

Appendix 5: Mean, minimum and maximum levels of nutrients in foods

Table A5.1: Mean, minimum and maximum levels of iodine in foods ($\mu\text{g}/\text{kg}$)

ATDS food	No. analyses	No. analyses with <LOR	Minimum result	Maximum result	Lower bound mean	Middle bound mean	Upper bound mean
Almonds	6	6	<LOR	<LOR	0.0	5.0	10.0
Apple, unpeeled	10	10	<LOR	<LOR	0.0	5.0	10.0
Avocado	10	10	<LOR	<LOR	0.0	5.0	10.0
Bacon	6	2	<LOR	28.0	12.3	14.0	15.7
Baked beans, in tomato sauce, canned	6	3	<LOR	18.0	7.2	9.7	12.2
Bananas	6	6	<LOR	<LOR	0.0	5.0	10.0
Beans, green	10	10	<LOR	<LOR	0.0	5.0	10.0
Beef steak, rib/ribeye/sirloin, grilled	10	8	<LOR	18.0	3.2	7.2	11.2
Beer, 3.5% alcohol	6	5	<LOR	32.0	5.3	9.5	13.7
Beetroot, canned	6	1	<LOR	24.0	14.7	15.5	16.3
Biscuit, savoury	6	3	<LOR	32.0	10.5	13.0	15.5
Biscuit, sweet, plain	6	0	17.0	230.0	68.0	68.0	68.0
Bread, multigrain	10	3	<LOR	40.0	13.7	15.2	16.7
Bread, white	10	3	<LOR	49.0	12.2	13.7	15.2
Bread, wholemeal †	10	2	<LOR	350.0	79.4	80.4	81.4
Breakfast cereal, single grain	6	3	<LOR	55.0	16.5	19.0	21.5
Breakfast cereal, mixed grain	6	3	<LOR	23.0	8.7	11.2	13.7
Broccoli, cooked	10	10	<LOR	<LOR	0.0	5.0	10.0

ATDS food	No. analyses	No. analyses with <LOR	Minimum result	Maximum result	Lower bound mean	Middle bound mean	Upper bound mean
Butter, regular	6	0	30.0	51.0	39.0	39.0	39.0
Cabbage, cooked	10	10	<LOR	<LOR	0.0	5.0	10.0
Cake, chocolate, iced	6	0	40.0	120.0	66.5	66.5	66.5
Carrots, cooked	10	10	<LOR	<LOR	0.0	5.0	10.0
Celery, raw	10	10	<LOR	<LOR	0.0	5.0	10.0
Cheese, cheddar, full fat	10	0	200.0	290.0	229.0	229.0	229.0
Cheese, cottage	7	0	130.0	200.0	152.9	152.9	152.9
Cheese, processed, cheddar type	5	0	140.0	200.0	174.0	174.0	174.0
Chicken, breast, fillet	6	6	<LOR	<LOR	0.0	5.0	10.0
Chocolate, milk	6	0	130.0	260.0	196.7	196.7	196.7
Coconut, desiccated	6	0	16.0	70.0	39.3	39.3	39.3
Cream, pure (not thickened)	6	0	56.0	100.0	75.7	75.7	75.7
Cucumber, raw	10	9	<LOR	18.0	1.8	6.3	10.8
Dairy Blend (not reduced fat)	6	0	23.0	59.0	36.2	36.2	36.2
Eggs, boiled	10	0	210.0	790.0	366.0	366.0	366.0
Fish fillets	10	0	56.0	1300.0	356.4	356.4	356.4
Fish, battered, takeaway	10	0	30.0	300.0	103.2	103.2	103.2
Fish, crumbed, oven bake	6	0	38.0	300.0	106.8	106.8	106.8
Grapes	10	10	<LOR	<LOR	0.0	5.0	10.0
Ham, leg	6	0	28.0	130.0	76.5	76.5	76.5
Hamburger	10	0	12.0	99.0	51.5	51.5	51.5

ATDS food	No. analyses	No. analyses with <LOR	Minimum result	Maximum result	Lower bound mean	Middle bound mean	Upper bound mean
Ice cream, full fat, vanilla	6	0	130.0	330.0	213.3	213.3	213.3
Infant Cereal, mixed	6	4	<LOR	16.0	5.2	8.5	11.8
Infant Dessert, dairy based	6	0	43.0	120.0	72.0	72.0	72.0
Infant Dessert, fruit	6	1	<LOR	47.0	23.2	24.0	24.8
Infant Dinner, containing meat, chicken or fish	6	2	<LOR	87.0	28.3	30.0	31.7
Infant Formula, powder, cow's milk based	6	0	48.0	120.0	77.3	77.3	77.3
Juice, orange	10	6	<LOR	24.0	7.1	10.1	13.1
Lamb Chops, loin, grilled	10	10	<LOR	<LOR	0.0	5.0	10.0
Lettuce, raw	10	6	<LOR	86.0	20.7	23.7	26.7
Liver, sheep	10	0	25.0	130.0	80.0	80.0	80.0
Mango	6	6	<LOR	<LOR	0.0	5.0	10.0
Margarine or Margarine Spread, Polyunsaturated	6	6	<LOR	<LOR	0.0	5.0	10.0
Milk, full fat	10	0	90.0	210.0	133.0	133.0	133.0
Milk, modified, low fat	10	0	120.0	190.0	159.0	159.0	159.0
Mushrooms, cooked	10	10	<LOR	<LOR	0.0	5.0	10.0
Nori sheets	6	0	10000.0	34000.0	17833.3	17833.3	17833.3
Oats, rolled	6	3	<LOR	26.0	10.3	12.8	15.3
Oil, canola	6	6	<LOR	<LOR	0.0	5.0	10.0
Olives	6	4	<LOR	75.0	22.0	25.3	28.7
Onions, cooked	10	6	<LOR	15.0	5.3	8.3	11.3

