohydrate	g	3.1	2.2
Sugars	g	3.1	2.2
Starch	g	N/A	N/A
Fat	g	0.3	0.2
Saturates	g	0.1	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.0	0.7
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr
Vitamin C	mg	17.0	11.9

Nutrient analysis of fruit and vegetables

Composite Sample Number: 29
Composite Sample Name: Tomatoes (standard), raw
Sub-sample Number: 29.2
Sub-sample Name: Tesco, loose, on the vine tomatoes
Brand:
Pack size:
Purchase Date: 12.09.2011
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 29.2

Sub-sample Name: Tesco, loose, on the vine tomatoes

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 29
Composite Sample Name: Tomatoes (standard), raw
Sub-sample Number: 29.3
Sub-sample Name: Asda, salad tomatoes
Brand: Asda
Pack size: 6 fruit
Purchase Date: 12.09.2011
Place of Purchase: Asda, Norwich
Display Until Date: 12 Sep
Best Before Date: 14 Sep
Batch Number: 450106 ASL1005257
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 29.3

Sub-sample Name: Asda, salad tomatoes

Ingredients: Salad tomatoes

Label claim(s):

Natural source of Vitamin C

Naturally high in fibre

Class I

Country of origin: UK, Yorkshire

Encore

52-57mm

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/80g serving
Energy	kJ	76	61
Energy	kcal	18	14
Protein	g	0.7	0.6
Carbohydrate	g	3.1	2.5
Sugars	g	3.1	2.5
Starch	g	N/A	N/A
Fat	g	0.3	0.2
Saturates	g	0.0	0.0
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.0	0.8
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr
Vitamin C	mg	17	13.6

Nutrient analysis of fruit and vegetables

Composite Sample Number: 29
Composite Sample Name: Tomatoes (standard), raw
Sub-sample Number: 29.4
Sub-sample Name: Asda, vine ripened tomatoes
Brand: Asda
Pack size: 500g
Purchase Date: 12.09.2011
Place of Purchase: Asda, Norwich
Display Until Date: 15 Sep
Best Before Date: 17 Sep
Batch Number: 900937 ASP1111977
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 29.4

Sub-sample Name: Asda, vine ripened tomatoes

Ingredients: No information

Label claim(s):

Class I

Country of origin: Holland

Mecano

47-73mm

Natural source of vitamin C

Naturally high in fibre

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/7 tomatoes (80g)
Energy	kJ	73	60
Energy	kcal	17	14
Protein	g	0.7	0.6
Carbohydrate	g	3.1	2.5
Sugars	g	3.1	2.5
Starch	g	N/A	N/A
Fat	g	0.3	0.2
Saturates	g	Tr	0.0
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.0	0.8
Salt equivalent	g	Tr	Tr
Sodium	g	0.02	Tr
Vitamin C	mg	17.0	13.6

Nutrient analysis of fruit and vegetables

Composite Sample Number: 29

Composite Sample Name: Tomatoes (standard), raw

Sub-sample Number: 29.5

Sub-sample Name: Sainsbury's, Taste The Difference, British jubilee vine tomatoes

Brand: Sainsbury's Taste The Difference

Pack size: Min 5 fruit

Purchase Date: 12.09.2011

Place of Purchase: Sainsbury's, Longwater, Norwich

Display Until Date: 13 Sep

Best Before Date: 13 Sep

Batch Number: E0460A L1 112829 08:10

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 29.5

Sub-sample Name: Sainsbury's, Taste The Difference, British jubilee vine tomatoes

Ingredients: Jubilee tomatoes

Label claim(s):

Class I

Produced in the UK

Grown in: Cheshire, UK

Grown by: Chris Rudd

Variety: Elegance

Nutrient Information:

Nutrient	Unit	Amount/100g (raw)
Energy	kJ	73
Energy	kcal	17
Protein	g	0.7
Carbohydrate	g	3.1
Sugars	g	3.1
Starch	g	N/A
Fat	g	0.4
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	N/A
Salt equivalent	g	N/A
Sodium	g	N/A
Vitamin C	mg	17.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 29
Composite Sample Name: Tomatoes (standard), raw
Sub-sample Number: 29.6
Sub-sample Name: Morrisons, vine ripened tomatoes
Brand: Morrisons
Pack size: Min 5 fruit
Purchase Date: 12.09.2011
Place of Purchase: Morrisons, Norwich
Display Until Date: 12 Sep
Best Before Date: 14 Sep
Batch Number: 247357 kcb:7SA 0258 T30349/0410
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 29.6

Sub-sample Name: Morrisons, vine ripened tomatoes

Ingredients: Vine ripened tomatoes

Label claim(s):

Produce of Holland

Capricia

Class 1

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	73
Energy	kcal	17
Protein	g	0.7
Carbohydrate	g	3.1
Sugars	g	3.1
Starch	g	N/A
Fat	g	0.3
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.0
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 29
Composite Sample Name: Tomatoes (standard), raw
Sub-sample Number: 29.7
Sub-sample Name: The Co-operative, 6 British tomatoes
Brand: The Co-operative
Pack size:
Purchase Date: 12.09.2011
Place of Purchase: Co-operative, Wymondham
Display Until Date: 13 Sep
Best Before Date: 14 Sep
Batch Number: M060A
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 29.7

Sub-sample Name: The Co-operative, 6 British tomatoes

Ingredients: No information

Label claim(s):

Class I

47-57mm

Produce of Yorks, UK

Packed in UK

Grown by Edward Baarda

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/medium tomato (approx. 80g)
Energy	kJ	80	60
Energy	kcal	20	15
Protein	g	0.7	0.6
Carbohydrate	g	3.1	2.5
Sugars	g	3.1	2.5
Starch	g	N/A	N/A
Fat	g	0.3	0.2
Saturates	g	0.1	0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.1	0.9
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 29
Composite Sample Name: Tomatoes (standard), raw
Sub-sample Number: 29.8
Sub-sample Name: Iceland, 6 pack tomatoes
Brand: Iceland
Pack size: 6 fruit
Purchase Date: 12.09.2011
Place of Purchase: Iceland, Norwich
Display Until Date: 17 Sep
Best Before Date:
Batch Number: 03 1116 248
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 29.8

Sub-sample Name: Iceland, 6 pack tomatoes

Ingredients: No information

Label claim(s):

Class I

52-57mm

Poland

Nutrient Information:

Nutrient	Unit	Amount/100g as sold
Energy	kJ	73
Energy	kcal	17
Protein	g	0.7
Carbohydrate	g	3.1
Sugars	g	3.1
Starch	g	N/A
Fat	g	0.3
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.0
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 29
Composite Sample Name: Tomatoes (standard), raw
Sub-sample Number: 29.9
Sub-sample Name: Sainsbury's, basics, tomatoes
Brand: Sainsbury's basics
Pack size: 450g
Purchase Date: 12.09.2011
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date: 13 Sep
Best Before Date: 13 Sep
Batch Number: T8202A
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 29.9

Sub-sample Name: Sainsbury's, basics, tomatoes

Ingredients: No information

Label claim(s):

Class II

Un-sized

Grown in Holland

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 29
Composite Sample Name: Tomatoes (standard), raw
Sub-sample Number: 29.10
Sub-sample Name: Market, loose, on the vine tomatoes
Brand:
Pack size:
Purchase Date: 12.09.2011
Place of Purchase: Independent market stall, Wymondham
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Paper
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 29.10

Sub-sample Name: Market, loose, on the vine tomatoes

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 29
Composite Sample Name: Tomatoes (standard), raw
Sub-sample Number: 29.11
Sub-sample Name: Makro, tomatoes, salads
Brand: Makro
Pack size: 1kg
Purchase Date: 12.09.2011
Place of Purchase: Makro, Norwich
Display Until Date:
Best Before Date:
Batch Number: Jul code: 245 verp: KCB 480 art no: 358062 supplier code: 24273
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 29.11

Sub-sample Name: Makro, tomatoes, salads

Ingredients: No information

Label claim(s):

Size 57/67mm

Origin: Holland

Class I

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 29
Composite Sample Name: Tomatoes (standard), raw
Sub-sample Number: 29.12
Sub-sample Name: Tesco, loose, on the vine tomatoes
Brand:
Pack size:
Purchase Date: 30.10.2011
Place of Purchase: Tesco Blue Boar Road, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 29.12

Sub-sample Name: Tesco, loose, on the vine tomatoes

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 29
Composite Sample Name: Tomatoes (standard), raw
Sub-sample Number: 29.13
Sub-sample Name: Tesco, tomatoes
Brand: Tesco
Pack size: 1kg
Purchase Date: 31.10.2011
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date: 02 Nov
Best Before Date: 04 Nov
Batch Number: GZ12
Packaging: Netting
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 29.13

Sub-sample Name: Tesco, tomatoes

Ingredients: Salad tomatoes

Label claim(s):

Produce of Spain

Size 47/57mm

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	76
Energy	kcal	18
Protein	g	0.7
Carbohydrate	g	3.1
Sugars	g	3.1
Starch	g	N/A
Fat	g	0.3
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.0
Salt equivalent	g	Tr
Sodium	g	Tr
Vitamin C	mg	17.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 29
Composite Sample Name: Tomatoes (standard), raw
Sub-sample Number: 29.14
Sub-sample Name: Asda, salad tomatoes
Brand: Asda
Pack size: 750g
Purchase Date: 31.10.2011
Place of Purchase: Asda, Norwich
Display Until Date: 02 Nov
Best Before Date: 04 Nov
Batch Number: 450030 ASL0905478
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 29.14

Sub-sample Name: Asda salad tomatoes

Ingredients: No information

Label claim(s):

Natural source of vitamin C

Naturally high in fibre

Country of origin: Spain

Pitenza

Class I

47-57mm

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/medium tomato (80g)
Energy	kJ	76	N/A
Energy	kcal	18	N/A
Protein	g	0.7	N/A
Carbohydrate	g	3.1	N/A
Sugars	g	3.1	N/A
Starch	g	N/A	N/A
Fat	g	0.3	N/A
Saturates	g	0.0	N/A
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.0	N/A
Salt equivalent	g	Tr	N/A
Sodium	g	0.01	N/A
Vitamin C	mg	17.0	13.6

Nutrient analysis of fruit and vegetables

Composite Sample Number: 29
Composite Sample Name: Tomatoes (standard), raw
Sub-sample Number: 29.15
Sub-sample Name: Asda, vine ripened tomatoes
Brand: Asda
Pack size: 500g
Purchase Date: 31.10.2011
Place of Purchase: Asda, Norwich
Display Until Date: 04 Nov
Best Before Date: 06 Nov
Batch Number: 900937 ASP1111977 52939101
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 29.15

Sub-sample Name: Asda, vine ripened tomatoes

Ingredients: No information

Label claim(s):

Natural source of vitamin C

Naturally high in fibre

Country of origin: Holland

Mecano

Class I

47/73mm

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/7 tomatoes (80g)
Energy	kJ	73	60
Energy	kcal	17	14
Protein	g	0.7	0.6
Carbohydrate	g	3.1	2.5
Sugars	g	3.1	2.5
Starch	g	N/A	N/A
Fat	g	0.3	0.2
Saturates	g	Tr	0.0
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.0	0.8
Salt equivalent	g	Tr	Tr
Sodium	g	0.02	Tr
Vitamin C	mg	17.0	13.6

Nutrient analysis of fruit and vegetables

Composite Sample Number: 29
Composite Sample Name: Tomatoes (standard), raw
Sub-sample Number: 29.16
Sub-sample Name: Sainsbury's, flavouripe tomatoes
Brand: Sainsbury's
Pack size: Count 6
Purchase Date: 31.10.2011
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date: 05 Nov
Best Before Date: 05 Nov
Batch Number: WO158PD 606516 03.10
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 29.16

Sub-sample Name: Sainsbury's, flavouripe tomatoes

Ingredients: No information

Label claim(s):

Grown in: Holland

Grown by: Duijvestijn

Variety: Careza

Class I

Size: 47/57mm

Nutrient Information:

Nutrient	Unit	Amount/100g (raw)
Energy	kJ	73
Energy	kcal	17
Protein	g	0.7
Carbohydrate	g	3.1
Sugars	g	3.1
Starch	g	N/A
Fat	g	0.4
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	N/A
Salt equivalent	g	N/A
Sodium	g	N/A
Vitamin C	mg	17.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 29
Composite Sample Name: Tomatoes (standard), raw
Sub-sample Number: 29.17
Sub-sample Name: Morrisons, vine ripened tomatoes
Brand: Morrisons
Pack size: Min 5 fruit
Purchase Date: 31.10.2011
Place of Purchase: Morrisons, Norwich
Display Until Date: 03 Nov
Best Before Date: 05 Nov
Batch Number: 251998 kcb:75A 0258 T30349/0410
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 29.17

Sub-sample Name: Morrisons, vine ripened tomatoes

Ingredients: Vine ripened tomatoes

Label claim(s):

Produce of Holland
Capricia
Class I

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	73
Energy	kcal	17
Protein	g	0.7
Carbohydrate	g	3.1
Sugars	g	3.1
Starch	g	N/A
Fat	g	0.3
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.0
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 29
Composite Sample Name: Tomatoes (standard), raw
Sub-sample Number: 29.18
Sub-sample Name: Marks & Spencer, vine ripened rosa tomatoes
Brand: Marks & Spencer
Pack size: 400g
Purchase Date: 31.10.2011
Place of Purchase: Marks & Spencer, Norwich
Display Until Date: 03 Nov
Best Before Date:
Batch Number: 6539
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 29.18

Sub-sample Name: Marks & Spencer, vine ripened rosa tomatoes

Ingredients: No information

Label claim(s):

Country of origin: Holland

Class I

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	75
Energy	kcal	20
Protein	g	0.7
Carbohydrate	g	3.1
Sugars	g	3.1
Starch	g	N/A
Fat	g	0.3
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.0
Salt equivalent	g	<0.10
Sodium	g	0.01
Vitamin A	µg	94
Vitamin C	mg	17

Nutrient analysis of fruit and vegetables

Composite Sample Number: 29
Composite Sample Name: Tomatoes (standard), raw
Sub-sample Number: 29.19
Sub-sample Name: Oaklands, salad tomatoes
Brand: Oaklands
Pack size: 6
Purchase Date: 31.10.2011
Place of Purchase: Lidl, Attleborough
Display Until Date:
Best Before Date:
Batch Number: L-4302 W-0385 CIFA-30077168 RGS 21.842/MU
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 29.19

Sub-sample Name: Oaklands, salad tomatoes

Ingredients: No information

Label claim(s):

Origin: Mazarron-Murcia, Spain

Class I

47/57mm

Source of vitamin C

Nutrient Information:

Nutrient	Unit	Amount/100g as sold	Amount/one tomato (approx. 80g)
Energy	kJ	76	N/A
Energy	kcal	18	15
Protein	g	0.7	N/A
Carbohydrate	g	3.1	N/A
Sugars	g	3.1	2.5
Starch	g	N/A	N/A
Fat	g	0.3	0.2
Saturates	g	0.1	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.0	N/A
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	N/A
Vitamin C	mg	17.0	N/A

Nutrient analysis of fruit and vegetables

Composite Sample Number: 29
Composite Sample Name: Tomatoes (standard), raw
Sub-sample Number: 29.20
Sub-sample Name: Tesco, Market Value, tomatoes
Brand: Tesco Market Value
Pack size: 500g
Purchase Date: 31.10.2011
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date: 04 Nov
Best Before Date:
Batch Number: BV02
Packaging: Netting
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 29.20

Sub-sample Name: Tesco, Market Value, tomatoes

Ingredients: Tomatoes

Label claim(s):

Grown in: Holland

Class II

Size 57-67mm

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	76
Energy	kcal	18
Protein	g	0.7
Carbohydrate	g	3.1
Sugars	g	3.1
Starch	g	N/A
Fat	g	0.3
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.0
Salt equivalent	g	Tr
Sodium	g	Tr
Vitamin C	mg	17.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 29
Composite Sample Name: Tomatoes (standard), raw
Sub-sample Number: 29.21
Sub-sample Name: Market tomatoes
Brand:
Pack size:
Purchase Date: 31.10.2011
Place of Purchase: Independent market stall, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Paper
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 29.21

Sub-sample Name: Market tomatoes

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 29
Composite Sample Name: Tomatoes (standard), raw
Sub-sample Number: 29.22
Sub-sample Name: Farm Fresh, round tomatoes
Brand: Farm Fresh
Pack size: Counts x 6
Purchase Date: 31.10.2011
Place of Purchase: Booker, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 29.22

Sub-sample Name: Farm Fresh, round tomatoes

Ingredients: No information

Label claim(s):

Class I

Country of origin: Spain

47-57mm

Nutrient Information: No information

Sample 30: Tomatoes (standard), grilled, flesh and seeds only

Composite Sample Number: 30
Composite Sample Name: Tomatoes (standard), grilled, flesh and seeds only
Sub-sample Number: 30.1
Sub-sample Name: Tesco, Norfolk salad tomatoes
Brand: Tesco
Pack size: 6 pack
Purchase Date: 12.09.2011
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date: 13 Sep
Best Before Date: 15 Sep
Batch Number: SP08
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number:

30.1

Sub-sample Name:

Tesco, Norfolk salad tomatoes

Ingredients: Salad tomatoes

Label claim(s):

Packed in the UK

Class I

52-57mm

Grown in UK

Grown by Nigel Bartle

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/one typical tomato (70g)
Energy	kJ	76	53
Energy	kcal	18	13
Protein	g	0.7	0.5
Carbohydrate	g	3.1	2.2
Sugars	g	3.1	2.2
Starch	g	N/A	N/A
Fat	g	0.3	0.2
Saturates	g	0.1	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.0	0.7
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr
Vitamin C	mg	17.0	11.9

Nutrient analysis of fruit and vegetables

Composite Sample Number: 30

Composite Sample Name: Tomatoes (standard), grilled, flesh and seeds only

Sub-sample Number: 30.2

Sub-sample Name: Tesco, loose, on the vine tomatoes

Brand:

Pack size:

Purchase Date: 12.09.2011

Place of Purchase: Tesco, Harford Bridges, Norwich

Display Until Date:

Best Before Date:

Batch Number:

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 30.2

Sub-sample Name: Tesco, loose, on the vine tomatoes

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 30
Composite Sample Name: Tomatoes (standard), grilled, flesh and seeds only
Sub-sample Number: 30.3
Sub-sample Name: Asda, salad tomatoes
Brand: Asda
Pack size: 6 fruit
Purchase Date: 12.09.2011
Place of Purchase: Asda, Norwich
Display Until Date: 12 Sep
Best Before Date: 14 Sep
Batch Number: 450106 ASL1005257
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 30.3

Sub-sample Name: Asda, salad tomatoes

Ingredients: Salad tomatoes

Label claim(s):

Natural source of Vitamin C

Naturally high in fibre

Class I

Country of origin: UK, Yorkshire

Encore

52-57mm

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/80g serving
Energy	kJ	76	61
Energy	kcal	18	14
Protein	g	0.7	0.6
Carbohydrate	g	3.1	2.5
Sugars	g	3.1	2.5
Starch	g	N/A	N/A
Fat	g	0.3	0.2
Saturates	g	0.0	0.0
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.0	0.8
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr
Vitamin C	mg	17	13.6

Nutrient analysis of fruit and vegetables

Composite Sample Number: 30
Composite Sample Name: Tomatoes (standard), grilled, flesh and seeds only
Sub-sample Number: 30.4
Sub-sample Name: Asda, vine ripened tomatoes
Brand: Asda
Pack size: 500g
Purchase Date: 12.09.2011
Place of Purchase: Asda, Norwich
Display Until Date: 15 Sep
Best Before Date: 17 Sep
Batch Number: 900937 ASP1111977
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 30.4

Sub-sample Name: Asda, vine ripened tomatoes

Ingredients: No information

Label claim(s):

Class I

Country of origin: Holland

Mecano

47-73mm

Natural source of vitamin C

Naturally high in fibre

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/7 tomatoes (80g)
Energy	kJ	73	60
Energy	kcal	17	14
Protein	g	0.7	0.6
Carbohydrate	g	3.1	2.5
Sugars	g	3.1	2.5
Starch	g	N/A	N/A
Fat	g	0.3	0.2
Saturates	g	Tr	0.0
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.0	0.8
Salt equivalent	g	Tr	Tr
Sodium	g	0.02	Tr
Vitamin C	mg	17.0	13.6

Nutrient analysis of fruit and vegetables

Composite Sample Number: 30

Composite Sample Name: Tomatoes (standard), grilled, flesh and seeds only

Sub-sample Number: 30.5

Sub-sample Name: Sainsbury's, Taste The Difference, British jubilee vine tomatoes

Brand: Sainsbury's Taste The Difference

Pack size: Min 5 fruit

Purchase Date: 12.09.2011

Place of Purchase: Sainsbury's, Longwater, Norwich

Display Until Date: 13 Sep

Best Before Date: 13 Sep

Batch Number: E0460A L1 112829 08:10

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 30.5
Sub-sample Name: Sainsbury's, Taste The Difference, British jubilee vine tomatoes

Ingredients: Jubilee tomatoes

Label claim(s):

Class I

Produced in the UK

Grown in: Cheshire, UK

Grown by: Chris Rudd

Variety: Elegance

Nutrient Information:

Nutrient	Unit	Amount/100g (raw)
Energy	kJ	73
Energy	kcal	17
Protein	g	0.7
Carbohydrate	g	3.1
Sugars	g	3.1
Starch	g	N/A
Fat	g	0.4
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	N/A
Salt equivalent	g	N/A
Sodium	g	N/A
Vitamin C	mg	17.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 30
Composite Sample Name: Tomatoes (standard), grilled, flesh and seeds only
Sub-sample Number: 30.6
Sub-sample Name: Morrisons, vine ripened tomatoes
Brand: Morrisons
Pack size: Min 5 fruit
Purchase Date: 12.09.2011
Place of Purchase: Morrisons, Norwich
Display Until Date: 12 Sep
Best Before Date: 14 Sep
Batch Number: 247357 kcb:7SA 0258 T30349/0410
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 30.6

Sub-sample Name: Morrisons, vine ripened tomatoes

Ingredients: Vine ripened tomatoes

Label claim(s):

Produce of Holland

Capricia

Class 1

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	73
Energy	kcal	17
Protein	g	0.7
Carbohydrate	g	3.1
Sugars	g	3.1
Starch	g	N/A
Fat	g	0.3
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.0
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 30

Composite Sample Name: Tomatoes (standard), grilled, flesh and seeds only

Sub-sample Number: 30.7

Sub-sample Name: The Co-operative, 6 British tomatoes

Brand: The Co-operative

Pack size:

Purchase Date: 12.09.2011

Place of Purchase: Co-operative, Wymondham

Display Until Date: 13 Sep

Best Before Date: 14 Sep

Batch Number: M060A

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 30.7

Sub-sample Name: The Co-operative, 6 British tomatoes

Ingredients: No information

Label claim(s):

Class I

47-57mm

Produce of Yorks, UK

Packed in UK

Grown by Edward Baarda

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/medium tomato (approx. 80g)
Energy	kJ	80	60
Energy	kcal	20	15
Protein	g	0.7	0.6
Carbohydrate	g	3.1	2.5
Sugars	g	3.1	2.5
Starch	g	N/A	N/A
Fat	g	0.3	0.2
Saturates	g	0.1	0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.1	0.9
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 30
Composite Sample Name: Tomatoes (standard), grilled, flesh and seeds only
Sub-sample Number: 30.8
Sub-sample Name: Iceland, 6 pack tomatoes
Brand: Iceland
Pack size: 6 fruit
Purchase Date: 12.09.2011
Place of Purchase: Iceland, Norwich
Display Until Date: 17 Sep
Best Before Date:
Batch Number: 03 1116 248
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 30.8

Sub-sample Name: Iceland, 6 pack tomatoes

Ingredients: No information

Label claim(s):

Class I

52-57mm

Poland

Nutrient Information:

Nutrient	Unit	Amount/100g as sold
Energy	kJ	73
Energy	kcal	17
Protein	g	0.7
Carbohydrate	g	3.1
Sugars	g	3.1
Starch	g	N/A
Fat	g	0.3
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.0
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 30
Composite Sample Name: Tomatoes (standard), grilled, flesh and seeds only
Sub-sample Number: 30.9
Sub-sample Name: Sainsbury's, basics, tomatoes
Brand: Sainsbury's basics
Pack size: 450g
Purchase Date: 12.09.2011
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date: 13 Sep
Best Before Date: 13 Sep
Batch Number: T8202A
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 30.9

Sub-sample Name: Sainsbury's, basics, tomatoes

Ingredients: No information

Label claim(s):

Class II

Un-sized

Grown in Holland

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 30

Composite Sample Name: Tomatoes (standard), grilled, flesh and seeds only

Sub-sample Number: 30.10

Sub-sample Name: Market, loose, on the vine tomatoes

Brand:

Pack size:

Purchase Date: 12.09.2011

Place of Purchase: Independent market stall, Wymondham

Display Until Date:

Best Before Date:

Batch Number:

Packaging: Paper

Sample Condition As Purchased: Ambient

Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 30.10

Sub-sample Name: Market, loose, on the vine tomatoes

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 30

Composite Sample Name: Tomatoes (standard), grilled, flesh and seeds only

Sub-sample Number: 30.11

Sub-sample Name: Makro, tomatoes, salads

Brand: Makro

Pack size: 1kg

Purchase Date: 12.09.2011

Place of Purchase: Makro, Norwich

Display Until Date:

Best Before Date:

Batch Number: Jul code: 245 verp: KCB 480 art no: 358062 supplier code: 24273

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 30.11

Sub-sample Name: Makro, tomatoes, salads

Ingredients: No information

Label claim(s):

Size 57/67mm

Origin: Holland

Class I

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 30

Composite Sample Name: Tomatoes (standard), grilled, flesh and seeds only

Sub-sample Number: 30.12

Sub-sample Name: Tesco, loose, on the vine tomatoes

Brand:

Pack size:

Purchase Date: 30.10.2011

Place of Purchase: Tesco Blue Boar Road, Norwich

Display Until Date:

Best Before Date:

Batch Number:

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 30.12

Sub-sample Name: Tesco, loose, on the vine tomatoes

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 30
Composite Sample Name: Tomatoes (standard), grilled, flesh and seeds only
Sub-sample Number: 30.13
Sub-sample Name: Tesco, tomatoes
Brand: Tesco
Pack size: 1kg
Purchase Date: 31.10.2011
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date: 02 Nov
Best Before Date: 04 Nov
Batch Number: GZ12
Packaging: Netting
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 30.13

Sub-sample Name: Tesco, tomatoes

Ingredients: Salad tomatoes

Label claim(s):

Produce of Spain

Size 47/57mm

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	76
Energy	kcal	18
Protein	g	0.7
Carbohydrate	g	3.1
Sugars	g	3.1
Starch	g	N/A
Fat	g	0.3
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.0
Salt equivalent	g	Tr
Sodium	g	Tr
Vitamin C	mg	17.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 30
Composite Sample Name: Tomatoes (standard), grilled, flesh and seeds only
Sub-sample Number: 30.14
Sub-sample Name: Asda, salad tomatoes
Brand: Asda
Pack size: 750g
Purchase Date: 31.10.2011
Place of Purchase: Asda, Norwich
Display Until Date: 02 Nov
Best Before Date: 04 Nov
Batch Number: 450030 ASL0905478
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 30.14

Sub-sample Name: Asda salad tomatoes

Ingredients: No information

Label claim(s):

Natural source of vitamin C

Naturally high in fibre

Country of origin: Spain

Pitenza

Class I

47-57mm

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/medium tomato (80g)
Energy	kJ	76	N/A
Energy	kcal	18	N/A
Protein	g	0.7	N/A
Carbohydrate	g	3.1	N/A
Sugars	g	3.1	N/A
Starch	g	N/A	N/A
Fat	g	0.3	N/A
Saturates	g	0.0	N/A
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.0	N/A
Salt equivalent	g	Tr	N/A
Sodium	g	0.01	N/A
Vitamin C	mg	17.0	13.6

Nutrient analysis of fruit and vegetables

Composite Sample Number: 30
Composite Sample Name: Tomatoes (standard), grilled, flesh and seeds only
Sub-sample Number: 30.15
Sub-sample Name: Asda, vine ripened tomatoes
Brand: Asda
Pack size: 500g
Purchase Date: 31.10.2011
Place of Purchase: Asda, Norwich
Display Until Date: 04 Nov
Best Before Date: 06 Nov
Batch Number: 900937 ASP1111977 52939101
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number:

30.15

Sub-sample Name:

Asda, vine ripened tomatoes

Ingredients: No information

Label claim(s):

Natural source of vitamin C

Naturally high in fibre

Country of origin: Holland

Mecano

Class I

47/73mm

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/7 tomatoes (80g)
Energy	kJ	73	60
Energy	kcal	17	14
Protein	g	0.7	0.6
Carbohydrate	g	3.1	2.5
Sugars	g	3.1	2.5
Starch	g	N/A	N/A
Fat	g	0.3	0.2
Saturates	g	Tr	0.0
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.0	0.8
Salt equivalent	g	Tr	Tr
Sodium	g	0.02	Tr
Vitamin C	mg	17.0	13.6

Nutrient analysis of fruit and vegetables

Composite Sample Number: 30

Composite Sample Name: Tomatoes (standard), grilled, flesh and seeds only

Sub-sample Number: 30.16

Sub-sample Name: Sainsbury's, flavouripe tomatoes

Brand: Sainsbury's

Pack size: Count 6

Purchase Date: 31.10.2011

Place of Purchase: Sainsbury's, Longwater, Norwich

Display Until Date: 05 Nov

Best Before Date: 05 Nov

Batch Number: WO158PD 606516 03.10

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 30.16

Sub-sample Name: Sainsbury's, flavouripe tomatoes

Ingredients: No information

Label claim(s):

Grown in: Holland

Grown by: Duijvestijn

Variety: Careza

Class I

Size: 47/57mm

Nutrient Information:

Nutrient	Unit	Amount/100g (raw)
Energy	kJ	73
Energy	kcal	17
Protein	g	0.7
Carbohydrate	g	3.1
Sugars	g	3.1
Starch	g	N/A
Fat	g	0.4
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	N/A
Salt equivalent	g	N/A
Sodium	g	N/A
Vitamin C	mg	17.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 30
Composite Sample Name: Tomatoes (standard), grilled, flesh and seeds only
Sub-sample Number: 30.17
Sub-sample Name: Morrisons, vine ripened tomatoes
Brand: Morrisons
Pack size: Min 5 fruit
Purchase Date: 31.10.2011
Place of Purchase: Morrisons, Norwich
Display Until Date: 03 Nov
Best Before Date: 05 Nov
Batch Number: 251998 kcb:75A 0258 T30349/0410
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 30.17

Sub-sample Name: Morrisons, vine ripened tomatoes

Ingredients: Vine ripened tomatoes

Label claim(s):

Produce of Holland
Capricia
Class I

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	73
Energy	kcal	17
Protein	g	0.7
Carbohydrate	g	3.1
Sugars	g	3.1
Starch	g	N/A
Fat	g	0.3
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.0
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 30
Composite Sample Name: Tomatoes (standard), grilled, flesh and seeds only
Sub-sample Number: 30.18
Sub-sample Name: Marks & Spencer, vine ripened rosa tomatoes
Brand: Marks & Spencer
Pack size: 400g
Purchase Date: 31.10.2011
Place of Purchase: Marks & Spencer, Norwich
Display Until Date: 03 Nov
Best Before Date:
Batch Number: 6539
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 30.18

Sub-sample Name: Marks & Spencer, vine ripened rosa tomatoes

Ingredients: No information

Label claim(s):

Country of origin: Holland

Class I

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	75
Energy	kcal	20
Protein	g	0.7
Carbohydrate	g	3.1
Sugars	g	3.1
Starch	g	N/A
Fat	g	0.3
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.0
Salt equivalent	g	<0.10
Sodium	g	0.01
Vitamin A	µg	94
Vitamin C	mg	17

Nutrient analysis of fruit and vegetables

Composite Sample Number: 30
Composite Sample Name: Tomatoes (standard), grilled, flesh and seeds only
Sub-sample Number: 30.19
Sub-sample Name: Oaklands, salad tomatoes
Brand: Oaklands
Pack size: 6
Purchase Date: 31.10.2011
Place of Purchase: Lidl, Attleborough
Display Until Date:
Best Before Date:
Batch Number: L-4302 W-0385 CIFA-30077168 RGS 21.842/MU
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 30.19

Sub-sample Name: Oaklands, salad tomatoes

Ingredients: No information

Label claim(s):

Origin: Mazarron-Murcia, Spain

Class I

47/57mm

Source of vitamin C

Nutrient Information:

Nutrient	Unit	Amount/100g as sold	Amount/one tomato (approx. 80g)
Energy	kJ	76	N/A
Energy	kcal	18	15
Protein	g	0.7	N/A
Carbohydrate	g	3.1	N/A
Sugars	g	3.1	2.5
Starch	g	N/A	N/A
Fat	g	0.3	0.2
Saturates	g	0.1	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.0	N/A
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	N/A
Vitamin C	mg	17.0	N/A

Nutrient analysis of fruit and vegetables

Composite Sample Number: 30
Composite Sample Name: Tomatoes (standard), grilled, flesh and seeds only
Sub-sample Number: 30.20
Sub-sample Name: Tesco, Market Value, tomatoes
Brand: Tesco Market Value
Pack size: 500g
Purchase Date: 31.10.2011
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date: 04 Nov
Best Before Date:
Batch Number: BV02
Packaging: Netting
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 30.20

Sub-sample Name: Tesco, Market Value, tomatoes

Ingredients: Tomatoes

Label claim(s):

Grown in: Holland

Class II

Size 57-67mm

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	76
Energy	kcal	18
Protein	g	0.7
Carbohydrate	g	3.1
Sugars	g	3.1
Starch	g	N/A
Fat	g	0.3
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.0
Salt equivalent	g	Tr
Sodium	g	Tr
Vitamin C	mg	17.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 30
Composite Sample Name: Tomatoes (standard), grilled, flesh and seeds only
Sub-sample Number: 30.21
Sub-sample Name: Market tomatoes
Brand:
Pack size:
Purchase Date: 31.10.2011
Place of Purchase: Independent market stall, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Paper
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 30.21

Sub-sample Name: Market tomatoes

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 30
Composite Sample Name: Tomatoes (standard), grilled, flesh and seeds only
Sub-sample Number: 30.22
Sub-sample Name: Farm Fresh, round tomatoes
Brand: Farm Fresh
Pack size: Counts x 6
Purchase Date: 31.10.2011
Place of Purchase: Booker, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 30.22

Sub-sample Name: Farm Fresh, round tomatoes

Ingredients: No information

Label claim(s):

Class I

Country of origin: Spain

47-57mm

Nutrient Information: No information

Sample 31: Tomatoes, cherry, raw

Composite Sample Number: 31
Composite Sample Name: Tomatoes, cherry, raw
Sub-sample Number: 31.1
Sub-sample Name: Tesco, Finest, Norfolk piccolo cherry tomatoes
Brand: Tesco Finest
Pack size: 220g
Purchase Date: 30.08.2011
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date: 02 Sep
Best Before Date: 04 Sep
Batch Number: SP08
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 31.1

Sub-sample Name: Tesco, Finest, Norfolk piccolo cherry tomatoes

Ingredients: Piccolo cherry tomatoes

Label claim(s):

Grown in: UK
Size 15-25mm
Class I
A source of vitamin C
Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/5 tomatoes (60g)
Energy	kJ	76	45
Energy	kcal	18	11
Protein	g	0.7	0.4
Carbohydrate	g	3.1	1.9
Sugars	g	3.1	1.9
Starch	g	N/A	N/A
Fat	g	0.3	0.2
Saturates	g	0.1	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.0	0.6
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr
Vitamin C	mg	17.0	10.2

Nutrient analysis of fruit and vegetables

Composite Sample Number: 31
Composite Sample Name: Tomatoes, cherry, raw
Sub-sample Number: 31.2
Sub-sample Name: Tesco, juicy cherry tomatoes
Brand: Tesco
Pack size: 300g
Purchase Date: 30.08.2011
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date: 02 Sep
Best Before Date: 04 Sep
Batch Number: GZ
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 31.2

Sub-sample Name: Tesco, juicy cherry tomatoes

Ingredients: Cherry tomatoes

Label claim(s):

Grown in: Spain

Size 20/30mm

Class I

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/5 typical tomatoes (60g)
Energy	kJ	76	45
Energy	kcal	18	11
Protein	g	0.7	0.4
Carbohydrate	g	3.1	1.9
Sugars	g	3.1	1.9
Starch	g	N/A	N/A
Fat	g	0.3	0.2
Saturates	g	0.1	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.0	0.6
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr
Vitamin C	mg	17.0	10.2

Nutrient analysis of fruit and vegetables

Composite Sample Number: 31
Composite Sample Name: Tomatoes, cherry, raw
Sub-sample Number: 31.3
Sub-sample Name: Asda, cherry, on the vine tomatoes
Brand: Asda
Pack size: 250g
Purchase Date: 30.08.2011
Place of Purchase: Asda, Norwich
Display Until Date: 30 Aug
Best Before Date: 01 Sep
Batch Number: 520209 1952 12:10
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 31.3

Sub-sample Name: Asda, cherry, on the vine tomatoes

Ingredients: No information

Label claim(s):

Country of origin: Spain

Shirem

25-35mm

Class I

Natural source of vitamin C

Naturally high in fibre

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/80g serving
Energy	kJ	84	N/A
Energy	kcal	20	N/A
Protein	g	0.7	N/A
Carbohydrate	g	3.1	N/A
Sugars	g	3.1	N/A
Starch	g	N/A	N/A
Fat	g	0.3	N/A
Saturates	g	0.0	N/A
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.0	N/A
Salt equivalent	g	Tr	N/A
Sodium	g	0.01	N/A
Vitamin C	mg	17.0	13.6

Nutrient analysis of fruit and vegetables

Composite Sample Number: 31
Composite Sample Name: Tomatoes, cherry, raw
Sub-sample Number: 31.4
Sub-sample Name: Asda, cherry tomatoes
Brand: Asda
Pack size: 400g
Purchase Date: 30.08.2011
Place of Purchase: Asda, Norwich
Display Until Date: 02 Sep
Best Before Date: 02 Sep
Batch Number: 900962 2649 08:43 ASL0804563
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 31.4

Sub-sample Name: Asda, cherry tomatoes

Ingredients: No information

Label claim(s):

Country of origin: Morocco

Katalina

20-35mm

Class I

Natural source of vitamin C

Naturally high in fibre

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/7 cherry tomatoes
Energy	kJ	76	60
Energy	kcal	18	14
Protein	g	0.7	0.6
Carbohydrate	g	3.1	2.5
Sugars	g	3.1	2.5
Starch	g	N/A	N/A
Fat	g	0.3	0.2
Saturates	g	0.0	0.0
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.0	0.8
Salt equivalent	g	Tr	Tr
Sodium	g	0.01	Tr
Vitamin C	mg	17.0	13.6

Nutrient analysis of fruit and vegetables

Composite Sample Number: 31
Composite Sample Name: Tomatoes, cherry, raw
Sub-sample Number: 31.5
Sub-sample Name: Sainsbury's, British cherry tomatoes, on the vine
Brand: Sainsbury's
Pack size: 225g
Purchase Date: 30.08.2011
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date: 03 Sep
Best Before Date: 03 Sep
Batch Number: W0144F L 7155208 03.10
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 31.5

Sub-sample Name: Sainsbury's, British cherry tomatoes, on the vine

Ingredients: No information

Label claim(s):

Grown in Suffolk, UK

Grown by Larry Risdale

Variety: Tastery

20-40mm

Class I

Produced in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g (raw)
Energy	kJ	73
Energy	kcal	17
Protein	g	0.7
Carbohydrate	g	3.1
Sugars	g	3.1
Starch	g	N/A
Fat	g	0.4
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	N/A
Salt equivalent	g	N/A
Sodium	g	N/A
Vitamin C	mg	17.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 31
Composite Sample Name: Tomatoes, cherry, raw
Sub-sample Number: 31.6
Sub-sample Name: Morrisons, vine ripened cherry tomatoes
Brand: Morrisons
Pack size: 225g
Purchase Date: 30.08.2011
Place of Purchase: Morrisons, Norwich
Display Until Date: 02 Sep
Best Before Date: 04 Sep
Batch Number: Kcb75V 246403 0258
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 31.6

Sub-sample Name: Morrisons, vine ripened cherry tomatoes

Ingredients: Vine ripened cherry tomatoes

Label claim(s):

Class I
Produce of Holland
Robino

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	73
Energy	kcal	17
Protein	g	0.7
Carbohydrate	g	3.1
Sugars	g	3.1
Starch	g	N/A
Fat	g	0.3
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.0
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 31
Composite Sample Name: Tomatoes, cherry, raw
Sub-sample Number: 31.7
Sub-sample Name: Waitrose, intensely sweet, full-flavoured cherry vine tomatoes
Brand: Waitrose
Pack size: 270g
Purchase Date: 30.08.2011
Place of Purchase: Waitrose, Eaton, Norwich
Display Until Date: 03 Sep
Best Before Date:
Batch Number: Supplier: 256BBL
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 31.7

Sub-sample Name: Waitrose, intensely sweet, full-flavoured cherry vine tomatoes

Ingredients: Cherry vine tomatoes

Label claim(s):

Variety: Piccolo
Origin: Teesside, UK
Grown by: D Baarda
Produced in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g as sold
Energy	kJ	76
Energy	kcal	18
Protein	g	0.7
Carbohydrate	g	3.1
Sugars	g	3.1
Starch	g	N/A
Fat	g	0.3
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.2
Salt equivalent	g	N/A
Sodium	g	0.01

Nutrient analysis of fruit and vegetables

Composite Sample Number: 31
Composite Sample Name: Tomatoes, cherry, raw
Sub-sample Number: 31.8
Sub-sample Name: Iceland, cherry tomatoes
Brand: Iceland
Pack size: 300g
Purchase Date: 30.08.2011
Place of Purchase: Iceland, Norwich
Display Until Date: 04 Sep
Best Before Date:
Batch Number: 01 1116 237 955ID46621C
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 31.8
Sub-sample Name: Iceland, cherry tomatoes

Ingredients: Cherry tomatoes

Label claim(s):

Class I
Holland
25-36mm

Nutrient Information:

Nutrient	Unit	Amount/100g as consumed
Energy	kJ	73
Energy	kcal	17
Protein	g	0.7
Carbohydrate	g	3.1
Sugars	g	3.1
Starch	g	N/A
Fat	g	0.3
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.0
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 31
Composite Sample Name: Tomatoes, cherry, raw
Sub-sample Number: 31.9
Sub-sample Name: Tesco, Market Value, baby tomatoes
Brand: Tesco Market Value
Pack size: 250g
Purchase Date: 30.08.2011
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date: 02 Sep
Best Before Date:
Batch Number: IB01
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 31.9

Sub-sample Name: Tesco, Market Value, baby tomatoes

Ingredients: No information

Label claim(s):

Class II

Holland

25-35mm

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 31
Composite Sample Name: Tomatoes, cherry, raw
Sub-sample Number: 31.10
Sub-sample Name: Market cherry tomatoes (on the vine)
Brand:
Pack size:
Purchase Date: 30.08.2011
Place of Purchase: Independent market stall, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Paper
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 31.10

Sub-sample Name: Market cherry tomatoes (on the vine)

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 31
Composite Sample Name: Tomatoes, cherry, raw
Sub-sample Number: 31.11
Sub-sample Name: Makro, tomatoes, cherry
Brand: Makro
Pack size: 500g
Purchase Date: 30.08.2011
Place of Purchase: Makro, Norwich
Display Until Date:
Best Before Date:
Batch Number: Verp: kcb 480 art no: 368308 supplier code: 24273
8713783917176 Jul code: 230
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 31.11

Sub-sample Name: Makro, tomatoes, cherry

Ingredients: No information

Label claim(s):

Class I

Origin: Holland

25-35mm

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 31
Composite Sample Name: Tomatoes, cherry, raw
Sub-sample Number: 31.12
Sub-sample Name: Tesco, Finest Cheribelle tomatoes, on the vine
Brand: Tesco Finest
Pack size:
Purchase Date: 31.10.2011
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Best Before Date:
Batch Number: 8818
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 31.12

Sub-sample Name: Tesco, Finest Cheribelle tomatoes, on the vine

Ingredients: No information

Label claim(s):

Class I

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/typical 100g serving
Energy	kJ	N/A	N/A
Energy	kcal	18	18
Protein	g	N/A	N/A
Carbohydrate	g	N/A	N/A
Sugars	g	3.1	3.1
Starch	g	N/A	N/A
Fat	g	0.3	0.3
Saturates	g	0.1	0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	N/A	N/A
Salt equivalent	g	Tr	Tr
Sodium	g	N/A	N/A

Nutrient analysis of fruit and vegetables

Composite Sample Number: 31
Composite Sample Name: Tomatoes, cherry, raw
Sub-sample Number: 31.13
Sub-sample Name: Tesco, juicy cherry tomatoes
Brand: Tesco
Pack size: 300g
Purchase Date: 31.10.2011
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date: 02 Nov
Best Before Date: 04 Nov
Batch Number: GZ
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 31.13

Sub-sample Name: Tesco, juicy cherry tomatoes

Ingredients: Cherry tomatoes

Label claim(s):

Class I

20/30mm

Grown in Spain

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/5 typical tomatoes (60g)
Energy	kJ	76	45
Energy	kcal	18	11
Protein	g	0.7	0.4
Carbohydrate	g	3.1	1.9
Sugars	g	3.1	1.9
Starch	g	N/A	N/A
Fat	g	0.3	0.2
Saturates	g	0.1	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.0	0.6
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr
Vitamin C	mg	17.0	10.2

Nutrient analysis of fruit and vegetables

Composite Sample Number: 31
Composite Sample Name: Tomatoes, cherry, raw
Sub-sample Number: 31.14
Sub-sample Name: Asda, cherry, on the vine tomatoes
Brand: Asda
Pack size: 250g
Purchase Date: 31.10.2011
Place of Purchase: Asda, Norwich
Display Until Date: 02 Nov
Best Before Date: 04 Nov
Batch Number: 905264 371884
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 31.14

Sub-sample Name: Asda, cherry, on the vine tomatoes

Ingredients: No information

Label claim(s):

Class I

25-35mm

Country of origin: Spain

Genio

Natural source of vitamin C

Naturally high in fibre

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount / (80g) serving
Energy	kJ	84	N/A
Energy	kcal	20	N/A
Protein	g	0.7	N/A
Carbohydrate	g	3.1	N/A
Sugars	g	3.1	N/A
Starch	g	N/A	N/A
Fat	g	0.3	N/A
Saturates	g	0.0	N/A
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.0	N/A
Salt equivalent	g	Tr	N/A
Sodium	g	0.01	N/A
Vitamin C	mg	17.0	13.6

Nutrient analysis of fruit and vegetables

Composite Sample Number: 31
Composite Sample Name: Tomatoes, cherry, raw
Sub-sample Number: 31.15
Sub-sample Name: Asda, Extra Special sweet aromatico tomatoes
Brand: Asda Extra Special
Pack size: 220g
Purchase Date: 31.10.2011
Place of Purchase: Asda, Norwich
Display Until Date: 02 Nov
Best Before Date: 04 Nov
Batch Number: 450018
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 31.15

Sub-sample Name: Asda, Extra Special sweet aromatico tomatoes

Ingredients: No information

Label claim(s):

Class I

18-32mm

Produce of: Spain

Piccolo

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/80g serving
Energy	kJ	86	68
Energy	kcal	21	16
Protein	g	0.7	0.6
Carbohydrate	g	3.1	2.5
Sugars	g	3.1	2.5
Starch	g	N/A	N/A
Fat	g	0.3	0.2
Saturates	g	0.1	0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.3	1.0
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 31
Composite Sample Name: Tomatoes, cherry, raw
Sub-sample Number: 31.16
Sub-sample Name: Sainsbury's, cherry tomatoes, on the vine
Brand: Sainsbury's
Pack size: 225g
Purchase Date: 31.10.2011
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date: 04 Nov
Best Before Date: 04 Nov
Batch Number: T8202A 7155208 03.10
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 31.16

Sub-sample Name: Sainsbury's, cherry tomatoes, on the vine

Ingredients: No information

Label claim(s):

Class I

Grown in: Spain

Grown by: Luis Andujar

Size: 20-40mm

Variety: Shireen

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	73
Energy	kcal	17
Protein	g	0.7
Carbohydrate	g	3.1
Sugars	g	3.1
Starch	g	N/A
Fat	g	0.4
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	N/A
Salt equivalent	g	N/A
Sodium	g	N/A
Vitamin C	mg	17.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 31
Composite Sample Name: Tomatoes, cherry, raw
Sub-sample Number: 31.17
Sub-sample Name: Morrisons, vine ripened cherry tomatoes
Brand: Morrisons
Pack size: 225g
Purchase Date: 31.10.2011
Place of Purchase: Morrisons, Norwich
Display Until Date: 02 Nov
Best Before Date: 04 Nov
Batch Number: Kcb75 V 251904 0258 T29465/0210
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 31.17

Sub-sample Name: Morrisons, vine ripened cherry tomatoes

Ingredients: Vine ripened cherry tomatoes

Label claim(s):

Class I
Produce of Spain
Conchita

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	73
Energy	kcal	17
Protein	g	0.7
Carbohydrate	g	3.1
Sugars	g	3.1
Starch	g	N/A
Fat	g	0.3
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.0
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 31
Composite Sample Name: Tomatoes, cherry, raw
Sub-sample Number: 31.18
Sub-sample Name: Marks & Spencer, super sweet piccolini baby cherry tomatoes
Brand: Marks & Spencer
Pack size: 175g
Purchase Date: 31.10.2011
Place of Purchase: Marks & Spencer, Norwich
Display Until Date: 05 Nov
Best Before Date:
Batch Number: 4511A
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 31.18

Sub-sample Name: Marks & Spencer, super sweet piccolini baby cherry tomatoes

Ingredients: No information

Label claim(s):

Class I

Country of origin: UK

25/30mm

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	75
Energy	kcal	20
Protein	g	0.7
Carbohydrate	g	3.1
Sugars	g	3.1
Starch	g	N/A
Fat	g	0.3
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.0
Salt equivalent	g	<0.10
Sodium	g	0.01
Vitamin A	µg	94
Vitamin C	mg	17

Nutrient analysis of fruit and vegetables

Composite Sample Number: 31
Composite Sample Name: Tomatoes, cherry, raw
Sub-sample Number: 31.19
Sub-sample Name: Oaklands, cherry tomatoes, on the vine
Brand: Oaklands
Pack size: 300g
Purchase Date: 31.10.2011
Place of Purchase: Lidl, Attleborough
Display Until Date:
Best Before Date:
Batch Number: W-0385 L-4301 LOTE 44/000011077
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 31.19

Sub-sample Name: Oaklands, cherry tomatoes on the vine

Ingredients: No information

Label claim(s):

Class I

Origin: Spain

Contains vitamin C

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	N/A
Energy	kcal	N/A
Protein	g	N/A
Carbohydrate	g	N/A
Sugars	g	N/A
Starch	g	N/A
Fat	g	N/A
Saturates	g	N/A
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	N/A
Salt equivalent	g	N/A
Sodium	g	N/A
Vitamin C	mg	17

Nutrient analysis of fruit and vegetables

Composite Sample Number: 31
Composite Sample Name: Tomatoes, cherry, raw
Sub-sample Number: 31.20
Sub-sample Name: Market cherry tomatoes
Brand:
Pack size:
Purchase Date: 31.10.2011
Place of Purchase: Independent market stall, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Paper
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 31.20

Sub-sample Name: Market cherry tomatoes

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 31
Composite Sample Name: Tomatoes, cherry, raw
Sub-sample Number: 31.21
Sub-sample Name: Farm Fresh, cherry tomatoes
Brand: Farm Fresh
Pack size: 250g
Purchase Date: 31.10.2011
Place of Purchase: Booker, Norwich
Display Until Date:
Best Before Date:
Batch Number: 292
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 31.21

Sub-sample Name: Farm Fresh, cherry tomatoes

Ingredients: No information

Label claim(s):

Class I

20/30mm

Country of origin: Morocco

Nutrient Information: No information

Sample 32: Lettuce, average, raw

Composite Sample Number: 32
Composite Sample Name: Lettuce, average, raw
Sub-sample Number: 32.1
Sub-sample Name: Tesco, sweet baby romaine
Brand: Tesco
Pack size:
Purchase Date: 26.09.2011
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date: 29 Sep
Best Before Date: 01 Oct
Batch Number: GS 03
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 32.1

Sub-sample Name: Tesco, sweet baby romaine

Ingredients: Sweet baby romaine lettuce

Label claim(s):

Class I

Grown in East Anglia, UK

Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	61
Energy	kcal	15
Protein	g	0.8
Carbohydrate	g	1.7
Sugars	g	1.7
Starch	g	N/A
Fat	g	0.5
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.9
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 32
Composite Sample Name: Lettuce, average, raw
Sub-sample Number: 32.2
Sub-sample Name: Tesco, sweet iceberg lettuce
Brand: Tesco
Pack size: 260g
Purchase Date: 26.09.2011
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date: 27 Sep
Use By Date: 27 Sep
Batch Number: SCGD Line 7.1 09:03
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 32.2

Sub-sample Name: Tesco, sweet iceberg lettuce

Ingredients: Iceberg lettuce

Label claim(s):

Grown and packed in the UK

Washed and ready to eat

Recipe: no nuts

Ingredients: cannot guarantee nut free

Factory: no nuts

Suitable for vegetarians

Packed in a protective atmosphere

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/one-fifth of a pack (52g)
Energy	kJ	55	29
Energy	kcal	13	7
Protein	g	0.7	0.4
Carbohydrate	g	1.9	1.0
Sugars	g	1.9	1.0
Starch	g	N/A	N/A
Fat	g	0.3	0.2
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.4	0.7
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 32
Composite Sample Name: Lettuce, average, raw
Sub-sample Number: 32.3
Sub-sample Name: Asda, shredded iceberg lettuce
Brand: Asda
Pack size: 155g
Purchase Date: 26.09.2011
Place of Purchase: Asda, Norwich
Display Until Date: 28 Sep
Use By Date: 28 Sep
Batch Number: Line 007 S 19:31
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 32.3

Sub-sample Name: Asda, shredded iceberg lettuce

Ingredients: Iceberg lettuce (100%)

Label claim(s):

Produce of more than one country

Packed in the UK

Packed in a protective atmosphere

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	58
Energy	kcal	14
Protein	g	0.7
Carbohydrate	g	1.8
Sugars	g	1.8
Starch	g	N/A
Fat	g	0.3
Saturates	g	0.0
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.6
Salt equivalent	g	0.0
Sodium	g	0.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 32
Composite Sample Name: Lettuce, average, raw
Sub-sample Number: 32.4
Sub-sample Name: Asda, lazy leaf lettuce
Brand: Asda
Pack size:
Purchase Date: 26.09.2011
Place of Purchase: Asda, Norwich
Display Until Date: Thu
Best Before Date: Sat
Batch Number: 370000
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 32.4

Sub-sample Name: Asda, lazy leaf lettuce

Ingredients: No information

Label claim(s):

Class I

Country of origin: UK

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	68
Energy	kcal	16
Protein	g	0.8
Carbohydrate	g	1.7
Sugars	g	1.7
Starch	g	N/A
Fat	g	0.5
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.9
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 32
Composite Sample Name: Lettuce, average, raw
Sub-sample Number: 32.5
Sub-sample Name: Sainsbury's, British round lettuce
Brand: Sainsbury's
Pack size:
Purchase Date: 26.09.2011
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date:
Best Before Date:
Batch Number: 444 11.09
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 32.5

Sub-sample Name: Sainsbury's, British round lettuce

Ingredients: No information

Label claim(s):

Class I

Grown in Hertfordshire, UK

Grown by Mark Sheppard

Produced in the UK

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 32
Composite Sample Name: Lettuce, average, raw
Sub-sample Number: 32.6
Sub-sample Name: Morrisons, romaine lettuce
Brand: Morrisons
Pack size:
Purchase Date: 26.09.2011
Place of Purchase: Morrisons, Norwich
Display Until Date: 28 Sep
Best Before Date: 29 Sep
Batch Number: 1677 T31081/0610
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 32.6

Sub-sample Name: Morrisons, romaine lettuce

Ingredients: Romaine lettuce

Label claim(s):

Class I
Shropshire, UK

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	61
Energy	kcal	15
Protein	g	0.8
Carbohydrate	g	1.7
Sugars	g	1.7
Starch	g	N/A
Fat	g	0.5
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.9
Salt equivalent	g	0.0
Sodium	g	0.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 32

Composite Sample Name: Lettuce, average, raw

Sub-sample Number: 32.7

Sub-sample Name: Marks & Spencer, iceberg lettuce

Brand: Marks & Spencer

Pack size:

Purchase Date: 26.09.2011

Place of Purchase: Marks & Spencer, Norwich

Display Until Date: 29 Sep

Best Before Date:

Batch Number:

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 32.7

Sub-sample Name: Marks & Spencer, iceberg lettuce

Ingredients: No information

Label claim(s):

Class I

County: Cambs

Grower's name: Will Forbes

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	55
Energy	kcal	15
Protein	g	0.7
Carbohydrate	g	1.9
Sugars	g	1.9
Starch	g	N/A
Fat	g	0.3
Saturates	g	<0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.6
Salt equivalent	g	<0.1
Sodium	g	<0.1
Folic acid	µg	53.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 32
Composite Sample Name: Lettuce, average, raw
Sub-sample Number: 32.8
Sub-sample Name: Aldi, little gem lettuce
Brand: Aldi
Pack size: Count x2
Purchase Date: 26.09.2011
Place of Purchase: Aldi, Norwich
Display Until Date:
Best Before Date:
Batch Number: 3901 supplier code:348A
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 32.8

Sub-sample Name: Aldi, little gem lettuce

Ingredients: No information

Label claim(s):

Class I

Produce of: Lancs, UK

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 32
Composite Sample Name: Lettuce, average, raw
Sub-sample Number: 32.9
Sub-sample Name: Sainsbury's, basics, iceberg lettuce
Brand: Sainsbury's basics
Pack size:
Purchase Date: 26.09.2011
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date: 01 Oct
Best Before Date: 02 Oct
Batch Number: G0630
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 32.9

Sub-sample Name: Sainsbury's, basics, iceberg lettuce

Ingredients: No information

Label claim(s):

Class II

Grown in East Anglia, UK

Grown by Peter Sargeant

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 32
Composite Sample Name: Lettuce, average, raw
Sub-sample Number: 32.10
Sub-sample Name: Market iceberg lettuce
Brand:
Pack size:
Purchase Date: 26.09.2011
Place of Purchase: Independent market stall, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 32.10

Sub-sample Name: Market iceberg lettuce

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 32

Composite Sample Name: Lettuce, average, raw

Sub-sample Number: 32.11

Sub-sample Name: Makro, iceberg lettuce

Brand: Makro

Pack size:

Purchase Date: 26.09.2011

Place of Purchase: Makro, Norwich

Display Until Date:

Best Before Date:

Batch Number: D47296 pack code: 268 supplier no: 22606 article no: 351667

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 32.11

Sub-sample Name: Makro, iceberg lettuce

Ingredients: No information

Label claim(s):

Origin: UK

Class I

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 32
Composite Sample Name: Lettuce, average, raw
Sub-sample Number: 32.12
Sub-sample Name: Tesco, romaine lettuce
Brand: Tesco
Pack size:
Purchase Date: 07.11.2011
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date: 11 Nov
Best Before Date: 13 Nov
Batch Number: GS02
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 32.12

Sub-sample Name: Tesco, romaine lettuce

Ingredients: Romaine lettuce

Label claim(s):

Spain

Class I

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/one-fifth of a typical lettuce (80g)
Energy	kJ	61	49
Energy	kcal	15	12
Protein	g	0.8	0.6
Carbohydrate	g	1.7	1.4
Sugars	g	1.7	1.4
Starch	g	N/A	N/A
Fat	g	0.5	0.4
Saturates	g	0.1	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.9	0.7
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 32
Composite Sample Name: Lettuce, average, raw
Sub-sample Number: 32.13
Sub-sample Name: Tesco, iceberg lettuce
Brand: Tesco
Pack size:
Purchase Date: 07.11.2011
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date: Wednesday
Best Before Date:
Batch Number: G502
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 32.13

Sub-sample Name: Tesco, iceberg lettuce

Ingredients: No information

Label claim(s):

Grown in Spain

Class I

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 32
Composite Sample Name: Lettuce, average, raw
Sub-sample Number: 32.14
Sub-sample Name: Asda, iceberg lettuce
Brand: Asda
Pack size: 260g
Purchase Date: 07.11.2011
Place of Purchase: Asda, Norwich
Display Until Date: 11 Nov
Use By Date: 11 Nov
Batch Number: Line 01 S 06:48 050
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 32.14

Sub-sample Name: Asda, iceberg lettuce

Ingredients: Iceberg lettuce (100%)

Label claim(s):

Produce of more than one country

Packed in the UK

Packaged in a protective atmosphere

Washed in clean fresh water

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/ ¼ pack
Energy	kJ	54	36
Energy	kcal	13	9
Protein	g	0.7	0.5
Carbohydrate	g	1.8	1.2
Sugars	g	1.8	1.2
Starch	g	N/A	N/A
Fat	g	0.3	0.2
Saturates	g	0.0	0.0
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.6	0.4
Salt equivalent	g	0.0	0.0
Sodium	g	0.0	0.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 32
Composite Sample Name: Lettuce, average, raw
Sub-sample Number: 32.15
Sub-sample Name: Asda, hearts of romaine lettuce
Brand: Asda
Pack size: Count 2
Purchase Date: 07.11.2011
Place of Purchase: Asda, Norwich
Display Until Date: 13 Nov
Best Before Date: 15 Nov
Batch Number: 470010
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 32.15