ATDS food	No. analyses	No. analyses with <LOR	Minimum result	Maximum result	Lower bound mean	Middle bound mean	Upper bound mean
Orange	10	9	<LOR	13.0	1.3	5.8	10.3
Parsley, fresh	10	0	38.0	100.0	65.6	65.6	65.6
Pasta, white	6	1	<LOR	37.0	23.2	24.0	24.8
Peach, canned in natural juice	6	4	<LOR	26.0	7.5	10.8	14.2
Peach, fresh	10	8	<LOR	170.0	18.4	22.4	26.4
Peanut butter	6	5	<LOR	150.0	25.0	29.2	33.3
Peas, frozen, cooked	10	10	<LOR	<LOR	0.0	5.0	10.0
Pie, meat, individual size	6	0	15.0	35.0	26.3	26.3	26.3
Pineapple, fresh	10	10	<LOR	<LOR	0.0	5.0	10.0
Pizza, meat & vegetable-containing	6	0	46.0	100.0	82.2	82.2	82.2
Pork Chops, grilled	6	2	<LOR	13.0	7.8	9.5	11.2
Potato crisps	6	5	<LOR	30.0	5.0	9.2	13.3
Potatoes, cooked	10	6	<LOR	13.0	4.7	7.7	10.7
Prawns, cooked	10	0	76.0	480.0	250.6	250.6	250.6
Pumpkin, cooked	10	10	<LOR	<LOR	0.0	5.0	10.0
Rice, white	6	0	12.0	130.0	60.8	60.8	60.8
Salmon, canned in brine	6	0	190.0	270.0	233.3	233.3	233.3
Salt, iodised	6	0	14000.0	180000.0	80500.0	80500.0	80500.0
Salt, table, non-iodised	6	3	<LOR	1100.0	199.0	201.5	204.0
Sauce, tomato	6	0	29.0	450.0	107.5	107.5	107.5
Sausage, beef	10	1	<LOR	43.0	23.3	23.8	24.3
Soft Drink	6	3	<LOR	53.0	17.0	19.5	22.0

ATDS food	No. analyses	No. analyses with <LOR	Minimum result	Maximum result	Lower bound mean	Middle bound mean	Upper bound mean
Soy Beverage, plain	6	0	21.0	250.0	117.7	117.7	117.7
Spinach, fresh, cooked	10	0	16.0	290.0	90.2	90.2	90.2
Strawberries	10	10	<LOR	<LOR	0.0	5.0	10.0
Sugar, white	6	6	<LOR	<LOR	0.0	5.0	10.0
Sultanas	6	5	<LOR	11.0	1.8	6.0	10.2
Sweetcorn, kernels, frozen	6	6	<LOR	<LOR	0.0	5.0	10.0
Tea	6	6	<LOR	<LOR	0.0	5.0	10.0
Tomatoes, raw	10	9	<LOR	16.0	1.6	6.1	10.6
Tuna, canned in brine	6	0	92.0	120.0	108.7	108.7	108.7
Water, Bottled Still	6	5	<LOR	11.0	1.8	6.0	10.2
Water, Tap	16	13	<LOR	43.0	7.2	11.3	15.3
Watermelon	10	9	<LOR	25.0	2.5	7.0	11.5
Wine, white	10	10	<LOR	<LOR	0.0	5.0	10.0
Yoghurt, fruit, full fat	6	0	110.0	210.0	166.7	166.7	166.7

¹ Elevated levels of iodine in wholemeal bread represents the use of iodised salt in bread in one State sampled.

Notes:

- Results are derived from composite samples.
- Results have been rounded to one decimal place.
- Three means are given in this table; the 'lower bound' where results <LOR are assigned a value of 0; 'middle bound' where results <LOR are assigned a value of ½ LOR; and 'upper bound' where results <LOR are assigned the LOR as a value.
- The LOR for liquid matrix differs from food matrix LOR.

Table A5.2: Mean, minimum and maximum levels of selenium in foods (µg/kg)

ATDS food	No. analyses	No. analyses with <LOR	Minimum result	Maximum result	Lower bound mean	Middle bound mean	Upper bound mean
Almonds	6	5	<LOR	15.0	2.5	6.7	10.8
Apple, unpeeled	10	10	<LOR	<LOR	0.0	5.0	10.0
Avocado	10	10	<LOR	<LOR	0.0	5.0	10.0
Bacon	6	0	230.0	280.0	253.3	253.3	253.3
Baked beans, in tomato sauce, canned	6	0	29.0	48.0	39.2	39.2	39.2
Bananas	6	6	<LOR	<LOR	0.0	5.0	10.0
Beans, green	10	10	<LOR	<LOR	0.0	5.0	10.0
Beef steak, rib/ribeye/sirloin, grilled	10	0	81.0	240.0	149.6	149.6	149.6
Beer, 3.5% alcohol	6	6	<LOR	<LOR	0.0	5.0	10.0
Beetroot, canned	6	5	<LOR	12.0	2.0	6.2	10.3
Biscuit, savoury	6	0	110.0	210.0	155.0	155.0	155.0
Biscuit, sweet, plain	6	0	57.0	200.0	110.8	110.8	110.8
Bread, multigrain	10	0	84.0	140.0	110.2	110.2	110.2
Bread, white	10	0	75.0	200.0	112.6	112.6	112.6
Bread, wholemeal	10	0	83.0	170.0	137.3	137.3	137.3
Breakfast cereal, mixed grain	6	0	82.0	160.0	117.5	117.5	117.5
Breakfast cereal, single grain	6	0	35.0	180.0	91.8	91.8	91.8
Broccoli, cooked	10	6	<LOR	177.0	27.3	30.3	33.3
Butter, regular	6	6	<LOR	<LOR	0.0	5.0	10.0

ATDS food	No. analyses	No. analyses with <LOR	Minimum result	Maximum result	Lower bound mean	Middle bound mean	Upper bound mean
Cabbage, cooked	10	9	<LOR	12.0	1.2	5.7	10.2
Cake, chocolate, iced	6	0	58.0	92.0	77.3	77.3	77.3
Carrots, cooked	10	10	<LOR	<LOR	0.0	5.0	10.0
Celery, raw	10	10	<LOR	<LOR	0.0	5.0	10.0
Cheese, cheddar, full fat	10	0	65.0	170.0	106.5	106.5	106.5
Cheese, cottage	7	0	38.0	110.0	57.3	57.3	57.3
Cheese, processed, cheddar type	5	0	54.0	84.0	67.6	67.6	67.6
Chicken, breast, fillet	6	0	200.0	280.0	238.3	238.3	238.3
Chocolate, milk	6	0	53.0	84.0	65.7	65.6	65.6
Coconut, desiccated	6	0	26.0	180.0	76.2	76.2	76.2
Cream, pure (not thickened)	6	6	<LOR	<LOR	0.0	5.0	10.0
Cucumber, raw	10	10	<LOR	<LOR	0.0	5.0	10.0
Dairy Blend (not reduced fat)	6	6	<LOR	<LOR	0.0	5.0	10.0
Eggs, boiled	10	0	201.0	305.0	240.0	240.0	240.0
Fish fillets	10	0	342.0	1046.0	594.5	594.5	594.5
Fish, battered, takeaway	10	0	180.0	470.0	306.0	306.0	306.0
Fish, crumbed, oven bake	6	0	240.0	340.0	290.0	290.0	290.0
Grapes	10	10	<LOR	<LOR	0.0	5.0	10.0
Ham, leg	6	0	110.0	180.0	148.3	148.3	148.3

ATDS food	No. analyses	No. analyses with <LOR	Minimum result	Maximum result	Lower bound mean	Middle bound mean	Upper bound mean
Hamburger	10	0	59.0	110.0	94.0	94.0	94.0
Ice Cream, full fat, vanilla	6	2	<LOR	23.0	9.8	11.5	13.2
Infant Cereal, mixed	6	2	<LOR	28.0	16.0	17.7	19.3
Infant Dessert, dairy based	6	5	<LOR	11.0	1.8	6.0	10.2
Infant Dessert, fruit	6	6	<LOR	<LOR	0.0	5.0	10.0
Infant Dinner, containing meat, chicken or fish	6	1	<LOR	25.0	14.8	15.7	16.5
Infant Formula, powder, cow's milk based	6	4	<LOR	14.0	4.3	7.7	11.0
Juice, orange	10	10	<LOR	<LOR	0.0	5.0	10.0
Lamb Chops, loin, grilled	10	0	100.0	230.0	166.0	166.0	166.0
Lettuce, raw	10	10	<LOR	<LOR	0.0	5.0	10.0
Liver, sheep	10	0	120.0	1100.0	466.0	466.0	466.0
Mango	6	6	<LOR	<LOR	0.0	5.0	10.0
Margarine or Margarine Spread, Polyunsaturated	6	6	<LOR	<LOR	0.0	5.0	10.0
Milk, full fat	10	7	<LOR	16.0	4.1	7.6	11.1
Milk, modified, low fat	10	3	<LOR	18.0	10.2	11.7	13.2
Mushrooms, cooked	10	0	79.0	170.0	120.8	120.8	120.8
Nori sheets	6	0	64.0	190.0	103.0	103.0	103.0
Oats, rolled	6	1	<LOR	26.0	17.2	18.0	18.8
Oil, canola	6	6	<LOR	<LOR	0.0	5.0	10.0
Olives	6	6	<LOR	<LOR	0.0	5.0	10.0

ATDS food	No. analyses	No. analyses with <LOR	Minimum result	Maximum result	Lower bound mean	Middle bound mean	Upper bound mean
Onions, cooked	10	10	<LOR	<LOR	0.0	5.0	10.0
Orange	10	10	<LOR	<LOR	0.0	5.0	10.0
Parsley, fresh	10	9	<LOR	15.0	1.5	6.0	10.5
Pasta, white	6	0	45.0	89.0	67.5	67.5	67.5
Peach, canned in natural juice	6	6	<LOR	<LOR	0.0	5.0	10.0
Peach, fresh	10	10	<LOR	<LOR	0.0	5.0	10.0
Peanut butter	6	0	130.0	300.0	183.3	183.3	183.3
Peas, frozen, cooked	10	10	<LOR	<LOR	0.0	5.0	10.0
Pie, meat, individual size	6	0	42.0	73.0	56.8	56.8	56.8
Pineapple, fresh	10	10	<LOR	<LOR	0.0	5.0	10.0
Pizza, meat & vegetable-containing	6	0	80.0	150.0	114.3	114.3	114.3
Pork Chops, grilled	6	0	190.0	410.0	335.0	335.0	335.0
Potato crisps	6	1	<LOR	49.0	21.0	21.8	22.7
Potatoes, cooked	10	10	<LOR	<LOR	0.0	5.0	10.0
Prawns, cooked	10	0	180.0	430.0	337.0	337.0	337.0
Pumpkin, cooked	10	10	<LOR	<LOR	0.0	5.0	10.0
Rice, white	6	0	10.0	17.0	12.7	12.7	12.7
Salmon, canned in brine	6	0	280.0	390.0	325.0	325.0	325.0
Salt, iodised	6	2	<LOR	38.0	18.7	20.3	22.0
Salt, table, non-iodised	6	2	<LOR	79.0	26.2	27.8	29.5
Sauce, tomato	6	6	<LOR	<LOR	0.0	5.0	10.0