Sub-sample Name: Asda, hearts of romaine lettuce

Ingredients: No information

Label claim(s):

Spain

Class I

Natural source of folacin

Naturally high in fibre

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/cereal bowl of mixed leaves (80g)
Energy	kJ	61	N/A
Energy	kcal	15	N/A
Protein	g	0.8	N/A
Carbohydrate	g	1.7	N/A
Sugars	g	1.7	N/A
Starch	g	N/A	N/A
Fat	g	0.5	N/A
Saturates	g	0.0	N/A
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.9	N/A
Salt equivalent	g	Tr	N/A
Sodium	g	Tr	N/A
Folacin	µg	55.0	44.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 32
Composite Sample Name: Lettuce, average, raw
Sub-sample Number: 32.16
Sub-sample Name: Sainsbury's, iceberg lettuce
Brand: Sainsbury's
Pack size: 200g
Purchase Date: 07.11.2011
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date:
Use By Date: 11 Nov
Batch Number: Line 01 17:30 S 7282600 04.10
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 32.16

Sub-sample Name: Sainsbury's, iceberg lettuce

Ingredients: Iceberg lettuce (100%)

Label claim(s):

Produce of more than one country

Packed in the UK

Packed in protective atmosphere

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	55
Energy	kcal	13
Protein	g	0.7
Carbohydrate	g	1.9
Sugars	g	1.9
Starch	g	N/A
Fat	g	0.3
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.4
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 32

Composite Sample Name: Lettuce, average, raw

Sub-sample Number: 32.17

Sub-sample Name: Morrisons, iceberg lettuce

Brand: Morrisons

Pack size:

Purchase Date: 07.11.2011

Place of Purchase: Morrisons, Norwich

Display Until Date: 09 Nov

Best Before Date: 10 Nov

Batch Number: 24234 TH1-ICE1C 30911 LZ 05:04 T29931/0310

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 32.17

Sub-sample Name: Morrisons, iceberg lettuce

Ingredients: Iceberg lettuce

Label claim(s):

Class I

Spain

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	55
Energy	kcal	13
Protein	g	0.7
Carbohydrate	g	1.0
Sugars	g	1.0
Starch	g	N/A
Fat	g	0.3
Saturates	g	0.0
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	3.0
Salt equivalent	g	0.0
Sodium	g	0.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 32

Composite Sample Name: Lettuce, average, raw

Sub-sample Number: 32.18

Sub-sample Name: The Co-operative, iceberg lettuce

Brand: The Co-operative

Pack size:

Purchase Date: 07.11.2011

Place of Purchase: The Co-operative, Wymondham

Display Until Date: 12 Nov

Best Before Date: 12 Nov

Batch Number: M029 (F) KCA112

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 32.18

Sub-sample Name: The Co-operative, iceberg lettuce

Ingredients: No information

Label claim(s):

Class I

Produce of Spain

Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	60
Energy	kcal	15
Protein	g	0.8
Carbohydrate	g	1.7
Sugars	g	1.7
Starch	g	N/A
Fat	g	0.5
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.9
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 32
Composite Sample Name: Lettuce, average, raw
Sub-sample Number: 32.19
Sub-sample Name: Oaklands, little gem
Brand: Oaklands
Pack size:
Purchase Date: 07.11.2011
Place of Purchase: Lidl, Attleborough
Display Until Date:
Best Before Date:
Batch Number: L-4402 W-0385
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 32.19

Sub-sample Name: Oaklands little gem

Ingredients: No information

Label claim(s):

Class I

Country: Spain

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 32
Composite Sample Name: Lettuce, average, raw
Sub-sample Number: 32.20
Sub-sample Name: Tesco, Market Value, iceberg lettuce
Brand: Tesco Market Value
Pack size:
Purchase Date: 07.11.2011
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date: 10 Nov
Best Before Date:
Batch Number: GS02
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 32.20

Sub-sample Name: Tesco, Market Value, iceberg lettuce

Ingredients: Iceberg lettuce

Label claim(s):

Spain

Class I

A source of folic acid

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	55
Energy	kcal	13
Protein	g	0.7
Carbohydrate	g	1.9
Sugars	g	1.9
Starch	g	N/A
Fat	g	0.3
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.6
Salt equivalent	g	Tr
Sodium	g	Tr
Folic acid	µg	53

Nutrient analysis of fruit and vegetables

Composite Sample Number: 32

Composite Sample Name: Lettuce, average, raw

Sub-sample Number: 32.21

Sub-sample Name: Market lettuce

Brand:

Pack size:

Purchase Date: 07.11.2011

Place of Purchase: Independent market stall, Norwich

Display Until Date:

Best Before Date:

Batch Number:

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 32.21

Sub-sample Name: Market lettuce

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 32
Composite Sample Name: Lettuce, average, raw
Sub-sample Number: 32.22
Sub-sample Name: Farm Fresh, iceberg lettuce
Brand: Farm Fresh
Pack size: Count x1
Purchase Date: 07.11.2011
Place of Purchase: Booker, Norwich
Display Until Date:
Best Before Date:
Batch Number: Date code: 33 05
Packaging: Plastic
Sample Condition As Purchased: Refrigerated
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 32.22

Sub-sample Name: Farm Fresh, iceberg lettuce

Ingredients: No information

Label claim(s):

Country of origin: Spain

Class I

Nutrient Information: No information

Sample 33: Spinach, baby, raw

Composite Sample Number: 33
Composite Sample Name: Spinach, baby, raw
Sub-sample Number: 33.1
Sub-sample Name: Tesco, mild baby spinach
Brand: Tesco
Pack size: 200g
Purchase Date: 28.09.2011
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date: 29 Sep
Use By Date: 29 Sep
Batch Number: SCGD Line 7.1 09:13
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 33.1

Sub-sample Name: Tesco, mild baby spinach

Ingredients: Spinach (100%)

Label claim(s):

Grown and packed in the UK

Superfood-A source of vitamin A

Washed and ready to eat

Recipe: no nuts

Ingredients: cannot guarantee nut free

Factory: no nuts

Suitable for vegetarians

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	103
Energy	kcal	24
Protein	g	2.8
Carbohydrate	g	1.5
Sugars	g	1.4
Starch	g	N/A
Fat	g	0.8
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2.7
Salt equivalent	g	0.4
Sodium	g	0.1
Vitamin A	µg	589.0
Vitamin C	mg	26.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 33
Composite Sample Name: Spinach, baby, raw
Sub-sample Number: 33.2
Sub-sample Name: Tesco, mild baby spinach
Brand: Tesco
Pack size: 200g
Purchase Date: 26.09.2011
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date: 29 Sep
Use By Date: 29 Sep
Batch Number: SCGD Line 7.1 09:10
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 33.2

Sub-sample Name: Tesco, mild baby spinach

Ingredients: Spinach (100%)

Label claim(s):

Grown and packed in the UK

Superfood-A source of vitamin A

Washed and ready to eat

Recipe: no nuts

Ingredients: cannot guarantee nut free

Factory: no nuts

Suitable for vegetarians

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	103
Energy	kcal	24
Protein	g	2.8
Carbohydrate	g	1.5
Sugars	g	1.4
Starch	g	N/A
Fat	g	0.8
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2.7
Salt equivalent	g	0.4
Sodium	g	0.1
Vitamin A	µg	589.0
Vitamin C	mg	26.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 33
Composite Sample Name: Spinach, baby, raw
Sub-sample Number: 33.3
Sub-sample Name: Asda, baby spinach
Brand: Asda
Pack size: 160g
Purchase Date: 26.09.2011
Place of Purchase: Asda, Norwich
Display Until Date: 28 Sep
Use By Date: 28 Sep
Batch Number: Line008 S 06:15
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 33.3

Sub-sample Name: Asda, baby spinach

Ingredients: Baby spinach (100%)

Label claim(s):

Class I

Produce of more than one country

Packed in the UK

Washed in fresh clean water

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	103
Energy	kcal	24
Protein	g	2.8
Carbohydrate	g	1.5
Sugars	g	1.5
Starch	g	N/A
Fat	g	0.8
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2.7
Salt equivalent	g	0.3
Sodium	g	0.1

Nutrient analysis of fruit and vegetables

Composite Sample Number: 33
Composite Sample Name: Spinach, baby, raw
Sub-sample Number: 33.4
Sub-sample Name: Asda, baby spinach
Brand: Asda
Pack size: 160g
Purchase Date: 26.09.2011
Place of Purchase: Asda, Norwich
Display Until Date: 30 Sep
Use By Date: 30 Sep
Batch Number: Line008 S 05.06
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 33.4

Sub-sample Name: Asda, baby spinach

Ingredients: Baby spinach (100%)

Label claim(s):

Class I

Produce of more than one country

Packed in the UK

Washed in fresh clean water

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	103
Energy	kcal	24
Protein	g	2.8
Carbohydrate	g	1.5
Sugars	g	1.5
Starch	g	N/A
Fat	g	0.8
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2.7
Salt equivalent	g	0.3
Sodium	g	0.1

Nutrient analysis of fruit and vegetables

Composite Sample Number: 33
Composite Sample Name: Spinach, baby, raw
Sub-sample Number: 33.5
Sub-sample Name: Sainsbury's, baby leaf spinach
Brand: Sainsbury's
Pack size: 200g
Purchase Date: 26.09.2011
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date: 30 Sep
Use By Date: 30 Sep
Batch Number: 01 1241 267 7135828 10.09 H0604A
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 33.5

Sub-sample Name: Sainsbury's baby leaf spinach

Ingredients: No information

Label claim(s):

Class I

Grown in UK

Washed only in spring water

Nutrient Information:

Nutrient	Unit	Amount/100g (uncooked)	Amount/100g (cooked)	Amount/ ½ pack (cooked)
Energy	kJ	123	80	N/A
Energy	kcal	29	19	19
Protein	g	2.5	2.6	N/A
Carbohydrate	g	3.0	1.9	N/A
Sugars	g	0.2	0.2	N/A
Starch	g	N/A	N/A	N/A
Fat	g	0.8	0.7	0.7
Saturates	g	0.2	0.1	N/A
Monounsaturates	g	N/A	N/A	N/A
Polyunsaturates	g	N/A	N/A	N/A
Fibre	g	2.2	1.9	N/A
Salt equivalent	g	0.1	0.08	0.08
Sodium	g	Tr	Tr	N/A

Nutrient analysis of fruit and vegetables

Composite Sample Number: 33
Composite Sample Name: Spinach, baby, raw
Sub-sample Number: 33.6
Sub-sample Name: Morrisons, washed baby spinach
Brand: Morrisons
Pack size: 140g
Purchase Date: 26.09.2011
Place of Purchase: Morrisons, Norwich
Display Until Date:
Use By Date: 29 Sep
Batch Number: 1424/16 1939G T34073/0411 1424
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 33.6

Sub-sample Name: Morrisons, washed baby spinach

Ingredients: Spinach (100%)

Label claim(s):

Class I
Produce of UK
Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/ 1/3 pack
Energy	kJ	103	48
Energy	kcal	24	11
Protein	g	2.8	1.3
Carbohydrate	g	1.5	0.7
Sugars	g	1.4	0.7
Starch	g	N/A	N/A
Fat	g	0.8	0.4
Saturates	g	0.1	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.7	1.3
Salt equivalent	g	0.3	0.1
Sodium	g	0.1	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 33
Composite Sample Name: Spinach, baby, raw
Sub-sample Number: 33.7
Sub-sample Name: Waitrose, baby spinach
Brand: Waitrose
Pack size: 100g
Purchase Date: 27.09.2011
Place of Purchase: Waitrose, Wymondham
Display Until Date:
Use By Date: 29 Sep
Batch Number: B1 03:45 03.11
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 33.7

Sub-sample Name: Waitrose baby spinach

Ingredients: Baby spinach

Label claim(s):

Country of origin: UK

Produced in the UK

Washed and ready to dress

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	104
Energy	kcal	25
Protein	g	2.8
Carbohydrate	g	1.6
Sugars	g	1.5
Starch	g	N/A
Fat	g	0.8
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2.1
Sodium	g	0.01
Vitamin C	mg	26.0
Calcium	mg	170.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 33
Composite Sample Name: Spinach, baby, raw
Sub-sample Number: 33.8
Sub-sample Name: Naturo, baby spinach
Brand: Naturo
Pack size: 200g
Purchase Date: 27.09.2011
Place of Purchase: Independent greengrocers, Norwich
Display Until Date:
Use By Date:
Batch Number: LF1 266 13:55
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 33.8

Sub-sample Name: Naturo, baby spinach

Ingredients: Baby spinach

Label claim(s):

Country of origin: UK

Class I

Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/50g serving
Energy	kJ	104	52
Energy	kcal	25	12.5
Protein	g	2.8	1.4
Carbohydrate	g	1.6	0.8
Sugars	g	1.5	0.8
Starch	g	N/A	N/A
Fat	g	0.8	0.4
Saturates	g	0.1	0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.1	1.1
Sodium	g	0.1	Tr
Salt	g	0.4	0.2

Nutrient analysis of fruit and vegetables

Composite Sample Number: 33
Composite Sample Name: Spinach, baby, raw
Sub-sample Number: 33.9
Sub-sample Name: Tesco, mild baby spinach
Brand: Tesco
Pack size: 200g
Purchase Date: 21.11.2011
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date:
Use By Date: 25 Nov
Batch Number: SCGD Line 8.2 15:00
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 33.9
Sub-sample Name: Tesco, mild baby spinach

Ingredients: Spinach (100%)

Label claim(s):

Packed in the UK

A source of vitamin A

Recipe: no nuts

Ingredients: cannot guarantee nut free

Factory: no nuts

Suitable for vegetarians

Washed and ready to eat

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	103
Energy	kcal	24
Protein	g	2.8
Carbohydrate	g	1.5
Sugars	g	1.4
Starch	g	N/A
Fat	g	0.8
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2.7
Sodium	g	0.1
Salt equivalent	g	0.4
Vitamin A	µg	589.0
Vitamin C	mg	26.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 33
Composite Sample Name: Spinach, baby, raw
Sub-sample Number: 33.10
Sub-sample Name: Tesco, mild baby spinach
Brand: Tesco
Pack size: 200g
Purchase Date: 21.11.2011
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date:
Use By Date: 22 Nov
Batch Number: SCGD Line 8.2 10:09
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 33.10

Sub-sample Name: Tesco, mild baby spinach

Ingredients: Spinach (100%)

Label claim(s):

Packed in the UK

A source of vitamin A

Recipe: no nuts

Ingredients: cannot guarantee nut free

Factory: no nuts

Suitable for vegetarians

Washed and ready to eat

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	103
Energy	kcal	24
Protein	g	2.8
Carbohydrate	g	1.5
Sugars	g	1.4
Starch	g	N/A
Fat	g	0.8
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2.7
Sodium	g	0.1
Salt equivalent	g	0.4
Vitamin A	µg	589.0
Vitamin C	mg	26.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 33
Composite Sample Name: Spinach, baby, raw
Sub-sample Number: 33.11
Sub-sample Name: Asda, baby spinach
Brand: Asda
Pack size: 180g
Purchase Date: 21.11.2011
Place of Purchase: Asda, Norwich
Display Until Date: 23 Nov
Best Before Date: 25 Nov
Batch Number: 998045 ASL0806410
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 33.11

Sub-sample Name: Asda, baby spinach

Ingredients: Baby spinach

Label claim(s):

Country of origin: Italy

Class I

Naturally high in folic acid

Natural source of calcium

Unwashed

Nutrient Information:

Nutrient	Unit	Amount/100g (raw)	Amount/80g (raw)
Energy	kJ	104	82
Energy	kcal	25	19
Protein	g	2.8	2.2
Carbohydrate	g	1.6	1.3
Sugars	g	1.5	1.2
Starch	g	N/A	N/A
Fat	g	0.8	0.6
Saturates	g	0.1	0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.1	1.7
Sodium	g	0.14	0.11
Salt equivalent	g	0.4	0.3
Folic acid	µg	114	91
Calcium	mg	170	136

Nutrient analysis of fruit and vegetables

Composite Sample Number: 33
Composite Sample Name: Spinach, baby, raw
Sub-sample Number: 33.12
Sub-sample Name: Asda, baby spinach
Brand: Asda
Pack size: 160g
Purchase Date: 21.11.2011
Place of Purchase: Asda, Norwich
Display Until Date: 23 Nov
Use By Date: 23 Nov
Batch Number: Line008 S 07:14
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 33.12

Sub-sample Name: Asda, baby spinach

Ingredients: Baby spinach (100%)

Label claim(s):

Country of origin: Italy

Class I

Packed in the UK

Washed and ready to eat

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	103
Energy	kcal	24
Protein	g	2.8
Carbohydrate	g	1.5
Sugars	g	1.5
Starch	g	N/A
Fat	g	0.8
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2.7
Sodium	g	0.10
Salt equivalent	g	0.3

Nutrient analysis of fruit and vegetables

Composite Sample Number: 33
Composite Sample Name: Spinach, baby, raw
Sub-sample Number: 33.13
Sub-sample Name: Sainsbury's, baby leaf spinach
Brand: Sainsbury's
Pack size: 200g
Purchase Date: 21.11.2011
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date:
Use By Date: 25 Nov
Batch Number: 01 0814 324 7135828 08.11 H0604A
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 33.13

Sub-sample Name: Sainsbury's, baby leaf spinach

Ingredients: Baby leaf spinach

Label claim(s):

Grown by S.Siles, Murcia, Spain
High in folic acid
High in vitamin A
Source of calcium
Packed in the UK
Washed only in spring water

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	141
Energy	kcal	34
Protein	g	2.5
Carbohydrate	g	3.0
Sugars	g	0.2
Starch	g	N/A
Fat	g	0.8
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2.2
Sodium	g	Tr
Salt equivalent	g	0.1
Vitamin A	µg	589
Folic acid	µg	114
Calcium	mg	170

Nutrient analysis of fruit and vegetables

Composite Sample Number: 33
Composite Sample Name: Spinach, baby, raw
Sub-sample Number: 33.14
Sub-sample Name: Morrisons, washed baby spinach
Brand: Morrisons
Pack size: 140g
Purchase Date: 21.11.2011
Place of Purchase: Morrisons, Norwich
Display Until Date:
Use By Date: 25 Nov
Batch Number: 1424/19 0100A T34073/0411
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 33.14

Sub-sample Name: Morrisons, washed baby spinach

Ingredients: Spinach (100%)

Label claim(s):

Produce of Spain

Class I

Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/ 1/3 pack
Energy	kJ	103	48
Energy	kcal	24	11
Protein	g	2.8	1.3
Carbohydrate	g	1.5	0.7
Sugars	g	1.4	0.7
Starch	g	N/A	N/A
Fat	g	0.8	0.4
Saturates	g	0.1	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.7	1.3
Sodium	g	0.1	Tr
Salt equivalent	g	0.3	0.1

Nutrient analysis of fruit and vegetables

Composite Sample Number: 33
Composite Sample Name: Spinach, baby, raw
Sub-sample Number: 33.15
Sub-sample Name: The Co-operative, spinach
Brand: The Co-operative
Pack size: 225g
Purchase Date: 21.11.2011
Place of Purchase: Co-operative, Wymondham
Display Until Date:
Use By Date: 24 Nov
Batch Number: M180 L1 18:46
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 33.15

Sub-sample Name: The Co-operative, spinach

Ingredients: No information

Label claim(s):

Baby spinach leaves

Country of origin: Spain

Class I

Packed in the UK

PDM Produce Ltd

Washed and ready to eat

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/cereal bowl (approx. 80g)
Energy	kJ	120	100
Energy	kcal	30	25
Protein	g	2.8	2.2
Carbohydrate	g	1.6	1.3
Sugars	g	1.5	1.2
Starch	g	N/A	N/A
Fat	g	0.8	0.6
Saturates	g	0.1	0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.1	1.7
Sodium	g	0.1	0.1
Salt equivalent	g	0.4	0.3

Nutrient analysis of fruit and vegetables

Composite Sample Number: 33
Composite Sample Name: Spinach, baby, raw
Sub-sample Number: 33.16
Sub-sample Name: Oaklands, fresh spinach
Brand: Oaklands
Pack size: 250g
Purchase Date: 21.11.2011
Place of Purchase: Lidl, Norwich
Display Until Date:
Best Before Date: 26 Nov
Batch Number: LF1 322 18:21 46 05 W3839
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 33.16

Sub-sample Name: Oaklands, fresh spinach

Ingredients: Spinach

Label claim(s):

Spain
Class I
High in folic acid
High in vitamin A
Source of calcium
Source of vitamin C
Unwashed

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/80g serving
Energy	kJ	103	82
Energy	kcal	25	20
Protein	g	2.8	2.2
Carbohydrate	g	1.6	1.3
Sugars	g	1.5	1.2
Starch	g	N/A	N/A
Fat	g	0.8	0.6
Saturates	g	0.1	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.1	1.7
Sodium	g	0.1	Tr
Salt equivalent	g	0.3	0.2
Vitamin A	µg	589	N/A
Vitamin C	mg	26	N/A
Folic acid	µg	114	N/A
Calcium	mg	170	N/A

Sample 34: Rocket, raw

Composite Sample Number: 34
Composite Sample Name: Rocket, raw
Sub-sample Number: 34.1
Sub-sample Name: Tesco, peppery wild rocket
Brand: Tesco
Pack size: 70g
Purchase Date: 26.09.2011
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date:
Use By Date: 29 Sep
Batch Number: NF 51339A
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 34.1

Sub-sample Name: Tesco, peppery wild rocket

Ingredients: Wild rocket (100%)

Label claim(s):

Produce of the UK

Packed in the UK

Washed and ready to eat

Recipe: no nuts

Ingredients: cannot guarantee nut free

Factory: no nuts

Suitable for vegetarians

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	61
Energy	kcal	15
Protein	g	0.8
Carbohydrate	g	1.7
Sugars	g	1.7
Starch	g	N/A
Fat	g	0.5
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.4
Sodium	g	Tr
Salt equivalent	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 34
Composite Sample Name: Rocket, raw
Sub-sample Number: 34.2
Sub-sample Name: Fresh & Naked, wild rocket
Brand: Fresh & Naked
Pack size: 60g
Purchase Date: 27.09.2011
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Use By Date: 01 Oct
Batch Number:
Packaging: Plastic/paper
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 34.2

Sub-sample Name: Fresh & Naked, wild rocket

Ingredients: Wild rocket

Label claim(s):

Country of origin: Italy
Packed in the UK

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 34
Composite Sample Name: Rocket, raw
Sub-sample Number: 34.3
Sub-sample Name: Asda, Fresh Tastes, wild rocket
Brand: Asda Fresh Tastes
Pack size: 70g
Purchase Date: 26.09.2011
Place of Purchase: Asda, Norwich
Display Until Date: 29 Sep
Use By Date: 29 Sep
Batch Number: Line007 S 05:15 050 ASL1100552
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 34.3

Sub-sample Name: Asda, Fresh Tastes, wild rocket

Ingredients: Rocket (100%)

Label claim(s):

Produce of more than one country
Packed in the UK
Natural source of folacin
Washed in fresh clean water

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/ ½ pack
Energy	kJ	71	26
Energy	kcal	17	6
Protein	g	2.5	0.9
Carbohydrate	g	1.0	0.4
Sugars	g	0.4	0.1
Starch	g	N/A	N/A
Fat	g	0.3	0.1
Saturates	g	0.1	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.5	0.5
Salt equivalent	g	0.1	Tr
Sodium	g	Tr	Tr
Folacin	µg	129.0	45.2

Nutrient analysis of fruit and vegetables

Composite Sample Number: 34
Composite Sample Name: Rocket, raw
Sub-sample Number: 34.4
Sub-sample Name: Asda, Fresh Tastes, wild rocket
Brand: Asda Fresh Tastes
Pack size: 70g
Purchase Date: 26.09.2011
Place of Purchase: Asda, Norwich
Display Until Date: 29 Sep
Use By Date: 29 Sep
Batch Number: Line007 S 04.51 050 ASL1100552
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 34.4

Sub-sample Name: Asda, Fresh Tastes, wild rocket

Ingredients: Rocket (100%)

Label claim(s):

Produce of more than one country
Packed in the UK
Natural source of folacin
Washed in fresh clean water

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/ ½ pack
Energy	kJ	71	26
Energy	kcal	17	6
Protein	g	2.5	0.9
Carbohydrate	g	1.0	0.4
Sugars	g	0.4	0.1
Starch	g	N/A	N/A
Fat	g	0.3	0.1
Saturates	g	0.1	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.5	0.5
Salt equivalent	g	0.1	Tr
Sodium	g	Tr	Tr
Folacin	µg	129.0	45.2

Nutrient analysis of fruit and vegetables

Composite Sample Number: 34
Composite Sample Name: Rocket, raw
Sub-sample Number: 34.5
Sub-sample Name: Sainsbury's, wild rocket
Brand: Sainsbury's
Pack size: 70g
Purchase Date: 26.09.2011
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date:
Use By Date: 30 Sep
Batch Number: 10 1032 267 6863512 04.10 H0604A
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 34.5

Sub-sample Name: Sainsbury's, wild rocket

Ingredients: Wild rocket (100%)

Label claim(s):

Grown in UK

High in folic acid

Baby leaf

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	112
Energy	kcal	27
Protein	g	3.3
Carbohydrate	g	2.0
Sugars	g	0.2
Starch	g	N/A
Fat	g	0.6
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.9
Salt equivalent	g	0.1
Sodium	g	Tr
Folic acid	µg	231

Nutrient analysis of fruit and vegetables

Composite Sample Number: 34
Composite Sample Name: Rocket, raw
Sub-sample Number: 34.6
Sub-sample Name: Morrisons, unwashed wild rocket
Brand: Morrisons
Pack size: 90g (2x45g)
Purchase Date: 26.09.2011
Place of Purchase: Morrisons, Norwich
Display Until Date: 30 Sep
Use By Date: 01 Oct
Batch Number: 08:06 2625 6 T34110/0511
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 34.6

Sub-sample Name: Morrisons, unwashed wild rocket

Ingredients: Wild rocket (100%)

Label claim(s):

Origin: UK

Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/pack (45g)
Energy	kJ	117	53
Energy	kcal	28	12
Protein	g	3.5	1.6
Carbohydrate	g	2.9	1.3
Sugars	g	0.5	0.2
Starch	g	N/A	N/A
Fat	g	0.2	0.1
Saturates	g	0.1	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.7	0.8
Salt equivalent	g	0.1	Tr
Sodium	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 34
Composite Sample Name: Rocket, raw
Sub-sample Number: 34.7
Sub-sample Name: Marks & Spencer, wild rocket
Brand: Marks & Spencer
Pack size: 50g
Purchase Date: 26.09.2011
Place of Purchase: Marks & Spencer, Norwich
Display Until Date: 30 Sep
Use By Date: 30 Sep
Batch Number: G18:47 1
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 34.7

Sub-sample Name: Marks & Spencer, wild rocket

Ingredients: No information

Label claim(s):

Packed in the UK

Source of folic acid

Country of origin: Italy

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/ ½ pack
Energy	kJ	145	35
Energy	kcal	35	10
Protein	g	2.6	0.7
Carbohydrate	g	3.7	0.9
Sugars	g	2.1	0.5
Starch	g	N/A	N/A
Fat	g	0.7	0.2
Saturates	g	0.1	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.6	0.4
Salt equivalent	g	0.10	0.03
Sodium	g	Tr	0.01
Folic acid	µg	165.0	41.2

Nutrient analysis of fruit and vegetables

Composite Sample Number: 34
Composite Sample Name: Rocket, raw
Sub-sample Number: 34.8
Sub-sample Name: Aldi, rocket
Brand: Aldi
Pack size: 70g
Purchase Date: 26.09.2011
Place of Purchase: Aldi, Norwich
Display Until Date:
Use By Date: 02 Oct
Batch Number: 6 07:58 03 25105087
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 34.8

Sub-sample Name: Aldi, rocket

Ingredients: Rocket

Label claim(s):

UK

Produce of more than one country

Packed in a protective atmosphere

Washed and ready to eat

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/70g serving
Energy	kJ	93	N/A
Energy	kcal	22	16
Protein	g	2.7	N/A
Carbohydrate	g	1.2	N/A
Sugars	g	1.0	0.7
Starch	g	N/A	N/A
Fat	g	0.5	0.4
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.0	N/A
Salt equivalent	g	0.25	0.18
Sodium	g	0.10	N/A

Nutrient analysis of fruit and vegetables

Composite Sample Number: 34
Composite Sample Name: Rocket, raw
Sub-sample Number: 34.9
Sub-sample Name: Greengrocer rocket
Brand:
Pack size:
Purchase Date: 27.09.2011
Place of Purchase: Independent greengrocers, Norwich
Display Until Date:
Use By Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 34.9

Sub-sample Name: Greengrocer Rocket

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 34
Composite Sample Name: Rocket, raw
Sub-sample Number: 34.10
Sub-sample Name: Florette, wild rocket
Brand: Florette
Pack size: 200g
Purchase Date: 26.09.2011
Place of Purchase: Booker, Norwich
Display Until Date:
Use By Date: 29 Sep
Batch Number: 2 09:44 5L
Packaging: Plastic
Sample Condition As Purchased: Refrigerated
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 34.10

Sub-sample Name: Florette, wild rocket

Ingredients: Wild rocket

Label claim(s):

Packed in natural air

Produced in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/portion (33g)
Energy	kJ	116	38
Energy	kcal	28	9
Protein	g	2.6	0.9
Carbohydrate	g	2.1	0.7
Sugars	g	2.1	0.7
Starch	g	N/A	N/A
Fat	g	0.7	0.2
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.6	0.5
Salt equivalent	g	N/A	N/A
Sodium	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 34
Composite Sample Name: Rocket, raw
Sub-sample Number: 34.11
Sub-sample Name: Tesco, peppery wild rocket
Brand: Tesco
Pack size: 70g
Purchase Date: 07.11.2011
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date:
Use By Date: 09 Nov
Batch Number: NF 7 0817 G
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 34.11

Sub-sample Name: Tesco, peppery wild rocket

Ingredients: Wild rocket (100%)

Label claim(s):

Produce of Italy

Packed in the UK

Recipe: no nuts

Ingredients: cannot guarantee nut free

Factory: no nuts

Suitable for vegetarians

Washed and ready to eat

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	61
Energy	kcal	15
Protein	g	0.8
Carbohydrate	g	1.7
Sugars	g	1.7
Starch	g	N/A
Fat	g	0.5
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.4
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 34
Composite Sample Name: Rocket, raw
Sub-sample Number: 34.12
Sub-sample Name: Fresh & Naked, wild rocket
Brand: Fresh & Naked
Pack size: 60g
Purchase Date: 07.11.2011
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Use By Date: 11 Nov
Batch Number:
Packaging: Plastic/paper
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 34.12

Sub-sample Name: Fresh & Naked, wild rocket

Ingredients: Wild rocket

Label claim(s):

Country of origin: Italy

Packed in the UK

Unwashed

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 34
Composite Sample Name: Rocket, raw
Sub-sample Number: 34.13
Sub-sample Name: Asda, Fresh Tastes, wild rocket
Brand: Asda Fresh Tastes
Pack size: 70g
Purchase Date: 07.11.2011
Place of Purchase: Asda, Norwich
Display Until Date: 09 Nov
Use By Date: 09 Nov
Batch Number: Line 7 S 10:57 F ASL1100552 050
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 34.13

Sub-sample Name: Asda, Fresh Tastes, wild rocket

Ingredients: Rocket (100%)

Label claim(s):

Produce of more than one country

Packed in the UK

Washed in fresh clean water

Natural source of folacin

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/ ½ pack
Energy	kJ	71	26
Energy	kcal	17	6
Protein	g	2.5	0.9
Carbohydrate	g	1.0	0.4
Sugars	g	0.4	0.1
Starch	g	N/A	N/A
Fat	g	0.3	0.1
Saturates	g	0.1	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.5	0.5
Salt equivalent	g	0.1	Tr
Sodium	g	Tr	Tr
Folacin	µg	129.0	N/A
Folic acid	µg	N/A	45.2

Nutrient analysis of fruit and vegetables

Composite Sample Number: 34
Composite Sample Name: Rocket, raw
Sub-sample Number: 34.14
Sub-sample Name: Asda, Fresh Tastes, wild rocket
Brand: Asda Fresh Tastes
Pack size: 70g
Purchase Date: 07.11.2011
Place of Purchase: Asda, Norwich
Display Until Date: 10 Nov
Use By Date: 10 Nov
Batch Number: Line006 S 06:13 R ASL1100552 050
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 34.14

Sub-sample Name: Asda, Fresh Tastes, wild rocket

Ingredients: Rocket (100%)

Label claim(s):

Produce of more than one country

Packed in the UK

Washed in fresh clean water

Natural source of folacin

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/ ½ pack
Energy	kJ	71	26
Energy	kcal	17	6
Protein	g	2.5	0.9
Carbohydrate	g	1.0	0.4
Sugars	g	0.4	0.1
Starch	g	N/A	N/A
Fat	g	0.3	0.1
Saturates	g	0.1	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.5	0.5
Salt equivalent	g	0.1	Tr
Sodium	g	Tr	Tr
Folacin	µg	129.0	N/A
Folic acid	µg	N/A	45.2

Nutrient analysis of fruit and vegetables

Composite Sample Number: 34
Composite Sample Name: Rocket, raw
Sub-sample Number: 34.15
Sub-sample Name: Sainsbury's, wild rocket
Brand: Sainsbury's
Pack size: 70g
Purchase Date: 07.11.2011
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date:
Use By Date: 10 Nov
Batch Number: 10 0819 309 6863512 10.11 H0604A
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 34.15

Sub-sample Name: Sainsbury's, wild rocket

Ingredients: Wild rocket (100%)

Label claim(s):

Grown in Italy
High in folic acid
Baby leaf
Washed in spring water

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	112
Energy	kcal	27
Protein	g	3.3
Carbohydrate	g	2.0
Sugars	g	0.2
Starch	g	N/A
Fat	g	0.6
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.9
Salt equivalent	g	0.1
Sodium	g	Tr
Folic acid	µg	231

Nutrient analysis of fruit and vegetables

Composite Sample Number: 34
Composite Sample Name: Rocket, raw
Sub-sample Number: 34.16
Sub-sample Name: Morrisons, unwashed wild rocket
Brand: Morrisons
Pack size: 90g (2x45g)
Purchase Date: 07.11.2011
Place of Purchase: Morrisons, Norwich
Display Until Date: 10 Nov
Use By Date: 11 Nov
Batch Number: 2625 10:05 T34110/0511
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 34.16

Sub-sample Name: Morrisons, unwashed wild rocket

Ingredients: Wild rocket (100%)

Label claim(s):

Origin: Spain
Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/pack (45g)
Energy	kJ	117	53
Energy	kcal	28	12
Protein	g	3.5	1.6
Carbohydrate	g	2.9	1.3
Sugars	g	0.5	0.2
Starch	g	N/A	N/A
Fat	g	0.2	0.1
Saturates	g	0.1	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.7	0.8
Salt equivalent	g	0.1	Tr
Sodium	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 34
Composite Sample Name: Rocket, raw
Sub-sample Number: 34.17
Sub-sample Name: Waitrose, peppery and aromatic wild rocket
Brand: Waitrose
Pack size: 50g
Purchase Date: 07.11.2011
Place of Purchase: Waitrose, Wymondham
Display Until Date:
Use By Date: 10 Nov
Batch Number: 02 23:27 03.11
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 34.17

Sub-sample Name: Waitrose peppery and aromatic wild rocket

Ingredients: Wild rocket

Label claim(s):

Country of origin: Italy

Packed in the UK

Washed

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/pack
Energy	kJ	61	31
Energy	kcal	15	7
Protein	g	0.8	0.4
Carbohydrate	g	1.7	0.9
Sugars	g	1.7	0.9
Starch	g	N/A	N/A
Fat	g	0.5	0.3
Saturates	g	0.1	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.9	0.5
Salt equivalent	g	N/A	N/A
Sodium	g	0.01	0.01

Nutrient analysis of fruit and vegetables

Composite Sample Number: 34
Composite Sample Name: Rocket, raw
Sub-sample Number: 34.18
Sub-sample Name: Oaklands, wild rocket
Brand: Oaklands
Pack size: 70g
Purchase Date: 07.11.2011
Place of Purchase: Lidl, Norwich
Display Until Date:
Best Before Date: 10 Nov
Batch Number: LF2 307 15:41 44 04 W3639
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 34.18

Sub-sample Name: Oaklands wild rocket

Ingredients: Wild rocket

Label claim(s):

Italy

High in folic acid

Source of vitamin C

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/serving (80g)
Energy	kJ	117	96
Energy	kcal	28	23
Protein	g	2.6	2.1
Carbohydrate	g	2.0	1.6
Sugars	g	2.0	1.6
Starch	g	N/A	N/A
Fat	g	0.7	0.6
Saturates	g	0.1	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.6	1.3
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr
Vitamin C	mg	15	N/A
Folic acid	mg	97	N/A

Nutrient analysis of fruit and vegetables

Composite Sample Number: 34
Composite Sample Name: Rocket, raw
Sub-sample Number: 34.19
Sub-sample Name: Greengrocer rocket
Brand:
Pack size:
Purchase Date: 07.11.2011
Place of Purchase: Independent greengrocers, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 34.19

Sub-sample Name: Greengrocer rocket

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Sample 35: Cucumber, flesh and skin, raw

Composite Sample Number: 35
Composite Sample Name: Cucumber, flesh and skin, raw
Sub-sample Number: 35.1
Sub-sample Name: Tesco, fresh cucumber portion
Brand: Tesco
Pack size:
Purchase Date: 26.09.2011
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date: 27 Sep
Best Before Date: 28 Sep
Batch Number: GN16
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 35.1

Sub-sample Name: Tesco, fresh cucumber portion

Ingredients: Cucumber portion

Label claim(s):

Grown in: UK

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/one quarter of a typical pack (50g)
Energy	kJ	41	21
Energy	kcal	10	5
Protein	g	0.7	0.4
Carbohydrate	g	1.5	0.8
Sugars	g	1.4	0.7
Starch	g	N/A	N/A
Fat	g	0.1	Tr
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.6	0.3
Sodium	g	Tr	Tr
Salt equivalent	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 35
Composite Sample Name: Cucumber, flesh and skin, raw
Sub-sample Number: 35.2
Sub-sample Name: Tesco, cucumber
Brand:
Pack size:
Purchase Date: 26.09.2011
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date: 29/30 Sep
Best Before Date:
Batch Number: GN
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 35.2

Sub-sample Name: Tesco cucumber

Ingredients: No information

Label claim(s):

Class I

Essex, UK

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 35
Composite Sample Name: Cucumber, flesh and skin, raw
Sub-sample Number: 35.3
Sub-sample Name: Asda, British cucumber portion
Brand: Asda
Pack size:
Purchase Date: 26.09.2011
Place of Purchase: Asda, Norwich
Display Until Date: 28 Sep
Use By Date: 29 Sep
Batch Number: 450060
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 35.3

Sub-sample Name: Asda, British cucumber portion

Ingredients: No information

Label claim(s):

Naturally high in fibre

Farmer's name: F.Gaiteri

County of origin: Essex, UK

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	41
Energy	kcal	10
Protein	g	0.7
Carbohydrate	g	1.5
Sugars	g	1.4
Starch	g	N/A
Fat	g	0.1
Saturates	g	0.0
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.6
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 35
Composite Sample Name: Cucumber, flesh and skin, raw
Sub-sample Number: 35.4
Sub-sample Name: Asda, British cucumber
Brand: Asda
Pack size:
Purchase Date: 26.09.2011
Place of Purchase: Asda, Norwich
Display Until Date:
Best Before Date:
Batch Number: 450086 J25
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 35.4

Sub-sample Name: Asda, British cucumber

Ingredients: No information

Label claim(s):

Naturally high in fibre

Farmer's name: F.Gaiteri

County of origin: Essex, UK

Class I

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/80g serving
Energy	kJ	41	34
Energy	kcal	10	8
Protein	g	0.7	0.6
Carbohydrate	g	1.5	1.2
Sugars	g	1.4	1.1
Starch	g	N/A	N/A
Fat	g	0.1	0.1
Saturates	g	0.0	0.0
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.6	0.5
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 35
Composite Sample Name: Cucumber, flesh and skin, raw
Sub-sample Number: 35.5
Sub-sample Name: Sainsbury's, portion cucumber
Brand: Sainsbury's
Pack size:
Purchase Date: 26.09.2011
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date: 29 Sep
Best Before Date: 29 Sep
Batch Number: C0482A H A 6 08:26 1441 10.09
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 35.5

Sub-sample Name: Sainsbury's, portion cucumber

Ingredients: No information

Label claim(s):

Grown in Essex, UK

Grown by C.Cappalonga

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	41
Energy	kcal	10
Protein	g	0.7
Carbohydrate	g	1.5
Sugars	g	1.4
Starch	g	N/A
Fat	g	0.1
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.6
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 35
Composite Sample Name: Cucumber, flesh and skin, raw
Sub-sample Number: 35.6
Sub-sample Name: Morrisons, cucumber
Brand:
Pack size:
Purchase Date: 26.09.2011
Place of Purchase: Morrisons, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 35.6

Sub-sample Name: Morrisons, cucumber

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 35
Composite Sample Name: Cucumber, flesh and skin, raw
Sub-sample Number: 35.7
Sub-sample Name: Mark & Spencer, cucumber
Brand: Marks & Spencer
Pack size: 350/500g
Purchase Date: 26.09.2011
Place of Purchase: Marks & Spencer, Norwich
Display Until Date: 30 Sep
Best Before Date:
Batch Number: 6539
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number:

35.7

Sub-sample Name:

Mark & Spencer, cucumber

Ingredients: No information

Label claim(s):

County: UK, Kent

Grower's Name: Thanet Earth

Class I

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	41
Energy	kcal	10
Protein	g	0.7
Carbohydrate	g	1.5
Sugars	g	1.4
Starch	g	N/A
Fat	g	0.1
Saturates	g	<0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.6
Sodium	g	<0.1
Salt equivalent	g	<0.1

Nutrient analysis of fruit and vegetables

Composite Sample Number: 35
Composite Sample Name: Cucumber, flesh and skin, raw
Sub-sample Number: 35.8
Sub-sample Name: Aldi, cucumber
Brand: Aldi
Pack size: 400-500g
Purchase Date: 26.09.2011
Place of Purchase: Aldi, Norwich
Display Until Date:
Best Before Date:
Batch Number: Supplier code: 01438 Lot code: 3905 E08683
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 35.8

Sub-sample Name: Aldi, cucumber

Ingredients: No information

Label claim(s):

Produce of UK Essex
UK Salads

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 35
Composite Sample Name: Cucumber, flesh and skin, raw
Sub-sample Number: 35.9
Sub-sample Name: Market cucumber
Brand:
Pack size:
Purchase Date: 26.09.2011
Place of Purchase: Independent market stall, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: None
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 35.9

Sub-sample Name: Market cucumber

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 35
Composite Sample Name: Cucumber, flesh and skin, raw
Sub-sample Number: 35.10
Sub-sample Name: Farm Fresh, cucumber
Brand: Farm Fresh
Pack size: 400-500g
Purchase Date: 26.09.2011
Place of Purchase: Booker, Norwich
Display Until Date:
Best Before Date:
Batch Number: The Greenergy 262 EXP.KCB 1153 27/05 52083201
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 35.10

Sub-sample Name: Farm Fresh, cucumber

Ingredients: No information

Label claim(s):

Country of origin: Holland
Class I

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 35
Composite Sample Name: Cucumber, flesh and skin, raw
Sub-sample Number: 35.11
Sub-sample Name: Tesco, cucumber
Brand:
Pack size:
Purchase Date: 07.11.2011
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date: 11 Nov
Best Before Date:
Batch Number: GN
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 35.11

Sub-sample Name: Tesco, cucumber

Ingredients: No information

Label claim(s):

Spain

Class I

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 35
Composite Sample Name: Cucumber, flesh and skin, raw
Sub-sample Number: 35.12
Sub-sample Name: Tesco, cucumber
Brand:
Pack size:
Purchase Date: 07.11.2011
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date: 10 Nov
Best Before Date:
Batch Number: GN
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 35.12

Sub-sample Name: Tesco, cucumber

Ingredients: No information

Label claim(s):

Spain

Class I

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 35
Composite Sample Name: Cucumber, flesh and skin, raw
Sub-sample Number: 35.13
Sub-sample Name: Asda, cucumber
Brand: Asda
Pack size:
Purchase Date: 07.11.2011
Place of Purchase: Asda, Norwich
Display Until Date:
Best Before Date:
Batch Number: 450085 L1
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 35.13

Sub-sample Name: Asda cucumber

Ingredients: No information

Label claim(s):

Spain

Class I

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 35
Composite Sample Name: Cucumber, flesh and skin, raw
Sub-sample Number: 35.14
Sub-sample Name: Asda, cucumber portion
Brand: Asda
Pack size:
Purchase Date: 07.11.2011
Place of Purchase: Asda, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 35.14

Sub-sample Name: Asda, cucumber portion

Ingredients: No information

Label claim(s):

Naturally high in fibre

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	41
Energy	kcal	10
Protein	g	0.7
Carbohydrate	g	1.5
Sugars	g	1.4
Starch	g	N/A
Fat	g	0.1
Saturates	g	0.0
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.6
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 35
Composite Sample Name: Cucumber, flesh and skin, raw
Sub-sample Number: 35.15
Sub-sample Name: Sainsbury's, whole cucumber
Brand: Sainsbury's
Pack size:
Purchase Date: 07.11.2011
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date:
Best Before Date: 11 Nov
Batch Number: 0000062 08.11 CO482A H B 7 07:46 D251
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 35.15

Sub-sample Name: Sainsbury's, whole cucumber

Ingredients: No information

Label claim(s):

Grown in Spain

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 35
Composite Sample Name: Cucumber, flesh and skin, raw
Sub-sample Number: 35.16
Sub-sample Name: Morrisons, cucumber
Brand:
Pack size:
Purchase Date: 07.11.2011
Place of Purchase: Morrisons, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 35.16

Sub-sample Name: Morrisons, cucumber

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 35
Composite Sample Name: Cucumber, flesh and skin, raw
Sub-sample Number: 35.17
Sub-sample Name: Co-operative, whole cucumber
Brand:
Pack size:
Purchase Date: 07.11.2011
Place of Purchase: Co-operative, Wymondham
Display Until Date: 12 Nov
Best Before Date:
Batch Number: KCB512 1210 HO
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 35.17

Sub-sample Name: Co-operative, whole cucumber

Ingredients: No information

Label claim(s):

Class I

Spain

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 35
Composite Sample Name: Cucumber, flesh and skin, raw
Sub-sample Number: 35.18
Sub-sample Name: Lidl, cucumber
Brand:
Pack size:
Purchase Date: 07.11.2011
Place of Purchase: Lidl, Attleborough
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 35.18

Sub-sample Name: Lidl, cucumber

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 35
Composite Sample Name: Cucumber, flesh and skin, raw
Sub-sample Number: 35.19
Sub-sample Name: Market cucumber
Brand:
Pack size:
Purchase Date: 07.11.2011
Place of Purchase: Independent market stall, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 35.19

Sub-sample Name: Market cucumber

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 35
Composite Sample Name: Cucumber, flesh and skin, raw
Sub-sample Number: 35.20
Sub-sample Name: Farm Fresh, cucumber
Brand: Farm Fresh
Pack size: 500/600g , counts x2
Purchase Date: 07.11.2011
Place of Purchase: Booker, Norwich
Display Until Date:
Best Before Date:
Batch Number: 33/07 The Greenery 306 EXP.KCB 1153 53103801
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 35.20

Sub-sample Name: Farm Fresh cucumber

Ingredients: No information

Label claim(s):

Class I

Country or origin: Holland

Nutrient Information: No information

Sample 36: Peppers, red, raw

Composite Sample Number: 36
Composite Sample Name: Peppers, red, raw
Sub-sample Number: 36.1
Sub-sample Name: Tesco, loose red pepper
Brand:
Pack size:
Purchase Date: 26.09.2011
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 36.1

Sub-sample Name: Tesco, loose red pepper

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 36
Composite Sample Name: Peppers, red, raw
Sub-sample Number: 36.2
Sub-sample Name: Tesco, crunchy mixed peppers
Brand: Tesco
Pack size: 3 pack
Purchase Date: 26.09.2011
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date: 01 Oct
Best Before Date: 03 Oct
Batch Number: GN
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 36.2

Sub-sample Name: Tesco, crunchy mixed peppers

Ingredients: Mixed peppers

Label claim(s):

Grown in Holland

Class I

Size 70/90mm

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/half a typical pepper (50g)
Energy	kJ	110	55
Energy	kcal	26	13
Protein	g	1.0	0.5
Carbohydrate	g	4.8	2.4
Sugars	g	4.5	2.3
Starch	g	N/A	N/A
Fat	g	0.3	0.2
Saturates	g	0.1	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.6	0.8
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr
Vitamin C	mg	130.0	65.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 36
Composite Sample Name: Peppers, red, raw
Sub-sample Number: 36.3
Sub-sample Name: Asda, loose red pepper
Brand:
Pack size:
Purchase Date: 26.09.2011
Place of Purchase: Asda, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 36.3

Sub-sample Name: Asda, loose red pepper

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 36
Composite Sample Name: Peppers, red, raw
Sub-sample Number: 36.4
Sub-sample Name: Asda, organics peppers
Brand: Asda
Pack size:
Purchase Date: 26.09.2011
Place of Purchase: Asda, Norwich
Display Until Date: 30 Sep
Best Before Date: 02 Oct
Batch Number: 520568 07:57 GB-ORG-02
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 36.4

Sub-sample Name: Asda, organics peppers

Ingredients: No information

Label claim(s):

Class II

70/90mm

Country of origin: Holland

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 36
Composite Sample Name: Peppers, red, raw
Sub-sample Number: 36.5
Sub-sample Name: Sainsbury's, loose red pepper
Brand:
Pack size:
Purchase Date: 26.09.2011
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 36.5

Sub-sample Name: Sainsbury's, loose red pepper

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 36
Composite Sample Name: Peppers, red, raw
Sub-sample Number: 36.6
Sub-sample Name: Morrisons, mixed peppers
Brand: Morrisons
Pack size:
Purchase Date: 26.09.2011
Place of Purchase: Morrisons, Norwich
Display Until Date: 02 Oct
Best Before Date: 04 Oct
Batch Number: Kcb75 0258 2263
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 36.6

Sub-sample Name: Morrisons, mixed peppers

Ingredients: No information

Label claim(s):

Produce of Holland

Class I

80-100mm

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 36
Composite Sample Name: Peppers, red, raw
Sub-sample Number: 36.7
Sub-sample Name: The Co-operative, 3 British mixed peppers
Brand: The Co-operative
Pack size:
Purchase Date: 26.09.2011
Place of Purchase: Co-operative, Wymondham
Display Until Date: 03 Oct
Best Before Date: 05 Oct
Batch Number: M038V NCE1U1
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 36.7

Sub-sample Name: The Co-operative, 3 British mixed peppers

Ingredients: No information

Label claim(s):

Produce of UK

Packed in UK

70-90mm

Class I

Supplied by Tangmere

Nutrient Information:

Nutrient	Unit	Amount/100g red pepper
Energy	kJ	140
Energy	kcal	35
Protein	g	1.1
Carbohydrate	g	6.4
Sugars	g	6.1
Starch	g	N/A
Fat	g	0.4
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2.0
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 36
Composite Sample Name: Peppers, red, raw
Sub-sample Number: 36.8
Sub-sample Name: Aldi, mixed Peppers
Brand: Aldi
Pack size: 3 pack mixed
Purchase Date: 26.09.2011
Place of Purchase: Aldi, Norwich
Display Until Date:
Best Before Date:
Batch Number: 01438 3905 E 14:25
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 36.8

Sub-sample Name: Aldi, mixed Peppers

Ingredients: No information

Label claim(s):

Produce of Holland

70/90mm

Class I

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 36
Composite Sample Name: Peppers, red, raw
Sub-sample Number: 36.9
Sub-sample Name: Tesco, Market Value, peppers
Brand: Tesco Market Value
Pack size: Minimum 3 fruits
Purchase Date: 26.09.2011
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date: 30 Sep
Best Before Date:
Batch Number: P33 12:22 52168101 BV01
Packaging: Net
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 36.9

Sub-sample Name: Tesco, Market Value, Peppers

Ingredients: Mixed peppers

Label claim(s):

Produce of Holland
Class II

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	110
Energy	kcal	26
Protein	g	1.0
Carbohydrate	g	4.8
Sugars	g	4.5
Starch	g	N/A
Fat	g	0.3
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.6
Salt equivalent	g	Tr
Sodium	g	Tr
Vitamin C	mg	130.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 36
Composite Sample Name: Peppers, red, raw
Sub-sample Number: 36.10
Sub-sample Name: Market red peppers
Brand:
Pack size:
Purchase Date: 26.09.2011
Place of Purchase: Independent market stall, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 36.10

Sub-sample Name: Market red peppers

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 36
Composite Sample Name: Peppers, red, raw
Sub-sample Number: 36.11
Sub-sample Name: Makro, peppers red
Brand: Makro
Pack size: Count x3 pieces
Purchase Date: 26.09.2011
Place of Purchase: Makro, Norwich
Display Until Date:
Best Before Date:
Batch Number: 353935 24273 verp:KCB 480 Jul code:252
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 36.11

Sub-sample Name: Makro, peppers red

Ingredients: No information

Label claim(s):

Origin: Holland

Size: 70-90mm

Class I

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 36
Composite Sample Name: Peppers, red, raw
Sub-sample Number: 36.12
Sub-sample Name: Tesco, loose red peppers
Brand:
Pack size:
Purchase Date: 21.11.2011
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 36.12

Sub-sample Name: Tesco, loose red peppers

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 36
Composite Sample Name: Peppers, red, raw
Sub-sample Number: 36.13
Sub-sample Name: Tesco, twin pack peppers
Brand: Tesco
Pack size: 2 pack
Purchase Date: 21.11.2011
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date: 25 Nov
Best Before Date: 27 Nov
Batch Number: GZ
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 36.13

Sub-sample Name: Tesco, twin pack peppers

Ingredients: Peppers

Label claim(s):

Class II

Grown in Spain

Size: 60/80mm

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/ half a typical pepper (50g)
Energy	kJ	110	55
Energy	kcal	26	13
Protein	g	1.0	0.5
Carbohydrate	g	4.8	2.4
Sugars	g	4.5	2.3
Starch	g	N/A	N/A
Fat	g	0.3	0.2
Saturates	g	0.1	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.6	0.8
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr
Vitamin C	mg	130.0	65.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 36
Composite Sample Name: Peppers, red, raw
Sub-sample Number: 36.14
Sub-sample Name: Asda, loose red peppers
Brand:
Pack size:
Purchase Date: 21.11.2011
Place of Purchase: Asda, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 36.14

Sub-sample Name: Asda, loose red peppers

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 36
Composite Sample Name: Peppers, red, raw
Sub-sample Number: 36.15
Sub-sample Name: Asda, mixed peppers
Brand: Asda
Pack size: 3 fruit
Purchase Date: 21.11.2011
Place of Purchase: Asda, Norwich
Display Until Date: 25 Nov
Best Before Date: 27 Nov
Batch Number: 450037
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 36.15

Sub-sample Name: Asda, mixed peppers

Ingredients: No information

Label claim(s):

Country of origin: Spain

Class I

70/90mm

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	141
Energy	kcal	33
Protein	g	1.0
Carbohydrate	g	6.4
Sugars	g	6.1
Starch	g	N/A
Fat	g	0.4
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.6
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 36
Composite Sample Name: Peppers, red, raw
Sub-sample Number: 36.16
Sub-sample Name: Sainsbury's, loose red pepper
Brand:
Pack size:
Purchase Date: 21.11.2011
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 36.16

Sub-sample Name: Sainsbury's, loose red pepper

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 36
Composite Sample Name: Peppers, red, raw
Sub-sample Number: 36.17
Sub-sample Name: Morrisons, organic twin peppers
Brand: Morrisons
Pack size: 2 pcs
Purchase Date: 21.11.2011
Place of Purchase: Morrisons, Norwich
Display Until Date: 24 Nov
Best Before Date: 25 Nov
Batch Number: GB-ORG-05 0901
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 36.17

Sub-sample Name: Morrisons, organic twin peppers

Ingredients: Organic peppers

Label claim(s):

Class II

Produce of Israel

Non EU Agriculture

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/80g serving
Energy	kJ	141	112
Energy	kcal	33	27
Protein	g	1.0	0.8
Carbohydrate	g	6.4	5.1
Sugars	g	6.1	4.9
Starch	g	N/A	N/A
Fat	g	0.4	0.3
Saturates	g	0.1	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.6	1.3
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 36
Composite Sample Name: Peppers, red, raw
Sub-sample Number: 36.18
Sub-sample Name: The Co-operative, 3 mixed peppers
Brand: The Co-operative
Pack size:
Purchase Date: 26.09.2011
Place of Purchase: The Co-operative, Wymondham
Display Until Date:
Best Before Date: 25 Nov
Batch Number: Supplied by M210 LG KCE114
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 36.18

Sub-sample Name: The Co-operative, 3 mixed peppers

Ingredients: No information

Label claim(s):

Class I
Produce of Spain
Size: 70/90mm
Packed in EU

Nutrient Information:

Nutrient	Unit	Amount/100g red pepper
Energy	kJ	140
Energy	kcal	35
Protein	g	1.1
Carbohydrate	g	6.4
Sugars	g	6.1
Starch	g	N/A
Fat	g	0.4
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2.0
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 36
Composite Sample Name: Peppers, red, raw
Sub-sample Number: 36.19
Sub-sample Name: Oaklands, mixed peppers
Brand: Oaklands
Pack size: 500g/3 pieces
Purchase Date: 21.11.2011
Place of Purchase: Lidl, Norwich
Display Until Date:
Best Before Date:
Batch Number: L-4603 W-385
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 36.19

Sub-sample Name: Oaklands, mixed peppers

Ingredients: No information

Label claim(s):

Class I

Origin: Spain

Variety: C.W.

Cal: 70/90mm

High in vitamin C

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	69
Energy	kcal	16
Protein	g	0.8
Carbohydrate	g	2.6
Sugars	g	2.4
Starch	g	N/A
Fat	g	0.3
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.9
Salt equivalent	g	Tr
Sodium	g	Tr
Vitamin C	mg	120.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 36
Composite Sample Name: Peppers, red, raw
Sub-sample Number: 36.20
Sub-sample Name: Tesco, Market Value, peppers
Brand: Tesco Market Value
Pack size: Minimum 3 fruits
Purchase Date: 21.11.2011
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date: 24 Nov
Best Before Date:
Batch Number:
Packaging: Netting
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 36.20

Sub-sample Name: Tesco, Market Value, peppers

Ingredients: Peppers

Label claim(s):

Class II

Produce of Spain

Size: 40mm+

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	110
Energy	kcal	26
Protein	g	1.0
Carbohydrate	g	4.8
Sugars	g	4.5
Starch	g	N/A
Fat	g	0.3
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.6
Salt equivalent	g	Tr
Sodium	g	Tr
Vitamin C	mg	130.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 36
Composite Sample Name: Peppers, red, raw
Sub-sample Number: 36.21
Sub-sample Name: Market red pepper
Brand:
Pack size:
Purchase Date: 21.11.2011
Place of Purchase: Independent market stall, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging:
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 36.21

Sub-sample Name: Market red pepper

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 36
Composite Sample Name: Peppers, red, raw
Sub-sample Number: 36.22
Sub-sample Name: Farm Fresh, red peppers
Brand: Farm Fresh
Pack size: Counts x6
Purchase Date: 21.11.2011
Place of Purchase: Booker, Norwich
Display Until Date:
Best Before Date:
Batch Number: The Greener 313 EXP.KCB 1153 53243101/1 34/07
Packaging: Plastic
Sample Condition As Purchased: Refrigerated
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 36.22

Sub-sample Name: Farm Fresh, red peppers

Ingredients: No information

Label claim(s):

Class I

Country of origin: Holland

80/100mm

Nutrient Information: No information

Sample 37: Peppers, red, boiled

Composite Sample Number:

37

Composite Sample Name:

Peppers, red, boiled

Sub-sample Number:

37.1

Sub-sample Name:

Tesco, loose red pepper

Brand:

Pack size:

Purchase Date:

26.09.2011

Place of Purchase:

Tesco, Harford Bridges, Norwich

Display Until Date:

Best Before Date:

Batch Number:

Packaging:

Plastic

Sample Condition As Purchased:

Ambient

Post Purchase Storage:

Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 37.1

Sub-sample Name: Tesco, loose red pepper

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 37
Composite Sample Name: Peppers, red, boiled
Sub-sample Number: 37.2
Sub-sample Name: Tesco, crunchy mixed peppers
Brand: Tesco
Pack size: 3 pack
Purchase Date: 26.09.2011
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date: 01 Oct
Best Before Date: 03 Oct
Batch Number: GN
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 37.2

Sub-sample Name: Tesco, crunchy mixed peppers

Ingredients: Mixed peppers

Label claim(s):

Grown in Holland

Class I

Size 70/90mm

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/half a typical pepper (50g)
Energy	kJ	110	55
Energy	kcal	26	13
Protein	g	1.0	0.5
Carbohydrate	g	4.8	2.4
Sugars	g	4.5	2.3
Starch	g	N/A	N/A
Fat	g	0.3	0.2
Saturates	g	0.1	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.6	0.8
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr
Vitamin C	mg	130.0	65.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 37
Composite Sample Name: Peppers, red, boiled
Sub-sample Number: 37.3
Sub-sample Name: Asda, loose red pepper
Brand:
Pack size:
Purchase Date: 26.09.2011
Place of Purchase: Asda, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 37.3

Sub-sample Name: Asda, loose red pepper

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 37
Composite Sample Name: Peppers, red, boiled
Sub-sample Number: 37.4
Sub-sample Name: Asda, organics peppers
Brand: Asda
Pack size:
Purchase Date: 26.09.2011
Place of Purchase: Asda, Norwich
Display Until Date: 30 Sep
Best Before Date: 02 Oct
Batch Number: 520568 07:57 GB-ORG-02
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 37.4

Sub-sample Name: Asda, organics peppers

Ingredients: No information

Label claim(s):

Class II

70/90mm

Country of origin: Holland

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 37
Composite Sample Name: Peppers, red, boiled
Sub-sample Number: 37.5
Sub-sample Name: Sainsbury's, loose red pepper
Brand:
Pack size:
Purchase Date: 26.09.2011
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 37.5

Sub-sample Name: Sainsbury's, loose red pepper

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 37
Composite Sample Name: Peppers, red, boiled
Sub-sample Number: 37.6
Sub-sample Name: Morrisons, mixed peppers
Brand: Morrisons
Pack size:
Purchase Date: 26.09.2011
Place of Purchase: Morrisons, Norwich
Display Until Date: 02 Oct
Best Before Date: 04 Oct
Batch Number: Kcb75 0258 2263
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 37.6

Sub-sample Name: Morrisons, mixed peppers

Ingredients: No information

Label claim(s):

Produce of Holland

Class I

80-100mm

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 37
Composite Sample Name: Peppers, red, boiled
Sub-sample Number: 37.7
Sub-sample Name: The Co-operative, 3 British mixed peppers
Brand: The Co-operative
Pack size:
Purchase Date: 26.09.2011
Place of Purchase: The Co-operative, Wymondham
Display Until Date: 03 Oct
Best Before Date: 05 Oct
Batch Number: M038V NCE1U1
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 37.7
Sub-sample Name: The Co-operative, 3 British mixed peppers

Ingredients: No information

Label claim(s):

Produce of UK
Packed in UK
70-90mm
Class I
Supplied by Tangmere

Nutrient Information:

Nutrient	Unit	Amount/100g red pepper
Energy	kJ	140
Energy	kcal	35
Protein	g	1.1
Carbohydrate	g	6.4
Sugars	g	6.1
Starch	g	N/A
Fat	g	0.4
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2.0
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 37
Composite Sample Name: Peppers, red, boiled
Sub-sample Number: 37.8
Sub-sample Name: Aldi, mixed Peppers
Brand: Aldi
Pack size: 3 pack mixed
Purchase Date: 26.09.2011
Place of Purchase: Aldi, Norwich
Display Until Date:
Best Before Date:
Batch Number: 01438 3905 E 14:25
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 37.8

Sub-sample Name: Aldi, mixed Peppers

Ingredients: No information

Label claim(s):

Produce of Holland

70/90mm

Class I

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 37
Composite Sample Name: Peppers, red, boiled
Sub-sample Number: 37.9
Sub-sample Name: Tesco, Market Value, peppers
Brand: Tesco Market Value
Pack size: Minimum 3 fruits
Purchase Date: 26.09.2011
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date: 30 Sep
Best Before Date:
Batch Number: P33 12:22 52168101 BV01
Packaging: Net
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 37.9

Sub-sample Name: Tesco, Market Value, Peppers

Ingredients: Mixed peppers

Label claim(s):

Produce of Holland
Class II

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	110
Energy	kcal	26
Protein	g	1.0
Carbohydrate	g	4.8
Sugars	g	4.5
Starch	g	N/A
Fat	g	0.3
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.6
Salt equivalent	g	Tr
Sodium	g	Tr
Vitamin C	mg	130.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 37
Composite Sample Name: Peppers, red, boiled
Sub-sample Number: 37.10
Sub-sample Name: Market red peppers
Brand:
Pack size:
Purchase Date: 26.09.2011
Place of Purchase: Independent market stall, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 37.10

Sub-sample Name: Market red peppers

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 37
Composite Sample Name: Peppers, red, boiled
Sub-sample Number: 37.11
Sub-sample Name: Makro, peppers red
Brand: Makro
Pack size: Count x3 pieces
Purchase Date: 26.09.2011
Place of Purchase: Makro, Norwich
Display Until Date:
Best Before Date:
Batch Number: 353935 24273 verp:KCB 480 Jul code:252
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 37.11

Sub-sample Name: Makro, peppers red

Ingredients: No information

Label claim(s):

Origin: Holland

Size: 70-90mm

Class I

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 37
Composite Sample Name: Peppers, red, boiled
Sub-sample Number: 37.12
Sub-sample Name: Tesco, loose red peppers
Brand:
Pack size:
Purchase Date: 21.11.2011
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 37.12

Sub-sample Name: Tesco, loose red peppers

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 37
Composite Sample Name: Peppers, red, boiled
Sub-sample Number: 37.13
Sub-sample Name: Tesco, twin pack peppers
Brand: Tesco
Pack size: 2 pack
Purchase Date: 21.11.2011
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date: 25 Nov
Best Before Date: 27 Nov
Batch Number: GZ
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 37.13

Sub-sample Name: Tesco, twin pack peppers

Ingredients: Peppers

Label claim(s):

Class II

Grown in Spain

Size: 60/80mm

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/ half a typical pepper (50g)
Energy	kJ	110	55
Energy	kcal	26	13
Protein	g	1.0	0.5
Carbohydrate	g	4.8	2.4
Sugars	g	4.5	2.3
Starch	g	N/A	N/A
Fat	g	0.3	0.2
Saturates	g	0.1	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.6	0.8
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr
Vitamin C	mg	130.0	65.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 37
Composite Sample Name: Peppers, red, boiled
Sub-sample Number: 37.14
Sub-sample Name: Asda, loose red peppers
Brand:
Pack size:
Purchase Date: 21.11.2011
Place of Purchase: Asda, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 37.14

Sub-sample Name: Asda, loose red peppers

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 37
Composite Sample Name: Peppers, red, boiled
Sub-sample Number: 37.15
Sub-sample Name: Asda, mixed peppers
Brand: Asda
Pack size: 3 fruit
Purchase Date: 21.11.2011
Place of Purchase: Asda, Norwich
Display Until Date: 25 Nov
Best Before Date: 27 Nov
Batch Number: 450037
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 37.15

Sub-sample Name: Asda, mixed peppers

Ingredients: No information

Label claim(s):

Country of origin: Spain

Class I

70/90mm

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	141
Energy	kcal	33
Protein	g	1.0
Carbohydrate	g	6.4
Sugars	g	6.1
Starch	g	N/A
Fat	g	0.4
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.6
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 37
Composite Sample Name: Peppers, red, boiled
Sub-sample Number: 37.16
Sub-sample Name: Sainsbury's, loose red pepper
Brand:
Pack size:
Purchase Date: 21.11.2011
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 37.16

Sub-sample Name: Sainsbury's, loose red pepper

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 37
Composite Sample Name: Peppers, red, boiled
Sub-sample Number: 37.17
Sub-sample Name: Morrisons, organic twin peppers
Brand: Morrisons
Pack size: 2 pcs
Purchase Date: 21.11.2011
Place of Purchase: Morrisons, Norwich
Display Until Date: 24 Nov
Best Before Date: 25 Nov
Batch Number: GB-ORG-05 0901
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 37.17

Sub-sample Name: Morrisons, organic twin peppers

Ingredients: Organic peppers

Label claim(s):

Class II

Produce of Israel

Non EU Agriculture

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/80g serving
Energy	kJ	141	112
Energy	kcal	33	27
Protein	g	1.0	0.8
Carbohydrate	g	6.4	5.1
Sugars	g	6.1	4.9
Starch	g	N/A	N/A
Fat	g	0.4	0.3
Saturates	g	0.1	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.6	1.3
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 37
Composite Sample Name: Peppers, red, boiled
Sub-sample Number: 37.18
Sub-sample Name: The Co-operative, 3 mixed peppers
Brand: The Co-operative
Pack size:
Purchase Date: 26.09.2011
Place of Purchase: The Co-operative, Wymondham
Display Until Date:
Best Before Date: 25 Nov
Batch Number: Supplied by M210 LG KCE114
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 37.18

Sub-sample Name: The Co-operative, 3 mixed peppers

Ingredients: No information

Label claim(s):

Class I
Produce of Spain
Size: 70/90mm
Packed in EU

Nutrient Information:

Nutrient	Unit	Amount/100g red pepper
Energy	kJ	140
Energy	kcal	35
Protein	g	1.1
Carbohydrate	g	6.4
Sugars	g	6.1
Starch	g	N/A
Fat	g	0.4
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2.0
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 37
Composite Sample Name: Peppers, red, boiled
Sub-sample Number: 37.19
Sub-sample Name: Oaklands, mixed peppers
Brand: Oaklands
Pack size: 500g/3 pieces
Purchase Date: 21.11.2011
Place of Purchase: Lidl, Norwich
Display Until Date:
Best Before Date:
Batch Number: L-4603 W-385
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 37.19

Sub-sample Name: Oaklands, mixed peppers

Ingredients: No information

Label claim(s):

Class I

Origin: Spain

Variety: C.W.

Cal: 70/90mm

High in vitamin C

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	69
Energy	kcal	16
Protein	g	0.8
Carbohydrate	g	2.6
Sugars	g	2.4
Starch	g	N/A
Fat	g	0.3
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.9
Salt equivalent	g	Tr
Sodium	g	Tr
Vitamin C	mg	120.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 37
Composite Sample Name: Peppers, red, boiled
Sub-sample Number: 37.20
Sub-sample Name: Tesco, Market Value, peppers
Brand: Tesco Market Value
Pack size: Minimum 3 fruits
Purchase Date: 21.11.2011
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date: 24 Nov
Best Before Date:
Batch Number:
Packaging: Netting
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 37.20

Sub-sample Name: Tesco, Market Value, peppers

Ingredients: Peppers

Label claim(s):

Class II

Produce of Spain

Size: 40mm+

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	110
Energy	kcal	26
Protein	g	1.0
Carbohydrate	g	4.8
Sugars	g	4.5
Starch	g	N/A
Fat	g	0.3
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.6
Salt equivalent	g	Tr
Sodium	g	Tr
Vitamin C	mg	130.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 37
Composite Sample Name: Peppers, red, boiled
Sub-sample Number: 37.21
Sub-sample Name: Market red pepper
Brand:
Pack size:
Purchase Date: 21.11.2011
Place of Purchase: Independent market stall, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging:
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 37.21

Sub-sample Name: Market red pepper

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 37
Composite Sample Name: Peppers, red, boiled
Sub-sample Number: 37.22
Sub-sample Name: Farm Fresh, red peppers
Brand: Farm Fresh
Pack size: Counts x6
Purchase Date: 21.11.2011
Place of Purchase: Booker, Norwich
Display Until Date:
Best Before Date:
Batch Number: The Greenery 313 EXP.KCB 1153 53243101/1 34/07
Packaging: Plastic
Sample Condition As Purchased: Refrigerated
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 37.22

Sub-sample Name: Farm Fresh, red peppers

Ingredients: No information

Label claim(s):

Class I

Country of origin: Holland

80/100mm

Nutrient Information: No information

Sample 38: Peppers, yellow, raw

Composite Sample Number: 38
Composite Sample Name: Peppers, yellow, raw
Sub-sample Number: 38.1
Sub-sample Name: Tesco, loose yellow pepper
Brand:
Pack size:
Purchase Date: 26.09.2011
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 38.1

Sub-sample Name: Tesco, loose yellow pepper

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 38
Composite Sample Name: Peppers, yellow, raw
Sub-sample Number: 38.2
Sub-sample Name: Tesco, crunchy mixed peppers
Brand: Tesco
Pack size: 3 pack
Purchase Date: 26.09.2011
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date: 01 Oct
Best Before Date: 03 Oct
Batch Number: GN
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 38.2

Sub-sample Name: Tesco, crunchy mixed peppers

Ingredients: Mixed peppers

Label claim(s):

Class I

Grown in Holland

70/90mm

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/half of a typical pepper (50g)
Energy	kJ	110	55
Energy	kcal	26	13
Protein	g	1.0	0.5
Carbohydrate	g	4.8	2.4
Sugars	g	4.5	2.3
Starch	g	N/A	N/A
Fat	g	0.3	0.2
Saturates	g	0.1	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.6	0.8
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr
Vitamin C	mg	130.0	65.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 38
Composite Sample Name: Peppers, yellow, raw
Sub-sample Number: 38.3
Sub-sample Name: Asda, loose yellow pepper
Brand:
Pack size:
Purchase Date: 26.09.2011
Place of Purchase: Asda, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 38.3

Sub-sample Name: Asda, loose yellow pepper

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 38
Composite Sample Name: Peppers, yellow, raw
Sub-sample Number: 38.4
Sub-sample Name: Asda, loose yellow pepper
Brand:
Pack size:
Purchase Date: 26.09.2011
Place of Purchase: Asda, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 38.4

Sub-sample Name: Asda, loose yellow pepper

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 38
Composite Sample Name: Peppers, yellow, raw
Sub-sample Number: 38.5
Sub-sample Name: Sainsbury's, loose yellow pepper
Brand:
Pack size:
Purchase Date: 26.09.2011
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 38.5

Sub-sample Name: Sainsbury's, loose yellow pepper

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 38
Composite Sample Name: Peppers, yellow, raw
Sub-sample Number: 38.6
Sub-sample Name: Morrisons, mixed peppers
Brand: Morrisons
Pack size: 500g
Purchase Date: 26.09.2011
Place of Purchase: Morrisons, Norwich
Display Until Date: 01 Oct
Best Before Date: 03 Oct
Batch Number: kcb75 U 0258 22101 T17303/1008
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 38.6

Sub-sample Name: Morrisons, mixed peppers

Ingredients: No information

Label claim(s):

Class I

60-80mm

Produce of Holland

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 38
Composite Sample Name: Peppers, yellow, raw
Sub-sample Number: 38.7
Sub-sample Name: Waitrose, organic, mixed peppers
Brand: Waitrose organic
Pack size: X2
Purchase Date: 27.09.2011
Place of Purchase: Waitrose, Wymondham
Display Until Date: 29 Sep
Best Before Date: 29 Sep
Batch Number: Supplier 272X CC
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 38.7

Sub-sample Name: Waitrose, organic, mixed peppers

Ingredients: No information

Label claim(s):

Class I

70/90mm

Origin: England

Organic certification UK5

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 38
Composite Sample Name: Peppers, yellow, raw
Sub-sample Number: 38.8
Sub-sample Name: Aldi, mixed peppers
Brand: Aldi
Pack size:
Purchase Date: 26.09.2011
Place of Purchase: Aldi, Norwich
Display Until Date:
Best Before Date:
Batch Number: Supplier code: 01436 Lot code: 3904 E 12:38
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 38.8

Sub-sample Name: Aldi, mixed peppers

Ingredients: No information

Label claim(s):

Produce of Holland

70/90mm

Class I

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 38
Composite Sample Name: Peppers, yellow, raw
Sub-sample Number: 38.9
Sub-sample Name: Sainsbury's, basics, peppers
Brand: Sainsbury's basics
Pack size: 600g
Purchase Date: 26.09.2011
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date: 30 Sep
Best Before Date: 30 Sep
Batch Number: 23 CO482A F B 5 13:20 7157218 08.09
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 38.9

Sub-sample Name: Sainsbury's, basics, peppers

Ingredients: No information

Label claim(s):

Grown in UK
Un-sized
Class II
High in vitamin C

Nutrient Information:

Nutrient	Unit	Amount/100g (raw)
Energy	kJ	65
Energy	kcal	15
Protein	g	0.8
Carbohydrate	g	2.6
Sugars	g	2.4
Starch	g	0.1
Fat	g	0.3
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.9
Sodium	g	<0.1
Vitamin C	mg	120.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 38
Composite Sample Name: Peppers, yellow, raw
Sub-sample Number: 38.10
Sub-sample Name: Market yellow peppers
Brand:
Pack size:
Purchase Date: 26.09.2011
Place of Purchase: Independent market stall, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging:
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 38.10

Sub-sample Name: Market yellow peppers

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 38
Composite Sample Name: Peppers, yellow, raw
Sub-sample Number: 38.11
Sub-sample Name: Farm Fresh, mixed peppers
Brand: Farm Fresh
Pack size: Counts x 6
Purchase Date: 26.09.2011
Place of Purchase: Booker, Norwich
Display Until Date:
Best Before Date:
Batch Number: 27/05 262 EXP.KCB 605
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 38.11

Sub-sample Name: Farm Fresh, mixed peppers

Ingredients: No information

Label claim(s):

Class I

Country of origin: Holland

80/100mm

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 38
Composite Sample Name: Peppers, yellow, raw
Sub-sample Number: 38.12
Sub-sample Name: Tesco, twin pack, peppers
Brand: Tesco
Pack size: 2 pack
Purchase Date: 21.11.2011
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date: 25 Nov
Best Before Date: 27 Nov
Batch Number: GZ
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 38.12

Sub-sample Name: Tesco, twin pack, peppers

Ingredients: Peppers

Label claim(s):

Class II

Grown in Spain

Size: 60/80mm

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/half a typical pepper (50g)
Energy	kJ	110	55
Energy	kcal	26	13
Protein	g	1.0	0.5
Carbohydrate	g	4.8	2.4
Sugars	g	4.5	2.3
Starch	g	N/A	N/A
Fat	g	0.3	0.2
Saturates	g	0.1	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.6	0.8
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr
Vitamin C	mg	130.0	65.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 38
Composite Sample Name: Peppers, yellow, raw
Sub-sample Number: 38.13
Sub-sample Name: Tesco, loose yellow pepper
Brand:
Pack size:
Purchase Date: 21.11.2011
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 38.13

Sub-sample Name: Tesco, loose yellow pepper

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 38
Composite Sample Name: Peppers, yellow, raw
Sub-sample Number: 38.14
Sub-sample Name: Asda, loose yellow pepper
Brand:
Pack size:
Purchase Date: 21.11.2011
Place of Purchase: Asda, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 38.14

Sub-sample Name: Asda, loose yellow pepper

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 38
Composite Sample Name: Peppers, yellow, raw
Sub-sample Number: 38.15
Sub-sample Name: Asda, mixed peppers
Brand: Asda
Pack size: 3 fruit
Purchase Date: 21.11.2011
Place of Purchase: Asda, Norwich
Display Until Date: 25 Nov
Best Before Date: 27 Nov
Batch Number: 450082
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 38.15

Sub-sample Name: Asda, mixed peppers

Ingredients: No information

Label claim(s):

Class I

Country of origin: Spain

70/90mm

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	141
Energy	kcal	33
Protein	g	1.0
Carbohydrate	g	6.4
Sugars	g	6.1
Starch	g	N/A
Fat	g	0.4
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.6
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 38
Composite Sample Name: Peppers, yellow, raw
Sub-sample Number: 38.16
Sub-sample Name: Sainsbury's, loose yellow pepper
Brand:
Pack size:
Purchase Date: 21.11.2011
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 38.16

Sub-sample Name: Sainsbury's, loose yellow pepper

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 38
Composite Sample Name: Peppers, yellow, raw
Sub-sample Number: 38.17
Sub-sample Name: Morrisons, organic, twin peppers
Brand: Morrisons organic
Pack size: 2 pieces
Purchase Date: 21.11.2011
Place of Purchase: Morrisons, Norwich
Display Until Date: 24 Nov
Best Before Date: 25 Nov
Batch Number: GB-ORG-05 0901 33178/0111
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 38.17

Sub-sample Name: Morrisons, organic, twin peppers

Ingredients: Organic peppers

Label claim(s):

Class II
Produce of Israel
Non EU Agriculture

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/80g serving
Energy	kJ	141	112
Energy	kcal	33	27
Protein	g	1.0	0.8
Carbohydrate	g	6.4	5.1
Sugars	g	6.1	4.9
Starch	g	N/A	N/A
Fat	g	0.4	0.3
Saturates	g	0.1	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.6	1.3
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 38
Composite Sample Name: Peppers, yellow, raw
Sub-sample Number: 38.18
Sub-sample Name: The Co-operative, 3 mixed peppers
Brand: The Co-operative
Pack size:
Purchase Date: 21.11.2011
Place of Purchase: The Co-operative, Wymondham
Display Until Date:
Best Before Date: 25 Nov
Batch Number: Supplied by M210 LG
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 38.18

Sub-sample Name: The Co-operative, 3 mixed peppers

Ingredients: No information

Label claim(s):

Class I
Produce of Spain
Packed in EU
Size: 70/90mm

Nutrient Information:

Nutrient	Unit	Amount/100g yellow/orange pepper
Energy	kJ	120
Energy	kcal	30
Protein	g	1.2
Carbohydrate	g	5.3
Sugars	g	5.1
Starch	g	N/A
Fat	g	0.2
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.9
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 38
Composite Sample Name: Peppers, yellow, raw
Sub-sample Number: 38.19
Sub-sample Name: Oaklands, mixed peppers
Brand: Oaklands
Pack size: 500g / 3 pieces
Purchase Date: 21.11.2011
Place of Purchase: Lidl, Norwich
Display Until Date:
Best Before Date:
Batch Number: L-4603 W-385
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 38.19

Sub-sample Name: Oaklands, mixed peppers

Ingredients: No information

Label claim(s):

Class I

Variety: C.W.

Origin: Spain

Cal: 70/90mm

High in vitamin C

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	69
Energy	kcal	16
Protein	g	0.8
Carbohydrate	g	2.6
Sugars	g	2.4
Starch	g	N/A
Fat	g	0.3
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.9
Salt equivalent	g	Tr
Sodium	g	Tr
Vitamin C	mg	120

Nutrient analysis of fruit and vegetables

Composite Sample Number: 38
Composite Sample Name: Peppers, yellow, raw
Sub-sample Number: 38.20
Sub-sample Name: Tesco, Market Value, peppers
Brand: Tesco Market Value
Pack size: Minimum 3 fruits
Purchase Date: 21.11.2011
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date: 24 Nov
Best Before Date:
Batch Number:
Packaging: Netting
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 38.20

Sub-sample Name: Tesco, Market Value, peppers

Ingredients: Peppers

Label claim(s):

Class II

Produce of Spain

Size: 40mm+

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	110
Energy	kcal	26
Protein	g	1.0
Carbohydrate	g	4.8
Sugars	g	4.5
Starch	g	N/A
Fat	g	0.3
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.6
Salt equivalent	g	Tr
Sodium	g	Tr
Vitamin C	mg	130.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 38
Composite Sample Name: Peppers, yellow, raw
Sub-sample Number: 38.21
Sub-sample Name: Market yellow peppers
Brand:
Pack size:
Purchase Date: 21.11.2011
Place of Purchase: Independent market stall, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 38.21

Sub-sample Name: Market yellow peppers

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 38
Composite Sample Name: Peppers, yellow, raw
Sub-sample Number: 38.22
Sub-sample Name: Makro, pepper mix
Brand: Makro
Pack size: 3 pieces
Purchase Date: 21.11.2011
Place of Purchase: Makro, Norwich
Display Until Date:
Best Before Date:
Batch Number: 352285 23949 3584 46-4
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 38.22

Sub-sample Name: Makro, pepper mix

Ingredients: No information

Label claim(s):

Class I

Holland

Packed by: Valstar, Holland

Nutrient Information: No information

Sample 39: Bananas, raw, flesh only

Composite Sample Number: 39
Composite Sample Name: Bananas, raw, flesh only
Sub-sample Number: 39.1
Sub-sample Name: Tesco, Fair Trade, bananas
Brand: Tesco
Pack size:
Purchase Date: 21.11.2011
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date: 22 Nov
Best Before Date: 24 Nov
Batch Number: Supplier: PGS17 DON 12010 02221
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 39.1

Sub-sample Name: Tesco, Fair Trade, bananas

Ingredients: Fairtrade bananas

Label claim(s):

Origin: Dominica

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/typical banana (125g)
Energy	kJ	426	533
Energy	kcal	100	125
Protein	g	1.2	1.5
Carbohydrate	g	23.2	29.0
Sugars	g	20.9	26.1
Starch	g	N/A	N/A
Fat	g	0.3	0.4
Saturates	g	0.1	0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.1	1.4
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 39
Composite Sample Name: Bananas, raw, flesh only
Sub-sample Number: 39.2
Sub-sample Name: Tesco, keep me, bananas
Brand: Tesco
Pack size: Count: 5
Purchase Date: 18.11.2011
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date: 19 Nov
Best Before Date: 22 Nov
Batch Number: Supplier code: PGS13
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 39.2

Sub-sample Name: Tesco, keep me, bananas

Ingredients: Bananas

Label claim(s):

Produce of: Costa Rica

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	430
Energy	kcal	100
Protein	g	1.2
Carbohydrate	g	23.2
Sugars	g	20.9
Starch	g	N/A
Fat	g	0.3
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.1
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 39
Composite Sample Name: Bananas, raw, flesh only
Sub-sample Number: 39.3
Sub-sample Name: Asda organics, bananas
Brand: Asda organics
Pack size: Minimum 5 fruits
Purchase Date: 18.11.2011
Place of Purchase: Asda, Norwich
Display Until Date:
Best Before Date:
Batch Number: 561007
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 39.3

Sub-sample Name: Asda organics, bananas

Ingredients: No information

Label claim(s):

Country of origin: Dom Rep
Organic certification
UK5
Class II

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 39
Composite Sample Name: Bananas, raw, flesh only
Sub-sample Number: 39.4
Sub-sample Name: Fyffes, loose bananas
Brand: Fyffes
Pack size:
Purchase Date: 18.11.2011
Place of Purchase: Asda, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging:
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 39.4

Sub-sample Name: Fyffes, loose bananas

Ingredients: No information

Label claim(s):

Colombia

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 39
Composite Sample Name: Bananas, raw, flesh only
Sub-sample Number: 39.5
Sub-sample Name: Sainsbury's, 5 bananas, Fairtrade
Brand: Sainsbury's
Pack size:
Purchase Date: 18.11.2011
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date:
Best Before Date:
Batch Number: W0982E FFLW0114 1768558 02.11
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 39.5

Sub-sample Name: Sainsbury's, 5 bananas, Fairtrade

Ingredients: Banana

Label claim(s):

1 banana counts as 1 of 5 a day

Grown in: Dominican Republic

Fairtrade

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	403
Energy	kcal	95
Protein	g	1.2
Carbohydrate	g	23.2
Sugars	g	N/A
Starch	g	N/A
Fat	g	0.3
Saturates	g	N/A
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.1
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 39
Composite Sample Name: Bananas, raw, flesh only
Sub-sample Number: 39.6
Sub-sample Name: Morrisons, bananas
Brand: Morrisons
Pack size: Count: 5
Purchase Date: 21.11.2011
Place of Purchase: Morrisons, Norwich
Display Until Date: 23 Nov
Best Before Date: 24 Nov
Batch Number: 0732 FL
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 39.6

Sub-sample Name: Morrisons, bananas

Ingredients: Family bananas

Label claim(s):

Class I

Ecuador

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	403
Energy	kcal	95
Protein	g	1.2
Carbohydrate	g	23.2
Sugars	g	20.9
Starch	g	N/A
Fat	g	0.3
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.1
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 39
Composite Sample Name: Bananas, raw, flesh only
Sub-sample Number: 39.7
Sub-sample Name: The Co-operative, Fairtrade loose bananas
Brand: The Co-operative
Pack size:
Purchase Date: 21.11.2011
Place of Purchase: The Co-operative, Wymondham
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 39.7

Sub-sample Name: The Co-operative, Fairtrade loose bananas

Ingredients: No information

Label claim(s):

Fairtrade

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 39
Composite Sample Name: Bananas, raw, flesh only
Sub-sample Number: 39.8
Sub-sample Name: Aldi, mini bananas
Brand: Aldi
Pack size: 7 fingers
Purchase Date: 18.11.2011
Place of Purchase: Aldi, Norwich
Display Until Date:
Best Before Date:
Batch Number: Supplier: 223 lot code: 4604
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 39.8

Sub-sample Name: Aldi, mini bananas

Ingredients: No information

Label claim(s):

Class I

Variety: Cavendish

Produce of Ivory Coast

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 39
Composite Sample Name: Bananas, raw, flesh only
Sub-sample Number: 39.9
Sub-sample Name: Sainsbury's, basics, bananas
Brand: Sainsbury's basics
Pack size: Minimum 8 bananas
Purchase Date: 18.11.2011
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date:
Best Before Date:
Batch Number: 1071351 03.11 W0982 FLO ID FFLWO114
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number:

39.9

Sub-sample Name:

Sainsbury's, basics, bananas

Ingredients: No information

Label claim(s):

Country of origin: Dominican Republic

Packed in the Dominican Republic

Fairtrade

All shapes and sizes

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	403
Energy	kcal	95
Protein	g	1.2
Carbohydrate	g	23.2
Sugars	g	20.9
Starch	g	2.3
Fat	g	0.3
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.1
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 39
Composite Sample Name: Bananas, raw, flesh only
Sub-sample Number: 39.10
Sub-sample Name: Consul, bananas
Brand: Consul
Pack size:
Purchase Date: 21.11.2011
Place of Purchase: Independent market stall, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging:
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 39.10

Sub-sample Name: Consul, bananas

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 39
Composite Sample Name: Bananas, raw, flesh only
Sub-sample Number: 39.11
Sub-sample Name: Farm Fresh, bananas
Brand: Farm Fresh
Pack size: Counts: 8
Purchase Date: 21.11.2011
Place of Purchase: Booker, Norwich
Display Until Date:
Best Before Date:
Batch Number: 35/2 PR
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 39.11

Sub-sample Name: Farm Fresh, bananas

Ingredients: No information

Label claim(s):

Cavendish

Country of origin: Ecuador

Class I

Nutrient Information: No information

Sample 40: Apples, eating, raw, flesh and skin

Composite Sample Number: 40
Composite Sample Name: Apples, eating, raw, flesh and skin
Sub-sample Number: 40.1
Sub-sample Name: Tesco, British gala apples
Brand: Tesco
Pack size: 7 count
Purchase Date: 14.11.2011
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date: 17 Nov
Best Before Date: 19 Nov
Batch Number: NC71/91/9908 0560 000316507
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number:

40.1

Sub-sample Name:

Tesco, British gala apples

Ingredients: Gala apples

Label claim(s):

Class I

Grown in Kent, UK

Packed in the UK

60/70mm

Royal Gala

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/typical apple (133g)
Energy	kJ	226	300
Energy	kcal	53	71
Protein	g	0.4	0.5
Carbohydrate	g	11.8	15.7
Sugars	g	11.8	15.7
Starch	g	N/A	N/A
Fat	g	0.1	0.1
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.8	2.4
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 40
Composite Sample Name: Apples, eating, raw, flesh and skin
Sub-sample Number: 40.2
Sub-sample Name: Tesco, loose Golden Delicious apples
Brand: Tesco
Pack size:
Purchase Date: 14.11.2011
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date:
Best Before Date:
Batch Number: 4021
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 40.2

Sub-sample Name: Tesco, loose Golden Delicious apples

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 40

Composite Sample Name: Apples, eating, raw, flesh and skin

Sub-sample Number: 40.3

Sub-sample Name: Asda, Braeburn apples

Brand: Asda

Pack size: 5 fruit

Purchase Date: 14.11.2011

Place of Purchase: Asda, Norwich

Display Until Date:

Best Before Date:

Batch Number: GR.9061-G94 PD307R 909567 PO.147053,
CPASDBR880090239498

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 40.3

Sub-sample Name: Asda, Braeburn apples

Ingredients: Braeburn

Label claim(s):

Braeburn

France

Class I

73/78mm

Naturally high in fibre

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	199
Energy	kcal	47
Protein	g	0.4
Carbohydrate	g	11.8
Sugars	g	11.8
Starch	g	N/A
Fat	g	0.1
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.8
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 40
Composite Sample Name: Apples, eating, raw, flesh and skin
Sub-sample Number: 40.4
Sub-sample Name: Pink Lady apples
Brand: Pink Lady
Pack size: 4 pack
Purchase Date: 14.11.2011
Place of Purchase: Asda, Norwich
Display Until Date: 22 Nov
Best Before Date: 24 Nov
Batch Number: 375396 909008
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 40.4

Sub-sample Name: Pink Lady apples

Ingredients: No information

Label claim(s):

Class I

South Africa

65-70mm

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 40

Composite Sample Name: Apples, eating, raw, flesh and skin

Sub-sample Number: 40.5

Sub-sample Name: Sainsbury's, loose Royal Gala apples

Brand:

Pack size:

Purchase Date: 14.11.2011

Place of Purchase: Sainsbury's, Longwater, Norwich

Display Until Date:

Best Before Date:

Batch Number: 4173

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 40.5

Sub-sample Name: Sainsbury's, loose Royal Gala apples

Ingredients: No information

Label claim(s):

UK

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 40

Composite Sample Name: Apples, eating, raw, flesh and skin

Sub-sample Number: 40.6

Sub-sample Name: Morrisons, loose Granny Smith apples

Brand:

Pack size:

Purchase Date: 14.11.2011

Place of Purchase: Morrisons, Norwich

Display Until Date:

Best Before Date:

Batch Number:

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 40.6

Sub-sample Name: Morrisons, loose Granny Smith apples

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 40

Composite Sample Name: Apples, eating, raw, flesh and skin

Sub-sample Number: 40.7

Sub-sample Name: The Co-operative, British Royal Gala apples

Brand: The Co-operative

Pack size: 8 fruits

Purchase Date: 14.11.2011

Place of Purchase: The Co-operative, Earlham Green Lane, Norwich

Display Until Date:

Best Before Date: 20 Nov

Batch Number: M2578 OFD 66660011 NEA6U3

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 40.7

Sub-sample Name: The Co-operative, British Royal Gala apples

Ingredients: No information

Label claim(s):

UK, Kent

Grower: J. Collingwood

60/65mm

Class I

Royal Gala

Nutrient Information:

Nutrient	Unit	Amount/100g (flesh and skin)	Amount/medium apple (approx. 80g)
Energy	kJ	210	170
Energy	kcal	50	40
Protein	g	0.3	0.2
Carbohydrate	g	12.0	9.6
Sugars	g	12.0	9.6
Starch	g	N/A	N/A
Fat	g	0.1	0.1
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.4	1.9
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 40

Composite Sample Name: Apples, eating, raw, flesh and skin

Sub-sample Number: 40.8

Sub-sample Name: Aldi, Golden Delicious apples

Brand: Aldi

Pack size: 7 fruits

Purchase Date: 14.11.2011

Place of Purchase: Aldi, Norwich

Display Until Date:

Best Before Date:

Batch Number: Supplier no: 1117 Defra code: E58530 4604 EW 86

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 40.8

Sub-sample Name: Aldi, Golden Delicious apples

Ingredients: No information

Label claim(s):

Golden Delicious apples
Spain
65-70mm
Class I

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 40
Composite Sample Name: Apples, eating, raw, flesh and skin
Sub-sample Number: 40.9
Sub-sample Name: Tesco, Market Value, apples
Brand: Tesco Market Value
Pack size: Count: 5 fruits
Purchase Date: 14.11.2011
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date: 18 Nov
Best Before Date:
Batch Number: EW65
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 40.9

Sub-sample Name: Tesco, Market Value, apples

Ingredients: Apples

Label claim(s):

Produce of Kent, UK

Size: 65/70mm

Grower: Charles Gaskain

Class I

Variety: Cox

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/typical apple (133g)
Energy	kJ	211	281
Energy	kcal	50	66
Protein	g	0.4	0.5
Carbohydrate	g	11.8	15.7
Sugars	g	11.8	15.7
Starch	g	N/A	N/A
Fat	g	0.1	0.1
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.8	2.4
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 40
Composite Sample Name: Apples, eating, raw, flesh and skin
Sub-sample Number: 40.10
Sub-sample Name: Market Braeburn apples
Brand:
Pack size:
Purchase Date: 14.11.2011
Place of Purchase: Independent market stall, Norwich
Display Until Date:
Best Before Date:
Batch Number: 4101
Packaging: Paper
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 40.10

Sub-sample Name: Market Braeburn apples

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 40

Composite Sample Name: Apples, eating, raw, flesh and skin

Sub-sample Number: 40.11

Sub-sample Name: Select Horeca, apples, Royal Gala

Brand: Select Horeca

Pack size: 6 pack

Purchase Date: 14.11.2011

Place of Purchase: Makro, Norwich

Display Until Date:

Best Before Date:

Batch Number: Jul no: 314 supplier code: 24272 A22624 art no: 363554
4173

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 40.11

Sub-sample Name: Select Horeca, apples Royal Gala

Ingredients: No information

Label claim(s):

Origin: France

Class I

70/75mm

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 40
Composite Sample Name: Apples, eating, raw, flesh and skin
Sub-sample Number: 40.12
Sub-sample Name: Tesco, British, Gala apples
Brand: Tesco
Pack size: Count: 7 apples
Purchase Date: 16.01.2012
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date: 20 Jan
Best Before Date: 22 Jan
Batch Number: EW65
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 40.12

Sub-sample Name: Tesco, British, Gala apples

Ingredients: Gala apples

Label claim(s):

Produce of Kent, UK

Variety: Gala

Class I

Size: 65/75mm

Grower: Charles Gaskain

Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/typical apple (133g)
Energy	kJ	226	300
Energy	kcal	53	71
Protein	g	0.4	0.5
Carbohydrate	g	11.8	15.7
Sugars	g	11.8	15.7
Starch	g	N/A	N/A
Fat	g	0.1	0.1
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.8	2.4
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 40
Composite Sample Name: Apples, eating, raw, flesh and skin
Sub-sample Number: 40.13
Sub-sample Name: Tesco, Pink Lady apples
Brand: Tesco
Pack size: Count: 6 fruit
Purchase Date: 16.01.2012
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date: 19 Jan
Best Before Date: 21 Jan
Batch Number: EW2
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 40.13

Sub-sample Name: Tesco, Pink Lady apples

Ingredients: Pink Lady apples

Label claim(s):

Produce of Italy

Variety: Pink Lady

Class I

Size: 60/70mm

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/typical apple (133g)
Energy	kJ	226	300
Energy	kcal	53	71
Protein	g	0.4	0.5
Carbohydrate	g	11.8	15.7
Sugars	g	11.8	15.7
Starch	g	N/A	N/A
Fat	g	0.1	0.1
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.8	2.4
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 40

Composite Sample Name: Apples, eating, raw, flesh and skin

Sub-sample Number: 40.14

Sub-sample Name: Asda, loose Gala apples

Brand:

Pack size:

Purchase Date: 16.01.2012

Place of Purchase: Asda, Norwich

Display Until Date:

Best Before Date:

Batch Number: 4133

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 40.14

Sub-sample Name: Asda, loose Gala apples

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 40

Composite Sample Name: Apples, eating, raw, flesh and skin

Sub-sample Number: 40.15

Sub-sample Name: Asda, Braeburn apples

Brand: Asda

Pack size: 5 fruit

Purchase Date: 16.01.2012

Place of Purchase: Asda, Norwich

Display Until Date:

Best Before Date:

Batch Number: GR:(9116) 11C36BBSA10113 PD011 C
EMB: LM 11 XIX n°18-03 909498 PO:153178

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 40.15

Sub-sample Name: Asda, Braeburn apples

Ingredients: Braeburn

Label claim(s):

France
Braeburn
Class I
Naturally high in fibre
73-78mm

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	225
Energy	kcal	53
Protein	g	0.4
Carbohydrate	g	11.8
Sugars	g	11.8
Starch	g	N/A
Fat	g	0.1
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.8
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 40
Composite Sample Name: Apples, eating, raw, flesh and skin
Sub-sample Number: 40.16
Sub-sample Name: Sainsbury's, loose Royal Gala apples
Brand:
Pack size:
Purchase Date: 16.01.2012
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date:
Best Before Date:
Batch Number: 4173
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 40.16

Sub-sample Name: Sainsbury's loose Royal Gala apples

Ingredients: No information

Label claim(s):

Royal Gala
UK

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 40
Composite Sample Name: Apples, eating, raw, flesh and skin
Sub-sample Number: 40.17
Sub-sample Name: Morrisons, Golden Delicious apples
Brand: Morrisons
Pack size: 6 fruits
Purchase Date: 16.01.2012
Place of Purchase: Morrisons, Norwich
Display Until Date: 19 Jan
Best Before Date: 21 Jan
Batch Number: 33077BTH1CON20141204:27 JV T16534/0808
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 40.17

Sub-sample Name: Morrisons, Golden Delicious apples

Ingredients: Golden Delicious apples

Label claim(s):

Class I
68/73mm
Spain

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	199
Energy	kcal	47
Protein	g	0.4
Carbohydrate	g	11.8
Sugars	g	11.8
Starch	g	N/A
Fat	g	0.1
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.8
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 40
Composite Sample Name: Apples, eating, raw, flesh and skin
Sub-sample Number: 40.18
Sub-sample Name: Waitrose, Braeburn apples
Brand: Waitrose
Pack size: 4 fruit
Purchase Date: 16.01.2012
Place of Purchase: Waitrose, Wymondham
Display Until Date: 23 Jan
Best Before Date:
Batch Number: 08.11 Supplier: 183MPM
Packaging: Plastic and polystyrene
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 40.18

Sub-sample Name: Waitrose, Braeburn apples

Ingredients: Braeburn apple

Label claim(s):

Class I

70/75mm

Origin: Kent, England

Grown by Paul Mansfield

Nutrient Information:

Nutrient	Unit	Amount/100g (as sold)
Energy	kJ	211
Energy	kcal	50
Protein	g	0.4
Carbohydrate	g	11.8
Sugars	g	11.8
Starch	g	N/A
Fat	g	0.1
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2.4
Salt equivalent	g	0.0
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 40

Composite Sample Name: Apples, eating, raw, flesh and skin

Sub-sample Number: 40.19

Sub-sample Name: Val Venosta, loose Golden Delicious apples

Brand: Val Venosta

Pack size:

Purchase Date: 16.01.2012

Place of Purchase: Lidl, Norwich

Display Until Date:

Best Before Date:

Batch Number:

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 40.19

Sub-sample Name: Val Venosta, loose Golden Delicious apples

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 40

Composite Sample Name: Apples, eating, raw, flesh and skin

Sub-sample Number: 40.20

Sub-sample Name: Asda, Smart Price, apples

Brand: Asda Smart Price

Pack size: 8 fruits

Purchase Date: 16.01.2012

Place of Purchase: Asda, Norwich

Display Until Date:

Best Before Date:

Batch Number: 909689 PO: 451301 PD: 013 TR: 2480 ASP1107895

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 40.20

Sub-sample Name: Asda, Smart Price, apples

Ingredients: No information

Label claim(s):

Class II

55/60mm

UK

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	199
Energy	kcal	47
Protein	g	0.4
Carbohydrate	g	11.8
Sugars	g	11.8
Starch	g	N/A
Fat	g	0.1
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2.0
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 40

Composite Sample Name: Apples, eating, raw, flesh and skin

Sub-sample Number: 40.21

Sub-sample Name: Market Royal Gala apples

Brand:

Pack size:

Purchase Date: 16.01.2012

Place of Purchase: Independent market stall, Norwich

Display Until Date:

Best Before Date:

Batch Number:

Packaging: Paper

Sample Condition As Purchased: Ambient

Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 40.21

Sub-sample Name: Market Royal Gala apples

Ingredients: No information

Label claim(s):

Royal Gala

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 40
Composite Sample Name: Apples, eating, raw, flesh and skin
Sub-sample Number: 40.22
Sub-sample Name: Farm Fresh, Granny Smith apples
Brand: Farm Fresh
Pack size: 2kg, counts: 65/70
Purchase Date: 16.01.2012
Place of Purchase: Booker, Norwich
Display Until Date:
Best Before Date:
Batch Number: 0203 TEX 44/2
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 40.22

Sub-sample Name: Farm Fresh, Granny Smith apples

Ingredients: No information

Label claim(s):

Class I

Country of origin: France

Nutrient Information: No information

Sample 41: Apples, cooking, stewed, flesh only

Composite Sample Number:

41

Composite Sample Name:

Apples, cooking, stewed, flesh only

Sub-sample Number:

41.1

Sub-sample Name:

Tesco, loose Bramley apple

Brand:

Pack size:

Purchase Date:

14.11.2011

Place of Purchase:

Tesco, Blue Boar Road, Norwich

Display Until Date:

Best Before Date:

Batch Number:

Packaging:

Plastic

Sample Condition As Purchased:

Ambient

Post Purchase Storage:

Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 41.1

Sub-sample Name: Tesco, loose Bramley apple

Ingredients: No information

Label claim(s):

Bramley
UK
4210

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 41
Composite Sample Name: Apples, cooking, stewed, flesh only
Sub-sample Number: 41.2
Sub-sample Name: Tesco, British, Bramley apples
Brand: Tesco
Pack size: 5 apples
Purchase Date: 14.11.2011
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date: 20 Nov
Best Before Date: 20 Nov
Batch Number: HC09
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 41.2

Sub-sample Name: Tesco, British, Bramley apples

Ingredients: Bramley cooking apples

Label claim(s):

Packed in the UK

Class II

Produce of England

80/90mm

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/typical apple serving (100g)
Energy	kJ	173	N/A
Energy	kcal	41	41
Protein	g	0.3	N/A
Carbohydrate	g	8.9	N/A
Sugars	g	8.9	8.9
Starch	g	N/A	N/A
Fat	g	0.1	0.1
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.6	N/A
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	N/A

Nutrient analysis of fruit and vegetables

Composite Sample Number: 41
Composite Sample Name: Apples, cooking, stewed, flesh only
Sub-sample Number: 41.3
Sub-sample Name: Asda, loose cooking apples
Brand:
Pack size:
Purchase Date: 14.11.2011
Place of Purchase: Asda, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 41.3

Sub-sample Name: Asda loose cooking apples

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 41
Composite Sample Name: Apples, cooking, stewed, flesh only
Sub-sample Number: 41.4
Sub-sample Name: Asda, British, Bramley apples
Brand: Asda
Pack size: 4 apples
Purchase Date: 14.11.2011
Place of Purchase: Asda, Norwich
Display Until Date:
Best Before Date:
Batch Number: 909614 GR: NC 66661011/PD 314C ASP1112826
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 41.4

Sub-sample Name: Asda, British, Bramley apples

Ingredients: No information

Label claim(s):

UK
Class I
80/90mm
Naturally high in fibre

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	225
Energy	kcal	53
Protein	g	0.4
Carbohydrate	g	11.8
Sugars	g	11.8
Starch	g	N/A
Fat	g	0.1
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.8
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 41
Composite Sample Name: Apples, cooking, stewed, flesh only
Sub-sample Number: 41.5
Sub-sample Name: Sainsbury's, Bramley apples
Brand: Sainsbury's
Pack size: 5 apples
Purchase Date: 14.11.2011
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date:
Best Before Date: 21 Nov
Batch Number: N07 00218DB 1409895 07.11
Packaging: Plastic & net
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 41.5

Sub-sample Name: Sainsbury's, Bramley apples

Ingredients: No information

Label claim(s):

Class I

Produced in the UK

Grown by: Stevens Farm Ltd, Kent, UK

85-90mm

Source of vitamin C

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	138
Energy	kcal	33
Protein	g	0.3
Carbohydrate	g	8.1
Sugars	g	8.1
Starch	g	N/A
Fat	g	0.1
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.5
Salt equivalent	g	N/A
Sodium	g	Tr
Vitamin C	mg	11.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 41
Composite Sample Name: Apples, cooking, stewed, flesh only
Sub-sample Number: 41.6
Sub-sample Name: Morrisons, loose Bramley apples
Brand:
Pack size:
Purchase Date: 14.11.2011
Place of Purchase: Morrisons, Norwich
Display Until Date:
Best Before Date:
Batch Number: 4210
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 41.6

Sub-sample Name: Morrisons, loose Bramley apples

Ingredients: No information

Label claim(s):

UK

Bramley

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 41
Composite Sample Name: Apples, cooking, stewed, flesh only
Sub-sample Number: 41.7
Sub-sample Name: The Co-operative, loose cooking apples
Brand:
Pack size:
Purchase Date: 14.11.2011
Place of Purchase: The Co-operative, Wymondham
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 41.7

Sub-sample Name: The Co-operative loose cooking apples

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 41
Composite Sample Name: Apples, cooking, stewed, flesh only
Sub-sample Number: 41.8
Sub-sample Name: FruitLink, choice Wisbech Bramleys
Brand: FruitLink
Pack size: 5 apples
Purchase Date: 14.11.2011
Place of Purchase: Aldi, Norwich
Display Until Date:
Best Before Date:
Batch Number: Supplier no: 1117 Defra code: E58530 4604
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 41.8

Sub-sample Name: FruitLink, choice Wisbech Bramleys

Ingredients: No information

Label claim(s):

Class I
UK
80/90mm
Bramley apples

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	160
Energy	kcal	38
Protein	g	0.3
Carbohydrate	g	8.9
Sugars	g	8.9
Starch	g	N/A
Fat	g	0.1
Saturates	g	0.0
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.6
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 41
Composite Sample Name: Apples, cooking, stewed, flesh only
Sub-sample Number: 41.9
Sub-sample Name: Market cooking apples
Brand:
Pack size:
Purchase Date: 14.11.2011
Place of Purchase: Independent market stall, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Paper
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 41.9

Sub-sample Name: Market cooking apples

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 41
Composite Sample Name: Apples, cooking, stewed, flesh only
Sub-sample Number: 41.10
Sub-sample Name: Select Horeca, Bramley apples
Brand: Select Horeca
Pack size: 1.5 kg
Purchase Date: 14.11.2011
Place of Purchase: Makro, Norwich
Display Until Date:
Best Before Date:
Batch Number: Supplier code: 24272 A22624 art no: 363565 Jul no: 313
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 41.10

Sub-sample Name: Select Horeca, Bramley apples

Ingredients: No information

Label claim(s):

Origin: UK

Class I

80/90mm

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 41
Composite Sample Name: Apples, cooking, stewed, flesh only
Sub-sample Number: 41.11
Sub-sample Name: Tesco, loose Bramley apples
Brand:
Pack size:
Purchase Date: 16.01.2012
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 41.11

Sub-sample Name: Tesco, loose Bramley apples

Ingredients: No information

Label claim(s):

UK

4210

Bramley

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 41
Composite Sample Name: Apples, cooking, stewed, flesh only
Sub-sample Number: 41.12
Sub-sample Name: Tesco, British, Bramley apples
Brand: Tesco
Pack size: X 5
Purchase Date: 16.01.2012
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date: 20 Jan
Best Before Date: 22 Jan
Batch Number: EW31
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 41.12

Sub-sample Name: Tesco, British, Bramley apples

Ingredients: Bramley cooking apples

Label claim(s):

Packed in the UK

Produce of UK

Class II

80/90mm

N.Oliver

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/typical apple serving (100g)
Energy	kJ	173	N/A
Energy	kcal	41	41
Protein	g	0.3	N/A
Carbohydrate	g	8.9	N/A
Sugars	g	8.9	8.9
Starch	g	N/A	N/A
Fat	g	0.1	0.1
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.6	N/A
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	N/A

Nutrient analysis of fruit and vegetables

Composite Sample Number: 41
Composite Sample Name: Apples, cooking, stewed, flesh only
Sub-sample Number: 41.13
Sub-sample Name: Asda, loose cooking apples
Brand:
Pack size:
Purchase Date: 16.01.2012
Place of Purchase: Asda, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 41.13

Sub-sample Name: Asda, loose cooking apples

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 41
Composite Sample Name: Apples, cooking, stewed, flesh only
Sub-sample Number: 41.14
Sub-sample Name: Asda, loose cooking apples
Brand:
Pack size:
Purchase Date: 16.01.2012
Place of Purchase: Asda, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 41.14

Sub-sample Name: Asda, loose cooking apples

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 41
Composite Sample Name: Apples, cooking, stewed, flesh only
Sub-sample Number: 41.15
Sub-sample Name: Sainsbury's, loose Bramley apples
Brand:
Pack size:
Purchase Date: 16.01.2012
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date:
Best Before Date:
Batch Number: 4210
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 41.15

Sub-sample Name: Sainsbury's, loose Bramley apples

Ingredients: No information

Label claim(s):

UK
Bramley

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 41
Composite Sample Name: Apples, cooking, stewed, flesh only
Sub-sample Number: 41.16
Sub-sample Name: Morrisons, loose Bramley apples
Brand:
Pack size:
Purchase Date: 16.01.2012
Place of Purchase: Morrisons, Norwich
Display Until Date:
Best Before Date:
Batch Number: 4210
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 41.16

Sub-sample Name: Morrisons, loose Bramley apples

Ingredients: No information

Label claim(s):

UK

Bramley

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 41
Composite Sample Name: Apples, cooking, stewed, flesh only
Sub-sample Number: 41.17
Sub-sample Name: The Co-operative, loose cooking apples
Brand:
Pack size:
Purchase Date: 16.01.2012
Place of Purchase: The Co-operative, Wymondham
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 41.17

Sub-sample Name: The Co-operative loose cooking apples

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 41
Composite Sample Name: Apples, cooking, stewed, flesh only
Sub-sample Number: 41.18
Sub-sample Name: FruitLink, choice Wisbech Bramleys
Brand: FruitLink
Pack size: 5 fruit
Purchase Date: 16.01.2012
Place of Purchase: Aldi, Norwich
Display Until Date:
Best Before Date:
Batch Number: Supplier no: 1117 Defra code: E58530 0304
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 41.18

Sub-sample Name: FruitLink, choice Wisbech Bramleys

Ingredients: No information

Label claim(s):

Class I
UK
80/90mm
Bramley apples

Nutrient Information:

Nutrient	Unit	Amount/100g (3.5 oz)
Energy	kJ	160
Energy	kcal	38
Protein	g	0.3
Carbohydrate	g	8.9
Sugars	g	8.9
Starch	g	N/A
Fat	g	0.1
Saturates	g	0.0
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.6
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 41
Composite Sample Name: Apples, cooking, stewed, flesh only
Sub-sample Number: 41.19
Sub-sample Name: Market cooking apples
Brand:
Pack size:
Purchase Date: 16.01.2012
Place of Purchase: Independent market stall, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Paper
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 41.19

Sub-sample Name: Market cooking apples

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 41
Composite Sample Name: Apples, cooking, stewed, flesh only
Sub-sample Number: 41.20
Sub-sample Name: Select Horeca, Bramley apples
Brand: Select Horeca
Pack size: 1.5kg
Purchase Date: 16.01.2012
Place of Purchase: Makro, Norwich
Display Until Date:
Best Before Date:
Batch Number: Supplier code: 24272 A22624 art no: 363565 Jul no: 010
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 41.20

Sub-sample Name: Select Horeca, Bramley apples

Ingredients: No information

Label claim(s):

Origin: UK

Class I

80/90mm

Nutrient Information: No information

Sample 42: Pears, raw, flesh and skin

Composite Sample Number: 42
Composite Sample Name: Pears, raw, flesh and skin
Sub-sample Number: 42.1
Sub-sample Name: Tesco, loose Conference pears
Brand:
Pack size:
Purchase Date: 18.11.2011
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 42.1

Sub-sample Name: Tesco, loose Conference pears

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 42
Composite Sample Name: Pears, raw, flesh and skin
Sub-sample Number: 42.2
Sub-sample Name: Tesco, pears
Brand: Tesco
Pack size: Count: 5 fruit
Purchase Date: 18.11.2011
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date: 23 Nov
Best Before Date: 25 Nov
Batch Number: L15 kcb 3454 EW 100
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 42.2
Sub-sample Name: Tesco, pears

Ingredients: Pears

Label claim(s):

Variety: Comice
Produce of Holland
Size: 70/75mm
Class I

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/typical pear (133g)
Energy	kJ	196	261
Energy	kcal	47	62
Protein	g	0.3	0.4
Carbohydrate	g	10.0	13.3
Sugars	g	10.0	13.3
Starch	g	N/A	N/A
Fat	g	0.1	0.1
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.2	2.9
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 42
Composite Sample Name: Pears, raw, flesh and skin
Sub-sample Number: 42.3
Sub-sample Name: Asda, loose Rocha pears
Brand:
Pack size:
Purchase Date: 18.11.2011
Place of Purchase: Asda, Norwich
Display Until Date:
Best Before Date:
Batch Number: 3024
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 42.3

Sub-sample Name: Asda, loose Rocha pears

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 42

Composite Sample Name: Pears, raw, flesh and skin

Sub-sample Number: 42.4

Sub-sample Name: Asda, loose Conference pears

Brand:

Pack size:

Purchase Date: 18.11.2011

Place of Purchase: Asda, Norwich

Display Until Date:

Best Before Date:

Batch Number:

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 42.4

Sub-sample Name: Asda, loose Conference pears

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 42
Composite Sample Name: Pears, raw, flesh and skin
Sub-sample Number: 42.5
Sub-sample Name: Sainsbury's, Conference pears
Brand: Sainsbury's
Pack size: 7 pears
Purchase Date: 18.11.2011
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date:
Best Before Date: 27 Nov
Batch Number: O0218C/19 117975 09.11
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number:

42.5

Sub-sample Name:

Sainsbury's, Conference pears

Ingredients: No information

Label claim(s):

Packed in the UK

Produced in the UK

Class I

55-60mm

Grown By A.C.Goatham

Kent, UK

Conference

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	169
Energy	kcal	40
Protein	g	0.3
Carbohydrate	g	10.0
Sugars	g	10.0
Starch	g	N/A
Fat	g	0.1
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2.2
Salt equivalent	g	N/A
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 42
Composite Sample Name: Pears, raw, flesh and skin
Sub-sample Number: 42.6
Sub-sample Name: Morrisons, Rocha pears
Brand: Morrisons
Pack size:
Purchase Date: 23.11.2011
Place of Purchase: Morrisons, Norwich
Display Until Date: 24 Nov
Best Before Date: 26 Nov
Batch Number: 26130B TH1 SOR2 322 1123:36 PJ
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 42.6

Sub-sample Name: Morrisons, Rocha pears

Ingredients: No information

Label claim(s):

Portugal

Rocha

Class I

Cal: 55/60mm

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 42
Composite Sample Name: Pears, raw, flesh and skin
Sub-sample Number: 42.7
Sub-sample Name: Marks & Spencer, perfectly ripe Concorde pears
Brand: Marks & Spencer
Pack size:
Purchase Date: 23.11.2011
Place of Purchase: Marks & Spencer, Norwich
Display Until Date: 25 Nov
Best Before Date:
Batch Number: 4508 B
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 42.7

Sub-sample Name: Marks & Spencer, perfectly ripe Concorde pears

Ingredients: No information

Label claim(s):

County: UK, Kent

Grower's name: Melvyn Newman

65/70mm

Class I

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	170
Energy	kcal	40
Protein	g	0.3
Carbohydrate	g	10.0
Sugars	g	10.0
Starch	g	N/A
Fat	g	0.1
Saturates	g	<0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2.2
Salt equivalent	g	<0.1
Sodium	g	<0.1

Nutrient analysis of fruit and vegetables

Composite Sample Number: 42
Composite Sample Name: Pears, raw, flesh and skin
Sub-sample Number: 42.8
Sub-sample Name: Aldi, Conference pears
Brand: Aldi
Pack size: 8 fruits
Purchase Date: 18.11.2011
Place of Purchase: Aldi, Norwich
Display Until Date:
Best Before Date:
Batch Number: Supplier code: 1117 Defra code: E58530 4701 EW86
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 42.8

Sub-sample Name: Aldi, Conference pears

Ingredients: No information

Label claim(s):

Class I

50-55mm

Spain

Conference pears

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 42
Composite Sample Name: Pears, raw, flesh and skin
Sub-sample Number: 42.9
Sub-sample Name: Sainsbury's, Basics, pears
Brand: Sainsbury's Basics
Pack size: 500g
Purchase Date: 18.11.2011
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date:
Best Before Date: 27 Nov
Batch Number: O0218V(P) 1125696 08.09
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 42.9
Sub-sample Name: Sainsbury's, Basics, pears

Ingredients: No information

Label claim(s):

Conference
Class II
Grown by: Rankins Farm, Kent, UK
60/70mm
A source of soluble and insoluble fibre

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	169
Energy	kcal	40
Protein	g	0.3
Carbohydrate	g	10.0
Sugars	g	10.0
Starch	g	N/A
Fat	g	0.1
Saturates	g	<0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2.2
Sodium	g	<0.1

Nutrient analysis of fruit and vegetables

Composite Sample Number: 42
Composite Sample Name: Pears, raw, flesh and skin
Sub-sample Number: 42.10
Sub-sample Name: Market Conference pears
Brand:
Pack size:
Purchase Date: 23.11.2011
Place of Purchase: Independent market stall, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging:
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 42.10

Sub-sample Name: Market Conference pears

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 42

Composite Sample Name: Pears, raw, flesh and skin

Sub-sample Number: 42.11

Sub-sample Name: Select Horeca, dessert pears

Brand: Select Horeca

Pack size: 1kg

Purchase Date: 23.11.2011

Place of Purchase: Makro, Norwich

Display Until Date:

Best Before Date:

Batch Number: Supplier code: 24272 A22624 art no.353436 Jul no: 322

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 42.11

Sub-sample Name: Select Horeca, dessert pears

Ingredients: Conference

Label claim(s):

Conference

Class I

Origin: Belgium

50/60mm

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 42
Composite Sample Name: Pears, raw, flesh and skin
Sub-sample Number: 42.12
Sub-sample Name: Tesco, pears
Brand: Tesco
Pack size: Count: 5 fruit
Purchase Date: 13.01.2012
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date: 16 Jan
Best Before Date: 18 Jan
Batch Number: EW2
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 42.12

Sub-sample Name: Tesco, pears

Ingredients: Pears

Label claim(s):

Variety: Comice
Produce of Belgium
Size: 60/65mm
Class I

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/typical pear (133g)
Energy	kJ	196	261
Energy	kcal	47	62
Protein	g	0.3	0.4
Carbohydrate	g	10.0	13.3
Sugars	g	10.0	13.3
Starch	g	N/A	N/A
Fat	g	0.1	0.1
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.2	2.9
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 42
Composite Sample Name: Pears, raw, flesh and skin
Sub-sample Number: 42.13
Sub-sample Name: Tesco, loose Conference pears
Brand:
Pack size:
Purchase Date: 13.01.2012
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 42.13