ATDS food	No. analyses	No. analyses with <LOR	Minimum result	Maximum result	Lower bound mean	Middle bound mean	Upper bound mean
Sausage, beef	10	0	62.0	110.0	91.7	91.7	91.7
Soft Drink	6	6	<LOR	<LOR	0.0	5.0	10.0
Soy Beverage, plain	6	4	<LOR	14.0	4.2	7.5	10.8
Spinach, fresh, cooked	10	10	<LOR	<LOR	0.0	5.0	10.0
Strawberries	10	10	<LOR	<LOR	0.0	5.0	10.0
Sugar, white	6	6	<LOR	<LOR	0.0	5.0	10.0
Sultanas	6	6	<LOR	<LOR	0.0	5.0	10.0
Sweetcorn, kernels, frozen	6	4	<LOR	45.0	9.5	12.8	16.2
Tea	6	6	<LOR	<LOR	0.0	0.5	1.0
Tomatoes, raw	10	10	<LOR	<LOR	0.0	5.0	10.0
Tuna, canned in brine	6	0	520.0	710.0	630.0	630.0	630.0
Water, Bottled Still	6	6	<LOR	<LOR	0.0	0.5	1.0
Water, Tap	16	16	<LOR	<LOR	0.0	0.5	1.0
Watermelon	10	9	<LOR	14.0	1.4	5.9	10.4
Wine, white	10	10	<LOR	<LOR	0.0	2.5	5.0
Yoghurt, fruit, full fat	6	1	<LOR	23.0	14.8	15.7	16.5

Notes:

- Results are derived from composite samples.
- Results have been rounded to one decimal place.
- Three means are given in this table; the 'lower bound' where results <LOR are assigned a value of 0; 'middle bound' where results <LOR are assigned a value of ½ LOR; and 'upper bound' where results <LOR are assigned the LOR as a value.
- The LOR for liquid matrix differs from food matrix LOR.

Table A5.3: Mean, minimum and maximum levels of molybdenum in foods (µg/kg)

ATDS food	No. analyses	No. analyses with <LOR	Minimum result	Maximum result	Lower bound mean	Middle bound mean	Upper bound mean
Almonds	6	0	180.0	340.0	246.7	246.7	246.7
Apple, unpeeled	10	9	<LOR	11.0	1.1	5.6	10.1
Avocado	10	6	<LOR	14.0	4.6	7.6	10.6
Bacon	6	0	13.0	25.0	17.8	17.8	17.8
Baked beans, in tomato sauce, canned	6	0	260.0	360.0	308.3	308.3	308.3
Bananas	6	0	17.0	71.0	32.8	32.8	32.8
Beans, green	10	0	15.0	480.0	146.9	146.9	146.9
Beef steak, rib/ribeye/sirloin, grilled	10	9	<LOR	13.0	1.0	5.5	10.0
Beer, 3.5% alcohol	6	6	<LOR	<LOR	0.0	5.0	10.0
Beetroot, canned	6	5	<LOR	<LOR	1.7	5.8	10.0
Biscuit, savoury	6	0	130.0	270.0	180.0	180.0	180.0
Biscuit, sweet, plain	6	0	100.0	150.0	116.7	116.7	116.7
Bread, multigrain	10	0	160.0	710.0	294.0	294.0	294.0
Bread, white	10	0	130.0	250.0	177.0	177.0	177.0
Bread, wholemeal	10	0	140.0	280.0	196.0	196.0	196.0
Breakfast cereal, mixed grain	6	0	210.0	320.0	273.3	273.3	273.3
Breakfast cereal, single grain	6	0	160.0	280.0	233.3	233.3	233.3
Broccoli, cooked	10	0	46.0	120.0	86.3	86.3	86.3
Butter, regular	6	0	17.0	33.0	23.5	23.5	23.5

ATDS food	No. analyses	No. analyses with <LOR	Minimum result	Maximum result	Lower bound mean	Middle bound mean	Upper bound mean
Cabbage, cooked	10	0	14.0	455.0	107.1	107.1	107.1
Cake, chocolate, iced	6	0	45.0	73.0	54.0	54.0	54.0
Carrots, cooked	10	10	<LOR	<LOR	0.0	5.0	10.0
Celery, raw	10	3	<LOR	350.0	117.2	118.7	120.2
Cheese, cheddar, full fat	10	0	59.0	82.0	70.8	70.8	70.8
Cheese, cottage	7	0	43.0	60.0	52.1	52.2	52.1
Cheese, processed, cheddar type	5	0	48.0	89.0	67.4	67.4	67.4
Chicken, breast, fillet	6	0	28.0	37.0	33.3	33.3	33.3
Chocolate, milk	6	0	58.0	120.0	100.2	100.2	100.2
Coconut, desiccated	6	0	170.0	270.0	221.7	221.7	221.7
Cream, pure (not thickened)	6	0	89.0	120.0	107.7	107.7	107.7
Cucumber, raw	10	0	15.0	230.0	77.7	77.7	77.7
Dairy Blend (not reduced fat)	6	0	22.0	48.0	33.2	33.2	33.2
Eggs, boiled	10	0	27.0	110.0	55.2	55.2	55.2
Fish fillets	10	10	<LOR	<LOR	0.0	5.0	10.0
Fish, battered, takeaway	10	0	18.0	39.0	29.3	29.3	29.3
Fish, crumbed, oven bake	6	0	46.0	73.0	64.0	64.0	64.0
Grapes	10	4	<LOR	34.0	12.5	14.5	16.5
Ham, leg	6	0	12.0	32.0	20.0	20.0	20.0
Hamburger	10	0	51.0	96.0	76.8	76.8	76.8
Ice Cream, full fat, vanilla	6	0	61.0	81.0	71.3	71.3	71.3