Sub-sample Name: Tesco, loose Conference pears

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 42
Composite Sample Name: Pears, raw, flesh and skin
Sub-sample Number: 42.14
Sub-sample Name: Asda, loose Conference pears
Brand:
Pack size:
Purchase Date: 13.01.2012
Place of Purchase: Asda, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 42.14

Sub-sample Name: Asda, loose Conference pears

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 42

Composite Sample Name: Pears, raw, flesh and skin

Sub-sample Number: 42.15

Sub-sample Name: Asda, Conference pears

Brand: Asda

Pack size: 8 fruit

Purchase Date: 13.01.2012

Place of Purchase: Asda, Norwich

Display Until Date:

Best Before Date:

Batch Number: GR: D&G Fruit / PD:7C 909675 / PO:152452 PD:7C
ASP111978

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 42.15

Sub-sample Name: Asda, Conference pears

Ingredients: No information

Label claim(s):

Belgium

50/55mm

Class I

Naturally high in fibre

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	181
Energy	kcal	46
Protein	g	0.3
Carbohydrate	g	10.0
Sugars	g	10.0
Starch	g	N/A
Fat	g	0.1
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2.2
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 42

Composite Sample Name: Pears, raw, flesh and skin

Sub-sample Number: 42.16

Sub-sample Name: Sainsbury's, Taste The Difference, specially selected sweet pears

Brand: Sainsbury's Taste The Difference

Pack size: 6 fruit

Purchase Date: 16.01.2012

Place of Purchase: Sainsbury's, Longwater, Norwich

Display Until Date:

Best Before Date: 18 Jan

Batch Number: 00218A 6775715 12.10

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 42.16

Sub-sample Name: Sainsbury's, Taste The Difference, specially selected sweet pears

Ingredients: No information

Label claim(s):

Concorde
Grown By: M.Newman
Kent, UK
55/60mm
Class I
Source of fibre

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	169
Energy	kcal	40
Protein	g	0.3
Carbohydrate	g	10.0
Sugars	g	10.0
Starch	g	N/A
Fat	g	0.1
Saturates	g	<0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2.2
Sodium	g	<0.1

Nutrient analysis of fruit and vegetables

Composite Sample Number: 42
Composite Sample Name: Pears, raw, flesh and skin
Sub-sample Number: 42.17
Sub-sample Name: Morrisons, ripe and ready, pears
Brand: Morrisons
Pack size: X 4
Purchase Date: 16.01.2012
Place of Purchase: Morrisons, Norwich
Display Until Date: 17 Jan
Best Before Date: 19 Jan
Batch Number: E58530 2556/EW2
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 42.17

Sub-sample Name: Morrisons, ripe and ready, pears

Ingredients: Pears

Label claim(s):

Conference

Belgium

60/65mm

Class I

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	169
Energy	kcal	40
Protein	g	0.3
Carbohydrate	g	10.0
Sugars	g	10.0
Starch	g	N/A
Fat	g	0.1
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2.2
Sodium	g	Tr
Salt equivalent	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 42

Composite Sample Name: Pears, raw, flesh and skin

Sub-sample Number: 42.18

Sub-sample Name: Marks & Spencer, perfectly ripe Green William pears

Brand: Marks & Spencer

Pack size:

Purchase Date: 16.01.2012

Place of Purchase: Marks & Spencer, Norwich

Display Until Date: 19 Jan

Best Before Date:

Batch Number: 4508 R

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 42.18

Sub-sample Name: Marks & Spencer, perfectly ripe Green William pears

Ingredients: No information

Label claim(s):

Country of origin: Italy

70/75mm

Class I

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	170
Energy	kcal	40
Protein	g	0.3
Carbohydrate	g	10.0
Sugars	g	10.0
Starch	g	N/A
Fat	g	0.1
Saturates	g	<0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2.2
Sodium	g	<0.1
Salt equivalent	g	<0.1

Nutrient analysis of fruit and vegetables

Composite Sample Number: 42

Composite Sample Name: Pears, raw, flesh and skin

Sub-sample Number: 42.19

Sub-sample Name: Tesco, Market Value, pears

Brand: Tesco Market Value

Pack size: Count: 5 fruits

Purchase Date: 13.01.2012

Place of Purchase: Tesco, Blue Boar Road, Norwich

Display Until Date: 16 Jan

Best Before Date: 18 Jan

Batch Number: A03 HS6506 92033352 6506 90048 00241498 003 2193

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 42.19

Sub-sample Name: Tesco, Market Value, pears

Ingredients: Pears

Label claim(s):

Rocha
Produce of Portugal
Size: 55/60mm
Class I

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/typical pear (133g)
Energy	kJ	169	225
Energy	kcal	40	53
Protein	g	0.3	0.4
Carbohydrate	g	10.0	13.3
Sugars	g	10.0	13.3
Starch	g	N/A	N/A
Fat	g	0.1	0.1
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.2	2.9
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 42
Composite Sample Name: Pears, raw, flesh and skin
Sub-sample Number: 42.20
Sub-sample Name: Fruit NL Conference pears
Brand: Fruit NL
Pack size: 1kg
Purchase Date: 13.01.2012
Place of Purchase: Lidl, Norwich
Display Until Date:
Best Before Date:
Batch Number: KCB 466 L02-1
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 42.20

Sub-sample Name: Fruit NL Conference pears

Ingredients: No information

Label claim(s):

Class I

55-65mm

Netherlands

Conference

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 42

Composite Sample Name: Pears, raw, flesh and skin

Sub-sample Number: 42.21

Sub-sample Name: Market Conference pears

Brand:

Pack size:

Purchase Date: 16.01.2012

Place of Purchase: Independent market stall, Norwich

Display Until Date:

Best Before Date:

Batch Number:

Packaging: Paper

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 42.21

Sub-sample Name: Market Conference pears

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 42

Composite Sample Name: Pears, raw, flesh and skin

Sub-sample Number: 42.22

Sub-sample Name: Makro, pears Conference

Brand: Makro

Pack size: 750g

Purchase Date: 13.01.2012

Place of Purchase: Makro, Norwich

Display Until Date:

Best Before Date:

Batch Number: Jul code: 010 supplier: 24273 art no: 366333 verp.KCB
1565

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 42.22

Sub-sample Name: Makro, pears, Conference

Ingredients: No information

Label claim(s):

Class I

Size: 45/55mm

Origin: Holland

Nutrient Information: No information

Sample 43: Grapes, green, raw

Composite Sample Number: 43
Composite Sample Name: Grapes, green, raw
Sub-sample Number: 43.1
Sub-sample Name: Tesco, green seedless grapes
Brand:
Pack size:
Purchase Date: 14.11.2011
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 43.1

Sub-sample Name: Tesco, green seedless grapes

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 43
Composite Sample Name: Grapes, green, raw
Sub-sample Number: 43.2
Sub-sample Name: Tesco, seedless green grapes
Brand: Tesco
Pack size: 500g
Purchase Date: 14.11.2011
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date: 15 Nov
Best Before Date: 17 Nov
Batch Number: LA03
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 43.2

Sub-sample Name: Tesco, seedless green grapes

Ingredients: Seedless green grapes

Label claim(s):

Class I

Variety: Sugarone

Grown in Brazil

Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/one-fifth of a pack (100g)
Energy	kJ	272
Energy	kcal	64
Protein	g	0.4
Carbohydrate	g	15.4
Sugars	g	15.4
Starch	g	N/A
Fat	g	0.1
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.7
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 43
Composite Sample Name: Grapes, green, raw
Sub-sample Number: 43.3
Sub-sample Name: Asda, green seedless grapes
Brand:
Pack size:
Purchase Date: 14.11.2011
Place of Purchase: Asda, Norwich
Display Until Date:
Best Before Date:
Batch Number: PLU #534
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 43.3

Sub-sample Name: Asda, green seedless grapes

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 43
Composite Sample Name: Grapes, green, raw
Sub-sample Number: 43.4
Sub-sample Name: Asda, green seedless grapes
Brand: Asda
Pack size: 500g
Purchase Date: 14.11.2011
Place of Purchase: Asda, Norwich
Display Until Date: 17 Nov
Best Before Date: 18 Nov
Batch Number: Batch: 375880 supplier: 903064 12:27:41
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 43.4

Sub-sample Name: Asda, green seedless grapes

Ingredients: No information

Label claim(s):

Class I

Variety: Thompson

Country of origin: Brazil

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/handful (80g)
Energy	kJ	272	218
Energy	kcal	64	51
Protein	g	0.4	0.3
Carbohydrate	g	15.4	12.3
Sugars	g	15.4	12.3
Starch	g	N/A	N/A
Fat	g	0.1	0.1
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.7	0.6
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 43
Composite Sample Name: Grapes, green, raw
Sub-sample Number: 43.5
Sub-sample Name: Sainsbury's, Thompson white grapes
Brand: Sainsbury's
Pack size: 500g
Purchase Date: 14.11.2011
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date: 16 Nov
Best Before Date: 16 Nov
Batch Number: M0249A 1111323 06.10
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 43.5

Sub-sample Name: Sainsbury's, Thompson white grapes

Ingredients: No information

Label claim(s):

Class I

Grown in Brazil

Seedless

Nutrient Information:

Nutrient	Unit	Amount/100g (raw)
Energy	kJ	257
Energy	kcal	60
Protein	g	0.4
Carbohydrate	g	15.4
Sugars	g	15.4
Starch	g	0.0
Fat	g	0.1
Saturates	g	N/A
Monounsaturates	g	Tr
Polyunsaturates	g	Tr
Fibre	g	0.7
Salt equivalent	g	N/A
Sodium	g	N/A

Nutrient analysis of fruit and vegetables

Composite Sample Number: 43
Composite Sample Name: Grapes, green, raw
Sub-sample Number: 43.6
Sub-sample Name: Morrisons, seedless green grapes
Brand:
Pack size:
Purchase Date: 14.11.2011
Place of Purchase: Morrisons, Norwich
Display Until Date:
Best Before Date:
Batch Number: T16523/0808
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 43.6

Sub-sample Name: Morrisons, seedless green grapes

Ingredients: Seedless green grapes

Label claim(s): No information

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	257
Energy	kcal	60
Protein	g	0.4
Carbohydrate	g	15.4
Sugars	g	15.4
Starch	g	N/A
Fat	g	0.1
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.7
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 43
Composite Sample Name: Grapes, green, raw
Sub-sample Number: 43.7
Sub-sample Name: The Co-operative, green seedless grapes
Brand: The Co-operative
Pack size: 500g
Purchase Date: 14.11.2011
Place of Purchase: The Co-operative, Earlham Green Lane, Norwich
Display Until Date: 17 Nov
Best Before Date: 17 Nov
Batch Number: M247
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 43.7

Sub-sample Name: The Co-operative, green seedless grapes

Ingredients: No information

Label claim(s):

Class I

Variety: Thompson

Produce of Greece

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/handful (approx. 80g)
Energy	kJ	270	220
Energy	kcal	65	50
Protein	g	0.4	0.3
Carbohydrate	g	15.4	12.3
Sugars	g	15.4	12.3
Starch	g	N/A	N/A
Fat	g	0.1	0.1
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.9	0.7
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 43
Composite Sample Name: Grapes, green, raw
Sub-sample Number: 43.8
Sub-sample Name: Aldi, white seedless grapes
Brand: Aldi
Pack size: 250g
Purchase Date: 14.11.2011
Place of Purchase: Aldi, Norwich
Display Until Date:
Best Before Date:
Batch Number: Lot code: 4603 supplier code: 1453
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 43.8

Sub-sample Name: Fresh is Best White Seedless Grapes

Ingredients: No information

Label claim(s):

Produce of Brazil

Variety: Sugarone

Class I

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 43
Composite Sample Name: Grapes, green, raw
Sub-sample Number: 43.9
Sub-sample Name: Sungroup Exporter, seedless grapes
Brand: Sungroup Exporter
Pack size:
Purchase Date: 14.11.2011
Place of Purchase: Independent market stall, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 43.9

Sub-sample Name: Sungroup Exporter, seedless grapes

Ingredients: No information

Label claim(s):

Produce of Brazil

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 43
Composite Sample Name: Grapes, green, raw
Sub-sample Number: 43.10
Sub-sample Name: Farm Fresh, mixed seedless grapes
Brand: Farm Fresh
Pack size: 1kg
Purchase Date: 14.11.2011
Place of Purchase: Booker, Norwich
Display Until Date:
Best Before Date:
Batch Number: 4502 TEX 34/5
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 43.10

Sub-sample Name: Farm Fresh, mixed seedless grapes

Ingredients: No information

Label claim(s):

Produce of Brazil

Class I

Thompson

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 43
Composite Sample Name: Grapes, green, raw
Sub-sample Number: 43.11
Sub-sample Name: Tesco, seedless green grapes
Brand: Tesco
Pack size: 500g
Purchase Date: 23.01.2012
Place of Purchase: Tesco, Blue Boar Road Norwich
Display Until Date: 24 Jan
Best Before Date: 26 Jan
Batch Number: RSA09
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 43.11

Sub-sample Name: Tesco, seedless green grapes

Ingredients: Seedless green grapes

Label claim(s):

Class I

Grown in South Africa

Variety: Prime

Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/one-fifth of a pack (100g)
Energy	kJ	272
Energy	kcal	64
Protein	g	0.4
Carbohydrate	g	15.4
Sugars	g	15.4
Starch	g	N/A
Fat	g	0.1
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.7
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 43
Composite Sample Name: Grapes, green, raw
Sub-sample Number: 43.12
Sub-sample Name: Tesco, green seedless grapes
Brand:
Pack size:
Purchase Date: 23.01.2012
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 43.12

Sub-sample Name: Tesco, green seedless grapes

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 43
Composite Sample Name: Grapes, green, raw
Sub-sample Number: 43.13
Sub-sample Name: Asda, green seedless grapes
Brand:
Pack size:
Purchase Date: 23.01.2012
Place of Purchase: Asda, Norwich
Display Until Date:
Best Before Date:
Batch Number: PLU #534
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 43.13

Sub-sample Name: Asda, green seedless grapes

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 43
Composite Sample Name: Grapes, green, raw
Sub-sample Number: 43.14
Sub-sample Name: Asda, green seedless grapes
Brand: Asda
Pack size: 500g
Purchase Date: 23.01.2012
Place of Purchase: Asda, Norwich
Display Until Date: 26 Jan
Best Before Date: 27 Jan
Batch Number: Batch: 393395 08:26:04 supplier: 903095
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 43.14

Sub-sample Name: Asda, green seedless grapes

Ingredients: No information

Label claim(s):

Class I

Country of origin: South Africa

Variety: Thompson

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/handful (80g)
Energy	kJ	272	218
Energy	kcal	64	51
Protein	g	0.4	0.3
Carbohydrate	g	15.4	12.3
Sugars	g	15.4	12.3
Starch	g	N/A	N/A
Fat	g	0.1	0.1
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.7	0.6
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 43
Composite Sample Name: Grapes, green, raw
Sub-sample Number: 43.15
Sub-sample Name: Sainsbury's, Thompson white seedless grapes
Brand: Sainsbury's
Pack size: 500g
Purchase Date: 23.01.2012
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date:
Best Before Date: 28 Jan
Batch Number: K0014 1111323 08.11
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 43.15

Sub-sample Name: Sainsbury's, Thompson white seedless grapes

Ingredients: No information

Label claim(s):

South Africa

Grown by: Karsten

Class I

Nutrient Information:

Nutrient	Unit	Amount/100g (raw)
Energy	kJ	278
Energy	kcal	66
Protein	g	0.4
Carbohydrate	g	15.4
Sugars	g	15.4
Starch	g	0.0
Fat	g	0.1
Saturates	g	N/A
Monounsaturates	g	Tr
Polyunsaturates	g	Tr
Fibre	g	0.7
Salt equivalent	g	N/A
Sodium	g	N/A

Nutrient analysis of fruit and vegetables

Composite Sample Number: 43
Composite Sample Name: Grapes, green, raw
Sub-sample Number: 43.16
Sub-sample Name: Morrisons, seedless green grapes
Brand:
Pack size:
Purchase Date: 23.01.2012
Place of Purchase: Morrisons, Norwich
Display Until Date:
Best Before Date:
Batch Number: T16523/0808
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 43.16
Sub-sample Name: Morrisons, seedless green grapes

Ingredients: Seedless green grapes

Label claim(s): No information

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	257
Energy	kcal	60
Protein	g	0.4
Carbohydrate	g	15.4
Sugars	g	15.4
Starch	g	N/A
Fat	g	0.1
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.7
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 43
Composite Sample Name: Grapes, green, raw
Sub-sample Number: 43.17
Sub-sample Name: Marks & Spencer, seedless white grapes
Brand: Marks & Spencer
Pack size: 500g
Purchase Date: 23.01.2012
Place of Purchase: Marks & Spencer, Norwich
Display Until Date: 27 Jan
Best Before Date:
Batch Number: 1826S
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 43.17

Sub-sample Name: Marks & Spencer, seedless white grapes

Ingredients: No information

Label claim(s):

Class I

Variety: Thompson

Country of origin: Namibia

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 43
Composite Sample Name: Grapes, green, raw
Sub-sample Number: 43.18
Sub-sample Name: Iceland, green seedless grapes
Brand: Iceland
Pack size: 400g
Purchase Date: 23.01.2012
Place of Purchase: Iceland, Norwich
Display Until Date: 26 Jan
Best Before Date:
Batch Number: 79 /438 L5 018
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 43.18

Sub-sample Name: Iceland, green seedless grapes

Ingredients: Green seedless grapes

Label claim(s):

Class I
Thompson
S. Africa

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	257
Energy	kcal	60
Protein	g	0.4
Carbohydrate	g	15.4
Sugars	g	15.4
Starch	g	N/A
Fat	g	0.1
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.7
Salt	g	0.1
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 43
Composite Sample Name: Grapes, green, raw
Sub-sample Number: 43.19
Sub-sample Name: Tesco, Market Value, grapes
Brand: Tesco Market Value
Pack size: 500g
Purchase Date: 23.01.2012
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date: 26 Jan
Best Before Date:
Batch Number: JU01
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 43.19

Sub-sample Name: Tesco, Market Value, grapes

Ingredients: Grapes

Label claim(s):

Class 2

Variety: Thompson

Grown in S. Africa

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	257
Energy	kcal	60
Protein	g	0.4
Carbohydrate	g	15.4
Sugars	g	15.4
Starch	g	N/A
Fat	g	0.1
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.7
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 43
Composite Sample Name: Grapes, green, raw
Sub-sample Number: 43.20
Sub-sample Name: Market white seedless grapes
Brand:
Pack size:
Purchase Date: 23.01.2012
Place of Purchase: Independent market stall, Norwich
Display Until Date:
Best Before Date:
Batch Number: PLU #4022
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 43.20

Sub-sample Name: Market white seedless grapes

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 43
Composite Sample Name: Grapes, green, raw
Sub-sample Number: 43.21
Sub-sample Name: Select Horeca, white seedless grapes
Brand: Select Horeca
Pack size: 500g
Purchase Date: 23.01.2012
Place of Purchase: Makro, Norwich
Display Until Date:
Best Before Date:
Batch Number: Jul No. 019 supplier code: 24272 A22624 art no: 354472
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 43.21

Sub-sample Name: Select Horeca, white seedless grapes

Ingredients: No information

Label claim(s):

Class I

Origin: S. Africa

Sugarone

Nutrient Information: No information

Sample 44: Grapes, red, raw

Composite Sample Number: 44
Composite Sample Name: Grapes, red, raw
Sub-sample Number: 44.1
Sub-sample Name: Tesco, red seedless grapes
Brand:
Pack size:
Purchase Date: 14.11.2011
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date:
Best Before Date:
Batch Number: PLU 4023 1550
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 44.1

Sub-sample Name: Tesco, red seedless grapes

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 44
Composite Sample Name: Grapes, red, raw
Sub-sample Number: 44.2
Sub-sample Name: Tesco, seedless red grapes
Brand: Tesco
Pack size: 500g
Purchase Date: 14.11.2011
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date: 17 Nov
Best Before Date: 19 Nov
Batch Number: GA
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 44.2

Sub-sample Name: Tesco, seedless red grapes

Ingredients: Seedless red grapes

Label claim(s):

Class I

Variety: Crimson

Grown in Spain

Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/one-fifth of a pack (100g)
Energy	kJ	272
Energy	kcal	64
Protein	g	0.4
Carbohydrate	g	15.4
Sugars	g	15.4
Starch	g	N/A
Fat	g	0.1
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.7
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 44
Composite Sample Name: Grapes, red, raw
Sub-sample Number: 44.3
Sub-sample Name: Asda, red seedless grapes
Brand:
Pack size:
Purchase Date: 14.11.2011
Place of Purchase: Asda, Norwich
Display Until Date:
Best Before Date:
Batch Number: PLU 4023
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 44.3

Sub-sample Name: Asda, red seedless grapes

Ingredients: No information

Label claim(s):

Produce of USA

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 44
Composite Sample Name: Grapes, red, raw
Sub-sample Number: 44.4
Sub-sample Name: Asda, Extra Special, grapes
Brand: Asda Extra Special
Pack size: 400g
Purchase Date: 14.11.2011
Place of Purchase: Asda, Norwich
Display Until Date: 14 Nov
Best Before Date: 15 Nov
Batch Number: 900375 375173
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number:

44.4

Sub-sample Name:

Asda Extra Special, grapes

Ingredients: No information

Label claim(s):

Class I

Variety: Scarlotta

Country of origin: Spain

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	278
Energy	kcal	66
Protein	g	0.4
Carbohydrate	g	15.4
Sugars	g	15.4
Starch	g	N/A
Fat	g	0.1
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.7
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 44
Composite Sample Name: Grapes, red, raw
Sub-sample Number: 44.5
Sub-sample Name: Sainsbury's, red seedless grapes
Brand:
Pack size:
Purchase Date: 14.11.2011
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date:
Best Before Date:
Batch Number: PLU 2424
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 44.5

Sub-sample Name: Sainsbury's, red seedless grapes

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 44
Composite Sample Name: Grapes, red, raw
Sub-sample Number: 44.6
Sub-sample Name: Morrisons, seedless red grapes
Brand: Morrisons
Pack size: 400g
Purchase Date: 14.11.2011
Place of Purchase: Morrisons, Norwich
Display Until Date: 17 Nov
Best Before Date: 18 Nov
Batch Number: 1036 T29815/0310
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 44.6

Sub-sample Name: Morrisons, seedless red grapes

Ingredients: Seedless red grapes

Label claim(s):

Class I
Crimson
USA

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	257
Energy	kcal	60
Protein	g	0.4
Carbohydrate	g	15.4
Sugars	g	15.4
Starch	g	N/A
Fat	g	0.1
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.7
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 44
Composite Sample Name: Grapes, red, raw
Sub-sample Number: 44.7
Sub-sample Name: The Co-operative Red Seedless Grapes
Brand: The Co-operative
Pack size: 500g
Purchase Date: 14.11.2011
Place of Purchase: The Co-operative, Earlham Green Lane, Norwich
Display Until Date: 19 Nov
Best Before Date: 19 Nov
Batch Number: Supplied by: M247 NEH511
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 44.7

Sub-sample Name: The Co-operative Red Seedless Grapes

Ingredients: No information

Label claim(s):

Class I

Variety: Crimson

Produce of Greece

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/handful (approx. 80g)
Energy	kJ	270	220
Energy	kcal	65	50
Protein	g	0.4	0.3
Carbohydrate	g	15.4	12.3
Sugars	g	15.4	12.3
Starch	g	N/A	N/A
Fat	g	0.1	0.1
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.9	0.7
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 44
Composite Sample Name: Grapes, red, raw
Sub-sample Number: 44.8
Sub-sample Name: Iceland, red seedless grapes
Brand: Iceland
Pack size: 400g
Purchase Date: 14.11.2011
Place of Purchase: Iceland, Norwich
Display Until Date: 18 Nov
Best Before Date:
Batch Number: 26 /438 L6 314
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 44.8

Sub-sample Name: Iceland, red seedless grapes

Ingredients: Red seedless grapes

Label claim(s):

Class I

Crimson

Italy

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	257
Energy	kcal	60
Protein	g	0.4
Carbohydrate	g	15.4
Sugars	g	15.4
Starch	g	N/A
Fat	g	0.1
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.7
Salt	g	0.1
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 44
Composite Sample Name: Grapes, red, raw
Sub-sample Number: 44.9
Sub-sample Name: Sainsbury's, basics, grapes
Brand: Sainsbury's basics
Pack size: 500g
Purchase Date: 14.11.2011
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date: 18 Nov
Best Before Date: 18 Nov
Batch Number: P0637G L01001/3111312 1169065 06.10
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 44.9

Sub-sample Name: Sainsbury's basics, grapes

Ingredients: No information

Label claim(s):

Class II

Grown in: Italy

Variety: Crimson

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 44
Composite Sample Name: Grapes, red, raw
Sub-sample Number: 44.10
Sub-sample Name: Market red grapes
Brand:
Pack size:
Purchase Date: 14.11.2011
Place of Purchase: Independent market stall, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Paper
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 44.10

Sub-sample Name: Market red grapes

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 44
Composite Sample Name: Grapes, red, raw
Sub-sample Number: 44.11
Sub-sample Name: Select Horeca, red seedless grapes
Brand: Select Horeca
Pack size:
Purchase Date: 14.11.2011
Place of Purchase: Makro, Norwich
Display Until Date:
Best Before Date:
Batch Number: Jul No: 315 supplier code: 24272 A22624 art no: 354555
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 44.11

Sub-sample Name: Select Horeca, red seedless grapes

Ingredients: No information

Label claim(s):

Origin: Spain

Class I

Crimson

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 44
Composite Sample Name: Grapes, red, raw
Sub-sample Number: 44.12
Sub-sample Name: Tesco, red seedless grapes
Brand:
Pack size:
Purchase Date: 23.01.2012
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date:
Best Before Date:
Batch Number: PLU 4023 2358
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 44.12

Sub-sample Name: Tesco, red seedless grapes

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 44
Composite Sample Name: Grapes, red, raw
Sub-sample Number: 44.13
Sub-sample Name: Tesco, seedless red grapes
Brand: Tesco
Pack size: 500g
Purchase Date: 23.01.2012
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date: 26 Jan
Best Before Date: 28 Jan
Batch Number: KN03
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 44.13

Sub-sample Name: Tesco, seedless red grapes

Ingredients: Seedless red grapes

Label claim(s):

Class I

Variety: Flame

Grown in South Africa

Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/one-fifth of a pack (100g)
Energy	kJ	272
Energy	kcal	64
Protein	g	0.4
Carbohydrate	g	15.4
Sugars	g	15.4
Starch	g	N/A
Fat	g	0.1
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.7
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 44
Composite Sample Name: Grapes, red, raw
Sub-sample Number: 44.14
Sub-sample Name: Asda, red seedless grapes
Brand:
Pack size:
Purchase Date: 23.01.2012
Place of Purchase: Asda, Norwich
Display Until Date:
Best Before Date:
Batch Number: PLU #533
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 44.14

Sub-sample Name: Asda, red seedless grapes

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 44
Composite Sample Name: Grapes, red, raw
Sub-sample Number: 44.15
Sub-sample Name: Asda, red seedless grapes
Brand: Asda
Pack size: 500g
Purchase Date: 23.01.2012
Place of Purchase: Asda, Norwich
Display Until Date: 24 Jan
Best Before Date: 24 Jan
Batch Number: Batch: 393707 17:15:52 supplier: 903133
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 44.15

Sub-sample Name: Asda, red seedless grapes

Ingredients: No information

Label claim(s):

Class I

Flame

Country of origin: South Africa

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/handful (80g)
Energy	kJ	278	222
Energy	kcal	65	52
Protein	g	0.4	0.3
Carbohydrate	g	15.4	12.3
Sugars	g	15.4	12.3
Starch	g	N/A	N/A
Fat	g	0.1	0.1
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.7	0.6
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 44
Composite Sample Name: Grapes, red, raw
Sub-sample Number: 44.16
Sub-sample Name: Sainsbury's, red seedless grapes
Brand: Sainsbury's
Pack size: 500g
Purchase Date: 23.01.2012
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date:
Best Before Date: 26 Jan
Batch Number: K0014 6012710 08.11
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 44.16

Sub-sample Name: Sainsbury's, red seedless grapes

Ingredients: No information

Label claim(s):

Class I

Variety: Flame

Grown by: Karsten

South Africa

Nutrient Information:

Nutrient	Unit	Amount/100g (raw)
Energy	kJ	278
Energy	kcal	66
Protein	g	0.4
Carbohydrate	g	15.4
Sugars	g	15.4
Starch	g	0.0
Fat	g	0.1
Saturates	g	N/A
Monounsaturates	g	Tr
Polyunsaturates	g	Tr
Fibre	g	0.7
Salt equivalent	g	N/A
Sodium	g	N/A

Nutrient analysis of fruit and vegetables

Composite Sample Number: 44
Composite Sample Name: Grapes, red, raw
Sub-sample Number: 44.17
Sub-sample Name: Morrisons, seedless red grapes
Brand: Morrisons
Pack size: 400g
Purchase Date: 23.01.2012
Place of Purchase: Morrisons, Norwich
Display Until Date: 26 Jan
Best Before Date: 27 Jan
Batch Number: 1036 T29815/0310
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 44.17

Sub-sample Name: Morrisons, seedless red grapes

Ingredients: Seedless red grapes

Label claim(s):

Class I
Crimson
S. Africa

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	257
Energy	kcal	60
Protein	g	0.4
Carbohydrate	g	15.4
Sugars	g	15.4
Starch	g	N/A
Fat	g	0.1
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.7
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 44
Composite Sample Name: Grapes, red, raw
Sub-sample Number: 44.18
Sub-sample Name: Waitrose, red grapes
Brand:
Pack size:
Purchase Date: 23.01.2012
Place of Purchase: Waitrose, Wymondham
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 44.18

Sub-sample Name: Waitrose, red grapes

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 44
Composite Sample Name: Grapes, red, raw
Sub-sample Number: 44.19
Sub-sample Name: Oaklands, red grapes
Brand: Oaklands
Pack size: 500g
Purchase Date: 23.01.2012
Place of Purchase: Lidl, Norwich
Display Until Date:
Best Before Date:
Batch Number: Lot no: L5003 A1030
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 44.19

Sub-sample Name: Oaklands, red grapes

Ingredients: No information

Label claim(s):

Class I

Origin: South Africa

Flame

Seedless

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 44
Composite Sample Name: Grapes, red, raw
Sub-sample Number: 44.20
Sub-sample Name: Market red seedless grapes
Brand:
Pack size:
Purchase Date: 23.01.2012
Place of Purchase: Independent market stall, Norwich
Display Until Date:
Best Before Date:
Batch Number: PLU 4023 2653
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 44.20

Sub-sample Name: Market red seedless grapes

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 44
Composite Sample Name: Grapes, red, raw
Sub-sample Number: 44.21
Sub-sample Name: Farm Fresh, mixed seedless grapes
Brand: Farm Fresh
Pack size: 1kg
Purchase Date: 23.01.2012
Place of Purchase: Booker, Norwich
Display Until Date:
Best Before Date:
Batch Number: 0305 TEX 44/7
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 44.21

Sub-sample Name: Farm Fresh, mixed seedless grapes

Ingredients: No information

Label claim(s):

Ralli

Class I

Country of origin: Namibia

Nutrient Information: No information

Sample 45: Strawberries, raw

Composite Sample Number: 45
Composite Sample Name: Strawberries, raw
Sub-sample Number: 45.1
Sub-sample Name: Tesco, British strawberries
Brand: Tesco
Pack size: 400g
Purchase Date: 23.08.2011
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date: 24 Aug
Best Before Date:
Batch Number: KG114
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 45.1

Sub-sample Name: Tesco, British strawberries

Ingredients: No information

Label claim(s):

Class I

Packed in the UK

Variety: Elsanta

Grown in Perth, Scotland

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	119
Energy	kcal	28
Protein	g	0.8
Carbohydrate	g	6.0
Sugars	g	6.0
Starch	g	N/A
Fat	g	0.1
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.1
Salt equivalent	g	Tr
Sodium	g	Tr
Vitamin C	mg	77.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 45
Composite Sample Name: Strawberries, raw
Sub-sample Number: 45.2
Sub-sample Name: Tesco Finest, British Jubilee strawberries
Brand: Tesco Finest
Pack size: 300g
Purchase Date: 23.08.2011
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date: 25 Aug
Best Before Date:
Batch Number: KG20
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number:

45.2

Sub-sample Name:

Tesco Finest, British Jubilee strawberries

Ingredients: British Jubilee strawberries

Label claim(s):

Class I

Grown in Kent, UK

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	119
Energy	kcal	28
Protein	g	0.8
Carbohydrate	g	6.0
Sugars	g	6.0
Starch	g	N/A
Fat	g	0.1
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.1
Salt equivalent	g	Tr
Sodium	g	Tr
Vitamin C	mg	77.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 45
Composite Sample Name: Strawberries, raw
Sub-sample Number: 45.3
Sub-sample Name: Asda, strawberries
Brand: Asda
Pack size: 400g
Purchase Date: 23.08.2011
Place of Purchase: Asda, Norwich
Display Until Date: 23 Aug
Best Before Date: 24 Aug
Batch Number: 900790 141820 ASL1001831
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 45.3

Sub-sample Name: Asda, strawberries

Ingredients: No information

Label claim(s):

Class I

Grown in the UK

Variety: Portola

Farmers name: Vicarage Nurseries, Worcestershire

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	119
Energy	kcal	28
Protein	g	0.8
Carbohydrate	g	6.0
Sugars	g	6.0
Starch	g	N/A
Fat	g	0.1
Saturates	g	0.0
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.1
Salt equivalent	g	0.0
Sodium	g	0.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 45
Composite Sample Name: Strawberries, raw
Sub-sample Number: 45.4
Sub-sample Name: Asda, strawberries
Brand: Asda
Pack size: 300g
Purchase Date: 23.08.2011
Place of Purchase: Asda, Norwich
Display Until Date: 25 Aug
Best Before Date: 26 Aug
Batch Number: 571045 ASL1001228
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 45.4

Sub-sample Name: Asda, strawberries

Ingredients: No information

Label claim(s):

Class I

Grown in Scotland

Variety: Ava

Farmer's name: K.Adamson

Fyfe, UK

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/7 strawberries (80g) serving
Energy	kJ	119	96
Energy	kcal	28	23
Protein	g	0.8	0.6
Carbohydrate	g	6.0	4.8
Sugars	g	6.0	4.8
Starch	g	N/A	N/A
Fat	g	0.1	0.1
Saturates	g	0.0	0.0
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.1	0.9
Salt equivalent	g	0.0	0.0
Sodium	g	0.0	0.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 45
Composite Sample Name: Strawberries, raw
Sub-sample Number: 45.5
Sub-sample Name: Sainsbury's, British strawberries
Brand: Asda
Pack size: 400g
Purchase Date: 23.08.2011
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date: 27 Aug
Best Before Date: 27 Aug
Batch Number: A0800M
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 45.5

Sub-sample Name: Sainsbury's, British strawberries

Ingredients: No information

Label claim(s):

Class I

Grown in Norfolk, UK

Variety: Driscoll Amesti

Grown by: Tim Place

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	113
Energy	kcal	27
Protein	g	0.8
Carbohydrate	g	6.0
Sugars	g	6.0
Starch	g	N/A
Fat	g	0.1
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.1
Sodium	g	Tr
Vitamin C	mg	77.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 45
Composite Sample Name: Strawberries, raw
Sub-sample Number: 45.6
Sub-sample Name: Morrisons, strawberries
Brand: Morrisons
Pack size: 400g
Purchase Date: 23.08.2011
Place of Purchase: Morrisons, Norwich
Display Until Date: 25 Aug
Best Before Date: 26 Aug
Batch Number: 1301/13 T33160/0111
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 45.6

Sub-sample Name: Morrisons, strawberries

Ingredients: British strawberries

Label claim(s):

Class I

Origin: Norfolk, UK

Variety: Premier

Grower: Melton

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	117
Energy	kcal	28
Protein	g	0.8
Carbohydrate	g	6.0
Sugars	g	6.0
Starch	g	N/A
Fat	g	0.1
Saturates	g	0.0
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.1
Sodium	g	Tr
Salt equivalent	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 45
Composite Sample Name: Strawberries, raw
Sub-sample Number: 45.7
Sub-sample Name: Marks & Spencer, juicy strawberries
Brand: Marks & Spencer
Pack size: 400g
Purchase Date: 24.08.2011
Place of Purchase: Marks & Spencer, Norwich
Display Until Date: 24 Aug
Best Before Date:
Batch Number: 4016G
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 45.7

Sub-sample Name: Marks & Spencer, juicy strawberries

Ingredients: No information

Label claim(s):

Class I

County: Kent

Variety: Sonata

Grower's name: Charles Gaskain

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	115
Energy	kcal	30
Protein	g	0.8
Carbohydrate	g	6.0
Sugars	g	6.0
Starch	g	N/A
Fat	g	0.1
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.1
Sodium	g	0.01
Salt equivalent	g	Tr
Vitamin C	mg	77.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 45
Composite Sample Name: Strawberries, raw
Sub-sample Number: 45.8
Sub-sample Name: Oaklands, British strawberries
Brand: Oaklands
Pack size: 400g
Purchase Date: 22.08.2011
Place of Purchase: Lidl, Norwich
Display Until Date:
Best Before Date:
Batch Number: 3304 W2416
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 45.8

Sub-sample Name: Oaklands, British strawberries

Ingredients: No information

Label claim(s):

Packed and chilled within 2 hours of picking

Class I

Herefordshire, UK

Florentina

High in vitamin C

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/80g
Energy	kJ	119	N/A
Energy	kcal	28	22
Protein	g	0.8	N/A
Carbohydrate	g	6.0	N/A
Sugars	g	6.0	4.8
Starch	g	N/A	N/A
Fat	g	0.1	Tr
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.1	N/A
Sodium	g	Tr	N/A
Salt equivalent	g	Tr	Tr
Vitamin C	mg	77.0	N/A

Nutrient analysis of fruit and vegetables

Composite Sample Number: 45
Composite Sample Name: Strawberries, raw
Sub-sample Number: 45.9
Sub-sample Name: Tesco, Market Value, strawberries
Brand: Tesco Market Value
Pack size: 400g
Purchase Date: 23.08.2011
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date: 25 Aug
Best Before Date:
Batch Number: SAD1
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number:

45.9

Sub-sample Name:

Tesco Market Value, strawberries

Ingredients: Strawberries

Label claim(s):

Grown in Herefordshire, UK

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	119
Energy	kcal	28
Protein	g	0.8
Carbohydrate	g	6.0
Sugars	g	6.0
Starch	g	N/A
Fat	g	0.1
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.1
Sodium	g	Tr
Salt equivalent	g	Tr
Vitamin C	mg	77.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 45
Composite Sample Name: Strawberries, raw
Sub-sample Number: 45.10
Sub-sample Name: Market strawberries
Brand:
Pack size:
Purchase Date: 24.08.2011
Place of Purchase: Independent market stall, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 45.10

Sub-sample Name: Market strawberries

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 45
Composite Sample Name: Strawberries, raw
Sub-sample Number: 45.11
Sub-sample Name: Makro, strawberries
Brand: Makro
Pack size: 400g
Purchase Date: 23.08.2011
Place of Purchase: Makro, Norwich
Display Until Date:
Best Before Date:
Batch Number: 3306 371487 009/24265/F
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 45.11

Sub-sample Name: Makro, strawberries

Ingredients: No information

Label claim(s):

Origin: Cambs, UK

Class I

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 45
Composite Sample Name: Strawberries, raw
Sub-sample Number: 45.12
Sub-sample Name: Tesco, strawberries
Brand: Tesco
Pack size: 227g
Purchase Date: 14.11.2011
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date: 16 Nov
Best Before Date:
Batch Number: EA016 R/20
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 45.12

Sub-sample Name: Tesco, strawberries

Ingredients: Strawberries

Label claim(s):

Variety: Elsanta

Class I

Grown in Holland

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	119
Energy	kcal	28
Protein	g	0.8
Carbohydrate	g	6.0
Sugars	g	6.0
Starch	g	N/A
Fat	g	0.1
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.1
Salt equivalent	g	Tr
Sodium	g	Tr
Vitamin C	mg	77.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 45
Composite Sample Name: Strawberries, raw
Sub-sample Number: 45.13
Sub-sample Name: Tesco, strawberries
Brand: Tesco
Pack size: 227g
Purchase Date: 14.11.2011
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date: 16 Nov
Best Before Date:
Batch Number: EA016 R/20
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 45.13

Sub-sample Name: Tesco, strawberries

Ingredients: Strawberries

Label claim(s):

Variety: Elsanta

Class I

Grown in Holland

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	119
Energy	kcal	28
Protein	g	0.8
Carbohydrate	g	6.0
Sugars	g	6.0
Starch	g	N/A
Fat	g	0.1
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.1
Salt equivalent	g	Tr
Sodium	g	Tr
Vitamin C	mg	77.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 45
Composite Sample Name: Strawberries, raw
Sub-sample Number: 45.14
Sub-sample Name: Asda, strawberries
Brand: Asda
Pack size: 400g
Purchase Date: 14.11.2011
Place of Purchase: Asda, Norwich
Display Until Date: 14 Nov
Best Before Date: 14 Nov
Batch Number: 900851 148184 ASL1001227
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 45.14

Sub-sample Name: Asda, strawberries

Ingredients: No information

Label claim(s):

Variety: Elsanta

Class I

Country of origin: Holland

Vitalberry

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/7 strawberries (80g) serving
Energy	kJ	119	96
Energy	kcal	28	23
Protein	g	0.8	0.6
Carbohydrate	g	6.0	4.8
Sugars	g	6.0	4.8
Starch	g	N/A	N/A
Fat	g	0.1	0.1
Saturates	g	0.0	0.0
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.1	0.9
Salt equivalent	g	0.0	0.0
Sodium	g	0.0	0.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 45
Composite Sample Name: Strawberries, raw
Sub-sample Number: 45.15
Sub-sample Name: Asda, strawberries
Brand: Asda
Pack size: 300g
Purchase Date: 14.11.2011
Place of Purchase: Asda, Norwich
Display Until Date: 17 Nov
Best Before Date: 17 Nov
Batch Number: 900654 148898 ASL1001227
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 45.15

Sub-sample Name: Asda, strawberries

Ingredients: No information

Label claim(s):

Variety: Elsanta

Class I

Country of origin: Holland

Fruit World

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/7 strawberries (80g) serving
Energy	kJ	119	96
Energy	kcal	28	23
Protein	g	0.8	0.6
Carbohydrate	g	6.0	4.8
Sugars	g	6.0	4.8
Starch	g	N/A	N/A
Fat	g	0.1	0.1
Saturates	g	0.0	0.0
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.1	0.9
Salt equivalent	g	0.0	0.0
Sodium	g	0.0	0.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 45
Composite Sample Name: Strawberries, raw
Sub-sample Number: 45.16
Sub-sample Name: Sainsbury's, strawberries
Brand: Sainsbury's
Pack size: 227g
Purchase Date: 14.11.2011
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date: 17 Nov
Best Before Date: 17 Nov
Batch Number: AO308 R/20
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 45.16

Sub-sample Name: Sainsbury's, strawberries

Ingredients: No information

Label claim(s):

Variety: Elsanta

Class I

Grown in Holland

Grown by: Jover

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	113
Energy	kcal	27
Protein	g	0.8
Carbohydrate	g	6.0
Sugars	g	6.0
Starch	g	N/A
Fat	g	0.1
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.1
Sodium	g	Tr
Vitamin C	mg	77

Nutrient analysis of fruit and vegetables

Composite Sample Number: 45
Composite Sample Name: Strawberries, raw
Sub-sample Number: 45.17
Sub-sample Name: Morrisons, strawberries
Brand: Morrisons
Pack size: 227g
Purchase Date: 14.11.2011
Place of Purchase: Morrisons, Norwich
Display Until Date: 16 Nov
Best Before Date: 17 Nov
Batch Number: 0258/kcb 3798 T15455/0408
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 45.17

Sub-sample Name: Morrisons, strawberries

Ingredients: Strawberries

Label claim(s):

Variety: Elsanta

Class I

Origin: Holland

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	117
Energy	kcal	28
Protein	g	0.8
Carbohydrate	g	6.0
Sugars	g	6.0
Starch	g	N/A
Fat	g	0.1
Saturates	g	0.0
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.1
Sodium	g	Tr
Salt equivalent	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 45
Composite Sample Name: Strawberries, raw
Sub-sample Number: 45.18
Sub-sample Name: The Co-operative, strawberries
Brand: The Co-operative
Pack size: 227g
Purchase Date: 14.11.2011
Place of Purchase: The Co-operative, Earlham Green Lane, Norwich
Display Until Date: 15 Nov
Best Before Date:
Batch Number: M150/ASF KED212
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 45.18

Sub-sample Name: The Co-operative, strawberries

Ingredients: No information

Label claim(s):

Variety: Elsanta

Class I

Produce of: Holland

Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/7 strawberries (approx. 80g)
Energy	kJ	120	90
Energy	kcal	30	20
Protein	g	0.8	0.6
Carbohydrate	g	5.9	4.7
Sugars	g	5.9	4.7
Starch	g	N/A	N/A
Fat	g	0.1	0.1
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.0	1.6
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 45
Composite Sample Name: Strawberries, raw
Sub-sample Number: 45.19
Sub-sample Name: Aldi, British strawberries
Brand: Aldi
Pack size: 227g
Purchase Date: 14.11.2011
Place of Purchase: Aldi, Norwich
Display Until Date:
Best Before Date:
Batch Number: Supplier code: 31 lot code: 4603 (3)
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 45.19

Sub-sample Name: Aldi, British strawberries

Ingredients: No information

Label claim(s):

Variety: Elsanta

Class I

Produce of Cambs, UK

Nutrient Information: No information

Sample 46: Blueberries, raw

Composite Sample Number: 46
Composite Sample Name: Blueberries, raw
Sub-sample Number: 46.1
Sub-sample Name: Tesco, blueberries
Brand: Tesco
Pack size: 150g
Purchase Date: 23.08.2011
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date: 25 Aug
Best Before Date:
Batch Number: BYO5L97291
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 46.1

Sub-sample Name: Tesco, blueberries

Ingredients: Blueberries

Label claim(s):

Grown in Poland

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	135
Energy	kcal	32
Protein	g	0.6
Carbohydrate	g	6.9
Sugars	g	6.9
Starch	g	N/A
Fat	g	0.2
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.8
Salt equivalent	g	Tr
Sodium	g	Tr
Vitamin C	mg	17.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 46
Composite Sample Name: Blueberries, raw
Sub-sample Number: 46.2
Sub-sample Name: Tesco, blueberries
Brand: Tesco
Pack size: 150g
Purchase Date: 23.08.2011
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date: 26 Aug
Best Before Date:
Batch Number: BYO5L90316
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 46.2

Sub-sample Name: Tesco, blueberries

Ingredients: Blueberries

Label claim(s):

Grown in Poland

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	135
Energy	kcal	32
Protein	g	0.6
Carbohydrate	g	6.9
Sugars	g	6.9
Starch	g	N/A
Fat	g	0.2
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.8
Salt equivalent	g	Tr
Sodium	g	Tr
Vitamin C	mg	17.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 46
Composite Sample Name: Blueberries, raw
Sub-sample Number: 46.3
Sub-sample Name: Asda, blueberries
Brand: Asda
Pack size: 150g
Purchase Date: 23.08.2011
Place of Purchase: Asda, Norwich
Display Until Date: 26 Aug
Best Before Date: 27 Aug
Batch Number: 141008 909094 FFP
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 46.3

Sub-sample Name: Asda, blueberries

Ingredients: No information

Label claim(s):

Country of origin: Poland
Bluecrop
Class I
High in vitamin C

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/2 handfuls (80g)
Energy	kJ	265	212
Energy	kcal	62	50
Protein	g	0.7	0.6
Carbohydrate	g	14.0	11.2
Sugars	g	12.0	9.6
Starch	g	N/A	N/A
Fat	g	0.4	0.3
Saturates	g	0.0	0.0
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.4	0.3
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr
Vitamin C	mg	62.0	50.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 46
Composite Sample Name: Blueberries, raw
Sub-sample Number: 46.4
Sub-sample Name: Snackerries, fresh blueberries
Brand: Snackerries
Pack size: 60g
Purchase Date: 22.08.2011
Place of Purchase: Asda, Norwich
Display Until Date: 24 Aug
Best Before Date: 24 Aug
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 46.4

Sub-sample Name: Snackerries, fresh blueberries

Ingredients: Blueberries (100%)

Label claim(s):

No added sugar

Contains naturally occurring sugars

Produce of Poland

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount per pack (60g)
Energy	kJ	241	N/A
Energy	kcal	57	46
Protein	g	0.7	N/A
Carbohydrate	g	14.5	N/A
Sugars	g	10.0	6.0
Starch	g	N/A	N/A
Fat	g	0.3	Tr
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.4	N/A
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	N/A

Nutrient analysis of fruit and vegetables

Composite Sample Number: 46
Composite Sample Name: Blueberries, raw
Sub-sample Number: 46.5
Sub-sample Name: Sainsbury's, blueberries
Brand: Sainsbury's
Pack size: 150g
Purchase Date: 23.08.2011
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date: 24 Aug
Best Before Date: 24 Aug
Batch Number: A0433SC
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 46.5
Sub-sample Name: Sainsbury's, blueberries

Ingredients: No information

Label claim(s):

Grown in Poland

Variety: Blue crop

Grown by J. Wilczewski

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	240
Energy	kcal	57
Protein	g	0.74
Carbohydrate	g	14.5
Sugars	g	10.0
Starch	g	Tr
Fat	g	0.33
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2.4
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 46
Composite Sample Name: Blueberries, raw
Sub-sample Number: 46.6
Sub-sample Name: Morrisons, blueberries
Brand: Morrisons
Pack size: 225g
Purchase Date: 23.08.2011
Place of Purchase: Morrisons, Norwich
Display Until Date: 25 Aug
Best Before Date: 26 Aug
Batch Number: 2296 T15461/0408
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 46.6

Sub-sample Name: Morrisons, blueberries

Ingredients: Blueberries

Label claim(s):

Origin: Poland

Variety: Blue crop

Class I

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	104
Energy	kcal	25
Protein	g	0.9
Carbohydrate	g	5.1
Sugars	g	5.1
Starch	g	N/A
Fat	g	0.2
Saturates	g	0.0
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	3.1
Sodium	g	Tr
Salt equivalent	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 46
Composite Sample Name: Blueberries, raw
Sub-sample Number: 46.7
Sub-sample Name: Marks & Spencer, crisp and juicy blueberries
Brand: Marks & Spencer
Pack size: 200g
Purchase Date: 24.08.2011
Place of Purchase: Marks & Spencer, Norwich
Display Until Date: 29 Aug
Best Before Date:
Batch Number: 2036s
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 46.7

Sub-sample Name: Marks & Spencer, crisp and juicy blueberries

Ingredients: No information

Label claim(s):

County: Northants, UK

Variety: Liberty

Grower's name: Stephen Long

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 46
Composite Sample Name: Blueberries, raw
Sub-sample Number: 46.8
Sub-sample Name: Aldi, blueberries
Brand: Aldi
Pack size: 125g
Purchase Date: 22.08.2011
Place of Purchase: Aldi, Larkman Lane, Norwich
Display Until Date:
Best Before Date:
Batch Number: Supplier code: 1859 Lot code: 3401, 3402 & 3403
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 46.8

Sub-sample Name: Aldi, blueberries

Ingredients: No information

Label claim(s):

Produce of Poland

Variety: Blue Crop

Class I

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 46
Composite Sample Name: Blueberries, raw
Sub-sample Number: 46.9
Sub-sample Name: Sainsbury's, basics, blueberries
Brand: Sainsbury's basics
Pack size: 125g
Purchase Date: 22.08.2011
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date: 24 Aug
Best Before Date: 24 Aug
Batch Number: AO800 L33
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 46.9

Sub-sample Name: Sainsbury's, basics, blueberries

Ingredients: No information

Label claim(s):

Grown in Holland

Variety: Draper

Grown by: Blueberry World

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	240
Energy	kcal	57
Protein	g	0.74
Carbohydrate	g	14.5
Sugars	g	10.0
Starch	g	N/A
Fat	g	0.33
Saturates	g	N/A
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2.4
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 46
Composite Sample Name: Blueberries, raw
Sub-sample Number: 46.10
Sub-sample Name: Berries R Us, blueberries
Brand: Berries R Us
Pack size: 110g
Purchase Date: 24.08.2011
Place of Purchase: Independent market stall, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 46.10

Sub-sample Name: Berries R Us, blueberries

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 46
Composite Sample Name: Blueberries, raw
Sub-sample Number: 46.11
Sub-sample Name: Tesco, blueberries
Brand: Tesco
Pack size: 200g
Purchase Date: 14.11.2011
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date: 18 Nov
Best Before Date:
Batch Number: BY12/A
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 46.11

Sub-sample Name: Tesco, blueberries

Ingredients: Blueberries

Label claim(s):

Grown in Argentina

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	135
Energy	kcal	32
Protein	g	0.6
Carbohydrate	g	6.9
Sugars	g	6.9
Starch	g	N/A
Fat	g	0.2
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.8
Salt equivalent	g	Tr
Sodium	g	Tr
Vitamin C	mg	17.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 46
Composite Sample Name: Blueberries, raw
Sub-sample Number: 46.12
Sub-sample Name: Tesco, blueberries
Brand: Tesco
Pack size: 200g
Purchase Date: 14.11.2011
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date: 18 Nov
Best Before Date:
Batch Number: BY12/A
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 46.12

Sub-sample Name: Tesco, blueberries

Ingredients: Blueberries

Label claim(s):

Grown in Argentina

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	135
Energy	kcal	32
Protein	g	0.6
Carbohydrate	g	6.9
Sugars	g	6.9
Starch	g	N/A
Fat	g	0.2
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.8
Salt equivalent	g	Tr
Sodium	g	Tr
Vitamin C	mg	17.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 46
Composite Sample Name: Blueberries, raw
Sub-sample Number: 46.13
Sub-sample Name: Asda, blueberries
Brand: Asda
Pack size: 225g
Purchase Date: 14.11.2011
Place of Purchase: Asda, Norwich
Display Until Date: 16 Nov
Best Before Date: 17 Nov
Batch Number: 148833 900706
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 46.13

Sub-sample Name: Asda, blueberries

Ingredients: No information

Label claim(s):

Country of origin: Argentina

Berries Del Plata

O'Neal

Class I

Naturally high in vitamin C

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/2 handfuls (80g)
Energy	kJ	268	N/A
Energy	kcal	63	N/A
Protein	g	0.7	N/A
Carbohydrate	g	14.0	N/A
Sugars	g	12.0	N/A
Starch	g	N/A	N/A
Fat	g	0.4	N/A
Saturates	g	0.0	N/A
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.4	N/A
Salt equivalent	g	Tr	N/A
Sodium	g	Tr	N/A
Vitamin C	mg	62.0	50.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 46
Composite Sample Name: Blueberries, raw
Sub-sample Number: 46.14
Sub-sample Name: Asda, blueberries
Brand: Asda
Pack size: 150g
Purchase Date: 14.11.2011
Place of Purchase: Asda, Norwich
Display Until Date: 16 Nov
Best Before Date: 17 Nov
Batch Number: 148034 900852
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 46.14

Sub-sample Name: Asda, blueberries

Ingredients: No information

Label claim(s):

Country of origin: Argentina

Vitalberry

Emerald

Class I

Naturally high in vitamin C

Nutrient analysis of fruit and vegetables

Composite Sample Number: 46
Composite Sample Name: Blueberries, raw
Sub-sample Number: 46.15
Sub-sample Name: Sainsbury's, blueberries
Brand: Sainsbury's
Pack size: 150g
Purchase Date: 14.11.2011
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date: 17 Nov
Best Before Date: 17 Nov
Batch Number: A0433SC
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 46.15

Sub-sample Name: Sainsbury's, blueberries

Ingredients: No information

Label claim(s):

Grown in Argentina

Variety: O'Neal

Grown by Berries Del Plata

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	240
Energy	kcal	57
Protein	g	0.74
Carbohydrate	g	14.5
Sugars	g	10.0
Starch	g	Tr
Fat	g	0.33
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2.4
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 46
Composite Sample Name: Blueberries, raw
Sub-sample Number: 46.16
Sub-sample Name: Morrisons, blueberries
Brand: Morrisons
Pack size: 125g
Purchase Date: 14.11.2011
Place of Purchase: Morrisons, Norwich
Display Until Date: 15 Nov
Best Before Date: 16 Nov
Batch Number: 1609 T15461/0408
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 46.16

Sub-sample Name: Morrisons, blueberries

Ingredients: Blueberries

Label claim(s):

Origin: Argentina

Variety: Jewel

Class I

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	104
Energy	kcal	25
Protein	g	0.9
Carbohydrate	g	5.1
Sugars	g	5.1
Starch	g	Tr
Fat	g	0.2
Saturates	g	0.0
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	3.1
Sodium	g	Tr
Salt equivalent	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 46
Composite Sample Name: Blueberries, raw
Sub-sample Number: 46.17
Sub-sample Name: The Co-operative, blueberries
Brand: The Co-operative
Pack size: 150g
Purchase Date: 14.11.2011
Place of Purchase: The Co-operative, Wymondham
Display Until Date: 16 Nov
Best Before Date: 16 Nov
Batch Number: M150/SC KE0512
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 46.17

Sub-sample Name: The Co-operative, blueberries

Ingredients: Blueberries

Label claim(s):

Packed in the UK

Produce of: Argentina Millenia

Class I

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/4 heaped tablespoons (approx. 80g)
Energy	kJ	130	110
Energy	kcal	30	25
Protein	g	0.6	0.5
Carbohydrate	g	6.9	5.5
Sugars	g	6.9	5.5
Starch	g	N/A	N/A
Fat	g	0.2	0.2
Saturates	g	0.0	0.0
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.4	1.9
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 46
Composite Sample Name: Blueberries, raw
Sub-sample Number: 46.18
Sub-sample Name: Aldi, blueberries
Brand: Aldi
Pack size: 125g
Purchase Date: 14.11.2011
Place of Purchase: Aldi, Dereham Road, Norwich
Display Until Date:
Best Before Date:
Batch Number: Supplier code: 1859 lot code: 4602
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 46.18

Sub-sample Name: Aldi, blueberries

Ingredients: No information

Label claim(s):

Produce of Argentina

Variety: Misty

Class I

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 46
Composite Sample Name: Blueberries, raw
Sub-sample Number: 46.19
Sub-sample Name: Sainsbury's, basics, blueberries
Brand: Sainsbury's basics
Pack size: 125g
Purchase Date: 14.11.2011
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date: 17 Nov
Best Before Date: 17 Nov
Batch Number: AO800 L37
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 46.19

Sub-sample Name: Sainsbury's, basics, blueberries

Ingredients: No information

Label claim(s):

Grown in Argentina

Variety: Emerald

Grown by Expofresh

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	240
Energy	kcal	57
Protein	g	0.74
Carbohydrate	g	14.5
Sugars	g	10.0
Starch	g	N/A
Fat	g	0.33
Saturates	g	N/A
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2.4
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 46
Composite Sample Name: Blueberries, raw
Sub-sample Number: 46.20
Sub-sample Name: Market blueberries
Brand:
Pack size:
Purchase Date: 14.11.2011
Place of Purchase: Independent market stall, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 46.20

Sub-sample Name: Market blueberries

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 46
Composite Sample Name: Blueberries, raw
Sub-sample Number: 46.21
Sub-sample Name: Makro, blueberries
Brand: Makro
Pack size: 125g
Purchase Date: 14.11.2011
Place of Purchase: Makro, Norwich
Display Until Date:
Best Before Date:
Batch Number: Art no: 370382 4505 009/24265/F
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 46.21

Sub-sample Name: Makro, blueberries

Ingredients: No information

Label claim(s):

Origin: Argentina

Class I

Nutrient Information: No information

Sample 47: Citrus fruit, soft/easy peelers, flesh only

Composite Sample Number: 47
Composite Sample Name: Citrus fruit, soft/easy peelers, flesh only
Sub-sample Number: 47.1
Sub-sample Name: Jaffa, juicy tangerines
Brand: Jaffa
Pack size: 867g
Purchase Date: 16.11.2011
Place of Purchase: Tesco, Harford Bridges Norwich
Display Until Date: 17 Nov
Best Before Date: 18 Nov
Batch Number: TC: 40303511 W.O: 42751 22:35 GO3 MZ16
Packaging: Netting
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 47.1

Sub-sample Name: Jaffa, juicy tangerines

Ingredients: No information

Label claim(s):

Class I

Origin: Uruguay

Variety: Ortanique

Size: 68-73mm

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 47
Composite Sample Name: Citrus fruit, soft/easy peelers, flesh only
Sub-sample Number: 47.2
Sub-sample Name: Tesco, goodness easy peelers
Brand: Tesco
Pack size: 600g
Purchase Date: 16.11.2011
Place of Purchase: Tesco, Harford Bridges Norwich
Display Until Date: 18 Nov
Best Before Date: 19 Nov
Batch Number: NU01 212 CW
Packaging: Plastic net
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 47.2

Sub-sample Name: Tesco, goodness easy peelers

Ingredients: No information

Label claim(s):

Class I

Origin: Spain

Variety: Marisol

Size: 53/58mm

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	167
Energy	kcal	39
Protein	g	0.9
Carbohydrate	g	8.7
Sugars	g	8.7
Starch	g	N/A
Fat	g	0.1
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.2
Salt equivalent	g	Tr
Sodium	g	Tr
Vitamin C	mg	54.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 47
Composite Sample Name: Citrus fruit, soft/easy peelers, flesh only
Sub-sample Number: 47.3
Sub-sample Name: Asda, Extra Special, loose clementines
Brand: Asda Extra Special
Pack size:
Purchase Date: 16.11.2011
Place of Purchase: Asda, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 47.3

Sub-sample Name: Asda, Extra Special, loose clementines

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 47

Composite Sample Name: Citrus fruit, soft/easy peelers, flesh only

Sub-sample Number: 47.4

Sub-sample Name: Asda, clementines

Brand: Asda

Pack size: 700g

Purchase Date: 16.11.2011

Place of Purchase: Asda, Norwich

Display Until Date: 18 Nov

Best Before Date: 20 Nov

Batch Number: SDC 905269 PO 148506 08:54 1GO7 L N10

Packaging: Netting

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 47.4

Sub-sample Name: Asda, clementines

Ingredients: No information

Label claim(s):

Class I

Variety: Clemenules

Spain

58-63mm

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 47
Composite Sample Name: Citrus fruit, soft/easy peelers, flesh only
Sub-sample Number: 47.5
Sub-sample Name: Sainsbury's, clementines
Brand: Sainsbury's
Pack size: 8 fruit
Purchase Date: 16.11.2011
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date: 20 Nov
Best Before Date: 20 Nov
Batch Number: C 0163CM 25
Packaging: Netting
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 47.5

Sub-sample Name: Sainsbury's, clementines

Ingredients: No information

Label claim(s):

Class I

Grown in: Spain

Variety: Oronules

Size: 53/58mm

Nutrient Information:

Nutrient	Unit	Amount/100g edible portion
Energy	kJ	158
Energy	kcal	37
Protein	g	0.9
Carbohydrate	g	8.7
Sugars	g	8.7
Starch	g	N/A
Fat	g	0.1
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.2
Salt equivalent	g	Tr
Sodium	g	Tr
Vitamin C	mg	54.0
Folate	µg	18.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 47
Composite Sample Name: Citrus fruit, soft/easy peelers, flesh only
Sub-sample Number: 47.6
Sub-sample Name: Morrisons, clementines, easy peel
Brand: Morrisons
Pack size: 500g
Purchase Date: 16.11.2011
Place of Purchase: Morrisons, Norwich
Display Until Date: 17 Nov
Best Before Date: 19 Nov
Batch Number: 25411 TH1 CIT2B 317 1109:46 MT cal: 4
Packaging: Netting
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 47.6

Sub-sample Name: Morrisons, clementines, easy peel

Ingredients: No information

Label claim(s):

Class I

Arrufatina

Spain

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 47

Composite Sample Name: Citrus fruit, soft/easy peelers, flesh only

Sub-sample Number: 47.7

Sub-sample Name: Waitrose, loose satsuma

Brand:

Pack size:

Purchase Date: 16.11.2011

Place of Purchase: Waitrose, Wymondham

Display Until Date:

Best Before Date:

Batch Number: #3029

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 47.7

Sub-sample Name: Waitrose, loose satsuma

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 47

Composite Sample Name: Citrus fruit, soft/easy peelers, flesh only

Sub-sample Number: 47.8

Sub-sample Name: Aldi, clementines

Brand: Aldi

Pack size: 750g

Purchase Date: 16.11.2011

Place of Purchase: Aldi, Dereham Road, Norwich

Display Until Date:

Best Before Date:

Batch Number: 4606 E58100 supplier no.255 46/F46099222/759 17:05 2

Packaging: Netting

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 47.8

Sub-sample Name: Aldi, clementines

Ingredients: No information

Label claim(s):

Spain
Orogrande
Class I
50-60mm

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 47
Composite Sample Name: Citrus fruit, soft/easy peelers, flesh only
Sub-sample Number: 47.9
Sub-sample Name: Morrisons, Value, soft citrus
Brand: Morrisons Value
Pack size: 600g
Purchase Date: 16.11.2011
Place of Purchase: Morrisons, Norwich
Display Until Date: 15 Nov
Best Before Date: 16 Nov
Batch Number: 25275 TH1 CIT2B 316 1108:56 IS Cal:1
Packaging: Netting
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 47.9

Sub-sample Name: Morrisons Value, soft citrus

Ingredients: No information

Label claim(s):

Mandarins

Uruguay

Urunique

Class 2

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 47
Composite Sample Name: Citrus fruit, soft/easy peelers, flesh only
Sub-sample Number: 47.10
Sub-sample Name: Gragon clementines
Brand: Gragon
Pack size:
Purchase Date: 16.11.2011
Place of Purchase: Independent market stall, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Paper
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 47.10

Sub-sample Name: Gragon clementines

Ingredients: No information

Label claim(s):

Spain

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 47
Composite Sample Name: Citrus fruit, soft/easy peelers, flesh only
Sub-sample Number: 47.11
Sub-sample Name: Farm Fresh, clementines
Brand: Farm Fresh
Pack size: 500g
Purchase Date: 16.11.2011
Place of Purchase: Booker, Norwich
Display Until Date:
Best Before Date:
Batch Number: 35/2 HP2 3304
Packaging: Netting
Sample Condition As Purchased: Chilled
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 47.11

Sub-sample Name: Farm Fresh, clementines

Ingredients: No information

Label claim(s):

Clementina

Morocco

51-55mm

Class I

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 47
Composite Sample Name: Citrus fruit, soft/easy peelers, flesh only
Sub-sample Number: 47.12
Sub-sample Name: Tesco, juicy mandarins
Brand: Tesco
Pack size: 700g
Purchase Date: 23.01.2012
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date: 27 Jan
Best Before Date: 28 Jan
Batch Number: TC: 50306020 WO: 49446 MZ16 11:31 X03
Packaging: Plastic net
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 47.12

Sub-sample Name: Tesco, juicy mandarins

Ingredients: No information

Label claim(s):

Class I

Origin: Israel

Size: 68-73mm

Variety: Suntina

A source of vitamin C

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/two typical mandarins (150g)
Energy	kJ	147	N/A
Energy	kcal	35	53
Protein	g	0.9	N/A
Carbohydrate	g	8.0	N/A
Sugars	g	8.0	12
Starch	g	N/A	N/A
Fat	g	0.1	0.1
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.3	N/A
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	N/A
Vitamin C	mg	30	N/A

Nutrient analysis of fruit and vegetables

Composite Sample Number: 47
Composite Sample Name: Citrus fruit, soft/easy peelers, flesh only
Sub-sample Number: 47.13
Sub-sample Name: Tesco, goodness easy peelers
Brand: Tesco
Pack size: 600g
Purchase Date: 23.01.2012
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date: 27 Jan
Best Before Date: 28 Jan
Batch Number: DS 01 TC: 12000033 W.O: 49593 16:41 GBO1
Packaging: Netting
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 47.13

Sub-sample Name: Tesco, goodness easy peelers

Ingredients: No information

Label claim(s):

Class I

Origin: Morocco

Variety: Nadorcott

Size: 53/58mm

Clementine

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/typical 100g serving
Energy	kJ	167	N/A
Energy	kcal	39	39
Protein	g	0.9	N/A
Carbohydrate	g	8.7	N/A
Sugars	g	8.7	8.7
Starch	g	N/A	N/A
Fat	g	0.1	0.1
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.2	N/A
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	N/A
Vitamin C	mg	54.0	N/A

Nutrient analysis of fruit and vegetables

Composite Sample Number: 47
Composite Sample Name: Citrus fruit, soft/easy peelers, flesh only
Sub-sample Number: 47.14
Sub-sample Name: Asda, clementines
Brand: Asda
Pack size: 600g
Purchase Date: 23.01.2012
Place of Purchase: Asda, Norwich
Display Until Date: 27 Jan
Best Before Date: 29 Jan
Batch Number: 0603 0019 28 07 F PO 155726 PO 155725 SDC: 900003
Packaging: Netting
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 47.14

Sub-sample Name: Asda, clementines

Ingredients: Clementine

Label claim(s):

Class I

Spain

54/59mm

Variety: Clemenules

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 47
Composite Sample Name: Citrus fruit, soft/easy peelers, flesh only
Sub-sample Number: 47.15
Sub-sample Name: Asda, Clemenvilla mandarins
Brand: Asda
Pack size: 700g
Purchase Date: 23.01.2012
Place of Purchase: Asda, Norwich
Display Until Date: 27 Jan
Best Before Date: 29 Jan
Batch Number: 0667 0019 31 10 F PO 155725 PO 155726 SDC 900003
Packaging: Netting
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 47.15

Sub-sample Name: Asda, Clemenvilla mandarins

Ingredients: No information

Label claim(s):

Class I

Spain

63/68mm

Mandarins

Variety: Clemenvilla

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 47
Composite Sample Name: Citrus fruit, soft/easy peelers, flesh only
Sub-sample Number: 47.16
Sub-sample Name: Sainsbury's, tangerines
Brand: Sainsbury's
Pack size: 8 fruit
Purchase Date: 23.01.2012
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date: 26 Jan
Best Before Date: 26 Jan
Batch Number: 53 C 0163CM
Packaging: Netting
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 47.16

Sub-sample Name: Sainsbury's, tangerines

Ingredients: No information

Label claim(s):

Class I

Grown in Spain

Size: 53/58mm

Variety: Clemenvilla

Nutrient Information:

Nutrient	Unit	Amount/100g edible portion
Energy	kJ	147
Energy	kcal	35
Protein	g	0.9
Carbohydrate	g	8.0
Sugars	g	8.0
Starch	g	N/A
Fat	g	0.1
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.3
Salt equivalent	g	Tr
Sodium	g	Tr
Vitamin C	mg	30.0
Folate	µg	21.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 47
Composite Sample Name: Citrus fruit, soft/easy peelers, flesh only
Sub-sample Number: 47.17
Sub-sample Name: Morrisons, tangerines
Brand: Morrisons
Pack size: 600g
Purchase Date: 23.01.2012
Place of Purchase: Morrisons, Norwich
Display Until Date: 24 Jan
Best Before Date: 26 Jan
Batch Number: 33856-TH1-CIT-05-02012RS cal: 3
Packaging: Netting
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 47.17

Sub-sample Name: Morrisons, tangerines

Ingredients: No information

Label claim(s):

Class I

Cyprus

Nova

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 47
Composite Sample Name: Citrus fruit, soft/easy peelers, flesh only
Sub-sample Number: 47.18
Sub-sample Name: The Co-operative, clementines
Brand: The Co-operative
Pack size: 1.2kg
Purchase Date: 23.01.2012
Place of Purchase: The Co-operative, Wymondham
Display Until Date:
Best Before Date: 30 Jan
Batch Number: M029 (075) 03E 9 18:26 KEPA II KEP III
Packaging: Netting
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 47.18

Sub-sample Name: The Co-operative, clementines

Ingredients: No information

Label claim(s):

Class I

Origin: Spain

Size: 58-69mm

Variety: Clemenules

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/2 clementines (approx. 80g)
Energy	kJ	170	130
Energy	kcal	40	30
Protein	g	0.9	0.7
Carbohydrate	g	8.7	7.0
Sugars	g	8.7	7.0
Starch	g	N/A	N/A
Fat	g	0.1	0.1
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.3	1.8
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 47
Composite Sample Name: Citrus fruit, soft/easy peelers, flesh only
Sub-sample Number: 47.19
Sub-sample Name: Iceland, citrus easy peeler
Brand: Iceland
Pack size: 600g
Purchase Date: 23.01.2012
Place of Purchase: Iceland, Norwich
Display Until Date: 28 Jan
Best Before Date:
Batch Number: 01/02 1111 019 16:49 1113 L7G1
Packaging: Netting
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 47.19

Sub-sample Name: Iceland, citrus easy peeler

Ingredients: No information

Label claim(s):

Class I

Spain

Clemenule

50-60mm

Packed in the UK

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 47

Composite Sample Name: Citrus fruit, soft/easy peelers, flesh only

Sub-sample Number: 47.20

Sub-sample Name: Tesco, Market Value, soft citrus

Brand: Tesco Market Value

Pack size: 1kg

Purchase Date: 23.01.2012

Place of Purchase: Tesco, Blue Boar Road, Norwich

Display Until Date:

Best Before Date: 28 Jan

Batch Number: L14:30 0123 18D84 EXP: A-46055992 29261 MZ 50
E58087

Packaging: Netting

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 47.20

Sub-sample Name: Tesco, Market Value, soft citrus

Ingredients: Market value soft citrus

Label claim(s):

Class I
Spanish clementine
Clemenules
68/73mm
A source of vitamin C

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	164
Energy	kcal	39
Protein	g	0.9
Carbohydrate	g	8.5
Sugars	g	8.5
Starch	g	N/A
Fat	g	0.1
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.3
Salt equivalent	g	Tr
Sodium	g	Tr
Vitamin C	mg	27.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 47

Composite Sample Name: Citrus fruit, soft/easy peelers, flesh only

Sub-sample Number: 47.21

Sub-sample Name: Market satsumas

Brand:

Pack size:

Purchase Date: 23.01.2012

Place of Purchase: Independent market stall, Norwich

Display Until Date:

Best Before Date:

Batch Number:

Packaging:

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 47.21

Sub-sample Name: Market satsumas

Ingredients: No information

Label claim(s):

Spain

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 47
Composite Sample Name: Citrus fruit, soft/easy peelers, flesh only
Sub-sample Number: 47.22
Sub-sample Name: Farm Fresh, clemenules
Brand: Farm Fresh
Pack size: 500g
Purchase Date: 23.01.2012
Place of Purchase: Booker, Norwich
Display Until Date:
Best Before Date:
Batch Number: F10 45/4 HP2 4306
Packaging: Netting
Sample Condition As Purchased: Chilled
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 47.22

Sub-sample Name: Farm Fresh, clemenules

Ingredients: No information

Label claim(s):

Clemenules

Class I

55-59mm

Spain

Nutrient Information: No information

Sample 48: Oranges, flesh only

Composite Sample Number: 48
Composite Sample Name: Oranges, flesh only
Sub-sample Number: 48.1
Sub-sample Name: Tesco, large oranges
Brand: Tesco
Pack size: 5 fruit
Purchase Date: 21.11.2011
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date: 25 Nov
Best Before Date: 27 Nov
Batch Number: WO:43258 MZ16 TC:33101889 16:52 XO2
Packaging: Netting
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 48.1

Sub-sample Name: Tesco, large oranges

Ingredients: No information

Label claim(s):

Origin: South Africa

Variety: Valencia

Size: 77-82mm

Class I

A natural source of vitamin C and fibre

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	180
Energy	kcal	43
Protein	g	1.1
Carbohydrate	g	8.5
Sugars	g	8.5
Starch	g	N/A
Fat	g	0.1
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.7
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 48
Composite Sample Name: Oranges, flesh only
Sub-sample Number: 48.2
Sub-sample Name: Tesco, loose oranges
Brand:
Pack size:
Purchase Date: 21.11.2011
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date:
Best Before Date:
Batch Number: 3108
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 48.2

Sub-sample Name: Tesco, loose oranges

Ingredients: No information

Label claim(s):

Valencia

Argentina

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 48
Composite Sample Name: Oranges, flesh only
Sub-sample Number: 48.3
Sub-sample Name: Asda, loose oranges
Brand:
Pack size:
Purchase Date: 21.11.2011
Place of Purchase: Asda, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 48.3

Sub-sample Name: Asda, loose oranges

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 48
Composite Sample Name: Oranges, flesh only
Sub-sample Number: 48.4
Sub-sample Name: Asda, medium Navel oranges
Brand: Asda
Pack size: 6 fruits
Purchase Date: 21.11.2011
Place of Purchase: Asda, Norwich
Display Until Date:
Best Before Date:
Batch Number: DP318 PO148551 900202 105530121075
Packaging: Netting
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 48.4

Sub-sample Name: Asda, medium Navel oranges

Ingredients: Oranges

Label claim(s):

Navelina

Class I

Spain

73-78mm

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 48
Composite Sample Name: Oranges, flesh only
Sub-sample Number: 48.5
Sub-sample Name: Sainsbury's, Taste The Difference, oranges
Brand: Sainsbury's Taste The Difference
Pack size: 4 fruit
Purchase Date: 21.11.2011
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date: 27 Nov
Best Before Date: 27 Nov
Batch Number: 16:44 1784 3 CO163A
Packaging: Netting
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 48.5

Sub-sample Name: Sainsbury's Taste The Difference, oranges

Ingredients: Oranges

Label claim(s):

Variety: Navelina

Size: 80/85mm

Grown in Spain

Supplier code: Frutsol

Class I

Source of vitamin C

Nutrient Information:

Nutrient	Unit	Amount/100g edible portion
Energy	kJ	158
Energy	kcal	37
Protein	g	1.1
Carbohydrate	g	8.5
Sugars	g	8.5
Starch	g	N/A
Fat	g	0.1
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.7
Salt equivalent	g	Tr
Sodium	g	Tr
Folate	µg	31.0
Vitamin C	mg	54.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 48
Composite Sample Name: Oranges, flesh only
Sub-sample Number: 48.6
Sub-sample Name: Morrisons, jumbo oranges, extra juicy
Brand: Morrisons
Pack size:
Purchase Date: 21.11.2011
Place of Purchase: Morrisons, Norwich
Display Until Date: 24 Nov
Best Before Date: 27 Nov
Batch Number: 26205B TH1 CIT2B 323 1107:48 IS Cal: 3
Packaging: Netting
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 48.6

Sub-sample Name: Morrisons, jumbo oranges, extra juicy

Ingredients: No information

Label claim(s):

Navelina

Class I

Spain

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 48
Composite Sample Name: Oranges, flesh only
Sub-sample Number: 48.7
Sub-sample Name: The Co-operative, oranges
Brand: The Co-operative
Pack size: 4 fruit
Purchase Date: 21.11.2011
Place of Purchase: The Co-operative, Wymondham
Display Until Date:
Best Before Date: 26 Nov
Batch Number: MO29 09:56 1047 GIR11 KEPIII KEPII
Packaging: Netting
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 48.7

Sub-sample Name: The Co-operative, oranges

Ingredients: Oranges

Label claim(s):

Variety: Valencia late

Origin: Uruguay

Size: 70-80mm

Class I

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/orange (approx. 80g)
Energy	kJ	170	130
Energy	kcal	40	30
Protein	g	1.1	0.9
Carbohydrate	g	8.5	6.8
Sugars	g	8.5	6.8
Starch	g	N/A	N/A
Fat	g	0.1	0.1
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.4	1.9
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 48
Composite Sample Name: Oranges, flesh only
Sub-sample Number: 48.8
Sub-sample Name: Aldi, oranges
Brand: Aldi
Pack size: 6 fruit
Purchase Date: 21.11.2011
Place of Purchase: Aldi, Norwich
Display Until Date:
Best Before Date:
Batch Number: 4705 E58100 11:27 1049 L7G1 supplier no: 255
Packaging: Netting
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 48.8

Sub-sample Name: Fresh Is Best Oranges

Ingredients: No information

Label claim(s):

Valencia

Class I

70-80mm

Brazil

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 48
Composite Sample Name: Oranges, flesh only
Sub-sample Number: 48.9
Sub-sample Name: Sainsbury's, basics, oranges
Brand: Sainsbury's basics
Pack size: 5 fruit
Purchase Date: 21.11.2011
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date: 29 Nov
Best Before Date: 29 Nov
Batch Number: CO163A
Packaging: Netting
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 48.9

Sub-sample Name: Sainsbury's, basics, oranges

Ingredients: No information

Label claim(s):

Variety: Midknight

Class II

Size: 60/65mm

Grown in South Africa

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 48
Composite Sample Name: Oranges, flesh only
Sub-sample Number: 48.10
Sub-sample Name: Market oranges
Brand:
Pack size:
Purchase Date: 21.11.2011
Place of Purchase: Independent market stall, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging:
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 48.10

Sub-sample Name: Market Oranges

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 48
Composite Sample Name: Oranges, flesh only
Sub-sample Number: 48.11
Sub-sample Name: Farm Fresh, oranges
Brand: Farm Fresh
Pack size: 6 pieces
Purchase Date: 21.11.2011
Place of Purchase: Booker, Norwich
Display Until Date:
Best Before Date:
Batch Number: 36/02 R.G.S.A.211.1880/V 64766M 165539
Packaging: Netting
Sample Condition As Purchased: Chilled
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 48.11

Sub-sample Name: Farm Fresh, oranges

Ingredients: Oranges

Label claim(s):

Navelina

Spain

73/84mm

Class I

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 48
Composite Sample Name: Oranges, flesh only
Sub-sample Number: 48.12
Sub-sample Name: Tesco, large oranges
Brand: Tesco
Pack size: 5 fruits
Purchase Date: 23.01.2012
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date: 26 Jan
Best Before Date: 27 Jan
Batch Number: MZ10 E58087 2 1701 14:44
Packaging: Netting
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 48.12

Sub-sample Name: Tesco, large oranges

Ingredients: No information

Label claim(s):

Spanish

Class I

77/82mm

Navel

A natural source of vitamin C and fibre

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	180
Energy	kcal	43
Protein	g	1.1
Carbohydrate	g	8.5
Sugars	g	8.5
Starch	g	N/A
Fat	g	0.1
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.7
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 48
Composite Sample Name: Oranges, flesh only
Sub-sample Number: 48.13
Sub-sample Name: Jaffa, juicy oranges
Brand: Jaffa
Pack size: 4 fruits
Purchase Date: 23.01.2012
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date: 28 Jan
Best Before Date: 29 Jan
Batch Number: MZ 2 E 58087 16:07 616 70583
Packaging: Netting
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 48.13

Sub-sample Name: Jaffa, juicy oranges

Ingredients: Orange

Label claim(s):

Spanish

Class I

72/77mm

Navelina

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 48
Composite Sample Name: Oranges, flesh only
Sub-sample Number: 48.14
Sub-sample Name: Asda, Fairtrade oranges
Brand: Asda
Pack size: 5 fruit
Purchase Date: 23.01.2012
Place of Purchase: Asda, Norwich
Display Until Date: 27 Jan
Best Before Date: 29 Jan
Batch Number: 460862 FFLM0069
Packaging: Netting
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 48.14

Sub-sample Name: Asda, Fairtrade oranges

Ingredients: No information

Label claim(s):

Produce of Egypt

Class I

Variety: Navel

64/74mm

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 48
Composite Sample Name: Oranges, flesh only
Sub-sample Number: 48.15
Sub-sample Name: Asda, loose oranges
Brand:
Pack size:
Purchase Date: 23.01.2012
Place of Purchase: Asda, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 48.15

Sub-sample Name: Asda, loose oranges

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 48
Composite Sample Name: Oranges, flesh only
Sub-sample Number: 48.16
Sub-sample Name: Sainsbury's, oranges
Brand: Sainsbury's
Pack size: 5 fruit
Purchase Date: 23.01.2012
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date: 31 Jan
Best Before Date: 31 Jan
Batch Number: C 0163CM 09
Packaging: Netting
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 48.16

Sub-sample Name: Sainsbury's, oranges

Ingredients: No information

Label claim(s):

Grown in: Spain

Class I

Variety: Navel

Size: 67/73mm

Nutrient Information:

Nutrient	Unit	Amount/100g edible portion
Energy	kJ	158
Energy	kcal	37
Protein	g	1.1
Carbohydrate	g	8.5
Sugars	g	8.5
Starch	g	N/A
Fat	g	0.1
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.7
Salt equivalent	g	Tr
Sodium	g	Tr
Vitamin C	mg	54.0
Folate	µg	31.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 48
Composite Sample Name: Oranges, flesh only
Sub-sample Number: 48.17
Sub-sample Name: Morrisons, jumbo oranges, extra juicy
Brand: Morrisons
Pack size:
Purchase Date: 23.01.2012
Place of Purchase: Morrisons, Norwich
Display Until Date: 25 Jan
Best Before Date: 28 Jan
Batch Number: 33843B TH1 CIT2B 02012 06:39 IS Cal: 2
Packaging: Netting
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 48.17

Sub-sample Name: Morrisons, jumbo oranges, extra juicy

Ingredients: No information

Label claim(s):

Spain

Class I

Navelate

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 48
Composite Sample Name: Oranges, flesh only
Sub-sample Number: 48.18
Sub-sample Name: Waitrose, loose oranges
Brand:
Pack size:
Purchase Date: 23.01.2012
Place of Purchase: Waitrose, Wymondham
Display Until Date:
Best Before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 48.18

Sub-sample Name: Waitrose, loose oranges

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 48
Composite Sample Name: Oranges, flesh only
Sub-sample Number: 48.19
Sub-sample Name: Lidl, XXL oranges
Brand: Lidl
Pack size: 2kg
Purchase Date: 23.01.2012
Place of Purchase: Lidl, Norwich
Display Until Date:
Best Before Date:
Batch Number: W-0385 7204 0508 12:45 L-0303 Cat.I Cal. 2/4
Packaging: Netting
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 48.19

Sub-sample Name: Lidl, XXL oranges

Ingredients: No information

Label claim(s):

Spanish

Variety: Navel

T.Imazalil Ortophenylphenol

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 48
Composite Sample Name: Oranges, flesh only
Sub-sample Number: 48.20
Sub-sample Name: Tesco, Market Value, oranges
Brand: Tesco Market Value
Pack size: 6 fruits
Purchase Date: 23.01.2012
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date:
Best Before Date: 27 Jan
Batch Number: MZ 2 E 58087 11:27 608 70488
Packaging: Netting
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 48.20

Sub-sample Name: Tesco, Market Value, oranges

Ingredients: No information

Label claim(s):

Spanish
Class I
62/69mm
Navelina
A source of vitamin C

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	167
Energy	kcal	39
Protein	g	1.1
Carbohydrate	g	8.5
Sugars	g	8.5
Starch	g	N/A
Fat	g	0.1
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.7
Salt equivalent	g	Tr
Sodium	g	Tr
Vitamin C	mg	54.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 48
Composite Sample Name: Oranges, flesh only
Sub-sample Number: 48.21
Sub-sample Name: Market oranges
Brand:
Pack size:
Purchase Date: 23.01.2012
Place of Purchase: Independent market stall, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging:
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 48.21

Sub-sample Name: Market oranges

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 48
Composite Sample Name: Oranges, flesh only
Sub-sample Number: 48.22
Sub-sample Name: Select Horeca, oranges
Brand: Select Horeca
Pack size: 2kg
Purchase Date: 23.01.2012
Place of Purchase: Makro, Norwich
Display Until Date:
Best Before Date:
Batch Number: Jul No: 019 supplier code: 24272 A22624 art no. 354550
Packaging: Netting
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 48.22

Sub-sample Name: Select Horeca, oranges

Ingredients: No information

Label claim(s):

Origin: Spain

Navel

Class I

Nutrient Information: No information

Sample 49: Melon, yellow flesh, flesh only

Composite Sample Number:

49

Composite Sample Name:

Melon, yellow flesh, flesh only

Sub-sample Number:

49.1

Sub-sample Name:

Tesco, Honeydew melon

Brand:

Tesco

Pack size:

Purchase Date:

30.08.2011

Place of Purchase:

Tesco, Harford Bridges, Norwich

Display Until Date:

Best Before Date:

Batch Number:

Packaging:

Sample Condition As Purchased: Ambient

Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 49.1

Sub-sample Name: Tesco, Honeydew melon

Ingredients: No information

Label claim(s):

Spain

Ripe and ready

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 49
Composite Sample Name: Melon, yellow flesh, flesh only
Sub-sample Number: 49.2
Sub-sample Name: Tesco, Honeydew melon
Brand: Tesco
Pack size:
Purchase Date: 30.08.2011
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging:
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 49.2

Sub-sample Name: Tesco, Honeydew melon

Ingredients: No information

Label claim(s):

Produce of Spain

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 49
Composite Sample Name: Melon, yellow flesh, flesh only
Sub-sample Number: 49.3
Sub-sample Name: Asda, large Honeydew melon
Brand: Asda
Pack size:
Purchase Date: 30.08.2011
Place of Purchase: Asda, Norwich
Display Until Date:
Best Before Date:
Batch Number: 905084
Packaging: None
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 49.3

Sub-sample Name: Asda, large Honeydew melon

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 49
Composite Sample Name: Melon, yellow flesh, flesh only
Sub-sample Number: 49.4
Sub-sample Name: Asda, Honeydew melon
Brand: Asda
Pack size:
Purchase Date: 30.08.2011
Place of Purchase: Asda, Norwich
Display Until Date:
Best Before Date:
Batch Number: 905084
Packaging:
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 49.4

Sub-sample Name: Asda, Honeydew melon

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 49
Composite Sample Name: Melon, yellow flesh, flesh only
Sub-sample Number: 49.5
Sub-sample Name: Sainsbury's, Honeydew
Brand:
Pack size:
Purchase Date: 30.08.2011
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date:
Best Before Date:
Batch Number: J0370CP 7559 02:10
Packaging:
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 49.5

Sub-sample Name: Sainsbury's, Honeydew

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 49
Composite Sample Name: Melon, yellow flesh, flesh only
Sub-sample Number: 49.6
Sub-sample Name: Morrisons, Honeydew melon chunks
Brand: Morrisons
Pack size: 400g
Purchase Date: 30.08.2011
Place of Purchase: Morrisons, Norwich
Display Until Date:
Use By Date: 01 Sep
Batch Number: 00:44 1471 T32345/1110
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number:

49.6

Sub-sample Name:

Morrisons, Honeydew melon chunks

Ingredients: Honeydew melon (100%)

Label claim(s):

Packed in the UK

May occasionally contain fruit seeds

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/80g serving
Energy	kJ	126	101
Energy	kcal	30	24
Protein	g	0.6	0.5
Carbohydrate	g	6.6	5.3
Sugars	g	6.6	5.3
Starch	g	N/A	N/A
Fat	g	0.1	Tr
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.6	0.5
Salt equivalent	g	0.1	0.1
Sodium	g	Tr	Tr
Vitamin C	mg	9.0	7.2

Nutrient analysis of fruit and vegetables

Composite Sample Number: 49
Composite Sample Name: Melon, yellow flesh, flesh only
Sub-sample Number: 49.7
Sub-sample Name: Marks & Spencer, perfectly ripe Honeydew melon
Brand: Marks & Spencer
Pack size:
Purchase Date: 30.08.2011
Place of Purchase: Marks & Spencer, Norwich
Display Until Date: 04/05 Sep
Best Before Date:
Batch Number: 1826
Packaging:
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 49.7

Sub-sample Name: Marks & Spencer, perfectly ripe Honeydew melon

Ingredients: No information

Label claim(s):

Country of origin: Spain

Class I

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 49
Composite Sample Name: Melon, yellow flesh, flesh only
Sub-sample Number: 49.8
Sub-sample Name: Lidl, honeydew melon
Brand:
Pack size:
Purchase Date: 30.08.2011
Place of Purchase: Lidl, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging:
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 49.8

Sub-sample Name: Lidl, honeydew melon

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 49
Composite Sample Name: Melon, yellow flesh, flesh only
Sub-sample Number: 49.9
Sub-sample Name: Market Honeydew melon
Brand:
Pack size:
Purchase Date: 30.08.2011
Place of Purchase: Independent market stall, Norwich
Display Until Date:
Best Before Date:
Batch Number: C.I.F. B-54543269
Packaging:
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 49.9

Sub-sample Name: Market Honeydew Melon

Ingredients: No information

Label claim(s):

Orhuela – Alicante

Horticultura Ortuno

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 49
Composite Sample Name: Melon, yellow flesh, flesh only
Sub-sample Number: 49.10
Sub-sample Name: Farm Fresh, Honeydew melon
Brand: Farm Fresh
Pack size:
Purchase Date: 30.08.2011
Place of Purchase: Booker, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging:
Sample Condition As Purchased: Chilled
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 49.10

Sub-sample Name: Farm Fresh, Honeydew melon

Ingredients: No information

Label claim(s):

Class I

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 49
Composite Sample Name: Melon, yellow flesh, flesh only
Sub-sample Number: 49.11
Sub-sample Name: Tesco, Honeydew
Brand: Tesco
Pack size:
Purchase Date: 14.11.2011
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Best Before Date:
Batch Number: FE
Packaging:
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 49.11

Sub-sample Name: Tesco, Honeydew

Ingredients: No information

Label claim(s):

Brazil

Ripe and ready

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 49
Composite Sample Name: Melon, yellow flesh, flesh only
Sub-sample Number: 49.12
Sub-sample Name: Tesco, Honeydew
Brand: Tesco
Pack size:
Purchase Date: 14.11.2011
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date:
Best Before Date:
Batch Number: KL
Packaging:
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 49.12

Sub-sample Name: Tesco, Honeydew

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 49
Composite Sample Name: Melon, yellow flesh, flesh only
Sub-sample Number: 49.13
Sub-sample Name: Asda, large Honeydew melon
Brand: Asda
Pack size:
Purchase Date: 14.11.2011
Place of Purchase: Asda, Norwich
Display Until Date:
Best Before Date:
Batch Number: 905037
Packaging:
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 49.13

Sub-sample Name: Asda, large Honeydew melon

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 49
Composite Sample Name: Melon, yellow flesh, flesh only
Sub-sample Number: 49.14
Sub-sample Name: Asda, Honeydew melon
Brand: Asda
Pack size:
Purchase Date: 14.11.2011
Place of Purchase: Asda, Norwich
Display Until Date:
Best Before Date:
Batch Number: 905352-A
Packaging:
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 49.14

Sub-sample Name: Asda, Honeydew melon

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 49
Composite Sample Name: Melon, yellow flesh, flesh only
Sub-sample Number: 49.15
Sub-sample Name: Sainsbury's, Honeydew
Brand:
Pack size:
Purchase Date: 14.11.2011
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date:
Best Before Date:
Batch Number: J0370CP 7559 02:10
Packaging:
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 49.15

Sub-sample Name: Sainsbury's, Honeydew

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 49
Composite Sample Name: Melon, yellow flesh, flesh only
Sub-sample Number: 49.16
Sub-sample Name: Morrisons, Honeydew melon chunks
Brand: Morrisons
Pack size: 400g
Purchase Date: 14.11.2011
Place of Purchase: Morrisons, Norwich
Display Until Date:
Use By Date: 17 Nov
Batch Number: 01:03 1471 T32345/1110
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 49.16

Sub-sample Name: Morrisons, Honeydew melon chunks

Ingredients: Honeydew melon (100%)

Label claim(s):

Packed in the UK

May occasionally contain fruit seeds

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/80g serving
Energy	kJ	126	101
Energy	kcal	30	24
Protein	g	0.6	0.5
Carbohydrate	g	6.6	5.3
Sugars	g	6.6	5.3
Starch	g	N/A	N/A
Fat	g	0.1	Tr
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.6	0.5
Salt equivalent	g	0.1	0.1
Sodium	g	Tr	Tr
Vitamin C	mg	9.0	7.2

Nutrient analysis of fruit and vegetables

Composite Sample Number: 49
Composite Sample Name: Melon, yellow flesh, flesh only
Sub-sample Number: 49.17
Sub-sample Name: The Co-operative, dessert Melon
Brand: The Co-operative
Pack size:
Purchase Date: 14.11.2011
Place of Purchase: The Co-operative, Wymondham
Display Until Date:
Best Before Date: 21 Nov
Batch Number: NEF511 M029
Packaging:
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 49.17

Sub-sample Name: The Co-operative dessert Melon

Ingredients: No information

Label claim(s):

Class I

Brazil

Honeydew

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 49
Composite Sample Name: Melon, yellow flesh, flesh only
Sub-sample Number: 49.18
Sub-sample Name: Aldi, Honeydew melon
Brand:
Pack size:
Purchase Date: 14.11.2011
Place of Purchase: Aldi, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging:
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 49.18

Sub-sample Name: Aldi, Honeydew melon

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 49
Composite Sample Name: Melon, yellow flesh, flesh only
Sub-sample Number: 49.19
Sub-sample Name: Sainsbury's, basics, Honeydew melon
Brand: Sainsbury's basics
Pack size:
Purchase Date: 14.11.2011
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging:
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 49.19

Sub-sample Name: Sainsbury's, basics, Honeydew melon

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 49
Composite Sample Name: Melon, yellow flesh, flesh only
Sub-sample Number: 49.20
Sub-sample Name: Jaguar, Honey Dew
Brand: Jaguar
Pack size:
Purchase Date: 14.11.2011
Place of Purchase: Independent market stall, Norwich
Display Until Date:
Best Before Date:
Batch Number:
Packaging:
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 49.20

Sub-sample Name: Jaguar, Honey Dew

Ingredients: No information

Label claim(s):

Class I

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 49
Composite Sample Name: Melon, yellow flesh, flesh only
Sub-sample Number: 49.21
Sub-sample Name: Makro, melons, yellow
Brand: Makro
Pack size: Count: 1
Purchase Date: 14.11.2011
Place of Purchase: Makro, Norwich
Display Until Date:
Best Before Date:
Batch Number: Jul code: 314 art no: 359922 supplier: 24273 verp. KCB
1565
Packaging:
Sample Condition As Purchased: Ambient
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 49.21

Sub-sample Name: Makro, melons, yellow

Ingredients: No information

Label claim(s):

Class I

Origin: Brazil

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Sample 50: Peas, frozen, raw

Composite Sample Number: 50
Composite Sample Name: Peas, frozen, raw
Sub-sample Number: 50.1
Sub-sample Name: Birds Eye, field fresh garden peas
Brand: Birds Eye
Pack size: 480g
Purchase Date: 27.01.2012
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date:
Best Before Date: 05 2013
Batch Number: L 1327 MJ 124 11:15 101498 87702161
Packaging: Plastic
Sample Condition As Purchased: Frozen
Post Purchase Storage: Frozen

Nutrient analysis of fruit and vegetables

Sub-sample Number: 50.1

Sub-sample Name: Birds Eye, field fresh garden peas

Ingredients: Garden peas

Label claim(s):

Picked and frozen in 2 ½ hours

Nutrient Information:

Nutrient	Unit	Amount/100g as sold	Amount per portion (80g) microwaved
Energy	kJ	237	190
Energy	kcal	56	45
Protein	g	4.9	3.9
Carbohydrate	g	7.5	6.0
Sugars	g	4.9	3.9
Starch	g	N/A	N/A
Fat	g	0.7	0.6
Saturates	g	0.1	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	6.0	4.8
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr
Vitamin C	mg	16.0	13.0
Folic acid	µg	62.0	49.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 50
Composite Sample Name: Peas, frozen, raw
Sub-sample Number: 50.2
Sub-sample Name: Birds Eye, field fresh garden peas
Brand: Birds Eye
Pack size: 900g
Purchase Date: 27.01.2012
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date:
Best Before Date: 07 2013
Batch Number: L 2013 GH 124 06:41 101504 87702162
Packaging: Plastic
Sample Condition As Purchased: Frozen
Post Purchase Storage: Frozen

Nutrient analysis of fruit and vegetables

Sub-sample Number: 50.2

Sub-sample Name: Birds Eye, field fresh garden peas

Ingredients: Garden peas

Label claim(s):

Picked and frozen in 2 ½ hours

Nutrient Information:

Nutrient	Unit	Amount/100g as sold	Amount per portion (80g) microwaved
Energy	kJ	237	190
Energy	kcal	56	45
Protein	g	4.9	3.9
Carbohydrate	g	7.5	6.0
Sugars	g	4.9	3.9
Starch	g	N/A	N/A
Fat	g	0.7	0.6
Saturates	g	0.1	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	6.0	4.8
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr
Vitamin C	mg	16.0	13.0
Folic acid	µg	62.0	49.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 50
Composite Sample Name: Peas, frozen, raw
Sub-sample Number: 50.3
Sub-sample Name: Birds Eye, field fresh garden peas
Brand: Birds Eye
Pack size: 1.52kg
Purchase Date: 30.01.2012
Place of Purchase: 3663 delivery
Display Until Date:
Best Before Date: 05 2013
Batch Number: L1306 KY124 09:11 87702649
Packaging: Plastic
Sample Condition As Purchased: Frozen
Post Purchase Storage: Frozen

Nutrient analysis of fruit and vegetables

Sub-sample Number: 50.3

Sub-sample Name: Birds Eye, field fresh garden peas

Ingredients: Garden peas

Label claim(s):

Picked and frozen in 2 ½ hours

Nutrient Information:

Nutrient	Unit	Amount/100g as sold	Amount/portion (80g) microwaved
Energy	kJ	237	190
Energy	kcal	56	45
Protein	g	4.9	3.9
Carbohydrate	g	7.5	6.0
Sugars	g	4.9	3.9
Starch	g	N/A	N/A
Fat	g	0.7	0.6
Saturates	g	0.1	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	6.0	4.8
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr
Vitamin C	mg	16.0	13.0
Folic acid	µg	62.0	49.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 50
Composite Sample Name: Peas, frozen, raw
Sub-sample Number: 50.4
Sub-sample Name: Birds Eye, field fresh petit pois
Brand: Birds Eye
Pack size: 700g
Purchase Date: 27.01.2012
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date:
Best Before Date: 06 2013
Batch Number: L1347 NJ 124 12:44 105168 87703203
Packaging: Foil
Sample Condition As Purchased: Frozen
Post Purchase Storage: Frozen

Nutrient analysis of fruit and vegetables

Sub-sample Number: 50.4

Sub-sample Name: Birds Eye, field fresh petit pois

Ingredients: Petit pois

Label claim(s):

Picked and frozen in 2 ½ hours

Nutrient Information:

Nutrient	Unit	Amount/100g as sold	Amount/portion (80g) microwaved
Energy	kJ	230	180
Energy	kcal	54	45
Protein	g	5.4	4.3
Carbohydrate	g	6.8	5.4
Sugars	g	4.1	3.3
Starch	g	N/A	N/A
Fat	g	0.6	0.5
Saturates	g	0.1	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	6.0	4.8
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr
Vitamin C	mg	19.0	15.0
Folic acid	µg	59.0	47.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 50
Composite Sample Name: Peas, frozen, raw
Sub-sample Number: 50.5
Sub-sample Name: Tesco, garden peas
Brand: Tesco
Pack size: 1kg
Purchase Date: 30.01.2012
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date: Oct 2012
Best Before Date: Jan 2013
Batch Number: 2024TMHA1 02:41
Packaging: Plastic
Sample Condition As Purchased: Frozen
Post Purchase Storage: Frozen

Nutrient analysis of fruit and vegetables

Sub-sample Number: 50.5

Sub-sample Name: Tesco, garden peas

Ingredients: Garden peas

Label claim(s):

From field to frozen in 2 ½ hours
Source of vitamin C
Produced in Belgium
Suitable for vegetarians

Nutrient Information:

Nutrient	Unit	Amount/100g (cooked according to instructions)	Amount/3 heaped tablespoons (80g) (cooked according to instructions)
Energy	kJ	300	240
Energy	kcal	75	60
Protein	g	6.0	4.8
Carbohydrate	g	9.7	7.8
Sugars	g	2.7	2.2
Starch	g	N/A	N/A
Fat	g	0.9	0.7
Saturates	g	0.2	0.2
Monounsaturates	g	0.1	Tr
Polyunsaturates	g	0.5	0.4
Fibre	g	5.1	4.1
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr
Vitamin C	mg	12.0	9.6
Folic acid	µg	33.0	26.4

Nutrient analysis of fruit and vegetables

Composite Sample Number: 50
Composite Sample Name: Peas, frozen, raw
Sub-sample Number: 50.6
Sub-sample Name: Tesco, Market Value, garden peas
Brand: Tesco Market Value
Pack size: 900g
Purchase Date: 30.01.2012
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date: Oct 2012
Best Before Date: Jan 2013
Batch Number: 2019TFK 4 10:55
Packaging: Plastic
Sample Condition As Purchased: Frozen
Post Purchase Storage: Frozen

Nutrient analysis of fruit and vegetables

Sub-sample Number: 50.6

Sub-sample Name: Tesco, Market Value, garden peas

Ingredients: Garden peas

Label claim(s):

A good source of fibre
Produced and packed in the UK
Suitable for vegetarians

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/3 heaped tablespoons (80g) (boiled in unsalted water)
Energy	kJ	290	230
Energy	kcal	70	55
Protein	g	5.9	4.7
Carbohydrate	g	9.0	7.2
Sugars	g	2.6	2.1
Starch	g	N/A	N/A
Fat	g	0.9	0.7
Saturates	g	0.2	0.2
Monounsaturates	g	0.1	Tr
Polyunsaturates	g	0.5	0.4
Fibre	g	5.5	4.4
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 50
Composite Sample Name: Peas, frozen, raw
Sub-sample Number: 50.7
Sub-sample Name: Sainsbury's SO Organic, garden peas
Brand: Sainsbury's SO Organic
Pack size: 750g
Purchase Date: 27.01.2012
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date:
Best Before Date: Jun 2013
Batch Number: DF1347 07:16 1 6333630 10.10 PI405
Packaging: Plastic
Sample Condition As Purchased: Frozen
Post Purchase Storage: Frozen

Nutrient analysis of fruit and vegetables

Sub-sample Number: 50.7

Sub-sample Name: Sainsbury's SO Organic, garden peas

Ingredients: Peas

Label claim(s):

Produce of UK
Packed in the UK
GB-ORG-05 EU Agriculture
Vegan
A natural source of Thiamine

Nutrient Information:

Nutrient	Unit	Amount/100g (cooked as per instructions)	Amount/80g serving (cooked as per instructions)
Energy	kJ	287	229
Energy	kcal	68	54
Protein	g	5.9	4.7
Carbohydrate	g	9.0	7.2
Sugars	g	2.6	2.1
Starch	g	N/A	N/A
Fat	g	0.9	0.7
Saturates	g	0.2	0.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	5.5	4.4
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr
Thiamine	mg	0.3	0.2

Nutrient analysis of fruit and vegetables

Composite Sample Number: 50
Composite Sample Name: Peas, frozen, raw
Sub-sample Number: 50.8
Sub-sample Name: Asda, Chosen by you, garden peas
Brand: Asda Chosen by you
Pack size: 1kg
Purchase Date: 27.01.2012
Place of Purchase: Asda, Norwich
Display Until Date:
Best Before Date: 26 Feb 13
Batch Number: 1 241 12:02
Packaging: Plastic
Sample Condition As Purchased: Frozen
Post Purchase Storage: Frozen

Nutrient analysis of fruit and vegetables

Sub-sample Number: 50.8

Sub-sample Name: Asda, Chosen by you, garden peas

Ingredients: Garden peas (100%)

Label claim(s):

Frozen within 2 ½ hours of harvesting

Natural source of fibre

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled)	Amount/80g serving (boiled)
Energy	kJ	341	273
Energy	kcal	81	65
Protein	g	6.0	4.8
Carbohydrate	g	9.7	7.8
Sugars	g	2.7	2.2
Starch	g	N/A	N/A
Fat	g	0.9	0.7
Saturates	g	0.2	0.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	5.1	4.1
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 50
Composite Sample Name: Peas, frozen, raw
Sub-sample Number: 50.9
Sub-sample Name: Morrisons, petit pois
Brand: Morrisons
Pack size: 454g
Purchase Date: 30.01.2012
Place of Purchase: Morrisons, Norwich
Display Until Date:
Best Before Date: Jun 2013
Batch Number: L1336B1 BE22 11:50 2332 T31686/0810
Packaging: Plastic
Sample Condition As Purchased: Frozen
Post Purchase Storage: Frozen

Nutrient analysis of fruit and vegetables

Sub-sample Number: 50.9

Sub-sample Name: Morrisons, petit pois

Ingredients: Petit pois

Label claim(s):

Packed in Belgium

Produced in a factory which uses celery and milk ingredients

Nutrient Information:

Nutrient	Unit	Amount/100g as consumed	Amount/80g serving as consumed
Energy	kJ	212	169
Energy	kcal	50	40
Protein	g	5.0	4
Carbohydrate	g	5.5	4.4
Sugars	g	3.0	2.4
Starch	g	N/A	N/A
Fat	g	0.9	0.7
Saturates	g	0.2	0.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	4.5	3.6
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 50
Composite Sample Name: Peas, frozen, raw
Sub-sample Number: 50.10
Sub-sample Name: Iceland, freshly frozen, garden peas
Brand: Iceland
Pack size: 900g
Purchase Date: 30.01.2012
Place of Purchase: Iceland, Norwich
Display Until Date:
Best Before Date: 09 06 13
Batch Number: 410 1343 JH 14:40
Packaging: Plastic
Sample Condition As Purchased: Frozen
Post Purchase Storage: Frozen

Nutrient analysis of fruit and vegetables

Sub-sample Number: 50.10

Sub-sample Name: Iceland, freshly frozen, garden peas

Ingredients: Garden peas

Label claim(s):

Produced and packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled in unsalted water)
Energy	kJ	300
Energy	kcal	71
Protein	g	6.0
Carbohydrate	g	9.7
Sugars	g	2.7
Starch	g	N/A
Fat	g	0.9
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	5.1
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 50
Composite Sample Name: Peas, frozen, raw
Sub-sample Number: 50.11
Sub-sample Name: Waitrose, essential, petit pois
Brand: Waitrose essential
Pack size: 907g
Purchase Date: 31.01.2012
Place of Purchase: Waitrose, Wymondham
Display Until Date:
Best Before Date: July 2013
Batch Number: C2012 18:38 1
Packaging: Plastic
Sample Condition As Purchased: Frozen
Post Purchase Storage: Frozen

Nutrient analysis of fruit and vegetables

Sub-sample Number: 50.11

Sub-sample Name: Waitrose, essential, petit pois

Ingredients: No information

Label claim(s):

Source of fibre

From field to freezer within 2 hours

Produced in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g as sold	Amount/80g serving as sold
Energy	kJ	276	221
Energy	kcal	65	52
Protein	g	5.7	4.6
Carbohydrate	g	8.6	6.9
Sugars	g	2.5	2.0
Starch	g	N/A	N/A
Fat	g	0.9	0.7
Saturates	g	0.2	0.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	4.7	3.8
Salt equivalent	g	N/A	N/A
Sodium	g	Tr	Tr
Vitamin C	mg	17.0	14.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 50
Composite Sample Name: Peas, frozen, raw
Sub-sample Number: 50.12
Sub-sample Name: Booker, Basics for Caterers, peas
Brand: Booker Basics for Caterers
Pack size: 2.5kg
Purchase Date: 27.01.2012
Place of Purchase: Booker, Norwich
Display Until Date:
Best Before Date: Jul 2013
Batch Number: L2003 JD 17:28
Packaging: Plastic
Sample Condition As Purchased: Frozen
Post Purchase Storage: Frozen

Nutrient analysis of fruit and vegetables

Sub-sample Number: 50.12

Sub-sample Name: Booker, Basics for Caterers, peas

Ingredients: Peas

Label claim(s): No information

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	288
Energy	kcal	68
Protein	g	5.7
Carbohydrate	g	9.3
Sugars	g	2.6
Starch	g	N/A
Fat	g	0.9
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	5.1
Sodium	g	Tr

Sample 51: Peas, frozen, microwaved

Composite Sample Number: 51
Composite Sample Name: Peas, frozen, microwaved
Sub-sample Number: 51.1
Sub-sample Name: Birds Eye, field fresh garden peas
Brand: Birds Eye
Pack size: 480g
Purchase Date: 27.01.2012
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date:
Best Before Date: 05 2013
Batch Number: L 1327 MJ 124 11:15 101498 87702161
Packaging: Plastic
Sample Condition As Purchased: Frozen
Post Purchase Storage: Frozen

Nutrient analysis of fruit and vegetables

Sub-sample Number: 51.1

Sub-sample Name: Birds Eye, field fresh garden peas

Ingredients: Garden peas

Label claim(s):

Picked and frozen in 2 ½ hours

Nutrient Information:

Nutrient	Unit	Amount/100g as sold	Amount per portion (80g) microwaved
Energy	kJ	237	190
Energy	kcal	56	45
Protein	g	4.9	3.9
Carbohydrate	g	7.5	6.0
Sugars	g	4.9	3.9
Starch	g	N/A	N/A
Fat	g	0.7	0.6
Saturates	g	0.1	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	6.0	4.8
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr
Vitamin C	mg	16.0	13.0
Folic acid	µg	62.0	49.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 51
Composite Sample Name: Peas, frozen, microwaved
Sub-sample Number: 51.2
Sub-sample Name: Birds Eye, field fresh garden peas
Brand: Birds Eye
Pack size: 900g
Purchase Date: 27.01.2012
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date:
Best Before Date: 07 2013
Batch Number: L 2013 GH 124 06:41 101504 87702162
Packaging: Plastic
Sample Condition As Purchased: Frozen
Post Purchase Storage: Frozen

Nutrient analysis of fruit and vegetables

Sub-sample Number: 51.2

Sub-sample Name: Birds Eye, field fresh garden peas

Ingredients: Garden peas

Label claim(s):

Picked and frozen in 2 ½ hours

Nutrient Information:

Nutrient	Unit	Amount/100g as sold	Amount per portion (80g) microwaved
Energy	kJ	237	190
Energy	kcal	56	45
Protein	g	4.9	3.9
Carbohydrate	g	7.5	6.0
Sugars	g	4.9	3.9
Starch	g	N/A	N/A
Fat	g	0.7	0.6
Saturates	g	0.1	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	6.0	4.8
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr
Vitamin C	mg	16.0	13.0
Folic acid	µg	62.0	49.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 51
Composite Sample Name: Peas, frozen, microwaved
Sub-sample Number: 51.3
Sub-sample Name: Birds Eye, field fresh garden peas
Brand: Birds Eye
Pack size: 1.52kg
Purchase Date: 30.01.2012
Place of Purchase: 3663 delivery
Display Until Date:
Best Before Date: 05 2013
Batch Number: L1306 KY124 09:11 87702649
Packaging: Plastic
Sample Condition As Purchased: Frozen
Post Purchase Storage: Frozen

Nutrient analysis of fruit and vegetables

Sub-sample Number: 51.3

Sub-sample Name: Birds Eye, field fresh garden peas

Ingredients: Garden peas

Label claim(s):

Picked and frozen in 2 ½ hours

Nutrient Information:

Nutrient	Unit	Amount/100g as sold	Amount/portion (80g) microwaved
Energy	kJ	237	190
Energy	kcal	56	45
Protein	g	4.9	3.9
Carbohydrate	g	7.5	6.0
Sugars	g	4.9	3.9
Starch	g	N/A	N/A
Fat	g	0.7	0.6
Saturates	g	0.1	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	6.0	4.8
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr
Vitamin C	mg	16.0	13.0
Folic acid	µg	62.0	49.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 51
Composite Sample Name: Peas, frozen, microwaved
Sub-sample Number: 51.4
Sub-sample Name: Birds Eye, field fresh petit pois
Brand: Birds Eye
Pack size: 700g
Purchase Date: 27.01.2012
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date:
Best Before Date: 06 2013
Batch Number: L1347 NJ 124 12:44 105168 87703203
Packaging: Foil
Sample Condition As Purchased: Frozen
Post Purchase Storage: Frozen

Nutrient analysis of fruit and vegetables

Sub-sample Number: 51.4

Sub-sample Name: Birds Eye, field fresh petit pois

Ingredients: Petit pois

Label claim(s):

Picked and frozen in 2 ½ hours

Nutrient Information:

Nutrient	Unit	Amount/100g as sold	Amount/portion (80g) microwaved
Energy	kJ	230	180
Energy	kcal	54	45
Protein	g	5.4	4.3
Carbohydrate	g	6.8	5.4
Sugars	g	4.1	3.3
Starch	g	N/A	N/A
Fat	g	0.6	0.5
Saturates	g	0.1	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	6.0	4.8
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr
Vitamin C	mg	19.0	15.0
Folic acid	µg	59.0	47.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 51
Composite Sample Name: Peas, frozen, microwaved
Sub-sample Number: 51.5
Sub-sample Name: Tesco, garden peas
Brand: Tesco
Pack size: 1kg
Purchase Date: 30.01.2012
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date: Oct 2012
Best Before Date: Jan 2013
Batch Number: 2024TMHA1 02:41
Packaging: Plastic
Sample Condition As Purchased: Frozen
Post Purchase Storage: Frozen

Nutrient analysis of fruit and vegetables

Sub-sample Number: 51.5

Sub-sample Name: Tesco, garden peas

Ingredients: Garden peas

Label claim(s):

From field to frozen in 2 ½ hours
Source of vitamin C
Produced in Belgium
Suitable for vegetarians

Nutrient Information:

Nutrient	Unit	Amount/100g (cooked according to instructions)	Amount/3 heaped tablespoons (80g) (cooked according to instructions)
Energy	kJ	300	240
Energy	kcal	75	60
Protein	g	6.0	4.8
Carbohydrate	g	9.7	7.8
Sugars	g	2.7	2.2
Starch	g	N/A	N/A
Fat	g	0.9	0.7
Saturates	g	0.2	0.2
Monounsaturates	g	0.1	Tr
Polyunsaturates	g	0.5	0.4
Fibre	g	5.1	4.1
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr
Vitamin C	mg	12.0	9.6
Folic acid	µg	33.0	26.4

Nutrient analysis of fruit and vegetables

Composite Sample Number: 51
Composite Sample Name: Peas, frozen, microwaved
Sub-sample Number: 51.6
Sub-sample Name: Tesco, Market Value, garden peas
Brand: Tesco Market Value
Pack size: 900g
Purchase Date: 30.01.2012
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date: Oct 2012
Best Before Date: Jan 2013
Batch Number: 2019TFK 4 10:55
Packaging: Plastic
Sample Condition As Purchased: Frozen
Post Purchase Storage: Frozen

Nutrient analysis of fruit and vegetables

Sub-sample Number: 51.6

Sub-sample Name: Tesco, Market Value, garden peas

Ingredients: Garden peas

Label claim(s):

A good source of fibre
Produced and packed in the UK
Suitable for vegetarians

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/3 heaped tablespoons (80g) (boiled in unsalted water)
Energy	kJ	290	230
Energy	kcal	70	55
Protein	g	5.9	4.7
Carbohydrate	g	9.0	7.2
Sugars	g	2.6	2.1
Starch	g	N/A	N/A
Fat	g	0.9	0.7
Saturates	g	0.2	0.2
Monounsaturates	g	0.1	Tr
Polyunsaturates	g	0.5	0.4
Fibre	g	5.5	4.4
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 51
Composite Sample Name: Peas, frozen, microwaved
Sub-sample Number: 51.7
Sub-sample Name: Sainsbury's SO Organic, garden peas
Brand: Sainsbury's SO Organic
Pack size: 750g
Purchase Date: 27.01.2012
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date:
Best Before Date: Jun 2013
Batch Number: DF1347 07:16 1 6333630 10.10 PI405
Packaging: Plastic
Sample Condition As Purchased: Frozen
Post Purchase Storage: Frozen

Nutrient analysis of fruit and vegetables

Sub-sample Number: 51.7

Sub-sample Name: Sainsbury's SO Organic, garden peas

Ingredients: Peas

Label claim(s):

Produce of UK
Packed in the UK
GB-ORG-05 EU Agriculture
Vegan
A natural source of Thiamine

Nutrient Information:

Nutrient	Unit	Amount/100g (cooked as per instructions)	Amount/80g serving (cooked as per instructions)
Energy	kJ	287	229
Energy	kcal	68	54
Protein	g	5.9	4.7
Carbohydrate	g	9.0	7.2
Sugars	g	2.6	2.1
Starch	g	N/A	N/A
Fat	g	0.9	0.7
Saturates	g	0.2	0.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	5.5	4.4
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr
Thiamine	mg	0.3	0.2

Nutrient analysis of fruit and vegetables

Composite Sample Number: 51
Composite Sample Name: Peas, frozen, microwaved
Sub-sample Number: 51.8
Sub-sample Name: Asda, Chosen by you, garden peas
Brand: Asda Chosen by you
Pack size: 1kg
Purchase Date: 27.01.2012
Place of Purchase: Asda, Norwich
Display Until Date:
Best Before Date: 26 Feb 13
Batch Number: 1 241 12:02
Packaging: Plastic
Sample Condition As Purchased: Frozen
Post Purchase Storage: Frozen

Nutrient analysis of fruit and vegetables

Sub-sample Number: 51.8

Sub-sample Name: Asda, Chosen by you, garden peas

Ingredients: Garden peas (100%)

Label claim(s):

Frozen within 2 ½ hours of harvesting
Natural source of fibre

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled)	Amount/80g serving (boiled)
Energy	kJ	341	273
Energy	kcal	81	65
Protein	g	6.0	4.8
Carbohydrate	g	9.7	7.8
Sugars	g	2.7	2.2
Starch	g	N/A	N/A
Fat	g	0.9	0.7
Saturates	g	0.2	0.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	5.1	4.1
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 51
Composite Sample Name: Peas, frozen, microwaved
Sub-sample Number: 51.9
Sub-sample Name: Morrisons, petit pois
Brand: Morrisons
Pack size: 454g
Purchase Date: 30.01.2012
Place of Purchase: Morrisons, Norwich
Display Until Date:
Best Before Date: Jun 2013
Batch Number: L1336B1 BE22 11:50 2332 T31686/0810
Packaging: Plastic
Sample Condition As Purchased: Frozen
Post Purchase Storage: Frozen

Nutrient analysis of fruit and vegetables

Sub-sample Number: 51.9

Sub-sample Name: Morrisons, petit pois

Ingredients: Petit pois

Label claim(s):

Packed in Belgium

Produced in a factory which uses celery and milk ingredients

Nutrient Information:

Nutrient	Unit	Amount/100g as consumed	Amount/80g serving as consumed
Energy	kJ	212	169
Energy	kcal	50	40
Protein	g	5.0	4
Carbohydrate	g	5.5	4.4
Sugars	g	3.0	2.4
Starch	g	N/A	N/A
Fat	g	0.9	0.7
Saturates	g	0.2	0.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	4.5	3.6
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 51
Composite Sample Name: Peas, frozen, microwaved
Sub-sample Number: 51.10
Sub-sample Name: Iceland, freshly frozen, garden peas
Brand: Iceland
Pack size: 900g
Purchase Date: 30.01.2012
Place of Purchase: Iceland, Norwich
Display Until Date:
Best Before Date: 09 06 13
Batch Number: 410 1343 JH 14:40
Packaging: Plastic
Sample Condition As Purchased: Frozen
Post Purchase Storage: Frozen