ATDS food	No. analyses	No. analyses with <LOR	Minimum result	Maximum result	Lower bound mean	Middle bound mean	Upper bound mean
Infant Cereal, mixed	6	0	120.0	320.0	201.7	201.7	201.7
Infant Dessert, dairy based	6	0	23.0	37.0	29.0	29.0	29.0
Infant Dessert, fruit	6	1	<LOR	26.0	18.0	18.0	18.8
Infant Dinner, containing meat, chicken or fish	6	0	25.0	61.0	48.0	48.0	48.0
Infant Formula, powder, cow's milk based	6	2	<LOR	20.0	10.2	11.8	13.5
Juice, orange	10	10	<LOR	<LOR	0.0	5.0	10.0
Lamb Chops, loin, grilled	10	7	<LOR	17.0	3.9	7.4	10.9
Lettuce, raw	10	5	<LOR	34.0	10.9	13.4	15.9
Liver, sheep	10	0	1100.0	1800.0	1490.0	1490.0	1490.0
Mango	6	6	<LOR	<LOR	0.0	5.0	14.6
Margarine or Margarine Spread, Polyunsaturated	6	6	<LOR	<LOR	0.0	5.0	10.0
Milk, full fat	10	0	26.0	30.0	27.6	27.6	27.6
Milk, modified, low fat	10	0	28.0	40.0	32.5	32.5	32.5
Mushrooms, cooked	10	0	11.0	21.0	15.6	15.6	15.6
Nori sheets	6	0	840.0	970.0	896.7	896.7	896.7
Oats, rolled	6	0	56.0	150.0	87.7	87.7	87.6
Oil, canola	6	6	<LOR	<LOR	0.0	5.0	10.0
Olives	6	1	<LOR	16.0	11.0	11.8	12.6
Onions, cooked	10	2	<LOR	50.0	18.9	19.9	20.9
Orange	10	10	<LOR	<LOR	0.0	5.0	10.0
Parsley, fresh	10	0	140.0	780.0	389.0	389.0	389.0

ATDS food	No. analyses	No. analyses with <LOR	Minimum result	Maximum result	Lower bound mean	Middle bound mean	Upper bound mean
Pasta, white	6	0	35.0	63.0	47.3	47.3	47.3
Peach, canned in natural juice	6	6	<LOR	<LOR	0	5.0	10.0
Peach, fresh	10	2	<LOR	17.0	10.8	11.8	12.8
Peanut butter	6	0	1100.0	1600.0	1433.3	1433.3	1433.3
Peas, frozen, cooked	10	0	54.0	200.0	127.2	127.2	127.2
Pie, meat, individual size	6	0	0.0	53.0	110.0	71.2	71.2
Pineapple, fresh	10	10	<LOR	<LOR	0.0	5.0	10.0
Pizza, meat & vegetable-containing	6	0	63.0	140.0	95.2	95.2	95.2
Pork Chops, grilled	6	1	<LOR	18.0	11.8	12.7	13.5
Potato crisps	6	0	120.0	460.0	205.0	205.0	205.0
Potatoes, cooked	10	0	10.0	62.0	32.0	32.0	32.0
Prawns, cooked	10	2	<LOR	29.0	14.1	15.1	16.1
Pumpkin, cooked	10	0	10.0	100.0	35.0	35.0	35.0
Rice, white	6	0	96.0	370.0	224.3	224.3	224.3
Salmon, canned in brine	6	6	<LOR	<LOR	0.0	5.0	10.0
Salt, iodised	6	5	<LOR	14.0	2.3	6.5	10.7
Salt, table, non-iodised	6	6	<LOR	<LOR	0.0	5.0	10.0
Sauce, tomato	6	0	19.0	70.0	43.3	43.3	43.3
Sausage, beef	10	0	23.0	120.0	58.6	58.6	58.6
Soft Drink	6	6	<LOR	<LOR	0.0	5.0	10.0
Soy Beverage, plain	6	0	46.0	1400.0	622.5	622.5	622.5

ATDS food	No. analyses	No. analyses with <LOR	Minimum result	Maximum result	Lower bound mean	Middle bound mean	Upper bound mean
Spinach, fresh, cooked	10	0	23.0	900.0	148.7	148.7	148.7
Strawberries	10	0	20.0	150.0	59.6	59.6	59.6
Sugar, white	6	6	<LOR	<LOR	0.0	5.0	10.0
Sultanas	6	0	21.0	45.0	30.7	30.7	30.7
Sweetcorn, kernels, frozen	6	1	<LOR	23.0	16.2	17.0	17.8
Tea	6	6	<LOR	<LOR	0.0	0.5	1.0
Tomatoes, raw	10	1	<LOR	47.0	23.0	23.5	24.0
Tuna, canned in brine	6	6	<LOR	<LOR	0.0	5.0	10.0
Water, Bottled Still	6	6	<LOR	<LOR	0.0	0.5	1.0
Water, Tap	16	16	<LOR	<LOR	0.0	0.5	1.0
Watermelon	10	1	<LOR	29.0	13.5	14.0	14.5
Wine, white	10	1	<LOR	16.0	8.2	8.4	8.7
Yoghurt, fruit, full fat	6	0	44.0	68.0	54.5	54.5	54.5

Notes:

- Results are derived from composite samples.
- Results have been rounded to one decimal place.
- Three means are given in this table; the 'lower bound' where results <LOR are assigned a value of 0; 'middle bound' where results <LOR are assigned a value of ½ LOR; and 'upper bound' where results <LOR are assigned the LOR as a value.
- The LOR for liquid matrix differs from food matrix LOR.

Table A5.4: Mean, minimum and maximum levels of chromium in foods (µg/kg)

ATDS food	No. analyses	No. analyses with <LOR	Minimum result	Maximum result	Lower bound mean	Middle bound mean	Upper bound mean
Almonds	6.0	5.0	<LOR	22.0	3.7	7.8	12.0
Apple, unpeeled	10	6	<LOR	30.0	8.8	11.8	14.8
Avocado	10	8	<LOR	14.0	2.6	6.6	10.6
Bacon	6	0	14.0	62.0	38.8	38.8	38.8
Baked beans, in tomato sauce, canned	6	0	17.0	58.0	32.8	32.8	32.8
Bananas	6	6	<LOR	<LOR	0.0	5.0	10.0
Beans, green	10	8	<LOR	13.0	2.4	6.4	10.4
Beef steak	10	4	<LOR	23.0	9.4	11.4	13.4
Beer, 3.5% alcohol	6	3	<LOR	18.0	6.8	9.3	11.8
Beetroot, canned	6	1	<LOR	44.0	20.7	21.5	22.3
Biscuit, savoury	6	3	<LOR	270.0	60.0	62.5	65.0
Biscuit, sweet, plain	6	3	<LOR	100.0	31.7	34.2	36.7
Bread, multigrain	10	1	<LOR	48.0	20.9	21.4	21.9
Bread, white	10	4	<LOR	76.0	18.8	20.8	22.8
Bread, wholemeal	10	3	<LOR	22.0	12.0	13.5	15.0
Breakfast cereal, mixed grain	6	0	32.0	62.0	46.0	46.0	46.0
Breakfast cereal, single grain	6	0	25.0	160.0	67.3	67.3	67.3
Broccoli, cooked	10	5	<LOR	40.0	11.7	14.2	16.7
Butter, regular	6	6	<LOR	<LOR	0.0	5.0	10.0
Cabbage, cooked	10	1	<LOR	148.0	57.1	57.6	58.1