Nutrient analysis of fruit and vegetables

Sub-sample Number: 51.10

Sub-sample Name: Iceland, freshly frozen, garden peas

Ingredients: Garden peas

Label claim(s):

Produced and packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g (boiled in unsalted water)
Energy	kJ	300
Energy	kcal	71
Protein	g	6.0
Carbohydrate	g	9.7
Sugars	g	2.7
Starch	g	N/A
Fat	g	0.9
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	5.1
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 51
Composite Sample Name: Peas, frozen, microwaved
Sub-sample Number: 51.11
Sub-sample Name: Waitrose, essential, petit pois
Brand: Waitrose essential
Pack size: 907g
Purchase Date: 31.01.2012
Place of Purchase: Waitrose, Wymondham
Display Until Date:
Best Before Date: July 2013
Batch Number: C2012 18:38 1
Packaging: Plastic
Sample Condition As Purchased: Frozen
Post Purchase Storage: Frozen

Nutrient analysis of fruit and vegetables

Sub-sample Number: 51.11

Sub-sample Name: Waitrose, essential, petit pois

Ingredients: No information

Label claim(s):

Source of fibre

From field to freezer within 2 hours

Produced in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g as sold	Amount/80g serving as sold
Energy	kJ	276	221
Energy	kcal	65	52
Protein	g	5.7	4.6
Carbohydrate	g	8.6	6.9
Sugars	g	2.5	2.0
Starch	g	N/A	N/A
Fat	g	0.9	0.7
Saturates	g	0.2	0.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	4.7	3.8
Salt equivalent	g	N/A	N/A
Sodium	g	Tr	Tr
Vitamin C	mg	17.0	14.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 51
Composite Sample Name: Peas, frozen, microwaved
Sub-sample Number: 51.12
Sub-sample Name: Booker, Basics for Caterers, peas
Brand: Booker Basics for Caterers
Pack size: 2.5kg
Purchase Date: 27.01.2012
Place of Purchase: Booker, Norwich
Display Until Date:
Best Before Date: Jul 2013
Batch Number: L2003 JD 17:28
Packaging: Plastic
Sample Condition As Purchased: Frozen
Post Purchase Storage: Frozen

Nutrient analysis of fruit and vegetables

Sub-sample Number: 51.12

Sub-sample Name: Booker, Basics for Caterers, peas

Ingredients: Peas

Label claim(s): No information

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	288
Energy	kcal	68
Protein	g	5.7
Carbohydrate	g	9.3
Sugars	g	2.6
Starch	g	N/A
Fat	g	0.9
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	5.1
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Sample 52: Sweetcorn, canned in water, drained

Composite Sample Number: 52
Composite Sample Name: Sweetcorn, canned in water, drained
Sub-sample Number: 52.1
Sub-sample Name: Green Giant, naturally sweet sweetcorn
Brand: Green Giant
Pack size: 198g
Purchase Date: 30.01.2012
Place of Purchase: Morrisons, Norwich
Display Until Date:
Best Before Date: 07 2015
Batch Number: 22:39 2793C5
Packaging: Metal
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number:

52.1

Sub-sample Name:

Green Giant, naturally sweet sweetcorn

Ingredients: Sweet corn, water

Label claim(s):

Made in France

No added sugar or salt

Contains naturally occurring sugars and sodium/salt

Nutrient Information:

Nutrient	Unit	Amount/100g (drained)	Amount/80g (drained)
Energy	kJ	280	224
Energy	kcal	66	53
Protein	g	2.5	2.0
Carbohydrate	g	10.5	8.4
Sugars	g	5.0	4.0
Starch	g	N/A	N/A
Fat	g	1.0	0.8
Saturates	g	0.2	0.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.7	2.2
Salt equivalent	g	0.0	0.0
Sodium	g	0.01	0.01

Nutrient analysis of fruit and vegetables

Composite Sample Number: 52
Composite Sample Name: Sweetcorn, canned in water, drained
Sub-sample Number: 52.2
Sub-sample Name: Green Giant, naturally sweet sweetcorn
Brand: Green Giant
Pack size: 165g (drained weight), 198g (net weight)
Purchase Date: 30.01.2012
Place of Purchase: Morrisons, Norwich
Display Until Date:
Best Before Date: 07 2013
Batch Number: 04:42 2626C1
Packaging: Metal
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 52.2

Sub-sample Name: Green Giant, naturally sweet sweetcorn

Ingredients: Sweet corn, water

Label claim(s):

Made in France

No added salt or sugar

Vacuum packed with very little water

Nutrient Information:

Nutrient	Unit	Amount/100g (drained)
Energy	kJ	258
Energy	kcal	61
Protein	g	2.5
Carbohydrate	g	10.5
Sugars	g	5.0
Starch	g	N/A
Fat	g	1.0
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2.7
Salt equivalent	g	N/A
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 52
Composite Sample Name: Sweetcorn, canned in water, drained
Sub-sample Number: 52.3
Sub-sample Name: Green Giant, naturally sweet sweetcorn
Brand: Green Giant
Pack size: 165g (drained weight), 198g (net weight)
Purchase Date: 30.01.2012
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date:
Best Before Date: 07 2015
Batch Number: 20:23 2802C3
Packaging: Metal
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 52.3

Sub-sample Name: Green Giant, naturally sweet sweetcorn

Ingredients: Sweet corn, water

Label claim(s):

Made in France

No added salt

Contains naturally occurring sugars and sodium/salt

Nutrient Information:

Nutrient	Unit	Amount/100g (drained)	Amount/80g (drained)
Energy	kJ	280	224
Energy	kcal	66	53
Protein	g	2.5	2.0
Carbohydrate	g	10.5	8.4
Sugars	g	5.0	4.0
Starch	g	N/A	N/A
Fat	g	1.0	0.8
Saturates	g	0.2	0.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.7	2.2
Salt equivalent	g	0.0	0.0
Sodium	g	0.01	0.01

Nutrient analysis of fruit and vegetables

Composite Sample Number: 52
Composite Sample Name: Sweetcorn, canned in water, drained
Sub-sample Number: 52.4
Sub-sample Name: Green Giant, naturally sweet sweetcorn
Brand: Green Giant
Pack size: 285g (drained weight), 340g (net weight)
Purchase Date: 30.01.2012
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date:
Best Before Date: 07 2015
Batch Number: 18:51 2247C4
Packaging: Metal
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 52.4

Sub-sample Name: Green Giant, naturally sweet sweetcorn

Ingredients: Sweet corn, water

Label claim(s):

Made in France

No added salt

Contains natural occurring sugars and sodium/salt

Nutrient Information:

Nutrient	Unit	Amount/100g (drained)	Amount/80g (drained)
Energy	kJ	280	224
Energy	kcal	66	53
Protein	g	2.5	2.0
Carbohydrate	g	10.5	8.4
Sugars	g	5.0	4.0
Starch	g	N/A	N/A
Fat	g	1.0	0.8
Saturates	g	0.2	0.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.7	2.2
Salt equivalent	g	0.0	0.0
Sodium	g	0.01	0.01

Nutrient analysis of fruit and vegetables

Composite Sample Number: 52
Composite Sample Name: Sweetcorn, canned in water, drained
Sub-sample Number: 52.5
Sub-sample Name: Green Giant, naturally sweet sweetcorn
Brand: Green Giant
Pack size: 165g (drained weight), 198g (net weight)
Purchase Date: 27.01.2012
Place of Purchase: Booker, Norwich
Display Until Date:
Best Before Date: 07 2015
Batch Number: 17:49 2406C3
Packaging: Metal
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 52.5

Sub-sample Name: Green Giant, naturally sweet sweetcorn

Ingredients: Sweet corn, water

Label claim(s):

Made in France

No added salt

Contains naturally occurring sugars and sodium/salt

Nutrient Information:

Nutrient	Unit	Amount/100g (drained)	Amount/80g (drained)
Energy	kJ	280	224
Energy	kcal	66	53
Protein	g	2.5	2.0
Carbohydrate	g	10.5	8.4
Sugars	g	5.0	4.0
Starch	g	N/A	N/A
Fat	g	1.0	0.8
Saturates	g	0.2	0.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.7	2.2
Salt equivalent	g	0.0	0.0
Sodium	g	0.01	0.01

Nutrient analysis of fruit and vegetables

Composite Sample Number: 52

Composite Sample Name: Sweetcorn, canned in water, drained

Sub-sample Number: 52.6

Sub-sample Name: Tesco, naturally sweet sweetcorn, in water

Brand: Tesco

Pack size: 260g (drained weight), 325g (net weight)

Purchase Date: 30.01.2012

Place of Purchase: Tesco, Blue Boar Road, Norwich

Display Until Date:

Best Before Date: Aug 2014

Batch Number: RMS042523.05 L1264 019 H3 15:48

Packaging: Metal

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 52.6

Sub-sample Name: Tesco, naturally sweet sweetcorn, in water

Ingredients: Sweet corn, water

Label claim(s):

Produced in Hungary

Vacuum packed

Suitable for vegetarians

Nutrient Information:

Nutrient	Unit	Amount/100g (drained)	Amount/half a drained can (130g)
Energy	kJ	335	435
Energy	kcal	80	105
Protein	g	3.0	3.9
Carbohydrate	g	10.8	14.0
Sugars	g	5.6	7.3
Starch	g	N/A	N/A
Fat	g	1.9	2.5
Saturates	g	0.4	0.5
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	3.6	4.7
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 52

Composite Sample Name: Sweetcorn, canned in water, drained

Sub-sample Number: 52.7

Sub-sample Name: Sainsbury's, naturally sweet sweetcorn, in water

Brand: Sainsbury's

Pack size: 198g, 157g (drained weight)

Purchase Date: 27.01.2012

Place of Purchase: Sainsbury's, Longwater, Norwich

Display Until Date:

Best Before Date: Aug 2014

Batch Number: RMS025023. 01 L 1263 016 02 11:33 0129874 G0634

Packaging: Metal

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 52.7

Sub-sample Name: Sainsbury's, naturally sweet sweetcorn, in water

Ingredients: Sweet corn, water

Label claim(s):

Produced in France

Vacuum packed in a small quantity of water

Nutrient Information:

Nutrient	Unit	Amount/100g (drained)	Amount/½ can (drained)
Energy	kJ	388	304
Energy	kcal	92	72
Protein	g	2.8	2.2
Carbohydrate	g	14.5	11.4
Sugars	g	6.8	5.3
Starch	g	4.8	3.8
Fat	g	1.9	1.5
Saturates	g	0.4	0.3
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.9	2.3
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 52

Composite Sample Name: Sweetcorn, canned in water, drained

Sub-sample Number: 52.8

Sub-sample Name: Asda, Chosen by you, naturally sweet sweetcorn, in water

Brand: Asda

Pack size: 326g, 260g (net drained weight)

Purchase Date: 27.01.2012

Place of Purchase: Asda, Norwich

Display Until Date:

Best Before Date: Aug 2014

Batch Number: RMSO 42513.02 L 1243 016 03 07:03 ASP1009527

Packaging: Metal

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 52.8

Sub-sample Name: Asda, Chosen by you, naturally sweet sweetcorn, in water

Ingredients: Sweet corn, water

Label claim(s):

Produced in France

Suitable for vegetarians

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	315
Energy	kcal	75
Protein	g	2.6
Carbohydrate	g	10.8
Sugars	g	N/A
Starch	g	N/A
Fat	g	3.0
Saturates	g	N/A
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	N/A
Salt equivalent	g	N/A
Sodium	g	N/A

Nutrient analysis of fruit and vegetables

Composite Sample Number: 52
Composite Sample Name: Sweetcorn, canned in water, drained
Sub-sample Number: 52.9
Sub-sample Name: Morrisons, Savers, sweetcorn
Brand: Morrisons Savers
Pack size: 326g, 285 (drained)
Purchase Date: 30.01.2012
Place of Purchase: Morrisons, Norwich
Display Until Date:
Best Before Date: 31 Aug 2015
Batch Number: 6636 L:E2G 0953 216 42 0496 T35216/0911
Packaging: Metal
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 52.9

Sub-sample Name: Morrisons Savers, sweetcorn

Ingredients: Sweetcorn, water

Label claim(s):

Produced in Hungary

Vacuum packed

Vegetarian

Nutrient Information:

Nutrient	Unit	Amount/100g (as drained)	Amount/½ can (drained)
Energy	kJ	433	617
Energy	kcal	103	146
Protein	g	3.1	4.4
Carbohydrate	g	18	25.7
Sugars	g	1.7	2.4
Starch	g	N/A	N/A
Fat	g	1.5	2.1
Saturates	g	0.2	0.3
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.3	3.3
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 52
Composite Sample Name: Sweetcorn, canned in water, drained
Sub-sample Number: 52.10
Sub-sample Name: Waitrose, essential, sweetcorn
Brand: Waitrose essential
Pack size: 195g, 160g (net drained weight)
Purchase Date: 31.01.2012
Place of Purchase: Waitrose, Wymondham
Display Until Date:
Best Before Date: Aug 2014
Batch Number: RMSO25023. 01 L1226 016 02 03:35
Packaging: Metal
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 52.10

Sub-sample Name: Waitrose, essential, sweetcorn

Ingredients: Sweetcorn, water

Label claim(s):

Produced in France

Vacuum packed

No added sugar or salt

Nutrient Information:

Nutrient	Unit	Amount/100g (as drained)	Amount/80g (drained)
Energy	kJ	363	290
Energy	kcal	86	69
Protein	g	2.8	2.2
Carbohydrate	g	14.2	11.4
Sugars	g	6.7	5.4
Starch	g	N/A	N/A
Fat	g	2.0	1.6
Saturates	g	0.4	0.3
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	3.4	2.7
Sodium	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 52
Composite Sample Name: Sweetcorn, canned in water, drained
Sub-sample Number: 52.11
Sub-sample Name: Happy Shopper, sweetcorn in water
Brand: Happy Shopper
Pack size: 340g (net weight), 285g (drained weight)
Purchase Date: 27.01.2012
Place of Purchase: Booker, Norwich
Display Until Date:
Best Before Date: 01/07/13
Batch Number: L250N 00:17 SWSS 434 ST1
Packaging: Metal
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 52.11

Sub-sample Name: Happy Shopper, sweetcorn in water

Ingredients: Sweetcorn, water

Label claim(s):

Produced in France

Nutrient Information:

Nutrient	Unit	Amount/100g (drained)	Amount/1/3 can serving (95g) (drained)
Energy	kJ	302	287
Energy	kcal	72	68
Protein	g	2.5	2.4
Carbohydrate	g	10.2	9.7
Sugars	g	5.5	5.2
Starch	g	N/A	N/A
Fat	g	1.5	1.4
Saturates	g	0.3	0.3
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	3.8	3.6
Sodium	g	Tr	Tr
Salt equivalent	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 52

Composite Sample Name: Sweetcorn, canned in water, drained

Sub-sample Number: 52.12

Sub-sample Name: Sweet Harvest, tender and crisp sweetcorn

Brand: Sweet Harvest

Pack size: 326g, 285g (drained weight)

Purchase Date: 28.11.2011

Place of Purchase: Aldi, Norwich

Display Until Date:

Best Before Date: Aug 2014

Batch Number: RMSO 42523. 06 L 1236 016 03 16:39 25133707

Packaging: Metal

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 52.12

Sub-sample Name: Sweet Harvest, tender and crisp sweetcorn

Ingredients: Sweetcorn, water

Label claim(s):

Vacuum sealed
A natural source of fibre
No artificial colours or flavours
Naturally low in fat
No preservatives
Suitable for vegetarians
Contains naturally occurring sugars

Nutrient Information:

Nutrient	Unit	Amount/100g (drained)
Energy	kJ	334
Energy	kcal	80
Protein	g	3.0
Carbohydrate	g	10.8
Sugars	g	5.6
Starch	g	N/A
Fat	g	1.9
Saturates	g	0.4
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	3.6
Sodium	g	0.01
Salt equivalent	g	0.02

Sample 53: Tomatoes, canned, whole contents

Composite Sample Number: 53
Composite Sample Name: Tomatoes, canned, whole contents
Sub-sample Number: 53.1
Sub-sample Name: Napolina, chopped tomatoes in a rich tomato juice
Brand: Napolina
Pack size: 400g (net weight)
Purchase Date: 27.01.2012
Place of Purchase: Asda, Norwich
Display Until Date:
Best Before Date: Dec 2013
Batch Number: CO5 LE216 PC
Packaging: Metal
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 53.1

Sub-sample Name: Napolina, chopped tomatoes in a rich tomato juice

Ingredients: Chopped tomatoes (70%), tomato juice, citric acid

Label claim(s):

Prepared and packed in Italy

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	93
Energy	kcal	22
Protein	g	1.1
Carbohydrate	g	3.5
Sugars	g	3.3
Starch	g	N/A
Fat	g	0.4
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.3
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 53
Composite Sample Name: Tomatoes, canned, whole contents
Sub-sample Number: 53.2
Sub-sample Name: Napolina, chopped tomatoes in a rich tomato juice
Brand: Napolina
Pack size: 400g (net)
Purchase Date: 30.01.2012
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date:
Best Before Date: Dec 2013
Batch Number: CO5 LE213 PC
Packaging: Metal
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 53.2

Sub-sample Name: Napolina, chopped tomatoes in a rich tomato juice

Ingredients: Chopped tomatoes (70%), tomato juice, citric acid

Label claim(s):

Prepared and packed in Italy

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	93
Energy	kcal	22
Protein	g	1.1
Carbohydrate	g	3.5
Sugars	g	3.3
Starch	g	N/A
Fat	g	0.4
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.3
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 53
Composite Sample Name: Tomatoes, canned, whole contents
Sub-sample Number: 53.3
Sub-sample Name: Napolina, peeled plum tomatoes in a rich tomato juice
Brand: Napolina
Pack size: 400g
Purchase Date: 27.01.2012
Place of Purchase: Booker, Norwich
Display Until Date:
Best Before Date: Dec 2011
Batch Number: CO5 7 PP L R239 12:18
Packaging: Metal
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 53.3

Sub-sample Name: Napolina, peeled plum tomatoes in a rich tomato juice

Ingredients: Chopped tomatoes (70%), tomato juice, citric acid

Label claim(s):

Prepared and packed in Italy

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	98
Energy	kcal	23
Protein	g	1.2
Carbohydrate	g	3.5
Sugars	g	3.3
Starch	g	N/A
Fat	g	0.5
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.3
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 53
Composite Sample Name: Tomatoes, canned, whole contents
Sub-sample Number: 53.4
Sub-sample Name: Cirio, peeled plum tomatoes
Brand: Cirio
Pack size: 400g (net weight), 250g (drained weight)
Purchase Date: 27.01.2012
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date:
Best Before Date: 31/12/2014
Batch Number: L E241 15:46 J10 PPA
Packaging: Metal
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 53.4

Sub-sample Name: Cirio, peeled plum tomatoes

Ingredients: Peeled plum tomatoes, tomato juice, acidity regulator: citric acid

Label claim(s):

Produced in Italy
Italian tomatoes

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	112
Energy	kcal	27
Protein	g	1.1
Carbohydrate	g	4.2
Sugars	g	3.8
Starch	g	N/A
Fat	g	0.2
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.1
Salt equivalent	g	N/A
Sodium	g	0.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 53
Composite Sample Name: Tomatoes, canned, whole contents
Sub-sample Number: 53.5
Sub-sample Name: Tesco, Italian chopped tomatoes in rich tomato juice
Brand: Tesco
Pack size: 400g
Purchase Date: 30.01.2012
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date:
Best Before Date: 07/2013
Batch Number: FD1 C55 LE208
Packaging: Metal
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 53.5

Sub-sample Name: Tesco, Italian chopped tomatoes in rich tomato juice

Ingredients: Tomato (65%), concentrated tomato juice, acidity regulator (citric acid)

Label claim(s):

Produced in Italy

Suitable for vegetarians

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/ $\frac{1}{2}$ can (200g)
Energy	kJ	99	198
Energy	kcal	23	47
Protein	g	1.4	2.8
Carbohydrate	g	4.0	8.0
Sugars	g	4.0	8.0
Starch	g	N/A	N/A
Fat	g	0.2	0.4
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.9	1.8
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 53

Composite Sample Name: Tomatoes, canned, whole contents

Sub-sample Number: 53.6

Sub-sample Name: Tesco Value, peeled plum tomatoes in tomato juice

Brand: Tesco Value

Pack size: 400g

Purchase Date: 30.01.2012

Place of Purchase: Tesco, Blue Boar Road, Norwich

Display Until Date:

Best Before Date: Dec 2012

Batch Number: EUM1 PO16 LN263

Packaging: Metal

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 53.6

Sub-sample Name: Tesco Value, peeled plum tomatoes in tomato juice

Ingredients: Tomatoes (60%), tomato juice, citric acid

Label claim(s):

Produced in Italy

Suitable for vegetarians

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/200g serving
Energy	kJ	72	143
Energy	kcal	17	34
Protein	g	1.0	2.0
Carbohydrate	g	3.0	6.0
Sugars	g	2.8	5.6
Starch	g	N/A	N/A
Fat	g	0.1	0.2
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.7	1.4
Salt equivalent	g	N/A	Tr
Sodium	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 53
Composite Sample Name: Tomatoes, canned, whole contents
Sub-sample Number: 53.7
Sub-sample Name: Sainsbury's, chopped tomatoes in tomato juice
Brand: Sainsbury's
Pack size: 390g
Purchase Date: 27.01.2012
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date:
Best Before Date: Sep 2013
Batch Number: FF1 LE 267 15:54 06365335 06.10 D0104
Packaging: Tetra pak
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 53.7

Sub-sample Name: Sainsbury's, chopped tomatoes in tomato juice

Ingredients: Tomatoes (65%), tomato juice, acidity regulator: citric acid

Label claim(s):

Produced in Italy

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/½ pack
Energy	kJ	78	153
Energy	kcal	18	36
Protein	g	1.0	2.0
Carbohydrate	g	3.0	5.9
Sugars	g	2.8	5.5
Starch	g	N/A	N/A
Fat	g	0.1	0.2
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.8	1.6
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 53

Composite Sample Name: Tomatoes, canned, whole contents

Sub-sample Number: 53.8

Sub-sample Name: Asda, Chosen by you, Italian peeled plum tomatoes in tomato juice

Brand: Asda

Pack size: 400g

Purchase Date: 27.01.2012

Place of Purchase: Asda, Norwich

Display Until Date:

Best Before Date: Sep 2012

Batch Number: CO5 LN239 PP ASP1009290

Packaging: Metal

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 53.8

Sub-sample Name: Asda, Chosen by you, Italian peeled plum tomatoes in tomato juice

Ingredients: Tomatoes (65%), concentrated tomato juice, acidity regulator (citric acid)

Label claim(s):

Produced in Italy

Suitable for vegetarians

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	99
Energy	kcal	23
Protein	g	1.2
Carbohydrate	g	4.0
Sugars	g	4.0
Starch	g	N/A
Fat	g	0.2
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.9
Salt equivalent	g	Tr
Sodium	g	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 53

Composite Sample Name: Tomatoes, canned, whole contents

Sub-sample Number: 53.9

Sub-sample Name: Morrisons, peeled Italian plum tomatoes in tomato juice

Brand: Morrisons

Pack size: 400g, 240g (drained)

Purchase Date: 30.01.2012

Place of Purchase: Morrisons, Norwich

Display Until Date:

Best Before Date: Sep 2012

Batch Number: CO5 LV245 PP P01/11 80854 2605

Packaging: Metal

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 53.9

Sub-sample Name: Morrisons, peeled Italian plum tomatoes in tomato juice

Ingredients: Plum tomatoes, tomato juice, acidity regulator (citric acid)

Label claim(s):

Produced in Italy
Vegetarian

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/½ can
Energy	kJ	72	143
Energy	kcal	17	34
Protein	g	1.0	2.0
Carbohydrate	g	3.0	6.0
Sugars	g	2.8	5.6
Starch	g	N/A	N/A
Fat	g	0.1	0.2
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.7	1.4
Salt equivalent	g	0.1	0.2
Sodium	g	Tr	0.1

Nutrient analysis of fruit and vegetables

Composite Sample Number: 53
Composite Sample Name: Tomatoes, canned, whole contents
Sub-sample Number: 53.10
Sub-sample Name: Nostia, chopped tomatoes
Brand: Nostia
Pack size: 400g (net weight), 240g (drained weight)
Purchase Date: 27.01.2012
Place of Purchase: Lidl, Norwich
Display Until Date:
Best Before Date: 14.08.2014
Batch Number: CO5 LE 226 PC 425
Packaging: Metal
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 53.10

Sub-sample Name: Nostia, chopped tomatoes

Ingredients: Peeled plum tomatoes (60%), tomato juice (39.6%), acidity regulator: citric acid

Label claim(s):

Produced in Italy

Nutrient Information: No information

Nutrient analysis of fruit and vegetables

Composite Sample Number: 53

Composite Sample Name: Tomatoes, canned, whole contents

Sub-sample Number: 53.11

Sub-sample Name: Marks & Spencer, Italian peeled plum tomatoes in tomato juice

Brand: Marks & Spencer

Pack size: 400g (net), 260g (drained weight)

Purchase Date: 30.01.2012

Place of Purchase: Marks & Spencer, Norwich

Display Until Date:

Best Before Date: Sep 2013

Batch Number: CO5 LE244 PP

Packaging: Metal

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 53.11

Sub-sample Name: Marks & Spencer, Italian peeled plum tomatoes in tomato juice

Ingredients: Italian peeled plum tomatoes (65%), tomato juice, acidity regulator: citric acid

Label claim(s):

Product of Italy
Packed in Italy
Suitable for vegetarians

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	90
Energy	kcal	20
Protein	g	1.2
Carbohydrate	g	3.5
Sugars	g	3.2
Starch	g	N/A
Fat	g	Tr
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.9
Salt equivalent	g	0.1
Sodium	g	0.04

Nutrient analysis of fruit and vegetables

Composite Sample Number: 53
Composite Sample Name: Tomatoes, canned, whole contents
Sub-sample Number: 53.12
Sub-sample Name: 3663, chopped tomatoes in tomato juice, 017576
Brand: 3663
Pack size: 2.5kg
Purchase Date: 30.01.2012
Place of Purchase: 3663 delivery
Display Until Date:
Best Before Date: 08/2014
Batch Number: WR1 C LE210
Packaging: Metal
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 53.12

Sub-sample Name: 3663, chopped tomatoes in tomato juice, 017576

Ingredients: Tomatoes (60%), tomato juice, acidity regulator: citric acid

Label claim(s): No information

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	77
Energy	kcal	18
Protein	g	1.0
Carbohydrate	g	3.0
Sugars	g	N/A
Starch	g	2.8
Fat	g	0.1
Saturates	g	0.0
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.7
Salt equivalent	g	Tr
Sodium	g	Tr

Sample 54: Tomato puree

Composite Sample Number: 54
Composite Sample Name: Tomato puree
Sub-sample Number: 54.1
Sub-sample Name: Napolina, double concentrate, tomato puree
Brand: Napolina
Pack size: 142g
Purchase Date: 30.01.2012
Place of Purchase: Morrisons, Norwich
Display Until Date:
Best Before Date: Aug 2013
Batch Number:
Packaging: Metal
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 54.1

Sub-sample Name: Napolina, double concentrate, tomato puree

Ingredients: Tomatoes

Label claim(s):

Prepared and packed in Italy
Gluten free
Rich in lycopene
Suitable for vegetarians

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	309
Energy	kcal	73
Protein	g	4.7
Carbohydrate	g	12.6
Sugars	g	N/A
Starch	g	N/A
Fat	g	0.4
Saturates	g	N/A
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	N/A
Salt equivalent	g	N/A
Sodium	g	N/A

Nutrient analysis of fruit and vegetables

Composite Sample Number: 54
Composite Sample Name: Tomato puree
Sub-sample Number: 54.2
Sub-sample Name: Napolina, double concentrate, tomato puree
Brand: Napolina
Pack size: 142g
Purchase Date: 30.01.2012
Place of Purchase: Morrisons, Norwich
Display Until Date:
Best Before Date: Aug 2013
Batch Number:
Packaging: Metal
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 54.2

Sub-sample Name: Napolina, double concentrate, tomato puree

Ingredients: Tomatoes

Label claim(s):

Prepared and packed in Italy
Gluten free
Rich in lycopene
Suitable for vegetarians

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	309
Energy	kcal	73
Protein	g	4.7
Carbohydrate	g	12.6
Sugars	g	N/A
Starch	g	N/A
Fat	g	0.4
Saturates	g	N/A
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	N/A
Salt equivalent	g	N/A
Sodium	g	N/A

Nutrient analysis of fruit and vegetables

Composite Sample Number: 54
Composite Sample Name: Tomato puree
Sub-sample Number: 54.3
Sub-sample Name: Tesco, tomato puree, double concentrated
Brand: Tesco
Pack size: 200g
Purchase Date: 30.01.2012
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date:
Best Before Date: Dec 2013
Batch Number: APE4 L E347 A2 11:30
Packaging: Metal
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 54.3

Sub-sample Name: Tesco, tomato puree, double concentrated

Ingredients: Tomato puree, acidity regulator (citric acid)

Label claim(s):

Double concentrated 28%-30%

Produced in Italy

Suitable for vegetarians

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/ tablespoon (15g)
Energy	kJ	389	58
Energy	kcal	92	14
Protein	g	4.8	0.7
Carbohydrate	g	18.1	2.7
Sugars	g	18.1	2.7
Starch	g	N/A	N/A
Fat	g	Tr	Tr
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.5	0.4
Sodium	g	0.2	Tr
Salt equivalent	g	0.5	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 54
Composite Sample Name: Tomato puree
Sub-sample Number: 54.4
Sub-sample Name: Asda, Chosen by you, Italian tomato puree, double concentrate
Brand: Asda
Pack size: 142g
Purchase Date: 10.02.2012
Place of Purchase: Asda, Norwich
Display Until Date:
Best Before Date: Sep 2013
Batch Number: CO2 LE 262 09:24
Packaging: Metal
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 54.4

Sub-sample Name: Asda, Chosen by you, Italian tomato puree, double concentrate

Ingredients: Tomato puree (100%)

Label claim(s):

Produced in Italy

Suitable for vegetarians

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	388
Energy	kcal	92
Protein	g	6.0
Carbohydrate	g	15.0
Sugars	g	14.5
Starch	g	N/A
Fat	g	0.2
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	3.0
Sodium	g	0.12
Salt equivalent	g	0.3

Nutrient analysis of fruit and vegetables

Composite Sample Number: 54
Composite Sample Name: Tomato puree
Sub-sample Number: 54.5
Sub-sample Name: Sainsbury's, double concentrate tomato puree
Brand: Sainsbury's
Pack size: 200g
Purchase Date: 27.01.2012
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date:
Best Before Date: Sep 2013
Batch Number: PV7 E255 15:46 W0131 00006217 06.10
Packaging: Metal
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 54.5

Sub-sample Name: Sainsbury's, double concentrate tomato puree

Ingredients: Tomatoes

Label claim(s):

Produced in Italy

Made with Italian tomatoes

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/15g serving
Energy	kJ	406	61
Energy	kcal	96	14
Protein	g	3.7	0.6
Carbohydrate	g	19.5	2.9
Sugars	g	15.3	2.3
Starch	g	4.2	0.6
Fat	g	0.3	Tr
Saturates	g	0.1	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	3.8	0.6
Sodium	g	0.08	Tr
Salt	g	0.2	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 54
Composite Sample Name: Tomato puree
Sub-sample Number: 54.6
Sub-sample Name: Cirio, double concentrated tomato puree
Brand: Cirio
Pack size: 4 x 70g
Purchase Date: 13.02.2012
Place of Purchase: Waitrose, Wymondham
Display Until Date:
Best Before Date: 10.2013
Batch Number: L279E 10 2013 10:13
Packaging: Metal
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 54.6

Sub-sample Name: Cirio, double concentrated tomato puree

Ingredients: Tomatoes

Label claim(s):

Produced in EU
Double concentrated

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	346
Energy	kcal	82
Protein	g	4.2
Carbohydrate	g	15.3
Sugars	g	N/A
Starch	g	N/A
Fat	g	0.4
Saturates	g	N/A
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	N/A
Sodium	g	N/A
Salt	g	N/A

Nutrient analysis of fruit and vegetables

Composite Sample Number: 54
Composite Sample Name: Tomato puree
Sub-sample Number: 54.7
Sub-sample Name: Trattoria Verdi, tomato puree, double concentrated
Brand: Trattoria Verdi
Pack size: 200g
Purchase Date: 30.01.2012
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date:
Best Before Date: Dec 2013
Batch Number: APE4 L E349 A2 13:00
Packaging: Metal
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 54.7

Sub-sample Name: Trattoria Verdi, tomato puree, double concentrated

Ingredients: Tomato puree, acidity regulator (citric acid)

Label claim(s):

Double concentrated 28%-30%

Produced in Italy

Suitable for vegetarians

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/ tablespoon (15g)
Energy	kJ	390	59
Energy	kcal	95	14
Protein	g	4.8	0.7
Carbohydrate	g	18.1	2.7
Sugars	g	18.1	2.7
Starch	g	N/A	N/A
Fat	g	Tr	Tr
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.5	0.4
Sodium	g	0.2	Tr
Salt equivalent	g	0.5	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 54

Composite Sample Name: Tomato puree

Sub-sample Number: 54.8

Sub-sample Name: The Co-operative, double concentrated tomato puree

Brand: The Co-operative

Pack size: 200g

Purchase Date: 03.02.2012

Place of Purchase: The Co-operative, Norwich

Display Until Date:

Best Before Date: Aug 2013

Batch Number: CO2 L E221 14:58

Packaging: Metal

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 54.8

Sub-sample Name: The Co-operative, double concentrated tomato puree

Ingredients: No information

Label claim(s):

Made in Italy using Italian tomatoes

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	340
Energy	kcal	80
Protein	g	5.0
Carbohydrate	g	14.2
Sugars	g	14.1
Starch	g	N/A
Fat	g	0.3
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2.0
Sodium	g	Tr
Salt equivalent	g	0.1

Nutrient analysis of fruit and vegetables

Composite Sample Number: 54
Composite Sample Name: Tomato puree
Sub-sample Number: 54.9
Sub-sample Name: Cucina, tomato puree, double concentrate
Brand: Cucina
Pack size: 200g
Purchase Date: 27.01.2012
Place of Purchase: Aldi, Norwich
Display Until Date:
Best Before Date: Oct 2013
Batch Number: APE4 L E285 B2 02:34 25190311
Packaging: Metal
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 54.9

Sub-sample Name: Cucina, tomato puree, double concentrate

Ingredients: Tomatoes

Label claim(s):

Gluten free

Produced in Italy

Suitable for vegetarians

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/20g serving
Energy	kJ	388	68
Energy	kcal	80	16
Protein	g	5.0	1.0
Carbohydrate	g	14.2	2.8
Sugars	g	14.1	2.8
Starch	g	N/A	N/A
Fat	g	0.3	0.1
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.8	0.6
Sodium	g	Tr	Tr
Salt equivalent	g	Tr	Tr

Sample 55: Baked beans in tomato sauce

Composite Sample Number: 55
Composite Sample Name: Baked beans in tomato sauce
Sub-sample Number: 55.1
Sub-sample Name: Heinz, 4 snap pots
Brand: Heinz
Pack size: 800g (4 x 200g)
Purchase Date: 27.01.2012
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date:
Best Before Date: 02-2013
Batch Number: BV 1336 13:14
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 55.1

Sub-sample Name: Heinz, 4 snap pots

Ingredients: Beans (51%), tomatoes (34%), water, sugar, cornflower, salt, modified cornflower, antioxidant-ascorbic acid, spice extracts, herb extract

Label claim(s):

Gluten free
No artificial colours, flavours or preservatives
Low sugar
Low fat
High fibre
Made in England

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/pot
Energy	kJ	337	673
Energy	kcal	79	160
Protein	g	4.7	9.4
Carbohydrate	g	12.9	25.9
Sugars	g	4.8	9.6
Starch	g	N/A	N/A
Fat	g	0.2	0.4
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	3.7	7.4
Sodium	g	0.3	0.6
Salt equivalent	g	0.7	1.5

Nutrient analysis of fruit and vegetables

Composite Sample Number: 55
Composite Sample Name: Baked beans in tomato sauce
Sub-sample Number: 55.2
Sub-sample Name: Heinz, Beanz
Brand: Heinz
Pack size: 200g
Purchase Date: 27.01.2012
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date:
Best Before Date: 01-2013
Batch Number: BV B 2006 00:51
Packaging: Metal
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 55.2

Sub-sample Name: Heinz, Beanz

Ingredients: Beans (51%), tomatoes (34%), water, sugar, modified cornflower, salt, spirit vinegar, spice extracts, herb extract

Label claim(s):

Made in England

No artificial colours, flavours or preservatives

Gluten free

Suitable for vegetarians

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/can
Energy	kJ	337	672
Energy	kcal	79	159
Protein	g	4.7	9.4
Carbohydrate	g	12.9	25.8
Sugars	g	5.0	10.0
Starch	g	N/A	N/A
Fat	g	0.2	0.4
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	3.7	7.4
Sodium	g	0.3	0.6
Salt equivalent	g	0.7	1.5

Nutrient analysis of fruit and vegetables

Composite Sample Number: 55
Composite Sample Name: Baked beans in tomato sauce
Sub-sample Number: 55.3
Sub-sample Name: Heinz, Beanz
Brand: Heinz
Pack size: 150g
Purchase Date: 27.01.2012
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date:
Best Before Date: 12-2012
Batch Number: BV K3 1349 15:12
Packaging: Metal
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 55.3

Sub-sample Name: Heinz, Beanz

Ingredients: Beans (49%), tomatoes (35%), water, sugar, modified cornflower, salt, spirit vinegar, spice extracts, herb extract

Label claim(s):

Made in England

No artificial colours, flavours or preservatives

Gluten free

Suitable for vegetarians

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/can
Energy	kJ	304	455
Energy	kcal	72	108
Protein	g	4.1	6.2
Carbohydrate	g	11.9	17.8
Sugars	g	5.0	7.4
Starch	g	N/A	N/A
Fat	g	0.2	0.3
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	3.2	4.8
Sodium	g	0.3	0.4
Salt equivalent	g	0.7	1.1

Nutrient analysis of fruit and vegetables

Composite Sample Number: 55
Composite Sample Name: Baked beans in tomato sauce
Sub-sample Number: 55.4
Sub-sample Name: Heinz Beanz
Brand: Heinz
Pack size: 415g
Purchase Date: 27.01.2012
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date:
Best Before Date: 05-2013
Batch Number: BV 2 1355 19:09
Packaging: Metal
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 55.4

Sub-sample Name: Heinz Beanz

Ingredients: Beans (51%), tomatoes (34%), water, sugar, modified cornflower, salt, spirit vinegar, spice extracts, herb extract

Label claim(s):

Made in England

Packed with fibre

Low in sugar

Gluten free

Suitable for vegetarians

No artificial colours, flavours or preservatives

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/½ can
Energy	kJ	337	696
Energy	kcal	79	164
Protein	g	4.7	9.7
Carbohydrate	g	12.9	26.7
Sugars	g	5.0	10.3
Starch	g	N/A	N/A
Fat	g	0.2	0.4
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	3.7	7.7
Sodium	g	0.3	0.6
Salt equivalent	g	0.7	1.5

Nutrient analysis of fruit and vegetables

Composite Sample Number: 55
Composite Sample Name: Baked beans in tomato sauce
Sub-sample Number: 55.5
Sub-sample Name: Heinz, Beanz
Brand: Heinz
Pack size: 415g
Purchase Date: 27.01.2012
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date:
Best Before Date: 05-2013
Batch Number: BV 6 1355 19:09
Packaging: Metal
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 55.5

Sub-sample Name: Heinz, Beanz

Ingredients: Beans (51%), tomatoes (34%), water, sugar, modified cornflower, salt, spirit vinegar, spice extracts, herb extract

Label claim(s):

Made in England

Packed with fibre

Low in sugar

Gluten free

Suitable for vegetarians

No artificial colours, flavours or preservatives

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/½ can
Energy	kJ	337	696
Energy	kcal	79	164
Protein	g	4.7	9.7
Carbohydrate	g	12.9	26.7
Sugars	g	5.0	10.3
Starch	g	N/A	N/A
Fat	g	0.2	0.4
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	3.7	7.7
Sodium	g	0.3	0.6
Salt equivalent	g	0.7	1.5

Nutrient analysis of fruit and vegetables

Composite Sample Number: 55
Composite Sample Name: Baked beans in tomato sauce
Sub-sample Number: 55.6
Sub-sample Name: Heinz, Beanz
Brand: Heinz
Pack size: 200g
Purchase Date: 27.01.2012
Place of Purchase: Asda, Norwich
Display Until Date:
Best Before Date: 01-2013
Batch Number: BV A 2006 08:10
Packaging: Metal
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 55.6

Sub-sample Name: Heinz, Beanz

Ingredients: Beans (51%), tomatoes (34%), water, sugar, modified cornflower, salt, spirit vinegar, spice extracts, herb extract

Label claim(s):

Made in England

No artificial colours, flavours or preservatives

Gluten free

Suitable for vegetarians

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/can
Energy	kJ	337	672
Energy	kcal	79	159
Protein	g	4.7	9.4
Carbohydrate	g	12.9	25.8
Sugars	g	5.0	10.0
Starch	g	N/A	N/A
Fat	g	0.2	0.4
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	3.7	7.4
Sodium	g	0.3	0.6
Salt equivalent	g	0.7	1.5

Nutrient analysis of fruit and vegetables

Composite Sample Number: 55
Composite Sample Name: Baked beans in tomato sauce
Sub-sample Number: 55.7
Sub-sample Name: Heinz, Beanz
Brand: Heinz
Pack size: 2.62kg
Purchase Date: 30.01.2012
Place of Purchase: 3663 delivery
Display Until Date:
Best Before Date: 12-2012
Batch Number: BV 5 1342 15:15
Packaging: Metal
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 55.7

Sub-sample Name: Heinz, Beanz

Ingredients: Beans (47%), tomatoes (36%), water, sugar, modified cornflower, salt, spirit vinegar, spice extracts, herb extract

Label claim(s):

Made in England

High in fibre

Virtually fat free

Gluten free

Suitable for vegetarians

No artificial colours, flavours or preservatives

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/serving (145g)
Energy	kJ	323	468
Energy	kcal	77	111
Protein	g	4.4	6.4
Carbohydrate	g	12.5	18.2
Sugars	g	5.1	7.4
Starch	g	N/A	N/A
Fat	g	0.2	0.3
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	3.5	5.0
Sodium	g	0.3	0.4
Salt equivalent	g	0.8	1.1

Nutrient analysis of fruit and vegetables

Composite Sample Number: 55
Composite Sample Name: Baked beans in tomato sauce
Sub-sample Number: 55.8
Sub-sample Name: Heinz, Beanz, organic
Brand: Heinz
Pack size: 415g
Purchase Date: 27.01.2012
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date:
Best Before Date: 03-2013
Batch Number: OX 4 1313 01:24
Packaging: Metal
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 55.8

Sub-sample Name: Heinz, Beanz, organic

Ingredients: Beans (52%), tomatoes (33%), water, sugar, cornflower, salt, spirit vinegar, spices, onion powder

Label claim(s):

Made in England

Organic certification: UK5

No artificial colours, flavours or preservatives

Gluten free

Suitable for vegetarians

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/½ can
Energy	kJ	338	701
Energy	kcal	81	166
Protein	g	4.8	9.9
Carbohydrate	g	12.9	26.7
Sugars	g	5.1	10.6
Starch	g	N/A	N/A
Fat	g	0.2	0.4
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	3.8	7.8
Sodium	g	0.3	0.6
Salt equivalent	g	0.7	1.5

Nutrient analysis of fruit and vegetables

Composite Sample Number: 55
Composite Sample Name: Baked beans in tomato sauce
Sub-sample Number: 55.9
Sub-sample Name: Branston, baked beans in a rich and tasty tomato sauce
Brand: Branston
Pack size: 4 x 410g
Purchase Date: 27.01.2012
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date:
Best Before Date: Dec 2013
Batch Number: W- 218W 1342 01:11 04
Packaging: Metal
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 55.9

Sub-sample Name: Branston, baked beans in a rich and tasty tomato sauce

Ingredients: Beans (53%), tomatoes (37%), sugar, water, modified maize starch, salt, onion powder, paprika, ground white pepper, flavouring, spices

Label claim(s): No information

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/half can (205g) serving
Energy	kJ	414	848
Energy	kcal	98	201
Protein	g	4.8	9.8
Carbohydrate	g	16.1	33.0
Sugars	g	5.9	12.1
Starch	g	N/A	N/A
Fat	g	0.4	0.8
Saturates	g	0.1	0.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	5.5	11.3
Sodium	g	0.3	0.6
Salt equivalent	g	0.8	1.5

Nutrient analysis of fruit and vegetables

Composite Sample Number: 55
Composite Sample Name: Baked beans in tomato sauce
Sub-sample Number: 55.10
Sub-sample Name: Tesco, baked beans in tomato sauce
Brand: Tesco
Pack size: 420g
Purchase Date: 30.01.2012
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date:
Best Before Date: 11/2013
Batch Number: FD1 BB43 F LE334 01:49 02:38
Packaging: Metal
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 55.10

Sub-sample Name: Tesco, baked beans in tomato sauce

Ingredients: Haricot beans (49%), water, tomato purée (20%), sugar, modified maize starch, salt, onion powder, paprika, spice extracts, maltodextrin

Label claim(s):

Produced in Italy

A good source of fibre

Recipe: no nuts

Ingredients: cannot guarantee nut free

Factory: no nuts

Suitable for vegetarians

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/½ of a can (210g)
Energy	kJ	365	770
Energy	kcal	90	185
Protein	g	4.3	9.0
Carbohydrate	g	14.1	29.6
Sugars	g	5.5	11.6
Starch	g	N/A	N/A
Fat	g	0.5	1.1
Saturates	g	0.1	0.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	4.1	8.6
Sodium	g	0.3	0.5
Salt equivalent	g	0.6	1.3

Nutrient analysis of fruit and vegetables

Composite Sample Number: 55
Composite Sample Name: Baked beans in tomato sauce
Sub-sample Number: 55.11
Sub-sample Name: Asda, Smart Price, baked beans
Brand: Asda Smart Price
Pack size: 410g
Purchase Date: 27.01.2012
Place of Purchase: Asda, Norwich
Display Until Date:
Best Before Date: Jan 2014
Batch Number: W- 21DW W010 15:02 05 3006709
Packaging: Metal
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 55.11

Sub-sample Name: Asda, Smart Price, baked beans

Ingredients: Haricot beans (45%), tomatoes (32%), water, sugar, modified maize starch, glucose-fructose syrup, salt, onion, paprika, rapeseed oil, capsicum extract, cinnamon extract, garlic oil, flavouring, paprika extract, clove extract

Label claim(s):

Produced in the UK

No artificial colours or flavours

No hydrogenated fat

Suitable for vegetarians

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/½ can
Energy	kJ	407	834
Energy	kcal	96	197
Protein	g	5.0	10.3
Carbohydrate	g	16.4	33.6
Sugars	g	4.9	10.0
Starch	g	N/A	N/A
Fat	g	0.4	0.8
Saturates	g	Tr	0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	3.5	7.2
Sodium	g	0.32	0.66
Salt equivalent	g	0.8	1.6

Nutrient analysis of fruit and vegetables

Composite Sample Number: 55

Composite Sample Name: Baked beans in tomato sauce

Sub-sample Number: 55.12

Sub-sample Name: Sainsbury's, baked beans in tomato sauce

Brand: Sainsbury's

Pack size: 220g

Purchase Date: 27.01.2012

Place of Purchase: Sainsbury's, Longwater, Norwich

Display Until Date:

Best Before Date: Dec 2013

Batch Number: 02:21 - 21S V3 L 1347 9.11 0006040 06.09 P0819

Packaging: Metal

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 55.12

Sub-sample Name: Sainsbury's, baked beans in tomato sauce

Ingredients: Haricot beans (51%), tomatoes (33%), water, sugar, modified maize starch, salt, seasoning (salt, onion powder, paprika powder, rapeseed oil, clove extract, cinnamon extract, paprika extract, natural chilli flavouring, capsicum extract, garlic oil)

Label claim(s):

Produced in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/can
Energy	kJ	343	755
Energy	kcal	81	178
Protein	g	5.2	11.4
Carbohydrate	g	13.9	30.6
Sugars	g	4.4	9.7
Starch	g	9.5	20.9
Fat	g	0.5	1.1
Saturates	g	0.1	0.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	4.6	10.1
Salt	g	0.75	1.65
Sodium	g	0.30	0.66

Nutrient analysis of fruit and vegetables

Composite Sample Number: 55
Composite Sample Name: Baked beans in tomato sauce
Sub-sample Number: 55.13
Sub-sample Name: Morrisons Baked Beans
Brand: Morrisons
Pack size: 410g
Purchase Date: 30.01.2012
Place of Purchase: Morrisons, Norwich
Display Until Date:
Best Before Date: Nov 2013
Batch Number: L- 21Y V2 1334 08:08 12.7 1682 T31314/1110
Packaging: Metal
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 55.13

Sub-sample Name: Morrisons, baked beans in tomato sauce

Ingredients: Beans (51%), water, tomato purée (21%), sugar, modified maize starch, salt, seasoning (salt, onion powder, paprika, paprika extract, clove extract, rapeseed oil, cinnamon extract, bay extract, onion extract, capsicum extract, garlic extract), natural colour (paprika extract)

Label claim(s):

Produced in the UK

High in fibre

Vegetarian

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/ $\frac{1}{2}$ can serving
Energy	kJ	336	690
Energy	kcal	79	163
Protein	g	4.4	9.0
Carbohydrate	g	14.3	29.3
Sugars	g	3.8	7.8
Starch	g	N/A	N/A
Fat	g	0.5	1.0
Saturates	g	0.1	0.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	4.3	8.8
Sodium	g	0.2	0.5
Salt equivalent	g	0.6	1.3

Nutrient analysis of fruit and vegetables

Composite Sample Number: 55

Composite Sample Name: Baked beans in tomato sauce

Sub-sample Number: 55.14

Sub-sample Name: The Co-operative, baked beans in tomato sauce

Brand: The Co-operative

Pack size: 410g

Purchase Date: 31.01.2012

Place of Purchase: The Co-operative, Wymondham

Display Until Date:

Best Before Date: Jan 2014

Batch Number: L – 211 V4 L018 04:28 12:10 SSJ1A2

Packaging: Metal

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 55.14

Sub-sample Name: The Co-operative, baked beans in tomato sauce

Ingredients: Haricot beans (51%), water, reconstituted tomato purée (19%), sugar, modified maize starch, salt, seasoning.

Seasoning made with salt, onion powder, paprika, rapeseed oil, clove extract, cinnamon extract, paprika extract, chilli extract, capsicum extract, garlic oil

Label claim(s):

Made in the UK

American, Canadian and Ethiopian Haricot beans

High fibre

Suitable for vegetarians and vegans

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/½ can (approx. 250g)
Energy	kJ	340	710
Energy	kcal	80	165
Protein	g	4.8	9.8
Carbohydrate	g	14.8	30.3
Sugars	g	4.2	8.6
Starch	g	N/A	N/A
Fat	g	0.3	0.6
Saturates	g	0.1	0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	3.9	8.0
Sodium	g	0.3	0.6
Salt	g	0.7	1.4

Nutrient analysis of fruit and vegetables

Composite Sample Number: 55

Composite Sample Name: Baked beans in tomato sauce

Sub-sample Number: 55.15

Sub-sample Name: Corale, premium quality baked beans in rich tomato sauce

Brand: Corale

Pack size: 400g (2 x 200g) microwaveable handy sized pots

Purchase Date: 28.11.2011

Place of Purchase: Aldi, Norwich

Display Until Date:

Best Before Date: 30/11/2012

Batch Number: L1320667

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 55.15

Sub-sample Name: Corale, premium quality baked beans in rich tomato sauce

Ingredients: Haricot beans (50%), tomatoes (27%), water, sugar, modified potato starch, salt, onion powder, antioxidant: ascorbic acid; firming agent: calcium chloride; ground paprika, spice extracts, garlic extract

Label claim(s):

No artificial colours, flavourings or preservatives
Suitable for vegetarians

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/200g pot
Energy	kJ	371	742
Energy	kcal	88	176
Protein	g	4.8	9.6
Carbohydrate	g	14.4	28.8
Sugars	g	5.3	10.6
Starch	g	N/A	N/A
Fat	g	0.3	0.6
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	4.2	8.4
Sodium	g	0.21	0.42
Salt equivalent	g	0.53	1.06

Nutrient analysis of fruit and vegetables

Composite Sample Number: 55
Composite Sample Name: Baked beans in tomato sauce
Sub-sample Number: 55.16
Sub-sample Name: Happy Shopper, baked beans in rich tomato sauce
Brand: Happy Shopper
Pack size: 410g
Purchase Date: 27.01.2012
Place of Purchase: Booker, Norwich
Display Until Date:
Best Before Date: Dec 2013
Batch Number: L - 21M V7 1356 01:03 12.7 1575 001111
Packaging: Metal
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 55.16

Sub-sample Name: Happy Shopper, baked beans in rich tomato sauce

Ingredients: Haricot beans (52%), tomatoes (34%), water, sugar, modified maize starch, salt, onion powder, paprika, spice extracts, rapeseed oil, natural flavouring

Label claim(s):

Produced in the UK

Suitable for vegetarians

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/½ can serving (205g)
Energy	kJ	382	784
Energy	kcal	91	186
Protein	g	5.2	10.7
Carbohydrate	g	14.4	29.5
Sugars	g	4.3	8.8
Starch	g	N/A	N/A
Fat	g	0.4	0.8
Saturates	g	0.1	0.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	4.3	8.8
Sodium	g	0.30	0.62
Salt	g	0.75	1.54

Sample 56: Potato products, shaped, frozen, baked

Composite Sample Number: 56
Composite Sample Name: Potato products, shaped, frozen, baked
Sub-sample Number: 56.1
Sub-sample Name: Birds Eye, 12 potato waffles
Brand: Birds Eye
Pack size: 680g
Purchase Date: 27.01.2012
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date:
Best Before Date: 06 2013
Batch Number: L1349EF124 04:33 024384
Packaging: Cardboard
Sample Condition As Purchased: Frozen
Post Purchase Storage: Frozen

Nutrient analysis of fruit and vegetables

Sub-sample Number: 56.1

Sub-sample Name: Birds Eye, 12 potato waffles

Ingredients: Potato, vegetable oil, potato granules, potato starch, salt, stabiliser (E464)[#], white pepper

[#]E464 is derived from a natural plant material. It is used to control the level of fat absorbed by the waffles and to maintain their shape and texture.

Label claim(s):

Made with freshly mashed potatoes

Gluten free

No artificial colours, flavours or preservatives

Nutrient Information:

Nutrient	Unit	Amount/100g as sold	Amount/waffle (grilled)
Energy	kJ	745	440
Energy	kcal	178	105
Protein	g	2.5	1.5
Carbohydrate	g	21.6	13.0
Sugars	g	0.7	0.4
Starch	g	N/A	N/A
Fat	g	8.7	5.0
Saturates	g	0.9	0.5
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.7	1.0
Sodium	g	0.36	0.21
Salt equivalent	g	0.9	0.5

Nutrient analysis of fruit and vegetables

Composite Sample Number: 56
Composite Sample Name: Potato products, shaped, frozen, baked
Sub-sample Number: 56.2
Sub-sample Name: Birds Eye, 12 potato waffles
Brand: Birds Eye
Pack size: 680g
Purchase Date: 30.01.2012
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date:
Best Before Date: 06 2013
Batch Number: L1347KL124 09:18 024384
Packaging: Cardboard
Sample Condition As Purchased: Frozen
Post Purchase Storage: Frozen

Nutrient analysis of fruit and vegetables

Sub-sample Number: 56.2

Sub-sample Name: Birds Eye, 12 potato waffles

Ingredients: Potato, vegetable oil, potato granules, potato starch, salt, stabiliser (E464)[#], white pepper

[#] E464 is derived from a natural plant material. It is used to control the level of fat absorbed by the waffles and to maintain their shape and texture.

Label claim(s):

Made with freshly mashed potatoes

Gluten free

No artificial flavours or preservatives

Nutrient Information:

Nutrient	Unit	Amount/100g as sold	Amount/waffle (grilled)
Energy	kJ	745	440
Energy	kcal	178	105
Protein	g	2.5	1.5
Carbohydrate	g	21.6	13.0
Sugars	g	0.7	0.4
Starch	g	N/A	N/A
Fat	g	8.7	5.0
Saturates	g	0.9	0.5
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.7	1.0
Sodium	g	0.36	0.21
Salt equivalent	g	0.9	0.5

Nutrient analysis of fruit and vegetables

Composite Sample Number: 56

Composite Sample Name: Potato products, shaped, frozen, baked

Sub-sample Number: 56.3

Sub-sample Name: Birds Eye, 26 mini potato waffles

Brand: Birds Eye

Pack size: 513g

Purchase Date: 27.01.2012

Place of Purchase: Sainsbury's, Longwater, Norwich

Display Until Date:

Best Before Date: 07 2013

Batch Number: L2004 V1147 02:27 105090 2008678

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient analysis of fruit and vegetables

Sub-sample Number: 56.3

Sub-sample Name: Birds Eye, 26 mini potato waffles

Ingredients: Potato, vegetable oil, potato flakes, salt, stabiliser (E464) [#], spices, rosemary extract

[#] E464 is derived from a natural plant material. It is used to control the level of fat absorbed by the waffles and to maintain their shapes and texture.