ATDS food	No. analyses	No. analyses with <LOR	Minimum result	Maximum result	Lower bound mean	Middle bound mean	Upper bound mean
Cake, chocolate, iced	6	0	25.0	310.0	119.5	119.5	119.5
Carrots, cooked	10	4	<LOR	23.0	9.3	11.3	13.3
Celery, raw	10	8	<LOR	31.0	4.5	8.5	12.5
Cheese, cheddar, full fat	10	6	<LOR	19.0	5.9	8.9	11.9
Cheese, cottage	7	3	<LOR	210.0	36.0	38.1	40.3
Cheese, processed, cheddar type	5	0	14.0	32.0	21.0	21.0	21.0
Chicken, breast, fillet	6	3	<LOR	36.0	12.2	14.7	17.2
Chocolate, milk	6	0	36.0	140.0	90.0	90.0	90.0
Coconut, desiccated	6	0	10.0	22.0	17.3	17.3	17.3
Cream, pure (not thickened)	6	4	<LOR	11.0	3.7	7.0	10.3
Cucumber, raw	10	7	<LOR	34.0	6.0	9.5	13.0
Dairy Blend (not reduced fat)	6	5	<LOR	10.0	1.7	5.8	10.0
Eggs, boiled	10	8	<LOR	21.0	4.0	8.0	12.0
Fish fillets	10	7	<LOR	30.0	5.9	9.4	12.9
Fish, battered, takeaway	10	1	<LOR	26.0	14.3	14.8	15.3
Fish, crumbed, oven bake	6	0	29.0	100.0	52.7	52.7	52.7
Grapes	10	10	<LOR	<LOR	0.0	5.0	10.0
Ham, leg	6	0	36.0	430.0	133.8	133.8	133.8
Hamburger	10	0	23.0	81.0	53.9	53.9	53.9

ATDS food	No. analyses	No. analyses with <LOR	Minimum result	Maximum result	Lower bound mean	Middle bound mean	Upper bound mean
Ice Cream, full fat, vanilla	6	5	<LOR	12.0	2.0	6.2	10.3
Infant Cereal, mixed	6	0	12.0	56.0	30.3	30.3	30.3
Infant Dessert, dairy based	6	1	<LOR	31.0	17.2	18.0	18.8
Infant Dessert, fruit	6	0	28.0	51.0	38.3	38.3	38.3
Infant Dinner, containing meat, chicken or fish	6	0	11.0	77.0	30.2	30.2	30.2
Infant Formula, powder, cow's milk based	6	5	<LOR	110.0	18.3	22.5	26.7
Juice, orange	10	8	<LOR	15.0	2.7	6.7	10.7
Lamb Chops, loin, grilled	10	4	<LOR	49.0	17.9	19.9	21.9
Lettuce, raw	10	6	<LOR	110.0	22.1	25.1	28.1
Liver, sheep	10	4	<LOR	37.0	10.6	12.6	14.6
Mango	6	5	<LOR	13.0	2.2	6.3	10.5
Margarine or Margarine Spread, Polyunsaturated	6	3	<LOR	23.0	10.2	12.7	15.2
Milk, full fat	10	9	<LOR	35.0	3.5	8.0	12.5
Milk, modified, low fat	10	8	<LOR	14.0	2.7	6.7	10.7
Mushrooms, cooked	10	8	<LOR	11.0	2.1	6.1	10.1
Nori sheets	6	0	35.0	75.0	56.3	56.3	56.3
Oats, rolled	6	5	<LOR	17.0	2.8	7.0	11.2
Oil, canola	6	6	<LOR	<LOR	0.0	5.0	10.0
Olives	6	0	30.0	70.0	49.5	49.5	49.5

ATDS food	No. analyses	No. analyses with <LOR	Minimum result	Maximum result	Lower bound mean	Middle bound mean	Upper bound mean
Onions, cooked	10	8	<LOR	39.0	6.8	10.8	14.8
Orange	10	8	<LOR	14.0	2.6	6.6	10.6
Parsley, fresh	10	0	28.0	360.0	128.1	128.1	128.1
Pasta, white	6	4	<LOR	29.0	8.0	11.3	14.7
Peach, canned in natural juice	6	0	25.0	37.0	31.3	31.3	31.3
Peach, fresh	10	10	<LOR	<LOR	0.0	5.0	10.0
Peanut butter	6	4	<LOR	37.0	7.8	11.2	14.5
Peas, frozen, cooked	10	8	<LOR	36.0	5.1	9.1	13.1
Pie, meat, individual size	6	1	<LOR	39.0	25.2	26.0	26.8
Pineapple, fresh	10	10	<LOR	<LOR	0.0	5.0	10.0
Pizza, meat & vegetable-containing	6	0	20.0	52.0	40.5	40.5	40.5
Pork Chops, grilled	6	5	<LOR	19.0	3.2	7.3	11.5
Potato crisps	6	1	<LOR	250.0	54.7	55.5	56.3
Potatoes, cooked	10	9	<LOR	17.0	1.7	6.2	10.7
Prawns, cooked	10	0	13.0	210.0	43.9	43.9	43.9
Pumpkin, cooked	10	9	<LOR	81.0	8.1	12.6	17.1
Rice, white	6	4	<LOR	19.0	5.3	8.7	12.0
Salmon, canned in brine	6	3	<LOR	22.0	9.8	12.3	14.8
Salt, iodised	6	6	<LOR	100.0	0.0	50.0	100.0
Salt, table, non-iodised	6	5	<LOR	230.0	38.3	80.0	121.7
Sauce, tomato	6	0	23.0	110.0	55.3	55.3	55.3

ATDS food	No. analyses	No. analyses with <LOR	Minimum result	Maximum result	Lower bound mean	Middle bound mean	Upper bound mean
Sausage, beef	10	0	13.0	66.0	39.6	39.6	39.6
Soft Drink	6	6	<LOR	<LOR	0.0	5.0	10.0
Soy Beverage, plain	6	4	<LOR	17.0	5.3	8.7	12.0
Spinach, fresh, cooked	10	0	12.0	180.0	37.8	37.8	37.8
Strawberries	10	9	<LOR	23.0	2.3	6.8	11.3
Sugar, white	6	6	<LOR	<LOR	0.0	5.0	10.0
Sultanas	6	0	21.0	37.0	30.3	30.3	30.3
Sweetcorn, kernels, frozen	6	4	<LOR	18.0	5.2	8.5	11.8
Tea	6	0	1.1	2.9	2.0	2.0	2.0
Tomatoes, raw	10	6	<LOR	31.0	10.4	13.4	16.4
Tuna, canned in brine	6	4	<LOR	20.0	6.0	9.3	12.7
Water, Bottled Still	6	6	<LOR	<LOR	0.0	0.5	1.0
Water, Tap	16	16	<LOR	<LOR	0.0	0.5	1.0
Watermelon	10	9	<LOR	11.0	1.1	5.6	10.1
Wine, white	10	0	9.9	21.0	14.0	14.0	14.0
Yoghurt, fruit, full fat	6	3	<LOR	19.0	8.3	10.8	13.3

Notes:

- Results are derived from composite samples.
- Results have been rounded to one decimal place.
- Three means are given in this table; the 'lower bound' where results <LOR are assigned a value of 0; 'middle bound' where results <LOR are assigned a value of ½ LOR; and 'upper bound' where results <LOR are assigned the LOR as a value.
- The LOR for liquid matrix differs from food matrix LOR.

Table A5.5: Mean, minimum and maximum levels of nickel in foods ($\mu\text{g}/\text{kg}$)

ATDS food	No. analyses	No. analyses with <LOR	Minimum result	Maximum result	Lower bound mean	Middle bound mean	Upper bound mean
Almonds	6	0	520.0	670.0	603.3	603.3	603.3
Apple, unpeeled	10	8	<LOR	12.0	2.2	2.2	10.2
Avocado	10	0	130.0	3100.0	1043.0	1043.0	1043.0
Bacon	6	1	<LOR	53.0	22.8	23.7	24.5
Baked beans, in tomato sauce, canned	6	0	430.0	550.0	486.7	486.7	486.7
Bananas	6	0	11.0	79.0	43.2	43.2	43.2
Beans, green	10	0	60.0	300.0	186.7	186.7	186.7
Beef steak, rib/ribeye/sirloin, grilled	10	8	<LOR	16.0	2.7	6.7	10.7
Beer, 3.5% alcohol	6	3	<LOR	52.0	13.2	15.7	18.2
Beetroot, canned	6	0	38.0	110.0	62.8	62.8	62.8
Biscuit, savoury	6	0	20.0	350.0	141.7	141.7	141.7
Biscuit, sweet, plain	6	0	10.0	190.0	106.7	106.7	106.7
Bread, multigrain	10	0	110.0	320.0	214.0	214.0	214.0
Bread, white	10	0	100.0	400.0	212.0	212.0	212.0
Bread, wholemeal	10	0	180.0	310.0	248.0	248.0	248.0
Breakfast cereal, mixed grain	6	0	360.0	500.0	410.0	410.0	410.0
Breakfast cereal, single grain	6	0	240.0	520.0	348.3	348.3	348.3
Broccoli, cooked	10	0	32.0	187.0	95.3	95.3	95.3
Butter, regular	6	5	<LOR	16.0	2.7	6.8	11.0

ATDS food	No. analyses	No. analyses with <LOR	Minimum result	Maximum result	Lower bound mean	Middle bound mean	Upper bound mean
Cabbage, cooked	10	3	<LOR	69.0	22.2	23.7	25.2
Cake, chocolate, iced	6	0	200.0	830.0	425.0	425.0	425.0
Carrots, cooked	10	2	<LOR	48.0	22.2	23.2	24.2
Celery, raw	10	3	<LOR	68.0	26.1	27.6	29.1
Cheese, cheddar, full fat	10	9	<LOR	13.0	1.3	5.8	10.3
Cheese, cottage	7	5	<LOR	23.0	5.9	9.4	13.0
Cheese, processed, cheddar type	5	3	<LOR	38.0	11.0	14.0	17.0
Chicken, breast, fillet	6	1	<LOR	36.0	17.5	18.3	19.2
Chocolate, milk	6	0	620.0	800.0	685.0	685.0	685.0
Coconut, desiccated	6	0	750.0	2000.0	1358.0	1358.0	1358.0
Cream, pure (not thickened)	6	2	<LOR	16.0	8.3	10.0	11.7
Cucumber, raw	10	2	<LOR	52.0	19.2	20.2	21.2
Dairy Blend (not reduced fat)	6	1	<LOR	260.0	99.3	100.2	101.0
Eggs, boiled	10	10	<LOR	<LOR	0.0	0.0	10.0
Fish fillets	10	1	<LOR	52.0	24.3	24.8	25.3
Fish, battered, takeaway	10	0	30.0	89.0	55.1	55.1	55.1
Fish, crumbed, oven bake	6	0	51.0	78.0	65.5	65.5	65.5
Grapes	10	10	<LOR	<LOR	0.0	5.0	10.0
Ham, leg	6	1	<LOR	21.0	15.7	16.5	17.3