Label claim(s):

Made with 100% sunflower oil

Gluten free

No artificial colours, flavours or preservatives

Made with freshly mashed potatoes

Low in saturated fat

Nutrient Information:

Nutrient	Unit	Amount/100g as sold	Amount/4 mini waffles (76g) (grilled)
Energy	kJ	709	540
Energy	kcal	170	130
Protein	g	2.1	1.6
Carbohydrate	g	18.6	14.0
Sugars	g	0.6	0.5
Starch	g	N/A	N/A
Fat	g	9.3	7.1
Saturates	g	1.1	0.8
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.6	1.2
Sodium	g	0.28	0.21
Salt equivalent	g	0.7	0.5

Nutrient analysis of fruit and vegetables

Composite Sample Number: 56
Composite Sample Name: Potato products, shaped, frozen, baked
Sub-sample Number: 56.4
Sub-sample Name: McCain, Smiles
Brand: McCain
Pack size: 600g
Purchase Date: 27.01.2012
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date:
Best Before Date: 06/2013
Batch Number: W 23 12 2011 1 B 00:16 47158E
Packaging: Plastic
Sample Condition As Purchased: Frozen
Post Purchase Storage: Frozen

Nutrient analysis of fruit and vegetables

Sub-sample Number: 56.4

Sub-sample Name: McCain, Smiles

Ingredients: Potatoes, dehydrated potato, sunflower oil, potato starch, salt, white pepper

Label claim(s):

Prepared with sunflower oil
Prepared from real mashed potato
Low in saturated fat
Low in salt
No artificial colours or flavours
No hydrogenated fats
Suitable for vegetarians

Nutrient Information:

Nutrient	Unit	Amount/100g (frozen)	Amount/100g (oven baked)	Amount/100g (grilled)
Energy	kJ	788	896	905
Energy	kcal	188	213	215
Protein	g	2.5	2.9	2.9
Carbohydrate	g	26.7	30.8	31.1
Sugars	g	0.7	0.8	0.8
Starch	g	N/A	N/A	N/A
Fat	g	7.9	8.7	8.8
Saturates	g	0.9	1.0	1.0
Monounsaturates	g	N/A	N/A	N/A
Polyunsaturates	g	N/A	N/A	N/A
Fibre	g	2.0	2.3	2.2
Sodium	g	0.06	0.06	0.06
Salt equivalent	g	0.2	0.2	0.2

Nutrient analysis of fruit and vegetables

Composite Sample Number: 56
Composite Sample Name: Potato products, shaped, frozen, baked
Sub-sample Number: 56.5
Sub-sample Name: McCain, Smiles
Brand: McCain
Pack size: 454g
Purchase Date: 27.01.2012
Place of Purchase: Asda, Norwich
Display Until Date:
Best Before Date: 05/2013
Batch Number: W 24 11 2011 3 B 07:54 47132E
Packaging: Plastic
Sample Condition As Purchased: Frozen
Post Purchase Storage: Frozen

Nutrient analysis of fruit and vegetables

Sub-sample Number: 56.5

Sub-sample Name: McCain, Smiles

Ingredients: Potatoes, dehydrated potato, sunflower oil, potato starch, salt, white pepper

Label claim(s):

Prepared with sunflower oil
Prepared from real mashed potato
Low in saturated fat
Low in salt
No artificial colours or flavours
No hydrogenated fats
Suitable for vegetarians

Nutrient Information:

Nutrient	Unit	Amount/100g (frozen)	Amount/100g (oven baked)	Amount/100g (grilled)
Energy	kJ	788	896	905
Energy	kcal	188	213	215
Protein	g	2.5	2.9	2.9
Carbohydrate	g	26.7	30.8	31.1
Sugars	g	0.7	0.8	0.8
Starch	g	N/A	N/A	N/A
Fat	g	7.9	8.7	8.8
Saturates	g	0.9	1.0	1.0
Monounsaturates	g	N/A	N/A	N/A
Polyunsaturates	g	N/A	N/A	N/A
Fibre	g	2.0	2.3	2.2
Sodium	g	0.06	0.06	0.06
Salt equivalent	g	0.2	0.2	0.2

Nutrient analysis of fruit and vegetables

Composite Sample Number: 56
Composite Sample Name: Potato products, shaped, frozen, baked
Sub-sample Number: 56.6
Sub-sample Name: McCain Classics, Smiles
Brand: McCain Classics
Pack size: 907g
Purchase Date: 30.01.2012
Place of Purchase: 3663 delivery
Display Until Date:
Best Before Date: 12/2012
Batch Number: W 02 06 20111 D 02:15 44733D
Packaging: Plastic
Sample Condition As Purchased: Frozen
Post Purchase Storage: Frozen

Nutrient analysis of fruit and vegetables

Sub-sample Number: 56.6

Sub-sample Name: McCain Classics, Smiles

Ingredients: Potatoes, dehydrated potato, sunflower oil, potato starch, salt, white pepper

Label claim(s):

Prepared with 100% sunflower oil

Prepared from real mashed potato

Low in saturated fat

Nutrient Information:

Nutrient	Unit	Amount/100g (frozen)	Amount/100g (deep fried in rapeseed oil)	Amount/100g (oven baked)	Amount/100g (grilled)
Energy	kJ	788	932	896	905
Energy	kcal	188	223	213	215
Protein	g	2.5	2.6	2.9	2.9
Carbohydrate	g	26.7	27.6	30.8	31.1
Sugars	g	0.7	0.6	0.8	0.8
Starch	g	N/A	N/A	N/A	N/A
Fat	g	7.9	11.3	8.7	8.8
Saturates	g	0.9	0.9	1.0	1.0
Monounsaturates	g	N/A	N/A	N/A	N/A
Polyunsaturates	g	N/A	N/A	N/A	N/A
Fibre	g	2.0	1.9	2.3	2.2
Sodium	g	0.06	0.11	0.06	0.06
Salt equivalent	g	0.2	0.3	0.2	0.2

Nutrient analysis of fruit and vegetables

Composite Sample Number: 56
Composite Sample Name: Potato products, shaped, frozen, baked
Sub-sample Number: 56.7
Sub-sample Name: Sainsbury's, 12 potato waffles
Brand: Sainsbury's
Pack size: 680g
Purchase Date: 27.01.2012
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date:
Best Before Date: Jan 2014
Batch Number: LOT 812017 15:20 6336267 A8225 09.11
Packaging: Cardboard
Sample Condition As Purchased: Frozen
Post Purchase Storage: Frozen

Nutrient analysis of fruit and vegetables

Sub-sample Number: 56.7

Sub-sample Name: Sainsbury's, 12 potato waffles

Ingredients: Potato (85%), sunflower oil (8%), potato flake, acidity regulators: sodium carbonate, citric acid; salt, stabiliser: hydroxypropyl methyl cellulose; turmeric

Label claim(s):

Made with sunflower oil

Made with mashed potato

Produced in Belgium

Vegan

Not suitable for wheat gluten allergy sufferers due to manufacturing methods

Nutrient Information:

Nutrient	Unit	Amount/100g (cooked as per instructions)	Amount/waffle (cooked as per instructions)
Energy	kJ	979	558
Energy	kcal	234	133
Protein	g	2.5	1.4
Carbohydrate	g	28.0	16.0
Sugars	g	0.5	0.3
Starch	g	27.5	15.7
Fat	g	12.0	6.8
Saturates	g	1.2	0.7
Monounsaturates	g	2.3	1.3
Polyunsaturates	g	8.0	4.6
Fibre	g	2.0	1.1
Salt	g	0.50	0.28
Sodium	g	0.20	0.11

Nutrient analysis of fruit and vegetables

Composite Sample Number: 56
Composite Sample Name: Potato products, shaped, frozen, baked
Sub-sample Number: 56.8
Sub-sample Name: Iceland, alphabet potato shapes
Brand: Iceland
Pack size: 700g
Purchase Date: 30.01.2012
Place of Purchase: Iceland, Norwich
Display Until Date:
Best Before Date: 07/07/2013
Batch Number: 12008 0213 6 420 ID52616A
Packaging: Plastic
Sample Condition As Purchased: Frozen
Post Purchase Storage: Frozen

Nutrient analysis of fruit and vegetables

Sub-sample Number: 56.8

Sub-sample Name: Iceland, alphabet potato shapes

Ingredients: Potato (86%), sunflower oil, dried potato, salt, stabiliser: hydroxypropyl methyl cellulose; dextrose, acidity regulator: citric acid, sodium carbonates; pepper, turmeric

Label claim(s):

Made with sunflower oil

Formed from mashed potato, pre-fried in sunflower oil

Produced and packed in Belgium

May contain gluten

Nutrient Information:

Nutrient	Unit	Amount/100g (ovenbaked)	Amount/ 1/6 th bag (ovenbaked)
Energy	kJ	791	925
Energy	kcal	189	221
Protein	g	2.5	2.9
Carbohydrate	g	25.5	29.8
Sugars	g	0.5	0.6
Starch	g	N/A	N/A
Fat	g	8.5	9.9
Saturates	g	0.9	1.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.0	2.3
Sodium	g	0.2	0.2
Salt	g	0.5	0.6

Nutrient analysis of fruit and vegetables

Composite Sample Number: 56
Composite Sample Name: Potato products, shaped, frozen, baked
Sub-sample Number: 56.9
Sub-sample Name: Asda, Chosen by you, happy stars
Brand: Asda
Pack size: 454g
Purchase Date: 27.01.2012
Place of Purchase: Asda, Norwich
Display Until Date:
Best Before Date: 05/12/2012
Batch Number: 11339 ERX 18:11 ASP1003888
Packaging: Plastic
Sample Condition As Purchased: Frozen
Post Purchase Storage: Frozen

Nutrient analysis of fruit and vegetables

Sub-sample Number: 56.9

Sub-sample Name: Asda, Chosen by you, happy stars

Ingredients: Potato (90%), sunflower oil, dried potato, rice flour dextrose, stabiliser (hydroxypropyl methyl cellulose), spice extract

Label claim(s):

Mashed potato shapes, pre-fried in sunflower oil
Produced in Belgium
No artificial colours, flavours or hydrogenated fat
Suitable for vegetarians
Made with 100% sunflower oil

Nutrient Information:

Nutrient	Unit	Amount/100g (ovenbaked)	Amount/3 happy stars (ovenbaked)
Energy	kJ	623	421
Energy	kcal	148	100
Protein	g	2.1	1.4
Carbohydrate	g	22.4	15.1
Sugars	g	1.2	0.8
Starch	g	N/A	N/A
Fat	g	5.0	3.4
Saturates	g	0.8	0.5
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.7	1.8
Sodium	g	0.13	0.09
Salt	g	0.3	0.2

Nutrient analysis of fruit and vegetables

Composite Sample Number: 56
Composite Sample Name: Potato products, shaped, frozen, baked
Sub-sample Number: 56.10
Sub-sample Name: McCain Classics, mini waffles
Brand: McCain Classics
Pack size: 907g
Purchase Date: 30.01.2012
Place of Purchase: 3663 delivery
Display Until Date:
Best Before Date: 11/2012
Batch Number: W 21 05 20112 C 15:22 44734D
Packaging: Plastic
Sample Condition As Purchased: Frozen
Post Purchase Storage: Frozen

Nutrient analysis of fruit and vegetables

Sub-sample Number: 56.10

Sub-sample Name: McCain Classics, mini waffles

Ingredients: Potatoes, dehydrated potato, sunflower oil, potato starch, salt, pepper extract

Label claim(s):

Prepared with 100% sunflower oil

Made from mashed potato

Nutrient Information:

Nutrient	Unit	Amount/100g (frozen)	Amount/100g (oven baked)	Amount/100g (deep fried in rapeseed oil)
Energy	kJ	834	995	1042
Energy	kcal	199	237	249
Protein	g	1.9	2.2	2.0
Carbohydrate	g	28.0	33.5	29.3
Sugars	g	0.5	0.5	0.5
Starch	g	N/A	N/A	N/A
Fat	g	8.8	10.5	13.8
Saturates	g	1.0	1.2	1.1
Monounsaturates	g	N/A	N/A	N/A
Polyunsaturates	g	N/A	N/A	N/A
Fibre	g	1.8	2.1	1.9
Sodium	g	0.25	0.29	0.26
Salt equivalent	g	0.6	0.7	0.7

Sample 57: Orange juice, chilled (premium and from concentrate)

Composite Sample Number: 57
Composite Sample Name: Orange juice, chilled (premium and from concentrate)
Sub-sample Number: 57.1
Sub-sample Name: Tropicana Pure Premium, original with juicy bits
Brand: Tropicana
Pack size: 1 litre
Purchase Date: 30.01.2012
Place of Purchase: Tesco Blue Boar Road, Norwich
Display Until Date:
Use By Date: 02/03/2012
Batch Number: ZAJ SL 04:39 349KDO6401X12QJ 50281900
Packaging: Carton
Sample Condition As Purchased: Chilled
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 57.1

Sub-sample Name: Tropicana Pure Premium, original with juicy bits

Ingredients: 100% orange juice

Label claim(s):

100% pure squeezed fruit

Not from concentrate

Contains naturally occurring sugars from juice

Nutrient Information:

Nutrient	Unit	Amount/100ml	Amount/200ml serving
Energy	kJ	204	408
Energy	kcal	48	96
Protein	g	0.8	1.6
Carbohydrate	g	10.0	20.0
Sugars	g	10.0	20.0
Starch	g	N/A	N/A
Fat	g	0.0	0.0
Saturates	g	0.0	0.0
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.7	1.4
Sodium/salt	g	0.0	0.0
Vitamin C	mg	39.0	78.0
Folic acid	µg	25.0	50.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 57

Composite Sample Name: Orange juice, chilled (premium and from concentrate)

Sub-sample Number: 57.2

Sub-sample Name: Tropicana Pure Premium, smooth, no bits, not from concentrate

Brand: Tropicana Pure Premium

Pack size: 1 litre

Purchase Date: 27.01.2012

Place of Purchase: Sainsbury's, Longwater, Norwich

Display Until Date:

Use By Date: 20/02/2012

Batch Number: ZNZ SR 13:10

Packaging: Carton

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 57.2

Sub-sample Name: Tropicana Pure Premium, smooth, no bits, not from concentrate

Ingredients: 100% orange juice

Label claim(s):

100% pure squeezed orange juice

Not from concentrate

Contains naturally occurring sugars from juice

Nutrient Information:

Nutrient	Unit	Amount/100ml	Amount/200ml serving
Energy	kJ	201	402
Energy	kcal	48	96
Protein	g	0.8	1.6
Carbohydrate	g	10.0	20.0
Sugars	g	10.0	20.0
Starch	g	N/A	N/A
Fat	g	0.0	0.0
Saturates	g	0.0	0.0
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.4	0.8
Sodium/salt	g	0.0	0.0
Vitamin C	mg	33.0	66.0
Folic acid	µg	25.0	50.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 57

Composite Sample Name: Orange juice, chilled (premium and from concentrate)

Sub-sample Number: 57.3

Sub-sample Name: Tropicana Pure Premium, smooth, no bits

Brand: Tropicana Pure Premium

Pack size: 1 litre

Purchase Date: 27.01.2012

Place of Purchase: Sainsbury's, Longwater, Norwich

Display Until Date:

Use By Date: 20/03/2012

Batch Number: ZAK UL 21:19 354KD05102XCHNT 50282000

Packaging: Carton

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 57.3

Sub-sample Name: Tropicana Pure Premium, smooth, no bits

Ingredients: 100% orange juice

Label claim(s):

Not from concentrate
100% pure squeezed fruit

Nutrient Information:

Nutrient	Unit	Amount/100ml	Amount/200ml serving
Energy	kJ	201	402
Energy	kcal	48	96
Protein	g	0.8	1.6
Carbohydrate	g	10.0	20.0
Sugars	g	10.0	20.0
Starch	g	N/A	N/A
Fat	g	0.0	0.0
Saturates	g	0.0	0.0
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.4	0.8
Sodium/salt	g	0.0	0.0
Vitamin C	mg	33.0	66.0
Folic acid	µg	25.0	50.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 57

Composite Sample Name: Orange juice, chilled (premium and from concentrate)

Sub-sample Number: 57.4

Sub-sample Name: Innocent, orange juice with bits

Brand: Innocent

Pack size: 900ml

Purchase Date: 27.01.2012

Place of Purchase: Sainsbury's, Longwater, Norwich

Display Until Date:

Use By Date: 29/02/2012

Batch Number: F2019J 02:52 TCOJB1107_14_14

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 57.4

Sub-sample Name: Innocent, orange juice with bits

Ingredients: 100% orange juice

Label claim(s):

Gently pasteurised

Picked and squeezed in 24 hours

Never concentrated and never sweetened

No pips, peel or stringy pith

Nutrient Information:

Nutrient	Unit	Amount/100ml
Energy	kJ	180
Energy	kcal	42
Protein	g	0.7
Carbohydrate	g	9.6
Sugars	g	8.1
Starch	g	N/A
Fat	g	Tr
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.6
Sodium	g	Tr
Vitamin C	mg	22.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 57
Composite Sample Name: Orange juice, chilled (premium and from concentrate)
Sub-sample Number: 57.5
Sub-sample Name: Sainsbury's, orange juice made from concentrate
Brand: Sainsbury's
Pack size: 1 litre
Purchase Date: 27.01.2012
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date:
Use By Date: 18 Mar
Batch Number: 13:05 # 353KD 2100 30192414
Packaging: Carton
Sample Condition As Purchased: Chilled
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 57.5

Sub-sample Name: Sainsbury's, orange juice made from concentrate

Ingredients: Orange juice from concentrate

Label claim(s):

Smooth
Pasteurised
From concentrate
Packed in the UK
High in vitamin C
Vegan
All sugars are found naturally in the fruit

Nutrient Information:

Nutrient	Unit	Amount/100ml	Amount/glass (200ml)
Energy	kJ	180	359
Energy	kcal	42	84
Protein	g	0.5	1.0
Carbohydrate	g	9.2	18.4
Sugars	g	9.2	18.4
Starch	g	N/A	N/A
Fat	g	0.1	0.2
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.1	0.2
Salt	g	Tr	Tr
Sodium	g	Tr	Tr
Vitamin C	mg	20.0	40.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 57
Composite Sample Name: Orange juice, chilled (premium and from concentrate)
Sub-sample Number: 57.6
Sub-sample Name: Tesco Value, pure orange juice , from concentrate
Brand: Tesco Value
Pack size: 1 litre
Purchase Date: 30.01.2012
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date: 11 Feb
Use By Date: 13 Feb
Batch Number: X310 03:17 P18380001A
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 57.6

Sub-sample Name: Tesco Value, pure orange juice , from concentrate

Ingredients: Orange juice from concentrate

Label claim(s):

Produced in the UK

High in vitamin C

Suitable for vegetarians

Nutrient Information:

Nutrient	Unit	Amount/100ml	Amount/serving (250ml)
Energy	kJ	197	493
Energy	kcal	46	115
Protein	g	0.5	1.3
Carbohydrate	g	10.4	26.0
Sugars	g	10.4	26.0
Starch	g	N/A	N/A
Fat	g	Tr	Tr
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	Tr	Tr
Salt	g	Tr	Tr
Sodium	g	Tr	Tr
Vitamin C	mg	25.0	62.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 57

Composite Sample Name: Orange juice, chilled (premium and from concentrate)

Sub-sample Number: 57.7

Sub-sample Name: Asda, Chosen by you, 100% pure orange juice, from concentrate

Brand: Asda Chosen by you

Pack size: 1 litre

Purchase Date: 27.01.2012

Place of Purchase: Asda, Norwich

Display Until Date: 24.03.12

Use By Date: 26.03.12

Batch Number: 16 22:38 BNR 337KEO728 25912321 ASP1005177

Packaging: Carton

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 57.7

Sub-sample Name: Asda, Chosen by you, 100% pure orange juice, from concentrate

Ingredients: Orange juice from concentrate (100%)

Label claim(s):

Smooth
High in vitamin C
Pasteurised
Suitable for vegetarians
Produce of more than one country
Packed in Spain

Nutrient Information:

Nutrient	Unit	Amount/100ml	Amount/200ml
Energy	kJ	174	349
Energy	kcal	41	82
Protein	g	0.5	1.0
Carbohydrate	g	9.0	18.0
Sugars	g	9.0	18.0
Starch	g	N/A	N/A
Fat	g	0.1	0.2
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.1	0.2
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr
Vitamin C	mg	30.0	60.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 57

Composite Sample Name: Orange juice, chilled (premium and from concentrate)

Sub-sample Number: 57.8

Sub-sample Name: Marks & Spencer, pure Spanish Valencia orange juice, with juicy bits

Brand: Marks & Spencer

Pack size: 1 litre

Purchase Date: 30.01.2012

Place of Purchase: Marks & Spencer, Norwich

Display Until Date: 03 Mar

Use By Date: 07 Mar

Batch Number: 012 20:01

Packaging: Carton

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 57.8

Sub-sample Name: Marks & Spencer, pure Spanish Valencia orange juice, with juicy bits

Ingredients: Spanish Valencia orange juice (100%)

Label claim(s):

Rich in vitamin C

Made in Spain

Not made from concentrated juice

Contains naturally occurring sugars

Nutrient Information:

Nutrient	Unit	Amount/100ml	Amount/250ml serving
Energy	kJ	175	435
Energy	kcal	40	100
Protein	g	0.6	1.5
Carbohydrate	g	9.6	24.0
Sugars	g	9.6	24.0
Starch	g	N/A	N/A
Fat	g	0.1	0.3
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.5	1.3
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr
Vitamin C	mg	25.0	63.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 57

Composite Sample Name: Orange juice, chilled (premium and from concentrate)

Sub-sample Number: 57.9

Sub-sample Name: Morrisons, orange juice from concentrate, with bits

Brand: Morrisons

Pack size: 1 litre

Purchase Date: 30.01.2012

Place of Purchase: Morrisons, Norwich

Display Until Date:

Best Before Date: 09/03/2012

Batch Number: 364 20:21 286KA 0519 4039 706475 2361 P10/09 74795

Packaging: Carton

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 57.9

Sub-sample Name: Morrisons, orange juice from concentrate, with bits

Ingredients: Orange juice from concentrate (97%), orange pulp

Label claim(s):

Produced in Spain

Nutrient Information:

Nutrient	Unit	Amount/100ml	Amount/250ml serving
Energy	kJ	182	455
Energy	kcal	43	107
Protein	g	0.7	1.8
Carbohydrate	g	10.0	25.0
Sugars	g	10.0	25.0
Starch	g	N/A	N/A
Fat	g	0.0	0.0
Saturates	g	0.0	0.0
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.4	1.0
Salt equivalent	g	0.0	0.0
Sodium	g	0.0	0.0
Vitamin C	mg	15.0	37.5

Nutrient analysis of fruit and vegetables

Composite Sample Number: 57

Composite Sample Name: Orange juice, chilled (premium and from concentrate)

Sub-sample Number: 57.10

Sub-sample Name: Del-Rivo, orange juice, smooth

Brand: Del-Rivo/Aldi

Pack size: 1 litre

Purchase Date: 27.01.2012

Place of Purchase: Aldi, Norwich

Display Until Date:

Use By Date: 16 Mar 12

Batch Number: X203 05:38 2016 355KB 1858 P38030212A 25193312

Packaging: Carton

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 57.10

Sub-sample Name: Del-Rivo, orange juice, smooth

Ingredients: No information

Label claim(s):

Rich in vitamin C

Not from concentrate

Suitable for vegetarians

Nutrient Information:

Nutrient	Unit	Amount/100ml	Amount/150ml
Energy	kJ	203	306
Energy	kcal	48	72
Protein	g	0.4	0.6
Carbohydrate	g	10.6	15.9
Sugars	g	10.6	15.9
Starch	g	N/A	N/A
Fat	g	0.1	0.2
Saturates	g	0.0	0.0
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.3	0.5
Salt equivalent	g	0.0	0.0
Sodium	g	0.0	0.0
Vitamin C	mg	30.0	45.0

Sample 58: Orange juice, from concentrate, ambient

Composite Sample Number: 58
Composite Sample Name: Orange juice, from concentrate, ambient
Sub-sample Number: 58.1
Sub-sample Name: Princes, 100% pure orange juice, from concentrate
Brand: Princes
Pack size: 1 litre
Purchase Date: 27.01.2012
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date:
Use By Date: Jan 2013
Batch Number: J L2004C 08:49 D
Packaging: Tetra pak
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 58.1

Sub-sample Name: Princes, 100% pure orange juice, from concentrate

Ingredients: Orange juice from concentrate (100%)

Label claim(s):

Rich in vitamin C

Produced in the UK

Nutrient Information:

Nutrient	Unit	Amount/100ml	Amount/200ml serving
Energy	kJ	178	357
Energy	kcal	42	84
Protein	g	0.5	1.0
Carbohydrate	g	9.1	18.2
Sugars	g	9.1	18.2
Starch	g	N/A	N/A
Fat	g	0.1	0.2
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.1	0.2
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr
Vitamin C	mg	20.0	40.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 58
Composite Sample Name: Orange juice, from concentrate, ambient
Sub-sample Number: 58.2
Sub-sample Name: Sunmagic, pure still orange juice, made from concentrate
Brand: Sunmagic
Pack size: 330ml
Purchase Date: 30.01.2012
Place of Purchase: 3663 delivery
Display Until Date:
Use By Date: 07-12
Batch Number: 01 AG 19C MD6665 21 15:22 L5
Packaging: Metal
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 58.2

Sub-sample Name: Sunmagic, pure still orange juice, made from concentrate

Ingredients: Orange juice made from concentrated orange juice

Label claim(s):

Produced in the EU
100% pure fruit juice
No artificial colours
No artificial flavouring
No artificial preservatives
No artificial sweeteners

Nutrient Information:

Nutrient	Unit	Amount/100ml
Energy	kJ	186
Energy	kcal	44
Protein	g	0.8
Carbohydrate	g	9.5
Sugars	g	9.5
Starch	g	N/A
Fat	g	0.2
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.2
Salt equivalent	g	N/A
Sodium	g	Tr
Vitamin C	mg	30.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 58

Composite Sample Name: Orange juice, from concentrate, ambient

Sub-sample Number: 58.3

Sub-sample Name: Sainsbury's, orange juice, smooth, made from concentrated orange juice

Brand: Sainsbury's

Pack size: 1 litre

Purchase Date: 27.01.2012

Place of Purchase: Sainsbury's, Longwater, Norwich

Display Until Date:

Use By Date: Jun 2012

Batch Number: Q L1344C 14:06A 0332965 11.08 B0917

Packaging: Tetra pak

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 58.3
Sub-sample Name: Sainsbury's, orange juice, smooth, made from concentrated orange juice

Ingredients: Orange juice from concentrate (100%)

Label claim(s):

Vegetarian and vegan
All sugars are found naturally in the fruit
Pasteurised
Produced in the UK

Nutrient Information:

Nutrient	Unit	Amount/100ml	Amount/200ml glass
Energy	kJ	178	357
Energy	kcal	42	84
Protein	g	0.5	1.0
Carbohydrate	g	9.1	18.2
Sugars	g	9.1	18.2
Starch	g	N/A	N/A
Fat	g	0.1	0.2
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.1	0.2
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr
Vitamin C	mg	20.0	40.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 58
Composite Sample Name: Orange juice, from concentrate, ambient
Sub-sample Number: 58.4
Sub-sample Name: Tesco, orange juice, from concentrate, with bits
Brand: Tesco
Pack size: 1 litre
Purchase Date: 30.01.2012
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date:
Use By Date: Sep12
Batch Number: X2 1349 00:14
Packaging: Carton
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 58.4

Sub-sample Name: Tesco, orange juice, from concentrate, with bits

Ingredients: Orange juice from concentrate

Label claim(s):

Suitable for vegetarians

Produced in the UK

Contains naturally occurring sugars

Nutrient Information:

Nutrient	Unit	Amount/100ml	Amount/250ml
Energy	kJ	199	500
Energy	kcal	47	120
Protein	g	0.5	1.3
Carbohydrate	g	10.5	26.3
Sugars	g	10.5	26.3
Starch	g	N/A	N/A
Fat	g	Tr	Tr
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	Tr	Tr
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr
Vitamin C	mg	25.0	62.5

Nutrient analysis of fruit and vegetables

Composite Sample Number: 58

Composite Sample Name: Orange juice, from concentrate, ambient

Sub-sample Number: 58.5

Sub-sample Name: Tesco Value, pure orange juice, from concentrate

Brand: Tesco Value

Pack size: 1 litre

Purchase Date: 30.01.2012

Place of Purchase: Tesco, Blue Boar Road, Norwich

Display Until Date:

Use By Date: Aug 12

Batch Number: X3 2007 22:25

Packaging: Carton

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 58.5

Sub-sample Name: Tesco Value, pure orange juice, from concentrate

Ingredients: Orange juice from concentrate

Label claim(s):

Suitable for vegetarians
Produced in the UK

Nutrient Information:

Nutrient	Unit	Amount/100ml	Amount/250ml
Energy	kJ	197	495
Energy	kcal	46	120
Protein	g	0.5	1.3
Carbohydrate	g	10.4	26.0
Sugars	g	10.4	26.0
Starch	g	N/A	N/A
Fat	g	0.0	Tr
Saturates	g	0.0	0.0
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.0	0.0
Salt equivalent	g	N/A	0.0
Sodium	g	0.0	0.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 58

Composite Sample Name: Orange juice, from concentrate, ambient

Sub-sample Number: 58.6

Sub-sample Name: Asda, Smart Price, orange juice, from concentrate

Brand: Asda Smart Price

Pack size: 1 litre

Purchase Date: 27.01.2012

Place of Purchase: Asda, Norwich

Display Until Date:

Use By Date: Jul 12

Batch Number: ASL0803525 X3 2014 07:41

Packaging: Carton

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 58.6
Sub-sample Name: Asda, Smart Price, orange juice, from concentrate

Ingredients: Orange juice from concentrate (100%)

Label claim(s):

Produced in the UK
Suitable for vegetarians

Nutrient Information:

Nutrient	Unit	Amount/100ml
Energy	kJ	201
Energy	kcal	47
Protein	g	0.5
Carbohydrate	g	10.4
Sugars	g	10.4
Starch	g	N/A
Fat	g	0.1
Saturates	g	0.0
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.0
Salt equivalent	g	0.0
Sodium	g	0.0
Vitamin C	mg	25.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 58

Composite Sample Name: Orange juice, from concentrate, ambient

Sub-sample Number: 58.7

Sub-sample Name: Asda, Chosen by you, 100% pure orange juice, from concentrate

Brand: Asda Chosen by you

Pack size: 1 litre

Purchase Date: 17.01.2012

Place of Purchase: Asda, Norwich

Display Until Date:

Use By Date: Jul 12

Batch Number: ASP1006834 X2 2003 05:12 SFQ

Packaging: Carton

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 58.7
Sub-sample Name: Asda, Chosen by you, 100% pure orange juice, from concentrate

Ingredients: Orange juice from concentrate (100%)

Label claim(s):

Suitable for vegetarians
Naturally high in vitamin C
Produced in the UK
Smooth

Nutrient Information:

Nutrient	Unit	Amount/100ml	Amount/200ml
Energy	kJ	201	407
Energy	kcal	47	96
Protein	g	0.5	1.0
Carbohydrate	g	10.5	21.0
Sugars	g	10.5	21.0
Starch	g	N/A	N/A
Fat	g	0.1	0.2
Saturates	g	0.0	0.0
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.0	0.0
Salt equivalent	g	0.0	0.0
Sodium	g	0.0	0.0
Vitamin C	mg	25.0	50.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 58

Composite Sample Name: Orange juice, from concentrate, ambient

Sub-sample Number: 58.8

Sub-sample Name: Happy Shopper, smooth orange juice, from concentrate

Brand: Happy Shopper

Pack size: 1 litre

Purchase Date: 27.01.2012

Place of Purchase: Booker, Norwich

Display Until Date:

Best Before Date: Dec 2012

Batch Number: L1356 RD10 11:23 10841 19541 000810

Packaging: Carton

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 58.8

Sub-sample Name: Happy Shopper, smooth orange juice, from concentrate

Ingredients: Orange juice from concentrate (100%)

Label claim(s):

Produced in the UK

Nutrient Information:

Nutrient	Unit	Amount/100ml	Amount/200ml serving
Energy	kJ	178	356
Energy	kcal	42	84
Protein	g	0.5	1.0
Carbohydrate	g	9.1	18.2
Sugars	g	9.1	18.2
Starch	g	N/A	N/A
Fat	g	0.1	0.2
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.2	0.4
Salt equivalent	g	0.0	0.0
Sodium	g	0.0	0.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 58

Composite Sample Name: Orange juice, from concentrate, ambient

Sub-sample Number: 58.9

Sub-sample Name: Morrisons, pure orange juice, from concentrate, with bits

Brand: Morrisons

Pack size: 1 litre

Purchase Date: 30.01.2012

Place of Purchase: Morrisons, Norwich

Display Until Date:

Best Before Date: Jul 2012

Batch Number: 1095 P07/10 77908 Y L2007C 22:56C

Packaging: Tetra pak

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 58.9

Sub-sample Name: Morrisons, pure orange juice, from concentrate, with bits

Ingredients: Orange juice from concentrate (100%)

Label claim(s):

Vegetarian

Produced in the UK

Nutrient Information:

Nutrient	Unit	Amount/100ml	Amount/150ml serving
Energy	kJ	108	270
Energy	kcal	42	63
Protein	g	0.5	0.8
Carbohydrate	g	9.2	13.8
Sugars	g	9.2	13.8
Starch	g	N/A	N/A
Fat	g	0.1	0.2
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.1	0.2
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr
Vitamin C	mg	25.0	38.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 58

Composite Sample Name: Orange juice, from concentrate, ambient

Sub-sample Number: 58.10

Sub-sample Name: The Co-operative, pure orange juice, from concentrate

Brand: The Co-operative

Pack size: 1 litre

Purchase Date: 30.01.2012

Place of Purchase: The Co-operative, Wymondham

Display Until Date:

Best Before Date: Aug 2012

Batch Number: K L014C 09:13A TGA111

Packaging: Tetra pak

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 58.10

Sub-sample Name: The Co-operative, pure orange juice, from concentrate

Ingredients: Orange juice from concentrate

Label claim(s):

Contains naturally occurring sugars
Suitable for vegetarians and vegans
Rich in vitamin C
Made in the UK using oranges from Brazil

Nutrient Information:

Nutrient	Unit	Amount/100ml	Amount/150ml serving
Energy	kJ	180	260
Energy	kcal	40	60
Protein	g	0.5	0.8
Carbohydrate	g	9.0	13.5
Sugars	g	9.0	13.5
Starch	g	N/A	N/A
Fat	g	0.1	0.2
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.1	0.2
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr
Vitamin C	mg	25.0	37.5

Nutrient analysis of fruit and vegetables

Composite Sample Number: 58
Composite Sample Name: Orange juice, from concentrate, ambient
Sub-sample Number: 58.11
Sub-sample Name: Lidl, orange juice
Brand: Lidl
Pack size: 1 litre
Purchase Date: 27.01.2013
Place of Purchase: Lidl, Norwich
Display Until Date:
Best Before Date: 14.01.2012
Batch Number: 100/00 001 77/17 03:43 SA 028755 L4 NG
Packaging: Carton
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 58.11

Sub-sample Name: Lidl, orange juice

Ingredients: No information

Label claim(s):

Made from orange juice concentrate
Fruit content: 100%

Nutrient Information: No information

Sample 59: Apple juice, clear, from concentrate, ambient and chilled

Composite Sample Number: 59
Composite Sample Name: Apple juice, clear, from concentrate, ambient and chilled
Sub-sample Number: 59.1
Sub-sample Name: Princes, 100% pure apple juice, from concentrate
Brand: Princes
Pack size: 1 litre
Purchase Date: 27.01.2012
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date:
Best Before Date: Jan 2013
Batch Number: V L2005C 19:40C
Packaging: Tetra pak
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 59.1

Sub-sample Name: Princes, 100% pure apple juice, from concentrate

Ingredients: Apple juice from concentrate (100%)

Label claim(s):

Produced in the UK

Nutrient Information:

Nutrient	Unit	Amount/100ml	Amount/200ml serving
Energy	kJ	188	376
Energy	kcal	44	88
Protein	g	0.1	0.2
Carbohydrate	g	10.4	20.8
Sugars	g	10.4	20.8
Starch	g	N/A	N/A
Fat	g	0.1	0.2
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	Tr	Tr
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 59
Composite Sample Name: Apple juice, clear, from concentrate, ambient and chilled
Sub-sample Number: 59.2
Sub-sample Name: Sunpride, 100% apple juice, from concentrate
Brand: Sunpride
Pack size: 1 litre
Purchase Date: 30.01.2012
Place of Purchase: Makro, Norwich
Display Until Date:
Best Before Date: Jul 12
Batch Number: X7 1300 20:00 360 740 ZJPCBSPAPJ1001C P11020130A
Packaging: Carton
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 59.2

Sub-sample Name: Sunpride, 100% apple juice, from concentrate

Ingredients: No information

Label claim(s): No information

Nutrient Information:

Nutrient	Unit	Amount/100ml	Amount/200ml
Energy	kJ	200	400
Energy	kcal	47	94
Protein	g	0.1	0.2
Carbohydrate	g	11.2	22.4
Sugars	g	11.2	22.4
Starch	g	N/A	N/A
Fat	g	0.0	0.0
Saturates	g	0.0	0.0
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.0	0.0
Salt equivalent	g	N/A	N/A
Sodium	g	0.0	0.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 59

Composite Sample Name: Apple juice, clear, from concentrate, ambient and chilled

Sub-sample Number: 59.3

Sub-sample Name: Del Monte Quality, 100% pure apple juice from concentrate

Brand: Del Monte Quality

Pack size: 1 litre

Purchase Date: 27.01.2012

Place of Purchase: Asda, Norwich

Display Until Date:

Best Before Date: Aug 12

Batch Number: 435 730 P11090019A X307 1320 08:07

Packaging: Carton

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 59.3
Sub-sample Name: Del Monte Quality, 100% pure apple juice from concentrate

Ingredients: Apple juice from concentrate

Label claim(s):

Produced in the UK

Nutrient Information:

Nutrient	Unit	Amount/100ml	Amount/250ml serving
Energy	kJ	202	505
Energy	kcal	47	118
Protein	g	0.1	0.3
Carbohydrate	g	11.3	28.3
Sugars*	g	11.3	28.3
Starch	g	N/A	N/A
Fat	g	0.1	0.3
Saturates	g	0.0	0.0
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.0	0.0
Salt equivalent	g	N/A	N/A
Sodium	g	0.0	0.0

*Naturally occurring sugars

Nutrient analysis of fruit and vegetables

Composite Sample Number: 59

Composite Sample Name: Apple juice, clear, from concentrate, ambient and chilled

Sub-sample Number: 59.4

Sub-sample Name: Sainsbury's, basics, apple juice, from concentrate, from around the world

Brand: Sainsbury's basics

Pack size: 1 litre

Purchase Date: 27.01.2012

Place of Purchase: Sainsbury's, Longwater, Norwich

Display Until Date:

Best Before Date: Jun 2012

Batch Number: P L1350C 13:18 B 6313744 04.08

Packaging: Tetra pak

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 59.4

Sub-sample Name: Sainsbury's, basics, apple juice, from concentrate, from around the world

Ingredients: Apple juice from concentrate (100%)

Label claim(s):

Vegetarian and vegan

Produced in the UK

All sugars are found naturally in the fruit

Pasteurised

Nutrient Information:

Nutrient	Unit	Amount/100ml	Amount/200ml serving
Energy	kJ	185	370
Energy	kcal	44	87
Protein	g	0.1	0.2
Carbohydrate	g	10.3	20.7
Sugars	g	10.3	20.7
Starch	g	N/A	N/A
Fat	g	0.1	0.2
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	Tr	Tr
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 59
Composite Sample Name: Apple juice, clear, from concentrate, ambient and chilled
Sub-sample Number: 59.5
Sub-sample Name: Tesco, apple juice, from concentrate
Brand: Tesco
Pack size: 1 litre
Purchase Date: 30.01.2012
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date:
Best Before Date: Jun 12
Batch Number: X8 1331 01:45 183 225 P11020040E
Packaging: Carton
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number:

59.5

Sub-sample Name:

Tesco, apple juice, from concentrate

Ingredients: Apple juice from concentrate

Label claim(s):

Suitable for vegetarians

Produced for the UK

Contains naturally occurring sugars

Nutrient Information:

Nutrient	Unit	Amount/100ml	Amount/250ml
Energy	kJ	196	495
Energy	kcal	46	120
Protein	g	0.1	0.3
Carbohydrate	g	11.1	27.8
Sugars	g	11.1	27.8
Starch	g	N/A	N/A
Fat	g	Tr	Tr
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	Tr	Tr
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 59

Composite Sample Name: Apple juice, clear, from concentrate, ambient and chilled

Sub-sample Number: 59.6

Sub-sample Name: Tesco Value, pure apple juice, from concentrate

Brand: Tesco Value

Pack size: 1 litre

Purchase Date: 30.01.2012

Place of Purchase: Tesco, Blue Boar Road, Norwich

Display Until Date: 07 Feb

Use By Date: 09 Feb

Batch Number: P18380002A X310 08:38

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 59.6

Sub-sample Name: Tesco Value, pure apple juice, from concentrate

Ingredients: Apple juice from concentrate

Label claim(s):

Produced in the UK

Nutrient Information:

Nutrient	Unit	Amount/100ml	Amount/250ml
Energy	kJ	203	510
Energy	kcal	48	120
Protein	g	0.1	0.3
Carbohydrate	g	11.4	28.5
Sugars	g	11.4	28.5
Starch	g	N/A	N/A
Fat	g	0.1	0.3
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	Tr	Tr
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 59

Composite Sample Name: Apple juice, clear, from concentrate, ambient and chilled

Sub-sample Number: 59.7

Sub-sample Name: Asda, Chosen by you, 100% pure apple juice, from concentrate

Brand: Asda Chosen by you

Pack size: 1 litre

Purchase Date: 27.01.2012

Place of Purchase: Asda, Norwich

Display Until Date: 06.04.12

Use By Date: 08.04.12

Batch Number: 281KE0929 25921422 77 BND 21:48 ASP1005180

Packaging: Carton

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 59.7

Sub-sample Name: Asda, Chosen by you, 100% pure apple juice, from concentrate

Ingredients: Apple juice from concentrate, acidity regulator (citric acid)

Label claim(s):

Pasteurised
Produce of more than one country
Packed in Spain

Nutrient Information:

Nutrient	Unit	Amount/100ml	Amount/200ml
Energy	kJ	189	377
Energy	kcal	44	89
Protein	g	0.1	0.2
Carbohydrate	g	10.4	20.8
Sugars	g	10.4	20.8
Starch	g	N/A	N/A
Fat	g	0.1	0.2
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	Tr	Tr
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 59
Composite Sample Name: Apple juice, clear, from concentrate, ambient and chilled
Sub-sample Number: 59.8
Sub-sample Name: Marks & Spencer, pure apple juice, from concentrate
Brand: Marks & Spencer
Pack size: 1 litre
Purchase Date: 30.01.2012
Place of Purchase: Marks & Spencer, Norwich
Display Until Date: 04/03
Use By Date: 08/03
Batch Number: S2
Packaging: Carton
Sample Condition As Purchased: Chilled
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 59.8

Sub-sample Name: Marks & Spencer, pure apple juice, from concentrate

Ingredients: Apple juice from concentrate (100%)

Label claim(s):

Contains naturally occurring sugars
Made in the UK

Nutrient Information:

Nutrient	Unit	Amount/100ml	Amount/250ml serving
Energy	kJ	190	475
Energy	kcal	45	115
Protein	g	0.1	0.3
Carbohydrate	g	10.4	26.0
Sugars	g	10.4	26.0
Starch	g	N/A	N/A
Fat	g	0.1	0.3
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	Tr	Tr
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr

Nutrient analysis of fruit and vegetables

Composite Sample Number: 59
Composite Sample Name: Apple juice, clear, from concentrate, ambient and chilled
Sub-sample Number: 59.9
Sub-sample Name: Morrisons, apple juice, from concentrate
Brand: Morrisons
Pack size: 1 litre
Purchase Date: 30.01.2012
Place of Purchase: Morrisons, Norwich
Display Until Date:
Use By Date: 14/03/12
Batch Number: 2361 909/09 74427 004 10:55
Packaging: Carton
Sample Condition As Purchased: Chilled
Post Purchase Storage: Refrigerated

Nutrient analysis of fruit and vegetables

Sub-sample Number: 59.9

Sub-sample Name: Morrisons, apple juice, from concentrate

Ingredients: Apple juice from concentrate (100%)

Label claim(s):

Produced in Spain

Nutrient Information:

Nutrient	Unit	Amount/100ml	Amount/250ml serving
Energy	kJ	194	485
Energy	kcal	46	114
Protein	g	0.2	0.5
Carbohydrate	g	11.2	28.0
Sugars	g	11.2	28.0
Starch	g	N/A	N/A
Fat	g	0.0	0.0
Saturates	g	0.0	0.0
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.2	0.5
Salt equivalent	g	0.0	0.0
Sodium	g	0.0	0.0

Nutrient analysis of fruit and vegetables

Composite Sample Number: 59
Composite Sample Name: Apple juice, clear, from concentrate, ambient and chilled
Sub-sample Number: 59.10
Sub-sample Name: Rio Doro, pure apple juice, from concentrate
Brand: Rio Doro
Pack size: 1 litre
Purchase Date: 28.11.2011
Place of Purchase: Aldi, Norwich
Display Until Date:
Best Before Date: Oct 2012
Batch Number: 25173857 L1293 RD3 18:37
Packaging: Tetra pak
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient analysis of fruit and vegetables

Sub-sample Number: 59.10

Sub-sample Name: Rio Doro, pure apple juice, from concentrate

Ingredients: No information

Label claim(s):

Vegetarian

Suitable for vegetarians

Nutrient Information:

Nutrient	Unit	Amount/100ml	Amount/200ml
Energy	kJ	177	378
Energy	kcal	42	89
Protein	g	0.1	0.2
Carbohydrate	g	10.4	20.8
Sugars	g	10.4	20.8
Starch	g	N/A	N/A
Fat	g	0.1	0.2
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	Tr	Tr
Salt equivalent	g	Tr	Tr
Sodium	g	Tr	Tr

Sample Preparation

Purchased samples were stored according to packing guidelines and usual consumer practices. Ambient products were stored at room temperature and chilled products were refrigerated at 4°C. Frozen products were stored at -20°C and either thawed before use or cooked from frozen, depending on product guidelines. Details of all sub-samples were recorded prior to preparation of composite samples and all samples including packaging, ingredient and nutrition information were photographed.

Where further sample preparation or cooking was required, samples were prepared according to packaging instructions or based on guidance for consumers provided by a range of sources including industry trade associations. Equal weights of un-homogenised sub-samples were combined to form single composite samples. The composite samples were homogenised as thoroughly as possible and were split into sub-samples of approximately 100g each. Composite samples were stored frozen at -40°C before being sent to laboratories for analysis. Where possible all sub-samples within a composite sample were prepared in a single day and the composite sample was produced on the same day. Where that was not possible, sub-samples were prepared and stored frozen until all sub-samples were available and the composite sample could be produced. Where sub-samples were purchased over two seasons, sub-samples from each season were prepared and stored frozen at -40 °C until all sub-samples were available. Once all sub-samples had been collected from both sampling points, they were thawed and mixed in equal proportions to produce the final composite sample for analysis of all nutrients except vitamin C and folate. Analysis for these labile nutrients was undertaken at the time of seasonal sampling and subsamples were chopped into chunks and frozen immediately. Samples were delivered to the laboratory for analysis of folate and vitamin C as soon as possible and were homogenised at the laboratory prior to analysis.

Details for each sample are given below, including weight changes on cooking and edible portion measurements.

Sample 1: Potatoes, old, raw, flesh only

Potatoes were rinsed in Analar water, dried and peeled. Each sub-sample was taken from quarters of 4-6 potatoes.

Average weight of whole potato = 161.2g

Average edible portion = 0.85

Edible portion weights

Sub-sample number	Average weight of whole potato (g)	Average weight of skin (g)	Average weight of other inedible parts (g)	Average edible portion
1.1	136.4	21.3	0.0	0.84
1.2	142.1	27.9	0.0	0.80
1.3	222.8	29.4	0.0	0.87
1.4	117.0	23.4	0.0	0.80
1.5	127.9	21.7	0.0	0.83
1.6	172.6	26.3	0.0	0.85
1.7	155.8	24.5	0.0	0.84
1.8	151.1	26.4	0.0	0.83
1.9	216.7	29.3	0.0	0.86
1.10	224.4	32.3	0.0	0.86
1.11	173.8	26.1	0.0	0.85
1.12	158.2	22.7	1.9	0.84
1.13	134.5	19.3	0.0	0.86
1.14	151.4	17.9	0.6	0.88
1.15	148.7	18.0	0.0	0.88
1.16	172.1	23.9	1.6	0.85
1.17	139.7	18.8	0.3	0.86
1.18	119.4	16.9	0.0	0.86
1.19	158.0	22.7	1.1	0.85
1.20	94.4	14.4	0.0	0.85
1.21	283.0	33.9	0.0	0.88
1.22	147.0	19.6	0.0	0.87

Sample 2: Potatoes, old, boiled, flesh only

For each sub-sample, 4-6 potatoes were rinsed in Analar water, peeled, cut into quarters to boil, and simmered for 10-25 minutes, according to packaging instructions, where given.

Average weight change on cooking = -9.6% (excluding sub-samples 2.5 and 2.10 which partly disintegrated during boiling).

Weight changes on cooking

Sub-sample number	Cooking details	Raw weight (g)	Cooked weight (g)	% Weight loss
2.1	17 mins, added to boiling water	254.7	236.2	7.3
2.2	13.5 mins, from cold	254.8	209.8	17.7
2.3	15 mins, from cold	260.0	227.7	12.4

Nutrient analysis of fruit and vegetables

2.4	20 mins, from cold	234.4	210.1	10.4
2.5	10 mins, from cold	234.2	177.6	24.2 ^a
2.6	19 mins, added to boiling water	293.0	253.0	13.7
2.7	12 mins, from cold	289.7	258.1	10.9
2.8	15 mins, from cold	260.4	222.0	14.7
2.9	17 mins, added to boiling water	276.5	250.7	9.3
2.10	15 mins, added to boiling water	269.8	173.1	35.8 ^a
2.11	20 mins, added to boiling water	305.0	275.0	9.8
2.12	15 mins, added to boiling water	351.0	307.6	12.4
2.13	25 mins, from cold	361.2	332.8	7.9
2.14	20 mins, from cold	338.5	318.5	5.9
2.15	20 mins, from cold	363.8	328.8	9.6
2.16	22 mins, from cold	402.0	375.6	6.6
2.17	16 mins, added to boiling water	401.8	373.2	7.1
2.18	16 mins, added to boiling water	355.4	329.8	7.2
2.19	17 mins, added to boiling water	399.7	370.8	7.2
2.20	18 mins, added to boiling water	382.6	354.0	7.5
2.21	17 mins, added to boiling water	427.5	397.7	7.0
2.22	19 mins, added to boiling water	389.6	357.3	8.3

^aPartially disintegrated during boiling

Sample 3: Potatoes, old, baked, flesh and skin

For each sub-sample, 3 potatoes were rinsed in Analar water , dried and pricked with a fork before baking according to packaging instructions, where given.

Average weight change on cooking = -24.5%

Weight changes on cooking

Sub-sample number	Cooking details	Raw weight (g)	Cooked weight (g)	% Weight loss
3.1	Baked at 180°C (fan oven) for 60 mins	434.7	305.0	29.8
3.2	Baked at 180°C (fan oven) for 60 mins	449.9	306.6	31.9
3.3	Baked at 180°C (fan oven) for 60 mins	494.7	353.4	28.6
3.4	Baked at 180°C (fan oven) for 70 mins	473.4	354.4	25.1
3.5	Baked at 180°C (fan oven) for 60 mins	464.1	354.5	23.6
3.6	Baked at 180°C (fan oven) for 60 mins	434.2	336.9	22.4
3.7	Baked at 200°C for 70 mins	486.9	365.1	25.0
3.8	Baked at 180°C (fan oven) for 60 mins	536.1	424.1	20.9
3.9	Baked at 180°C (fan oven) for 60 mins	598.9	446.8	25.4
3.10	Baked at 180°C (fan oven) for 60 mins	838.1	663.4	20.8
3.11	Baked at 180°C (fan oven) for 60 mins	479.5	337.6	29.6

Nutrient analysis of fruit and vegetables

3.12	Baked at 200°C for 62 mins	512.7	383.6	25.2
3.13	Baked at 200°C for 62 mins	510.3	370.9	27.3
3.14	Baked at 200°C for 62 mins	444.6	338.3	23.9
3.15	Baked at 200°C for 62 mins	396.1	291.9	26.3
3.16	Baked at 200°C for 60 mins	374.0	293.0	21.7
3.17	Baked at 200°C for 60 mins	521.0	400.4	23.1
3.18	Baked at 200°C for 60 mins	470.4	372.4	20.8
3.19	Baked at 200°C for 60 mins	517.0	403.9	21.9
3.20	Baked at 220°C for 45 mins	511.7	399.1	22.0
3.21	Baked at 200°C for 40 mins	1025.0	790.4	22.9
3.22	Baked at 200°C for 70 mins	391.1	306.1	21.7

Sample 4: Potatoes, old, roasted, flesh only

Potatoes were rinsed in Analar water, dried, peeled and cut up, before parboiling for 5-10mins. Parboiled potatoes were drained and roasted in sunflower oil, according to packaging instructions, where given.

Average weight loss on roasting = 32.6%

Weight changes on cooking

Sub-sample number	Cooking details	Raw weight (g)	Cooked weight ¹ (g)	% Weight loss
4.1	Parboil 10 mins, add 4tbsp oil, roast 50 mins, 200°C	573.2	420.3	26.7
4.2	Parboil 10 mins, add 4tbsp oil, roast 50 mins, 200°C	472.9	329.1	30.4
4.3	Parboil 10 mins, add 4tbsp oil, roast 50 mins, 200°C	464.7	325.9	29.9
4.4	Parboil 10 mins, add 4tbsp oil, roast 50 mins, 200°C	411.3	256.3	37.7
4.5	Parboil 10 mins, add 4tbsp oil, roast 50 mins, 200°C	375.1	238.3	36.5
4.6	Parboil 10 mins, add 4tbsp oil, roast 50 mins, 200°C	432.8	288.0	33.5
4.7	Parboil 10 mins, add 4tbsp oil, roast 50 mins, 200°C	328.3	210.2	36.0
4.8	Parboil 10 mins, add 4tbsp oil, roast 50 mins, 200°C	316.3	220.2	30.4
4.9	Parboil 10 mins, add 4tbsp oil, roast 50 mins, 200°C	395.6	268.1	32.2
4.10	Parboil 10 mins, add 4tbsp oil, roast 50 mins, 200°C	394.4	265.6	32.7
4.11	Parboil 10 mins, add 4tbsp oil, roast 50 mins, 200°C	465.6	310.7	33.3

¹Includes absorbed oil

Sample 5: Potatoes, old, potato wedges, with skin, dipped in sunflower oil, baked

For each sub-sample potatoes were rinsed in Analar water, dried and 3 or 4 potatoes were cut lengthwise into eighths to form wedges. Wedges were dipped in sunflower oil, transferred to a

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baking tray and baked at 200°C (or 180°C fan oven) according to packaging instructions, where given.

Average weight change on cooking = -41.2%

Weight changes on cooking

Sub-sample number	Cooking time (mins)	Raw weight (g)	Cooked weight (g)	% Weight loss
5.1	25	364.2	224.6	38.3
5.2	25	366.9	206.8	43.6
5.3	23	374.2	227.7	39.2
5.4	23	333.7	185.7	44.4
5.5	24	353.8	205.2	42.0
5.6	24	344.5	192.7	44.1
5.7	30	311.5	154.8	50.3
5.8	24	364.4	225.2	38.2
5.9	20	366.0	216.3	40.9
5.10	24	366.5	244.2	33.4
5.11	24	335.7	204.6	39.1

Sample 6: Potatoes, old, microwaved, flesh and skin

For each sub-sample, 2-3 potatoes were rinsed in Analar water, dried, weighed and their skins pricked before cooking. Potatoes were cooked in a 850kW microwave oven for 5-9 minutes, depending on size and according to packaging instructions, where given. Cooked potatoes were left to stand for 1-2 minutes.

Average weight change on cooking = -25.5%

Weight changes on cooking

Sub-sample number	Suggested cooking time (mins)	Actual cooking time (mins)	Raw weight (g)	Cooked weight (g)	% Weight loss
6.1	7	7	355.4	266.5	25.0
6.2	7	8	345.7	247.9	28.3
6.3	7	7	294.5	213.7	27.4
6.4	7	7	292.4	216.5	26.0
6.5	8	9	383.0	281.8	26.4
6.6	7	8	328.0	235.4	28.2
6.7	7	7	294.7	208.8	29.1
6.8	8	8	381.5	295.3	22.6
6.9	6	7	333.6	253.1	24.1

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6.10	9	10	478.5	366.0	23.5
6.11	7	8	415.7	334.8	19.5

Sample 7: Potatoes, new, boiled, flesh and skin

For each sub-sample, potatoes were rinsed in Analar water, dried, weighed and boiled according to instructions or until 'done'. Large potatoes were halved before cooking.

Average whole potato weight = 44.5g

Average whole potato weight of August samples (7.1-7.11) = 39.7g

Average whole potato weight of November samples (7.12-7.22)) = 51.2g

Average edible portion = 1.00

Average weight change on cooking = -4.3%

Weight changes on cooking

Sub-sample number	Average whole potato weight (g)	Cooking instructions	Raw weight (g)	Cooked weight (g)	% Weight loss
7.1	48.1	23 mins, added to boiling water	529.1	513.0	3.0
7.2	51.2	19 mins, added to boiling water	563.1	530.9	5.7
7.3	37.9	18 min, from cold	416.5	402.5	3.4
7.4	27.2	15 min, from cold	299.1	286.1	4.3
7.5	29.3	12 mins, added to boiling water	321.9	316.6	1.6
7.6	53.8	13 min, from cold	598.4	561.8	6.1
7.7	14.8	12 min, from cold	162.8	158.6	2.6
7.8	86.0	18 min, from cold	946.3	920.8	2.7
7.9	39.0	15 min, from cold	428.5	421.1	1.7
7.10	22.8	13 min, from cold	250.7	239.7	4.4
7.11	26.5	23 mins, added to boiling water	291.5	282.8	3.0
7.12	52.1	18 mins, added to boiling water	848.5	821.4	3.2
7.13	31.2	15 mins, added to boiling water	818.7	776.9	5.1
7.14	46.9	15 min, from cold	736.7	710.4	3.6
7.15	102.5	20 min, from cold	653.4	615.4	5.8
7.16	86.2	15 mins, added to boiling water	531.2	501.2	5.6
7.17	42.9	15 mins, added to boiling water	533.4	515.9	3.3
7.18	54.0	18 mins, added to boiling water	467.7	443.6	5.2
7.19	38.5	15 min, from cold	505.4	471.0	6.8
7.20	27.9	15 mins, added to boiling water	406.0	383.0	5.7
7.21	46.7	18 mins, added to boiling water	411.9	399.8	2.9

Nutrient analysis of fruit and vegetables

7.22	14.3	15 mins, added to boiling water	431.2	393.0	8.9
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Sample 8: Carrots, old, raw

For each sub-sample, carrots were rinsed in Analar water, dried, weighed, 'topped' and if necessary 'tailed'. To reflect the mixed consumer approach to peeling, approximately half of the sub-samples were peeled. Carrots were halved and sections from outside to inside were taken from top and bottom halves.

Average weight of whole carrot = 94.6g

Average weight of whole carrot, October sub-samples (8.1-8.11) = 84.4g

Average weight of whole carrot, January sub-samples (8.12-8.22) = 104.9g

Average edible portion of peeled carrots (excluding ready prepared) = 0.71

Average edible portion of unpeeled carrots (excluding ready prepared) = 0.91

Edible portion weights

Sub-sample number	Average whole carrot weight (g)	Preparation	Average top and tail weight (g)	Average peel weight (g)	Edible portion
8.1	67.2	Peeled	4.9	9.9	0.78
8.2	86.6	Peeled	5.1	10.4	0.82
8.3	Ready prepared				1.00
8.4	60.1	Peeled	4.2	7.5	0.81
8.5	103.3	Peeled	7.5	10.4	0.83
8.6	43.4	Unpeeled	10.7	N/A	0.75
8.7	140.0	Unpeeled	9.8	N/A	0.93
8.8	81.4	Unpeeled	7.5	N/A	0.91
8.9	49.8	Unpeeled	4.3	N/A	0.91
8.10	113.3	Unpeeled	9.0	N/A	0.92
8.11	99.1	Unpeeled	6.8	N/A	0.93
8.12	113.8	Peeled	5.4	16.3	0.81
8.13	Ready prepared				1.00
8.14	150.4	Peeled	7.8	20.1	0.81
8.15	72.4	Unpeeled		N/A	1.00
8.16	110.1	Unpeeled	5.4	N/A	0.95
8.17	83.7	Unpeeled	9.8	N/A	0.88
8.18	110.1	Unpeeled	9.5	N/A	0.91
8.19	102.1	Unpeeled	10.1	N/A	0.90
8.20	95.2	Unpeeled	6.9	N/A	0.93
8.21	129.9	Peeled	14.0	16.6	0.76
8.22	81.1	Peeled	7.9	12.5	0.75

Sample 9: Carrots, old, boiled

For each sub-sample, carrots were rinsed in Analar water, dried, weighed, ‘topped’ and if necessary ‘tailed’. To reflect the mixed consumer approach to peeling, approximately half of the sub-samples were peeled. Carrots were cut into batons or circular slices before adding to boiling water and were simmered for 5-10 minutes (except for subsample 9.2 which was boiled from cold as per pack instructions).

Average weight of carrot batton (60 battons from 6 subsamples) = 5.8g
 Average weight of carrot slice (50 slices from 5 subsamples) = 6.9g

Average weight change on cooking = -12.6%

Weight changes on cooking

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Sub-sample number	Preparation	Cooking time (min)	Raw weight (g)	Cooked weight (g)	% Weight loss
9.1	Peeled slices	5	234.6	203.8	13.1
9.2	Peeled batons	5	265.1	232.5	12.3
9.3	Peeled batons	5	216.9	194.9	10.1
9.4	Peeled slices	9	237.7	200.6	15.6
9.5	Peeled batons	7	251.4	220.2	12.4
9.6	Unpeeled slices	8.5	214.2	192.7	10.0
9.7	Unpeeled batons	8	261.1	228.4	12.5
9.8	Unpeeled batons	6	244.0	215.6	11.6
9.9	Unpeeled batons	8	243.9	213.5	12.5
9.10	Peeled slices	8	240.3	208.8	13.1
9.11	Unpeeled slices	10	215.6	182.9	15.2
9.12	Unpeeled batons	6	228.6	203.6	10.9
9.13	Peeled batons	5	239.6	211.8	11.6
9.14	Unpeeled batons	6	241.0	214.1	11.2
9.15	Peeled batons	10	239.2	206.2	13.8
9.16	Unpeeled batons	7	245.8	215.7	12.2
9.17	Peeled slices	7	223.6	198.4	11.3
9.18	Unpeeled slices	15	221.6	189.6	14.4
9.19	Peeled slices	8	226.8	194.3	14.3
9.20	Unpeeled slices	8	219.5	191.4	12.8
9.21	Peeled slices	9	224.0	192.2	14.2
9.22	Unpeeled slices	9	223.7	197.2	11.8

Sample 10: Carrots, old, microwaved

For each sub-sample, carrots were rinsed in Analar water, dried, weighed, ‘topped’ and if necessary ‘tailed’. To reflect the mixed consumer approach to peeling, approximately half of the sub-samples were peeled. Carrots were cut into batons or circular slices and microwaved (1000W oven, according to packaging instructions where available) with the addition of 2-3 tbsp water.

Average weight change on cooking = -19.5%

Weight changes on cooking

Sub-sample number	Preparation	Cooking time (min)	Raw weight (g)	Cooked weight (g)	% Weight loss
10.1	Peeled slices	5	223.8	189.3	15.4
10.2	Peeled slices	3.5	214.9	171.7	20.1

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10.3	Unpeeled batons	3 medium + 4 full power	250.4	199.1	20.5
10.4	Peeled slices	4	223.8	188.5	15.8
10.5	Peeled batons	4	219.5	178.8	18.5
10.6	Unpeeled batons	3	214.7	184.5	14.1
10.7	Unpeeled slices	4	233.8	199.6	14.6
10.8	Unpeeled slices	3.5	225.8	188.1	16.7
10.9	Unpeeled slices	3.5	209.5	177.7	15.2
10.10	Unpeeled batons	3.5	218.9	187.6	14.3
10.11	Unpeeled batons	3	217.0	184.5	15.0
10.12	Unpeeled batons	4.5	230.8	166.7	27.8
10.13	Peeled batons	8	257.1	163.3	36.5
10.14	Unpeeled batons	4.5	228.1	175.3	23.1
10.15	Peeled batons	4	220.8	177.3	19.7
10.16	Unpeeled batons	4	241.4	187.8	22.2
10.17	Peeled slices	4	225.2	177.6	21.1
10.18	Unpeeled slices	3	220.8	181.9	17.6
10.19	Peeled slices	4	216.9	170.9	21.2
10.20	Unpeeled slices	4	230.4	179.7	22.0
10.21	Peeled slices	3.5	228.3	183.2	19.8
10.22	Unpeeled slices	3.5	229.6	186.2	18.9

Sample 11: Onions, raw

For each sub-sample, 2-3 onions were prepared by removing skin, top and root.

Average weight of whole onion = 177.0g

Average edible portion = 0.9

Edible portion weights

Sub-sample number	Average whole onion weight (g)	Average weight top, root and skin (g)	Edible portion
11.1	200.5	30.3	0.85
11.2	107.6	10.9	0.90
11.3	132.5	14.7	0.89
11.4	160.0	17.7	0.89
11.5	179.9	14.6	0.92
11.6	107.7	17.4	0.84
11.7	207.5	18.3	0.91
11.8	214.9	24.9	0.88
11.9	133.1	15.3	0.89

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11.10	151.3	14.2	0.91
11.11	163.6	19.0	0.88
11.12	137.2	10.5	0.92
11.13	189.6	17.3	0.91
11.14	214.6	21.2	0.90
11.15	181.7	21.0	0.88
11.16	127.4	13.6	0.89
11.17	298.2	29.2	0.90
11.18	154.6	12.5	0.92
11.19	145.6	9.7	0.93
11.20	89.6	6.8	0.92
11.21	356.2	36.5	0.90
11.22	240.7	23.5	0.90

Sample 12: Onions, boiled

For each sub-sample, 2-3 onions were prepared by removing skin, top and root and chopped (diced) or sliced prior to boiling in water. Chopped onions were boiled for 5 minutes and sliced onions were boiled for 10 minutes.

Average weight change on cooking = -6.0%

Weight changes on cooking

Sub-sample number	Preparation	Cooking time (min)	Raw weight (g)	Cooked weight (g)	% Weight loss
12.1	Chopped	5	323.3	270.2	16.4
12.2	Chopped	5	377.4	357.7	5.2
12.3	Chopped	5	352.8	337.4	4.4
12.4	Chopped	5	339.5	326.4	3.9
12.5	Chopped	5	327.5	290.0	11.5
12.6	Sliced	10	342.6	310.3	9.4
12.7	Chopped	5	484.6	449.6	7.2
12.8	Sliced	10	501.2	471.1	6.0
12.9	Sliced	10	352.0	333.2	5.3
12.10	Sliced	10	337.0	315.5	6.4
12.11	Sliced	10	374.9	330.2	11.9
12.12	Chopped	5	349.6	333.3	4.7
12.13	Chopped	5	344.7	333.3	3.3
12.14	Chopped	5	323.3	311.5	3.6
12.15	Chopped	5	326.0	316.8	2.8
12.16	Chopped	5	325.8	318.0	2.4

Nutrient analysis of fruit and vegetables

12.17	Sliced	10	381.7	353.8	7.3
12.18	Sliced	10	326.3	314.1	3.7
12.19	Sliced	10	361.7	354.9	1.9
12.20	Sliced	10	312.1	306.3	1.9
12.21	Sliced	10	454.9	425.1	6.6
12.22	Sliced	10	367.1	342.1	6.8

Sample 13: Onions, fried

For each sub-sample, 2-3 onions were prepared by removing skin, top and root and chopped (diced) or sliced. Onions were fried in 1tbsp sunflower oil for 5-10 minutes until tender.

Average weight change on cooking = -20.5%

Weight changes on cooking

Sub-sample number	Preparation	Cooking time (min)	Raw weight (g)	Cooked weight ¹ (g)	% Weight loss
13.1	Sliced	6	265.3	202.6	23.6
13.2	Sliced	9	275.6	224.8	18.4
13.3	Sliced	10	218.8	163.5	25.3
13.4	Sliced	5	348.5	300.5	13.8
13.5	Sliced	7	290.3	227.2	21.7
13.6	Sliced	8	192.9	152.4	21.0
13.7	Chopped	8	239.0	178.3	25.4
13.8	Chopped	6	312.3	260.9	16.5
13.9	Chopped	5	249.4	207.2	16.9
13.10	Chopped	9	270.1	230.1	14.8
13.11	Chopped	10	266.9	191.3	28.3

¹Includes absorbed oil

Sample 14: Broccoli (Calabrese), raw

For each sub-sample, florets from the inside and outside areas of 3 'heads' were rinsed in Analar water and blotted dry before sampling.

Average weight of whole broccoli = 347.0g

Average edible portion of broccoli purchased as whole 'heads' = 0.66

Average weight of individual floret (excluding ready-prepared) = 14.5g

Average weight of individual ready-prepared floret = 16.6g

Edible portion weights

Sub-sample number	Average whole broccoli head weight (g)	Average stalk (and any small leaves) (g)	Edible portion
14.1	Purchased ready prepared		1.00
14.2	299.5	123.8	0.59
14.3	358.5	109.3	0.70
14.4	276.2	77.4	0.72
14.5	315.3	99.8	0.68
14.6	271.6	73.5	0.73
14.7	301.9	90.5	0.70
14.8	375.4	111.6	0.70
14.9	311.0	74.8	0.76
14.10	487.2	130.3	0.73
14.11	307.8	90.3	0.71
14.12	454.4	159.6	0.65
14.13	Purchased ready prepared		1.00
14.14	398.3	149.7	0.62
14.15	371.5	146.2	0.61
14.16	335.7	133.5	0.60
14.17	196.1	55.0	0.72
14.18	300.4	121.6	0.60
14.19	517.8	242.9	0.53
14.20	395.6	160.2	0.60
14.21	412.6	168.3	0.59
14.22	253.7	95.0	0.63

Sample 15: Broccoli (Calabrese), boiled

For each sub-sample, florets from the inside and outside areas of 3 'heads' were added to boiling water, simmered and drained.

Average weight change on cooking = +12.0%

Weight changes on cooking

Sub-sample number	Cooking time (min)	Raw weight (g)	Cooked weight (g)	% Weight gain
15.1	4	298.0	345.0	15.8
15.2	4	302.6	331.8	9.6
15.3	4	203.0	227.2	11.9

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15.4	6	237.0	263.6	11.2
15.5	6	221.1	253.2	14.5
15.6	6	205.5	232.2	13.0
15.7	6	204.9	235.5	14.9
15.8	6	250.7	276.3	10.2
15.9	8	232.4	256.2	10.2
15.10	8	269.1	303.7	12.9
15.11	8	204.6	242.1	18.3
15.12	3	231.6	250.3	8.1
15.13	4	218.8	241.5	10.4
15.14	4	218.2	246.5	13.0
15.15	3	211.5	233.4	10.4
15.16	5	229.7	257.9	12.3
15.17	5	215.3	253.2	17.6
15.18	6	216.0	241.5	11.8
15.19	6	255.2	277.8	8.9
15.20	4	219.4	236.6	7.8
15.21	4	226.4	233.2	3.0
15.22	5	214.9	254.1	18.2

Sample 16: Broccoli (Calabrese), steamed

For each sub-sample, florets from the inside and outside areas of 3 'heads' were rinsed in Analar water and steamed over boiling water.

Average weight change on cooking = +4.5%

Weight changes on cooking

Sub-sample number	Cooking time (min)	Raw weight (g)	Cooked weight (g)	% Weight gain
16.1	5	194.7	208.2	6.9
16.2	5	203.5	209.7	3.0
16.3	5	211.0	219.7	4.1
16.4	7	211.6	221.6	4.7
16.5	7	217.9	227.2	4.3
16.6	7	208.4	217.2	4.2
16.7	7	207.9	217.1	4.4
16.8	7	203.8	208.0	2.1
16.9	9	215.7	220.9	2.4
16.10	9	222.4	229.4	3.1
16.11	9	208.7	216.6	3.8

Nutrient analysis of fruit and vegetables

16.12	5	221.4	230.8	4.2
16.13	3	210.1	218.9	4.2
16.14	4	208.4	218.4	4.8
16.15	6	202.4	214.5	6.0
16.16	5	220.5	230.6	4.6
16.17	5	209.3	224.6	7.3
16.18	6	204.2	219.3	7.4
16.19	6	232.6	244.1	4.9
16.20	4	216.6	224.3	3.6
16.21	5	212.0	222.2	4.8
16.22	5	201.8	210.2	4.2

Sample 17: Mushrooms, raw

For each sub-sample, 10 mushrooms were rinsed in Analar water and blotted dry. Mushrooms were not peeled but stalk ends were trimmed.

Average weight whole mushroom = 21.1g

Average weight whole button mushroom (subsamples 17.6, 17.8 & 17.11) = 11.9g

Average weight whole closed cap mushroom (subsamples 17.1, 17.2, 17.3, 17.4, 17.7, 17.9, 17.10) = 25.1g

Average edible portion = 0.96

Average mushroom slice weight from ready-prepared, sliced subsample = 5.6g

Edible portion weights

Sub-sample number	Mushroom type	Average mushroom weight (g)	Average stalk trim (g)	Edible portion
17.1	Closed cap	23.7	0.8	0.97
17.2	Closed cap	27.7	0.9	0.97
17.3	Closed cap	22.0	1.0	0.95
17.4	Closed cap	26.5	1.0	0.96
17.5	Ready prepared			1.00
17.6	Button	13.9	0.5	0.96
17.7	Closed cap	30.1	1.2	0.96
17.8	Button	8.9	0.5	0.95
17.9	Closed cap	24.8	0.8	0.97
17.10	Closed cap	20.6	0.9	0.95

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17.11	Button	13.0	0.6	0.96
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Sample 18: Mushrooms, stewed

For each sub-sample, 10 mushrooms were rinsed in Analar water and blotted dry. Mushrooms were not peeled but stalk ends were trimmed. Mushrooms were stewed in water for 5-10 minutes.

Average weight change on cooking = -28.5%

Weight changes on cooking

Sub-sample number	Cooking time (min)	Raw weight (g)	Cooked weight (g)	% Weight loss
18.1	5	298.0	188.2	36.8
18.2	6	258.6	199.2	23.0
18.3	6	251.4	179.8	28.5
18.4	7	278.9	190.0	31.9
18.5	7	259.4	180.4	30.5
18.6	8	263.7	183.0	30.6
18.7	8	278.9	212.6	23.8
18.8	9	253.8	192.8	24.0
18.9	9	279.2	203.3	27.2
18.10	10	287.6	215.6	25.0
18.11	10	280.3	188.7	32.7

Sample 19: Mushrooms, cooked in sunflower oil

For each sub-sample, 10 mushrooms were rinsed in Analar water and blotted dry. Mushrooms were not peeled but stalk ends were trimmed. Sliced mushrooms were fried in sunflower oil for 5-10 minutes.

Average weight change on cooking = -9.3%

Weight changes on cooking

Sub-sample number	Oil added (tbsp)	Cooking time (min)	Raw weight (g)	Cooked weight ¹ (g)	% Weight loss
19.1	4	8	247.3	232.2	6.1
19.2	3.5	11	252.7	241.3	4.5
19.3	3.5	8	232.6	218.2	6.2
19.4	4	8	240.6	216.5	10.0
19.5	3.5	6.5	226.3	191.9	15.2

Nutrient analysis of fruit and vegetables

19.6	3.5	8	255.5	228.8	10.5
19.7	4	8	258.8	243.2	6.0
19.8	3	8	247.8	221.6	10.6
19.9	3	7.5	238.0	226.6	4.8
19.10	2	10	221.2	194.1	12.3
19.11	2	8	230.0	191.8	16.6

¹Includes oil absorbed during frying

Sample 20: Sweetcorn, kernels, boiled 'on the cob'

For each sub-sample, 4 whole cobs (leaves removed, if present) or 8 cobettes were rinsed in Analar water and boiled for 4-10 minutes. Cooked kernels were then removed from core.

Average weight of individual cobette = 105.2g

Average weight of individual cob = 211.7g

Average weight change on cooking = -2.4%

Average edible portion of cooked sweetcorn = 0.59

Weight changes on cooking

Sub-sample number	Cobs/cobettes	Cooking time (min)	Raw weight ¹ (g)	Cooked weight ¹ (g)	% Weight loss
20.1	Cobettes	4	779.4	761.5	2.3
20.2	Cobs	4	699.7	681.6	2.6
20.3	Cobettes	4	1035.6	1007.6	2.7
20.4	Cobs	7	888.2	870.3	2.0
20.5	Cobettes	7	908.6	887.0	2.4
20.6	Cobs	7	923.7	890.0	3.6
20.7	Cobettes	10	942.4	926.0	1.7
20.8	Cobs (purchased with leaves)	10	901.0	870.7	3.5
20.9	Cobs (purchased with leaves)	10	871.8	866.9	0.6
20.10	Cobs	8	933.8	900.1	3.6
20.11	Cobs	8	887.5	835.2	5.9
20.12	Cobettes	6	421.6	417.6	1.0
20.13	Cobs	9	797.6	786.7	1.4
20.14	Cobettes	5	360.8	356.3	1.3

Nutrient analysis of fruit and vegetables

20.15	Cobettes	10	329.3	317.0	3.5
20.16	Cobs	8	611.2	603.0	1.3

¹Including inedible core

Edible portion weights of cooked sweetcorn

Sub-sample number	Weight whole cooked cobs/cobettes (g)	Weight cooked cores (g)	Edible portion
20.1	778.6	319.2	0.59
20.2	681.6	356.7	0.48
20.3	1085.6	423.4	0.61
20.4	870.3	330.9	0.62
20.5	887.0	318.4	0.64
20.6	890.0	362.5	0.59
20.7	926.0	336.1	0.64
20.8	870.7	341.5	0.61
20.9	866.9	367.1	0.58
20.10	900.1	350.9	0.61
20.11	835.2	344.1	0.59
20.12	417.6	179.9	0.57
20.13	786.7	331.7	0.58
20.14	356.3	137.4	0.61
20.15	317.0	129.3	0.59
20.16	603.0	263.4	0.56

Sample 21: Cabbage, white, raw

For each sub-sample, 2 cabbages were trimmed, shredded, rinsed in Analar water and blotted dry.

¹Average weight of whole cabbage = 1108.62g

Average edible portion = 0.90

Edible portion weights

Sub-sample number	Average weight whole cabbage (g)	Average weight discarded leaves (g)	Average weight discarded core (g)	Average weight other trimmings ² (g)	Edible portion
21.1	980.1	0.0	59.2		0.94
21.2	956.8	0.0	48.9		0.95

Nutrient analysis of fruit and vegetables

21.3	1240.6	0.0	63.9		0.95
21.4	1340.0	0.0	89.7		0.93
21.5	1304.4	46.2	61.1		0.92
21.6	1012.2	61.5	74.7		0.87
21.7	1126.9	41.1	71.1		0.90
21.8	1112.7	91.0	61.6		0.86
21.10	1604.9	51.7	54.0		0.93
21.11	1015.9	24.7	55.7		0.92
21.12	936.7	39.5	84.4		0.87
21.13	742.3	27.0	69.5		0.87
21.14	1077.8	52.0	60.3		0.90
21.15	1217.7	44.0	83.9		0.89
21.16	1140.2	53.5	104.1		0.86
21.17 ¹	783.9	46.5	58.9	57.2	0.79 ¹
21.18	742.1	12.8	50.9		0.91
21.19	1483.0	71.7	77.2		0.90
21.21	1174.6	54.4	107.3		0.86
21.22	855.4	44.2	56.3		0.88

¹ sample purchased as halves so was excluded from calculation of average 'whole' weight and average edible portion.

² Edges of cabbage purchased as halves.

Sample 22: Cabbage, green, raw

For each sub-sample, 2 cabbages were trimmed to remove discarded leaves and core. 1 or 2 quarters from each cabbage were shredded, rinsed in Analar water and blotted dry.

Average weight of whole cabbage = 760.3g

Average edible portion = 0.87

Edible portion weights

Sub-sample number	Average weight whole cabbage (g)	Average weight discarded leaves (g)	Average weight discarded core (g)	Edible portion
22.1	890.8	0.0	86.2	0.90
22.2	530.0	0.0	50.6	0.90
22.3	542.8	0.0	57.4	0.89
22.4	1076.2	0.0	93.0	0.91
22.5	696.5	0.0	84.7	0.88
22.6	984.2	0.0	87.4	0.91

Nutrient analysis of fruit and vegetables

22.7	911.5	0.0	84.7	0.91
22.8	701.7	0.0	93.7	0.87
22.9	970.8	0.0	87.8	0.91
22.10	862.4	64.9	149.4	0.75
22.11	1002.1	74.8	126.0	0.80
22.12	706.2	0.0	121.7	0.83
22.13	532.3	0.0	40.7	0.92
22.14	710.0	0.0	105.5	0.85
22.15	456.1	31.0	47.0	0.83
22.16	894.7	0.0	128.4	0.86
22.17	562.9	0.0	79.1	0.86
22.18	555.2	0.0	61.0	0.89
22.19	735.1	0.0	108.2	0.85
22.20	808.0	0.0	144.1	0.82
22.21	708.4	0.0	95.2	0.87
22.22	888.5	31.7	123.2	0.83

Sample 23: Cabbage, green, boiled

For each sub-sample, 2 cabbages were trimmed to remove discarded leaves and core. A single quarter or eighth from each cabbage was shredded and rinsed in Analar water before adding to boiling water and boiled for 4-8 minutes.

Average weight change on cooking = +11.5%

Weight changes on cooking

Sub-sample number	Cooking time (min)	Raw weight (g)	Cooked weight (g)	% Weight gain
23.1	5	216.7	224.0	3.4
23.2	4	248.2	251.4	1.3
23.3	6	201.3	203.9	1.3
23.4	6	233.7	245.5	5.0
23.5	8	236.3	270.9	14.6
23.6	7	245.3	253.6	3.4
23.7	7	245.2	257.5	5.0
23.8	6	212.8	257.3	20.9
23.9	5	218.2	222.8	2.1
23.10	5	235.9	275.3	16.7
23.11	7	242.8	268.9	10.7
23.12	5	214.5	236.9	10.4
23.13	4	226.0	238.0	5.3

Nutrient analysis of fruit and vegetables

23.14	5	216.1	281.9	30.4
23.15	5	218.5	231.0	5.7
23.16	8	223.2	243.4	9.1
23.17	6	214.6	273.3	27.4
23.18	6	208.5	216.8	4.0
23.19	6	205.6	240.7	17.1
23.20	7	211.0	231.8	9.9
23.21	7	218.8	279.3	27.7
23.22	7	215.6	264.4	22.6

Sample 24: Cauliflower, raw

For each sub-sample, 2 cauliflowers were trimmed to remove leaves, lower stump and core. Florets from various positions from both cauliflowers were rinsed in Analar water and blotted dry.

Average weight of whole cauliflower = 940.0g

Average weight of floret from cauliflowers purchased whole = 29.0g

Average weight of floret weight from cauliflower purchased pre-prepared = 38.8g

Average edible portion of whole cauliflowers = 0.53

Edible portion weights

Sub-sample number	Average weight whole cauliflower (g)	Average weight discarded leaves and lower stump (g)	Average weight discarded core (g)	Edible portion
24.1	1123.0	222.9	160.3	0.66
24.2	881.2	300.4	91.6	0.56
24.3	800.3	248.4	82.6	0.59
24.4	Purchased pre-prepared			1.00
24.5	990.5	335.0	102.5	0.56
24.6	1018.5	407.5	82.9	0.52
24.7	749.1	234.4	95.1	0.56
24.8	863.4	326.6	81.6	0.53
24.9	730.6	262.3	78.5	0.53
24.10	943.9	399.2	82.6	0.49
24.11	947.2	254.9	98.6	0.63
24.12	638.0	256.1	101.2	0.44

24.13	1303.6	265.2	280.9	0.58
24.14	Purchased pre-prepared			1.00
24.15	1368.1	244.0	131.5	0.73
24.16	864.5	281.3	104.4	0.55
24.17	895.3	493.9	130.7	0.3
24.18	1108.9	426.6	161.2	0.47
24.19	1144.4	319.6	152.4	0.59
24.20	724.3	491.6	53.9	0.25
24.21	912.4	241.9	114.0	0.61
24.22	791.6	327.2	80.5	0.49

Sample 25: Cauliflower, boiled

For each sub-sample, 2 cauliflowers were trimmed to remove leaves, lower stump and core. Florets from various positions from both cauliflowers were rinsed in Analar water, added to boiling water (unless otherwise stated), and boiled for 4-8 minutes.

Average weight change on cooking = -2.8%

Weight changes on cooking

Sub-sample number	Cooking time (min)	Raw weight (g)	Cooked weight (g)	% Weight loss/gain
25.1	7	213.3	203.0	-4.8
25.2	6	230.8	219.3	-5.0
25.3	5	215.7	204.7	-5.1
25.4	4	223.6	210.1	-6.0
25.5	8, from cold	215.1	207.6	-3.5
25.6	8	237.0	227.0	-4.2
25.7	6	248.5	235.2	-5.4
25.8	6	222.4	211.8	-4.8
25.9	5	216.7	210.4	-2.9
25.10	5	239.3	242.0	+1.1
25.11	7	245.3	234.3	-4.5
25.12	6	391.0	380.4	-2.7
25.13	7	449.1	440.1	-2.0
25.14	5	323.5	310.3	-4.1
25.15	5	508.7	489.4	-3.8
25.16	8	399.1	379.8	-4.8
25.17	9	440.9	429.4	-2.6
25.18	8	399.1	407.3	+2.1
25.19	6	419.1	418.7	-0.1

Nutrient analysis of fruit and vegetables

25.20	7	373.9	378.8	+1.3
25.21	4	375.5	379.1	+0.9
25.22	4	385.2	380.8	-1.1

Sample 26: Beans, green, raw

For each sub-sample, beans were taken from 2 or 3 packs, trimmed 'top' and 'tail' (unless ready trimmed) rinsed in Analar water and dried. Samples were taken from at least 10 beans in each sub-sample.

Average weight of whole green beans as purchased = 4.2g

Average edible portion for whole beans = 0.91

Average edible portion for beans purchased with trimmed tops = 0.94

Edible portion weights

Sub-sample number	Purchased as	Average weight green bean(g)	Average trimmed weight discarded (g)	Edible portion
26.1	Ready trimmed top	3.4	0.2	0.95
26.2	Whole	6.0	0.7	0.89
26.3	Ready trimmed top	2.7	0.2	0.92
26.4	Whole	6.2	0.7	0.89
26.5	Whole	3.7	0.4	0.89
26.6	Whole	7.5	0.5	0.94
26.7	Whole	3.3	0.3	0.91
26.8	Whole	6.2	0.4	0.93
26.9	Ready trimmed tops and tails	2.8	0	1.00
26.10	Whole	4.5	0.3	0.93
26.11	Ready trimmed tops and tails	2.8	0.0	1.00
26.12	Ready trimmed tops and tails	3.4	0.0	1.00
26.13	Whole	5.0	0.4	0.92
26.14	Ready trimmed tops and tails	5.1	0.0	1.00
26.15	Ready trimmed top	3.3	0.1	0.96
26.16	Whole	4.1	0.4	0.90

Nutrient analysis of fruit and vegetables

26.17	Whole	3.0	0.3	0.90
26.18	Ready trimmed tops and tails	3.1	0.0	1.00
26.19	Whole	4.9	0.6	0.89
26.20	Whole	5.7	0.5	0.91
26.21	Whole	4.5	0.4	0.91
26.22	Whole	1.6	0.2	0.91

Sample 27: Beans, green, boiled

For each sub-sample, beans were taken from 2 or 3 packs, trimmed 'top' and 'tail' (unless ready trimmed) rinsed in Analar water and added to boiling water. Beans were boiled for 3-6 minutes.

Average weight change on cooking = -6.1%

Weight changes on cooking

Sub-sample number	Cooking time (min)	Raw weight (g)	Cooked weight (g)	% Weight loss
27.1	4	242.8	228.5	5.9
27.2	5	251.2	232.4	7.5
27.3	3	268.5	253.8	5.5
27.4	5	245.9	231.1	6.0
27.5	4	221.7	210.4	5.1
27.6	6	253.7	226.6	10.7
27.7	3	209.5	195.3	6.8
27.8	6	251.7	233.9	7.1
27.9	5	207.5	193.8	6.6
27.10	4	226.1	219.6	2.9
27.11	4	229.1	215.8	5.8
27.12	5	210.3	196.8	6.4
27.13	5	215.5	203.1	5.8
27.14	6	213.7	194.2	9.1
27.15	3	202.1	187.1	7.4
27.16	4	216.1	203.8	5.7
27.17	4	202.4	195.5	3.4
27.18	4	212.2	197.2	7.1
27.19	4	210.9	199.8	5.3
27.20	3	208.5	195.7	6.1
27.21	6	201.2	188.7	6.2
27.22	5	215.0	211.2	1.8

Sample 28: Pak choi, steamed

For each sub-sample, at least 1 pak choi was taken from each of 2 packs. Pak choi were trimmed by cutting off the bottom (any outer leaves which become detached were included if acceptable). Pak choi were rinsed in Analar water and steamed over boiling water for 2-5 minutes.

Average weight of whole pak choi as purchased = 129.4g

Average edible portion = 0.94

Average weight change on cooking = -5.0%

Edible portion weights

Sub-sample number	Average weight whole pak choi (g)	Average weight discarded (g)	Edible portion
28.1	155.7	1.1	0.99
28.2	132.2	3.0	0.98
28.3	127.5	6.7	0.95
28.4	115.9	5.7	0.95
28.5	80.9	4.2	0.95
28.6	146.2	9.4	0.94
28.7	159.8	9.2	0.94
28.11	118.4	6.5	0.95
28.12	190.4	17.6	0.91
28.13	137.5	8.6	0.94
28.14	170.9	13.7	0.92
28.15	99.8	11.0	0.89
28.16	130.7	10.1	0.92
28.17	67.4	7.0	0.90
28.18	139.8	9.9	0.93
28.22	133.4	10.5	0.92

Weight changes on cooking

Sub-sample number	Cooking time (min)	Raw weight (g)	Cooked weight (g)	% Weight loss
28.1	2	463.8	413.2	10.9
28.2	2.5	387.7	368.5	5.0
28.3	3.5	362.6	341.0	6.0
28.4	3.5	330.7	312.6	5.5
28.5	2	187.7?	176.5	6.0

Nutrient analysis of fruit and vegetables

28.6	3.5	410.3	395.9	3.5
28.7	3.5	451.7	434.3	3.9
28.11	4	335.7	318.9	5.0
28.12	4	345.5	324.3	6.1
28.13	5	258.2	247.2	4.3
28.14	4	314.3	298.9	4.9
28.15	4	177.3	174.6	1.5
28.16	3	240.9	235.0	2.4
28.17	4	254.3	250.7	1.4
28.18	5	259.5	244.0	6.0
28.22	4	245.5	227.7	7.3

Sample 29: Tomatoes (standard), raw

For each sub-sample, tomatoes were taken from 2 packs. Stalks were removed and tomatoes were rinsed in Analar water and dried before taking from quarters from at least 8 tomatoes for each sub-sample. Average tomato and stalk weights were determined by weighing the whole pack contents and total stalk and tomato weights per pack.

For subsample 29.9 the pack contained a mixture of sizes of tomatoes, including cherry tomato sized and these smaller tomatoes were not used for sampling or weight calculations.

Average weight of individual tomatoes = 86.9g

Average weight of tomato slice = 12.7g

Average edible portion for tomatoes with stalk/stem = 0.99

Edible portion weights

Sub-sample number	Average weight tomato plus stalk/stem(g)	Average weight stalks (g)	Edible portion
29.1	77.1	0.0	1.00
29.2	107.5	0.9	0.99
29.3	78.3	0.1	1.00
29.4	108.3	0.5	0.99
29.5	84.5	0.5	0.99
29.6	89.1	0.0	0.99
29.7	74.7	0.2	1.00
29.8	74.1	0.0	1.00

Nutrient analysis of fruit and vegetables

29.9	74.6	0.0	1.00
29.10	58.7	0.6	0.99
29.11	102.4	0.1	1.00
29.12	80.8	0.0	0.99
29.13	113.3	0.8	1.00
29.14	75.4	0.1	1.00
29.15	107.5	0.7	0.99
29.16	94.5	0.6	1.00
29.17	112.6	1.2	0.99
29.18	70.9	0.1	0.99
29.19	79.4	0.0	1.00
29.20	74.3	0.0	1.00
29.21	49.1	0.5	1.00
29.22	106.3	0.1	1.00

Sample 30: Tomatoes (standard), grilled, flesh and seeds only

For each sub-sample, 8 tomatoes were taken from 2 packs. Stalks were removed and tomatoes were rinsed in Analar water and dried before halving. Tomatoes were grilled (medium-high) for 2-3 minutes with the cut side down, and then 4-6 minutes with the cut side up. After grilling, the skins (and the harder 'stalky core' for subsamples 30.12-30.22) were removed.

For subsample 30.9 the pack contained a mixture of sizes of tomatoes, including some cherry tomato sized and these smaller tomatoes were not used.

A good range of 'firm' to 'well done' was achieved within and between subsamples, due to differences in size, ripeness and top/bottom of tomatoes.

Average weight change on cooking = -19.3%

Weight changes on cooking

Sub-sample number	Cooking times, cut side down, cut side up (min)	Raw weight (g)	Cooked weight (g)	% Weight loss
30.1	3,6	457.3	357.0	21.9
30.2	3,4	327.4	270.9	17.3
30.3	2,4	314.2	253.9	19.2
30.4	4,6	397.0	220.4	44.5
30.5	2,4	357.3	282.7	20.9
30.6	3,6	447.9	348.3	22.2

Nutrient analysis of fruit and vegetables

30.7	2,6	297.1	244.6	17.7
30.8	2,4	326.6	256.2	21.6
30.9	2,4	294.9	226.5	23.2
30.10	2,4	261.7	207.1	20.9
30.11	4,6	423.8	331.2	21.8
30.12	2,3	436.0	378.5	13.2
30.13	1.5,3	283.5	237.2	16.3
30.14	2,2	273.3	227.6	16.7
30.15	1.5,3	370.6	305.6	17.5
30.16	1.5,3	286.9	233.4	18.6
30.17	1.5,3	441.0	386.1	12.4
30.18	2,2	313.5	364.7	15.6
30.19	2,3	318.6	276.5	13.2
30.20	2,3	387.9	328.6	15.3
30.21	1.5,3	288.6	237.2	17.8
30.22	1.5,3	342.3	283.4	17.2

Average edible portion of grilled tomatoes = 0.90

Edible portion weights of grilled tomatoes

Sub-sample number	Weight tomatoes after cooking (g)	Weight tomato skins (g)	Weight 'hard core' in cooked tomato top (g)	Edible portion
30.1	357.0	34.5		0.90
30.2	270.9	30.2		0.89
30.3	253.9	33.8		0.87
30.4	220.4	41.3		0.81
30.5	282.7	33.6		0.88
30.6	348.3	37.7		0.89
30.7	244.6	20.3		0.92
30.8	256.2	23.8		0.91
30.9	226.5	38.7		0.83
30.10	207.1	22.9		0.89
30.11	331.2	32.1		0.90
30.12	378.5	34.2	4.4	0.90
30.13	237.2	14.8	1.8	0.93
30.14	227.6	15.2	0.7	0.93
30.15	305.6	24.9	3.6	0.91
30.16	233.4	15.0	2.1	0.93

Sample 31: Tomatoes, cherry, raw

For each sub-sample, tomatoes were taken from 2 packs. Stalks were removed and tomatoes were rinsed in Analar water and dried.

Average weight of individual cherry tomato = 15.0g

Average edible portion for tomatoes on the vine = 0.99

Average edible portion for tomatoes with stalks = 1.00

Edible portion weights

Sub-sample number	Inedible portion	Total weight tomato & stalk/stem(g)	Total weight vine & stalks (g)	Edible portion
31.1	Vine	743.6	12.4	0.98
31.2	None			1.00
31.3	Vine	743.1	5.7	0.99
31.4	None			1.00
31.5	Vine	741.3	8.9	0.99
31.6	Vine	731.7	15.0	0.98
31.7	Vine	953.0	16.4	0.98
31.8	Stalks only	586.2	1.1	1.00
31.9	Stalks only	248.9	1.2	1.00
31.10	Vine	809.7	10.2	0.99
31.11	Stalks only	986.5	2.1	1.00
31.12	Vine	373.5	3.1	0.99
31.13	None			1.00
31.14	Vine	510.8	3.9	0.99
31.15	Vine	230.2	4.9	0.98
31.16	Vine	456.9	6.4	0.99
31.17	Vine	467.2	6.0	0.99
31.18	None			1.00
31.19	Vine	633.7	6.2	0.99
31.20	Stalks only	461.1	1.9	1.00
31.21	None			1.00

Sample 32: Lettuce, raw

For each sub-sample, 2-3 lettuces were selected from 2 packs and stalks and inedible leaves were removed. Leaves from a variety of positions in the lettuce were rinsed in Analar water and blotted dry before sampling (unless purchased as 'ready to eat' or 'ready-washed').

Nutrient analysis of fruit and vegetables

Average lettuce weight = 399.5g

Average lettuce leaf weight = 18.8g (average weight of leaves in different sub-samples ranged from 2.0 – 35.8g)

Average edible portion for those purchased whole = 0.82

Average edible portion all subsamples = 0.85

Edible portion weights

Sub-sample number	Average weight whole lettuce (g)	Average weight inedible stalk (g)	Average weight inedible leaves (g)	Edible portion
32.1	209.6	31.1	45.1	0.76
32.2	Purchased ready prepared			1.00
32.3	Purchased ready prepared			1.00
32.4	290.9	25.0	7.9	0.90
32.5	183.4	14.3	22.3	0.80
32.6	304.1	50.2	43.8	0.69
32.7	587.0	32.5	74.0	0.82
32.8	130.2	25.7	19.8	0.65
32.9	400.5	23.4	28.3	0.87
32.10	793.5	57.5	85.9	0.82
32.11	550.9	30.5	39.8	0.87
32.12	397.9	56.4	25.1	0.80
32.13	576.8	33.8	30.8	0.91
32.14	Purchased ready prepared			1.00
32.15	210.1	28.5	20.2	0.82
32.16	Purchased ready prepared			1.00
32.17	564.6	44.4	30.7	0.89
32.18	546.6	35.9	30.8	0.91
32.19	99.9	13.8	10.4	0.69
32.20	433.7	32.7	23.4	0.94
32.21	491.0	100.2	47.2	0.70
32.22	420.8	39.3	18.3	0.86

Sample 33: Spinach, baby, raw

For each sub-sample, leaves were rinsed in Analar water and blotted dry before sampling (unless purchases as 'ready to eat' or 'ready-washed').

Average leaf weight = 0.7g

Nutrient analysis of fruit and vegetables

Average edible portion = 1.00

Sample 34: Rocket, raw

For each sub-sample, leaves were rinsed in Analar water and blotted dry before sampling (unless purchased as 'ready to eat' or 'ready-washed').

Average leaf weight = 0.4g

Average edible portion = 1.00

Sample 35: Cucumber, flesh and skin, raw

For each sub-sample, whole or half cucumbers were selected from 2 packs and were rinsed in Analar water and dried before the ends were removed. Samples were taken from various positions along the fruit.

Average weight of whole cucumber = 415.5g

Average weight of half cucumber = 240.8g

Average weight of cucumber slice = 4.3g

Average edible portion for cucumbers purchased whole = 0.93

Average edible portion for cucumbers purchased as halves = 0.89

Average edible portion of all subsamples = 0.92

Edible portion weights

Sub-sample number	Purchase size	Average weight (g)	Average weight inedible stalk/end (g)	Edible portion
35.1	Halves	245.6	32.3	0.87
35.2	Whole	383.4	20.3	0.95
35.3	Halves	260.9	28.8	0.89
35.4	Whole	398.5	34.5	0.91
35.5	Halves	238.4	25.8	0.89
35.6	Whole	398.3	26.9	0.93
35.7	Whole	387.2	28.9	0.93
35.8	Whole	443.7	33.7	0.92
35.10	Whole	590.2	34.5	0.94
35.11	Whole	493.0	27.7	0.94
35.12	Whole	389.8	24.6	0.94
35.13	Whole	341.4	22.7	0.93

Nutrient analysis of fruit and vegetables

35.14	Whole	359.9	27.1	0.92
35.15	Halves	218.3	17.8	0.92
35.16	Whole	365.5	23.8	0.93
35.17	Whole	383.2	28.6	0.93
35.18	Whole	385.3	33.1	0.91
35.19	Whole	477.6	31.3	0.93
35.21	Whole	299.5	13.0	0.96
35.22	Whole	551.6	34.7	0.94

Sample 36: Peppers, red, raw

For each sub-sample, 2 or 3 peppers were rinsed in Analar water and dried before removing seeds, core and stalk. Samples were taken from slices along the length of the peppers and were taken from around the fruit.

Average weight of whole red pepper = 157.8g

Average weight of red pepper slice = 5.8g

Average edible portion = 0.84

Edible portion weights

Sub-sample number	Average weight whole red pepper (g)	Average weight inedible core, seeds, stalk (g)	Edible portion
36.1	158.7	30.7	0.81
36.2	135.7	22.7	0.83
36.3	150.7	28.4	0.81
36.4	150.1	24.8	0.83
36.5	192.9	33.3	0.83
36.6	164.2	29.0	0.82
36.7	120.4	19.4	0.84
36.8	137.8	23.8	0.83
36.9	104.0	17.2	0.83
36.10	210.0	37.1	0.82
36.11	140.9	20.8	0.85
36.12	178.1	30.5	0.83
36.13	141.6	18.4	0.87
36.14	173.0	25.3	0.85
36.15	143.6	16.9	0.88
36.16	183.0	31.6	0.83
36.17	167.5	21.5	0.87

Nutrient analysis of fruit and vegetables

36.18	159.6	21.2	0.87
36.19	157.6	26.7	0.83
36.20	157.6	19.0	0.88
36.21	136.3	14.7	0.89
36.22	208.5	34.4	0.84

Sample 37: Peppers, red, boiled

For each sub-sample, 4 peppers were rinsed in Analar water and dried and the core, stalk and seeds were removed. Slices taken along the length of the peppers were added to boiling water and simmered for 5-10 minutes.

Average weight change on cooking = -13.1%

Weight changes on cooking

Sub-sample number	Cooking times (mins)	Weight pepper before cooking (g)	Weight pepper after cooking (g)	% Weight loss
37.1	5	246.8	208.8	15.4
37.2	6	224.6	193.9	13.7
37.3	6	242.1	209.8	13.3
37.4	7	239.5	211.7	11.6
37.5	7	239.6	206.5	13.8
37.6	7	239.8	204.3	14.8
37.7	8	234.6	198.4	15.4
37.8	8	224.2	190.7	14.9
37.9	9	229.1	200.1	12.7
37.10	9	230.7	199.5	13.5
37.11	10	211.4	183.8	13.1
37.12	5	223.5	198.5	11.2
37.13	6	235.9	205.0	13.1
37.14	6	221.1	195.5	11.6
37.15	7	222.6	197.2	11.4
37.16	7	220.3	193.0	12.4
37.17	8	244.0	218.8	10.3
37.18	8	228.2	195.8	14.2
37.19	8	254.3	219.0	13.9
37.20	9	223.3	197.4	11.6
37.21	9	233.0	209.1	10.3
37.22	10	274.6	230.5	16.1

Sample 38: Peppers, yellow, raw

For each sub-sample, 3 peppers were rinsed in Analar water and dried before removing seeds, core and stalk. Samples were taken from slices along the length of the peppers and were taken from around the fruit.

Average weight of whole yellow pepper = 162.7g

Average weight of yellow pepper slice = 6.0g

Average edible portion = 0.82

Edible portion weights

Sub-sample number	Average weight whole yellow pepper (g)	Average weight inedible core, seeds, stalk (g)	Edible portion
38.1	181.2	35.6	0.80
38.2	160.9	29.2	0.82
38.3	138.9	29.3	0.79
38.4	164.9	29.9	0.82
38.5	196.3	38.0	0.81
38.6	130.0	20.4	0.84
38.7	156.9	32.5	0.79
38.8	158.8	27.8	0.82
38.9	116.2	20.5	0.82
38.10	156.0	28.0	0.82
38.11	198.3	40.1	0.80
38.12	164.6	23.6	0.86
38.13	157.0	31.2	0.80
38.14	177.2	36.8	0.79
38.15	156.4	24.8	0.84
38.16	183.9	38.1	0.79
38.17	182.1	29.2	0.84
38.18	185.0	34.1	0.82
38.19	180.5	40.1	0.78
38.20	190.9	43.0	0.77
38.21	131.6	17.0	0.87
38.22	111.5	18.8	0.83

Sample 39: Bananas, raw, flesh only

For each sub-sample, 6 bananas were peeled and sections along the fruit were taken for sampling.

To ensure variation in ripeness, sub-samples included bananas that were representative of different stages of ripeness, from underripe (yellow with some green skin) to overripe (yellow with some brown/black skin).

Average weight of whole banana = 153.8g

Average edible portion = 0.63

Edible portion weights

Sub-sample number	Skin colour	Average weight whole banana (g)	Average weight peel (g)	Edible portion
39.1	Yellow	174.8	76.4	0.56
39.2	Yellow/green	161.0	59.3	0.63
39.3	Yellow/brown	139.4	46.9	0.66
39.4	Yellow	197.0	70.2	0.64
39.5	Yellow/brown	134.7	46.8	0.65
39.6	Yellow	187.0	65.6	0.65
39.7	Yellow	118.5	45.6	0.62
39.8	Yellow/brown	113.2	40.0	0.65
39.9	Yellow	111.9	40.8	0.64
39.10	Yellow/green	139.0	52.3	0.62
39.11	Yellow	215.1	84.1	0.61

Sample 40: Apples, eating, raw, flesh and skin

For each sub-sample, 4-5 apples were rinsed in Analar water and dried before removing core. Slices were taken from quarters of each fruit.

Average weight whole apple weight = 156.2g

Average edible portion = 0.87

Edible portion weights

Sub-sample number	Average weight whole apple (g)	Average weight core (g)	Edible portion
40.1	147.5	21.6	0.85
40.2	196.7	22.5	0.89

Nutrient analysis of fruit and vegetables

40.3	182.8	27.8	0.85
40.4	128.4	13.7	0.89
40.5	147.3	16.9	0.89
40.6	172.2	18.2	0.89
40.7	114.6	15.3	0.87
40.8	136.5	15.5	0.89
40.9	128.7	19.2	0.85
40.10	165.9	19.3	0.88
40.11	187.2	18.0	0.90
40.12	145.8	21.8	0.85
40.13	138.9	20.6	0.85
40.14	173.6	22.3	0.87
40.15	196.1	28.6	0.85
40.16	165.5	20.7	0.88
40.17	164.0	21.0	0.87
40.18	180.9	25.9	0.86
40.19	243.4	31.2	0.87
40.20	85.0	14.1	0.83
40.21	112.3	15.0	0.87
40.22	124.0	18.4	0.85

Sample 41: Apples, cooking, stewed, flesh only

For each sub-sample, 3-5 apples were peeled, cored and chopped into chunks. Apple pieces were stewed in an uncovered pan with 1 tbsp water per 100g for 5-10 minutes, until light and fluffy with a few chunks visible. The quantity of water used in cooking was approximately 300g apple + 3tbsp/45g water.

Average weight of whole apple = 272.8g

Average edible portion = 0.69

Average weight change on cooking = -2.5%

Edible portion weights

Sub-sample number	Average weight whole apple (g)	Average weight skin (g)	Average weight core (g)	Edible portion
41.1	391.0	73.8	33.7	0.73
41.2	184.3	39.2	18.7	0.69
41.3	430.2	80.7	33.5	0.73
41.4	250.6	60.7	34.4	0.62

Nutrient analysis of fruit and vegetables

41.5	281.3	54.8	30.5	0.70
41.6	278.0	35.4	58.9	0.63
41.7	198.9	25.9	29.8	0.72
41.8	219.4	30.9	34.4	0.70
41.9	351.9	48.0	49.1	0.72
41.10	238.3	38.5	41.8	0.71
41.11	249.8	32.6	42.8	0.70
41.12	214.5	27.5	40.3	0.68
41.13	322.7	60.0	51.1	0.66
41.14	306.7	41.5	49.7	0.70
41.15	264.0	38.2	48.4	0.67
41.16	287.3	38.5	49.6	0.69
41.17	205.9	30.2	36.6	0.68
41.18	199.6	31.5	32.3	0.68
41.19	377.9	80.5	41.6	0.68
41.20	203.1	46.9	24.6	0.65

Weight changes on cooking

Sub-sample number	Cooking time (mins)	Size of apple chunks	Raw weight (g)	Cooked weight (g)	% Weight change
41.1	5	Large	313.5	321.6	+2.6
41.2	7	Small	293.8	286.2	-2.6
41.3	6	Medium	314.9	292.4	-7.1
41.4	7	Small	261.8	264.8	+1.1
41.5	7	Large	308.0	286.2	-7.1
41.6	6	Medium	303.1	306.0	+1.0
41.7	6	Medium	217.2	211.6	-2.6
41.8	7	Medium	241.0	230.2	-4.5
41.9	8	Small & medium	294.2	289.8	-1.5
41.10	8	Medium	253.1	251.6	-0.6
41.11	5	Medium	307.7	303.8	-1.3
41.12	6	Medium	313.9	304.3	-3.1
41.13	7	Medium	329.0	330.8	+0.5
41.14	8	Medium	310.4	283.3	-8.7
41.15	9	Medium	326.4	334.5	+2.5
41.16	10	Medium	324.3	306.7	-5.4
41.17	7	Medium	317.2	318.9	+0.5
41.18	6	Medium	321.2	307.7	-4.2
41.19	7	Medium	326.0	323.4	-0.8
41.20	7	Medium	320.4	292.0	-8.9

Sample 42: Pears, raw, flesh and skin

For each sub-sample, 3-4 pears were rinsed in Analar water and dried and the core and stalk were removed. Sliced sections of the cored fruit were taken from each pear. All pears were ripe apart from sub-samples 42.3 & 42.6 which were firm.

Average weight of whole pear = 168.6g

Average edible portion = 0.85

Edible portion weights

Sub-sample number	Average weight whole pear (g)	Average weight core and stalk (g)	Edible portion
42.1	201.8	27.1	0.87
42.2	177.8	27.8	0.84
42.3	139.0	21.7	0.84
42.4	278.7	48.6	0.83
42.5	146.7	23.3	0.84
42.6	120.5	17.9	0.85
42.7	246.4	34.5	0.86
42.8	99.0	17.0	0.83
42.9	204.9	35.1	0.83
42.10	183.8	28.8	0.84
42.11	125.3	19.3	0.85
42.12	166.3	24.0	0.86
42.13	232.4	27.9	0.88
42.14	235.2	27.1	0.88
42.15	124.6	16.5	0.87
42.16	151.0	19.3	0.87
42.17	174.5	25.2	0.86
42.18	218.2	33.6	0.85
42.19	115.8	15.2	0.87
42.20	137.8	18.3	0.87
42.21	137.2	20.0	0.85
42.22	91.8	14.2	0.85

Sample 43: Grapes, green, raw

For each sub-sample, grapes were rinsed in Analar water and dried, and quarters and halves of different grapes taken for sampling. All grapes were seedless.

Nutrient analysis of fruit and vegetables

Average weight of whole green grape = 6.1g

Average edible portion = 1.00

Sample 44: Grapes, red, raw

For each sub-sample, grapes were rinsed in Analar water and dried, and quarters and halves of different grapes taken for sampling. Subsample 44.10 contained seeds which were removed before sampling.

Average weight of whole red grape (excluding 44.10 with pips) = 5.3g

Average edible portion = 1.00

Edible portion weights

Sub-sample number	Average weight whole grape (g)	Average weight pips (g)	Edible portion
44.1	5.1	0.0	1.00
44.2	6.4	0.0	1.00
44.3	4.8	0.0	1.00
44.4	6.8	0.0	1.00
44.5	4.2	0.0	1.00
44.6	5.8	0.0	1.00
44.7	4.8	0.0	1.00
44.8	5.4	0.0	1.00
44.9	5.2	0.0	1.00
44.10	9.0	0.2	0.98
44.11	3.8	0.0	1.00
44.12	7.9	0.0	1.00
44.13	6.2	0.0	1.00
44.14	6.5	0.0	1.00
44.15	3.5	0.0	1.00
44.16	6.0	0.0	1.00
44.17	5.2	0.0	1.00
44.18	4.4	0.0	1.00
44.19	3.4	0.0	1.00
44.21	4.9	0.0	1.00
44.22	6.4	0.0	1.00

Sample 45: Strawberries, raw

For each sub-sample, strawberries were rinsed in Analar water and dried and the stalks were removed by pulling out or cutting off. Sections of strawberries were taken from at least 9 fruits.

Average weight of whole strawberry = 15.6g

Average edible portion = 0.94

Edible portion weights

Sub-sample number	Average weight whole strawberry (g)	Average weight stalk	Edible portion
45.1	13.1	0.5	0.96
45.2	16.7	1.9	0.89
45.3	16.7	1.2	0.93
45.4	11.6	0.4	0.97
45.5	20.1	1.2	0.94
45.6	17.7	1.7	0.90
45.7	15.9	0.8	0.95
45.8	15.2	0.9	0.94
45.9	17.4	1.4	0.92
45.10	23.8	1.8	0.92
45.11	17.2	1.3	0.92
45.12	9.3	1.0	0.89
45.13	13.9	1.3	0.91
45.14	16.6	1.0	0.94
45.15	15.1	1.1	0.92
45.16	15.9	0.2	0.99
45.17	13.2	0.4	0.97
45.18	13.5	0.4	0.97
45.19	16.8	0.6	0.96

Sample 46: Blueberries, raw

Blueberries were rinsed in Analar water and dried before sampling.

Average weight of whole blueberry = 1.8g

Average edible portion = 1.00

Sample 47: Citrus fruit, soft/easy peelers, flesh only

For each sub-sample, segments from 5 fruits were used.

Pips were found in some of the fruit, in some sub-samples, and were removed before sampling.

Average weight of whole fruit = 93.4g

Average weight of whole segment = 7.4g

Average edible portion = 0.78

Edible portion weights

Sub-sample number	Average weight whole fruit (g)	Average weight peel (g)	Average weight pips (g)	Edible portion
47.1	151.1	30.4	0.2	0.80
47.2	75.8	12.9	0	0.83
47.3	77.9	17.9	0	0.77
47.4	98.8	20.3	0.1	0.79
47.5	74.4	18.6	0	0.75
47.6	67.5	10.7	0	0.84
47.7	94.3	22.8	0	0.76
47.8	70.8	12.8	0	0.82
47.9	136.5	32.0	0	0.77
47.10	86.4	18.6	0	0.79
47.11	70.5	13.9	0	0.80
47.12	136.2	29.1	0	0.79
47.13	77.4	17.2	0	0.78
47.14	75.9	16.4	0	0.78
47.15	115.3	24.6	0	0.79
47.16	77.8	17.1	0	0.78
47.17	88.1	18.2	1.3	0.78
47.18	85.1	20.0	0	0.76
47.19	70.9	17.2	0	0.76
47.20	130.0	37.3	0	0.71
47.21	99.7	25.7	0	0.74
47.22	93.4	23.3	0	0.75

Sample 48: Oranges, flesh only

For each sub-sample, segments from 4 fruits were used.

Pips were found in some of the fruit in 5 subsamples and were removed before sampling.

Average weight whole orange = 218.6g

Average weight of whole segment = 17.0g

Average edible portion = 0.71

Edible portion weights

Sub-sample number	Average weight whole fruit (g)	Average weight peel (g)	Average weight pips (g)	Average weight 'pithy core' ¹	Edible portion
48.1	271.3	81.2	0.0		0.70
48.2	240.1	61.5	0.0		0.74
48.3	224.9	64.2	0.0		0.71
48.4	217.6	51.2	0.0		0.76
48.5	308.3	78.8	0.0		0.74
48.6	273.7	75.4	0.0		0.72
48.7	182.3	45.9	1.1		0.74
48.8	175.7	43.9	1.2		0.74
48.9	151.6	41.3	0.0		0.73
48.10	291.0	90.8	0.0		0.69
48.11	217.6	63.8	0.0		0.71
48.12	208.8	62.0	0.0	5.8	0.67
48.13	205.6	49.2	0.0	27.7	0.63
48.14	161.9	49.2	0.0	6.0	0.66
48.15	240.8	71.7	0.0	7.5	0.67
48.16	170.1	45.2	0.0	5.6	0.70
48.17	300.2	63.1	0.0	16.4	0.74
48.18	174.6	50.6	0.0	0.3	0.71
48.19	256.5	60.7	0.0	11.5	0.72
48.20	132.3	29.5	0.0	4.4	0.74
48.21	189.8	64.7	0.0	8.8	0.61
48.22	215.1	54.3	0.0	7.4	0.71

¹A central 'pithy core', found in the centre of the base of the fruit, was weighed separately from peel in January subsamples (48.12-48.22) only.

Sample 49: Melon, yellow flesh, flesh only

For each sub-sample, melons were cut and seeds and skin were removed. Sections from 2 melons were used.

Average weight whole fruit = 1459.2g

Average weight whole slice = 187.3g

Average edible portion of melons purchased whole = 0.58

Average edible portion per slice (i.e. with skin and flesh, no seeds) = 0.62

Edible portion weights

Sub-sample number	Average weight whole fruit (g)	Average weight seeds (g)	Average weight skin (g)	Edible portion
49.1	1333.8	103.4	532.2	0.52
49.2	1289.3	121.1	528.2	0.50
49.3	1971.1	155.8	861.8	0.48
49.4	1340.9	136.6	470.9	0.55
49.5	1727.0	163.7	612.5	0.55
49.6	Purchased as ready to eat chunks			1.00
49.7	1515.2	146.6	565.1	0.53
49.8	1681.6	183.0	611.5	0.53
49.9	1218.8	168.6	388.9	0.54
49.10	1649.9	166.5	536.0	0.57
49.11	1202.4	112.4	274.1	0.68
49.12	1309.5	97.9	372.6	0.64
49.13	2220.3	107.0	748.8	0.61
49.14	1326.4	73.9	420.9	0.63
49.15	1364.5	75.6	438.7	0.62
49.16	Purchased as ready to eat chunks			1.00
49.17	1197.3	94.5	329.2	0.65
49.18	1339.6	88.5	335.3	0.68
49.19	1011.6	143.1	360.3	0.50
49.20	1420.7	105.7	374.7	0.66
49.21	1605.5	172.2	518.4	0.57

Sample 50: Peas, frozen, raw

For each sub-sample, frozen peas from 2 bags were sampled.

Sample 51: Peas, frozen, microwaved

For each sub-sample peas from 2 packs were placed in a covered container and microwaved on full power (1000W), according to packaging instructions, where given. Cooked peas were drained to remove excess liquid.

Average weight change on cooking = -7.0%

Weight changes on cooking

Sub-sample number	Cooking instructions	Weight before cooking (g)	Weight water added (g)	Cooked weight (g)	% Weight change
51.1	Add 15 g water per 160g, cook 3 mins	168.5	16.1	165.1	-2.0
51.2	Add 15 g water per 160g, cook 3 mins	161.2	16.1	151.2	-6.2
51.3	Add 15 g water per 160g, cook 3 mins	162.0	16.6	156.0	-3.7
51.4	Add 15 g water per 160g, cook 3 mins	168.6	16.5	162.6	-3.6
51.5	Add 30g water per 225g, cook 4 mins, stir halfway through cooking	222.5	28.4	208.5	-6.3
51.6	Add 30g water per 225g, cook 4 mins, stir halfway through cooking	224.3	31.7	207.8	-7.4
51.7	Add 10 g water per 160g, cook 4 mins	159.2	11.2	130.2	-18.2
51.8	Add 15g water per 100g, cook 2 mins, stir halfway through cooking, stand 1 min	208.0	29.5	175.5	-15.6
51.9	Add 30g water per 250g, cook 4.5 mins, stir halfway through cooking	253.0	30.7	247.2	-2.3
51.10	Add no water, cover with film, pierce, cook 4 mins	155.2	0.0	123.6	-20.4
51.11	Add 30g water per 250g, cover with film, pierce, cook 3.5 mins, stand 1 min	251.0	31.1	245.1	-2.4
51.12	Add 30g water per 250g, cook 3.5 mins, stir halfway through cooking	251.8	29.1	263.3	+4.6

Sample 52: Sweetcorn, canned in water, drained

For each sub-sample, contents of the whole can were emptied into a pan and either heated on the hob or microwaved on full power (1000W), according to packaging instructions, where given. Cooked sweetcorn were drained to remove excess liquid.

Average weight change on cooking = -4.7%

Proportion of heated and drained can contents = 0.87

Weight changes on cooking

Sub-sample number	Heating method	Total weight uncooked (g)	Total weight heated (g)	Weight heated corn (g)	% drained contents	% Weight loss ¹
52.1	Heat in a pan until just boiling	393.9	373.4	337.4	0.90	5.2
52.2	Heat in a pan until just boiling	688.5	641.7	589.5	0.92	6.8
52.3	Heat in a pan until just boiling	400.1	372.2	332.8	0.89	7.0
52.4	Heat in a pan until just boiling	700.0	667.4	584.5	0.88	4.7
52.5	Heat in a pan until just boiling	411.0	387.1	339.6	0.88	5.8
52.6	Microwave 1.5 mins, stand 1 min	650.7	636.2	540.1	0.85	2.2
52.7	Microwave 3 mins, stir halfway through heating	426.9	409.4	346.8	0.85	4.1
52.8	Microwave 1 min	358.1	343.5	297.6	0.87	4.1
52.9	Heat in a pan for 3-4 mins without boiling	677.2	651.7	575.3	0.88	3.8
52.10	Heat in a pan for 4-5 mins without boiling	416.4	393.6	332.6	0.85	5.5
52.11	Microwave 2 mins, stir halfway through heating	655.1	635.3	555.0	0.87	3.0
52.12	Microwave 2 mins, stir halfway through heating	340.5	327.2	281.2	0.86	3.9

¹Weight loss of whole can contents after reheating

Sample 53: Tomatoes, canned, whole contents

For each sub-sample, contents of the whole can were emptied into a pan and heated on the hob for 2-4 minutes, without boiling.

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Average weight change on heating = -5.5%

Weight changes on cooking

Sub-sample number	Heating time (min)	Weight before heating (g)	Weight after heating (g)	% Weight loss
53.1	3	428.9	391.4	8.7
53.2	2	239.0	216.9	9.2
53.3	3	403.4	393.6	2.4
53.4	3	408.6	380.9	6.8
53.5	4	269.4	252.4	6.3
53.6	4	399.7	377.2	5.6
53.7	3.5	379.0	360.2	5.0
53.8	3	395.2	378.0	4.4
53.9	3	399.7	382.8	4.2
53.10	2.5	239.7	225.0	6.1
53.11	3	404.7	390.2	3.6
53.12	4	440.9	427.3	3.1

Sample 54: Tomato puree

For each sub-sample, puree from 2 tubes or pots were used for sampling.

Sample 55: Baked beans in tomato sauce

For sub-sample 55.7, a portion of the large can was taken for heating after thorough mixing of can contents. For all other sub-samples, contents of the whole can were used.

For each subsample beans were heated by either warming on the hob or microwaving. Samples heated on the hob were heated for 2.5-4 minutes, without boiling, according to packaging instructions, where given, or for 3 minutes where not given. Microwave heated samples were covered and heated on high (1000W) for 50 seconds-3 minutes, according to packaging instructions, where given. 'Snack pots' samples were microwaved in the pot according to packaging instructions.

Average weight change on heating = -4.9%

Weight changes on cooking

Sub-sample number	Heating method	Weight before heating (g)	Weight after heating (g)	% Weight loss
55.1	Microwave each pot, 50 sec	400.0	372.1	7.0
55.2	Hob, no boil	390.1	357.7	8.3
55.3	Microwave 1.5 min, stir halfway through	292.1	284.0	2.8
55.4	Hob, no boil	395.9	365.4	7.7
55.5	Microwave 2.5 min, stir halfway through	404.4	384.8	4.8
55.6	Hob, no boil	375.4	349.3	7.0
55.7	Microwave 2.5 min, stir halfway through	436.4	416.7	4.5
55.8	Hob, no boil	398.3	386.0	3.1
55.9	Microwave 2.5 min, stir halfway through	381.2	358.3	6.0
55.10	Hob, 4 min, no boil	404.4	392.7	2.9
55.11	Microwave 2.5 min, stir halfway through	398.9	381.2	4.4
55.12	Hob, 3-4 min	418.6	408.1	2.5
55.13	Microwave 3 min, stir halfway through	387.3	360.2	7.0
55.14	Hob, 3-4 min	395.9	384.1	3.0
55.15	Microwave each pot, 50 sec	400.0	375.8	6.1
55.16	Hob, no boil	393.7	385.3	2.1

Sample 56: Potato products, shaped, frozen, baked

For each sub-sample, 6-12 individual shapes (about 250-400g), depending on the size, were cooked in the oven for 13-18 minutes, according to packaging instructions.

Average weight change on cooking = -19.6%

Weight changes on cooking

Sub-sample number	Heating time, temperature and oven	Uncooked weight (g)	Cooked weight (g)	% Weight loss
56.1	15 mins, 200°C in fan oven	352.0	272.1	22.7
56.2	15 mins, 200°C in fan oven	347.1	267.4	23.0
56.3	13 mins, 200°C in fan oven	292.0	228.9	21.6

56.4	13 mins, 200°C in fan oven	322.4	267.8	16.9
56.5	15 mins, 200°C in non-fan oven	346.4	295.4	14.7
56.6	15 mins, 200°C in non-fan oven	340.6	289.0	15.1
56.7	18 mins, 200°C in non-fan oven	234.6	190.3	18.9
56.8	15 mins, 200°C in fan oven	335.6	258.3	23.0
56.9	18 mins, 200°C in non-fan oven	394.2	318.0	19.3
56.10	15 mins, 200°C in fan oven	340.9	270.9	20.5

Sample 57: Orange juice, chilled (premium and from concentrate)

For each sub-sample, cartons were shaken gently to ensure juice was well mixed prior to sampling.

Sample 58: Orange juice, from concentrate, ambient

For each sub-sample, cartons were shaken gently to ensure juice was well mixed prior to sampling.

Sample 59: Apple juice, clear, from concentrate, ambient and chilled

For each sub-sample, cartons were shaken gently to ensure juice was well mixed prior to sampling.

References

¹ Responsibility for nutrition policy in England transferred from the Food Standards Agency to the Department of Health (DH) on 1 October 2010. Management of the rolling programme of nutrient analysis also transferred to DH.