ATDS food	No. analyses	No. analyses with <LOR	Minimum result	Maximum result	Lower bound mean	Middle bound mean	Upper bound mean
Hamburger	10	0	49.0	480.0	162.2	162.2	162.2
Ice Cream, full fat, vanilla	6	5	<LOR	12.0	2.0	6.2	10.3
Infant Cereal, mixed	6	0	180.0	530.0	351.7	351.7	351.7
Infant Dessert, dairy based	6	2	<LOR	98.0	26.7	28.3	30.0
Infant Dessert, fruit	6	0	20.0	76.0	39.8	39.8	39.8
Infant Dinner, containing meat, chicken or fish	6	0	42.0	89.0	68.2	68.2	68.2
Infant Formula, powder, cow's milk based	6	5	<LOR	43.0	7.2	11.3	15.5
Juice, orange	10	2	<LOR	43.0	12.9	13.9	14.9
Lamb Chops, loin, grilled	10	3	<LOR	47.0	16.1	17.6	19.1
Lettuce, raw	10	0	16.0	260.0	111.0	111.0	111.0
Liver, sheep	10	2	<LOR	36.0	14.7	15.7	16.7
Mango	6	0	16.0	27.0	19.3	19.3	19.3
Margarine or Margarine Spread, Polyunsaturated	6	0	110.0	570.0	236.7	236.7	236.7
Milk, full fat	10	9	<LOR	<LOR	1.0	5.5	10.0
Milk, modified, low fat	10	10	<LOR	<LOR	0.0	5.0	10.0
Mushrooms, cooked	10	10	<LOR	<LOR	0.0	5.0	10.0
Nori sheets	6	0	270.0	490.0	388.3	388.3	388.3
Oats, rolled	6	0	340.0	600.0	405.0	405.0	405.0
Oil, canola	6	4	<LOR	280.0	49.0	52.3	55.7
Olives	6	0	54.0	170.0	101.7	101.7	101.7

ATDS food	No. analyses	No. analyses with <LOR	Minimum result	Maximum result	Lower bound mean	Middle bound mean	Upper bound mean
Onions, cooked	10	1	<LOR	85.0	39.7	40.2	40.7
Orange	10	1	<LOR	80.0	38.4	38.9	39.4
Parsley, fresh	10	0	17.0	130.0	73.1	73.1	73.1
Pasta, white	6	0	19.0	37.0	27.7	27.7	27.7
Peach, canned in natural juice	6	0	57.0	120.0	92.0	92.0	92.0
Peach, fresh	10	0	29.0	120.0	76.0	76.0	76.0
Peanut butter	6	0	1300.0	2800.0	1916.7	1916.7	1916.7
Peas, frozen, cooked	10	0	180.0	330.0	255.0	255.0	255.0
Pie, meat, individual size	6	0	31.0	150.0	71.0	71.0	71.0
Pineapple, fresh	10	0	17.0	68.0	30.9	30.9	30.9
Pizza, meat & vegetable-containing	6	0	81.0	120.0	91.8	91.8	91.8
Pork Chops, grilled	6	2	<LOR	32.0	12.3	14.0	15.7
Potato crisps	6	0	73.0	530.0	237.0	237.0	237.0
Potatoes, cooked	10	0	10.0	190.0	50.5	50.5	50.5
Prawns, cooked	10	4	<LOR	51.0	19.7	21.7	23.7
Pumpkin, cooked	10	0	12.0	332.0	136.4	136.4	136.4
Rice, white	6	0	28.0	52.0	39.0	39.0	39.0
Salmon, canned in brine	6	2	<LOR	24.0	11.7	13.3	15.0
Salt, iodised	6	1	<LOR	30.0	17.8	18.7	19.5
Salt, table, non-iodised	6	0	12.0	120.0	46.7	46.7	46.7
Sauce, tomato	6	0	57.0	3100.0	584.7	584.7	584.7

ATDS food	No. analyses	No. analyses with <LOR	Minimum result	Maximum result	Lower bound mean	Middle bound mean	Upper bound mean
Sausage, beef	10	0	25.0	120.0	61.4	61.4	61.4
Soft Drink	6	6	<LOR	<LOR	0.0	5.0	10.0
Soy Beverage, plain	6	0	60.0	360.0	218.7	218.7	218.7
Spinach, fresh, cooked	10	0	14.0	320.0	69.8	69.8	69.8
Strawberries	10	4	<LOR	30.0	10.8	12.8	14.8
Sugar, white	6	6	<LOR	<LOR	0.0	5.0	10.0
Sultanas	6	0	26.0	47.0	33.8	33.8	33.8
Sweetcorn, kernels, frozen	6	0	28.0	50.0	38.2	38.2	38.2
Tea	6	0	17.0	22.0	20.3	20.3	20.3
Tomatoes, raw	10	0	11.0	60.0	30.8	30.8	30.8
Tuna, canned in brine	6	5	<LOR	14.0	2.3	6.5	10.7
Water, Bottled Still	6	6	<LOR	<LOR	0.0	0.5	1.0
Water, Tap	16	14	0.0	3.8	0.3	0.8	1.2
Watermelon	10	0	47.0	150.0	92.8	92.8	92.8
Wine, white	10	0	12.0	26.0	18.4	18.4	18.4
Yoghurt, fruit, full fat	6	4	<LOR	17.0	4.8	8.2	11.5

Notes:

- Results are derived from composite samples.
- Results have been rounded to one decimal place.
- Three means are given in this table; the 'lower bound' where results <LOR are assigned a value of 0; 'middle bound' where results <LOR are assigned a value of ½ LOR; and 'upper bound' where results <LOR are assigned the LOR as a value.
- The LOR for liquid matrix differs from food matrix LOR.