Appendix 10: Percent contribution of foods to total trace element intake

Table A10.1: Percentage contribution of foods to total iodine intake for children aged 2-18 years

Food	2 – 3 yrs Male	2 – 3 yrs Female	4 – 8 yrs Male	4 – 8 yrs Female	9 – 13 yrs Male	9 – 13 yrs Female	14 – 18 yrs Male	14 – 18 yrs Female
Almonds	0	0	0	0	0	0	0	0
Apple, unpeeled	0	0	0	0	0	0	0	0
Avocado	0	0	0	0	0	0	0	0
Bacon	<1	<1	<1	<1	<1	<1	<1	<1
Baked beans, in tomato sauce, canned	<1	<1	<1	<1	<1	<1	<1	<1
Bananas	0	0	0	0	0	0	0	0
Beans, green	0	0	0	0	0	0	0	0
Beef	<1	<1	<1	<1	<1	<1	<1	<1
Beer	<1	<1	0	<1	0	0	<1	<1
Beetroot, canned	<1	<1	<1	<1	<1	<1	<1	<1
Biscuit, savoury	<1	<1	<1	<1	<1	<1	<1	<1
Biscuit, sweet, plain	1	1	1	1	1	1	1	1
Bread, multigrain	<1	<1	<1	<1	<1	<1	<1	<1
Bread, white	1	1	1	1	1	1	1	1
Bread, wholemeal	1	1	1	1	1	1	1	1
Breakfast cereal, mixed grain	<1	<1	<1	<1	<1	<1	<1	<1
Breakfast cereal, single grain	<1	<1	<1	<1	<1	<1	<1	<1
Broccoli, cooked	0	0	0	0	0	0	0	0
Butter	<1	<1	<1	<1	<1	<1	<1	<1
Cabbage, cooked	0	0	0	0	0	0	0	0

Food	2 – 3 yrs Male	2 – 3 yrs Female	4 – 8 yrs Male	4 – 8 yrs Female	9 – 13 yrs Male	9 – 13 yrs Female	14 – 18 yrs Male	14 – 18 yrs Female
Cake, chocolate, iced	<1	1	1	1	1	1	1	1
Carrots, cooked	0	0	0	0	0	0	0	0
Celery, raw	0	0	0	0	0	0	0	0
Cheese, cheddar, full fat	1	2	2	2	3	2	3	4
Cheese, cottage	<1	<1	<1	<1	<1	<1	<1	<1
Cheese, processed, cheddar type	1	1	1	1	<1	1	1	1
Chicken, breast, fillet	0	0	0	0	0	0	0	0
Chocolate, milk	1	1	1	2	2	2	2	3
Coconut, desiccated	<1	<1	<1	<1	<1	<1	<1	<1
Cream	<1	<1	<1	<1	<1	<1	<1	1
Cucumber, raw	<1	<1	<1	<1	<1	<1	<1	<1
Dairy Blend	<1	<1	<1	<1	<1	<1	<1	<1
Eggs	2	3	3	3	3	4	4	3
Fish fillets	<1	<1	1	1	1	1	1	1
Fish, battered, takeaway	<1	<1	<1	<1	<1	<1	<1	<1
Fish, crumbed, oven bake	<1	<1	<1	<1	<1	<1	<1	<1
Grapes	0	0	0	0	0	0	0	0
Ham	<1	<1	<1	<1	<1	<1	1	<1
Hamburger	<1	<1	<1	<1	1	1	1	1
Ice Cream	4	4	8	8	11	12	10	8
Infant Cereal, mixed	0	0	0	0	0	0	0	0

Food	2 – 3 yrs Male	2 – 3 yrs Female	4 – 8 yrs Male	4 – 8 yrs Female	9 – 13 yrs Male	9 – 13 yrs Female	14 – 18 yrs Male	14 – 18 yrs Female
Infant Dessert, dairy based	<1	<1	0	<1	0	0	0	0
Infant Dessert, fruit	<1	<1	<1	<1	<1	<1	0	0
Infant Dinner, containing meat, chicken or fish	<1	0	0	0	0	0	0	0
Infant Formula, powder, cow's milk based	0	0	<1	0	0	<1	0	0
Juice, orange	3	3	3	4	2	3	2	2
Lamb	0	0	0	0	0	0	0	0
Lettuce	<1	<1	<1	<1	<1	<1	<1	<1
Liver	0	<1	<1	<1	<1	0	0	<1
Mango	0	0	0	0	0	0	0	0
Margarine or Margarine Spread	0	0	0	0	0	0	0	0
Milk, full fat	59	59	42	42	36	30	21	27
Milk, modified, low fat	5	5	9	10	13	15	14	14
Mushrooms, cooked	0	0	0	0	0	0	0	0
Nori sheets	0	<1	<1	0	0	0	0	<1
Oats, rolled	<1	<1	<1	<1	<1	<1	<1	<1
Oil, canola	0	0	0	0	0	0	0	0
Olives	0	0	<1	<1	<1	<1	<1	<1
Onions, cooked	<1	<1	<1	<1	<1	<1	<1	<1
Orange	<1	<1	<1	<1	<1	<1	<1	<1
Parsley	<1	<1	<1	<1	<1	<1	<1	<1
Pasta	1	1	1	1	1	1	1	1

Food	2 – 3 yrs Male	2 – 3 yrs Female	4 – 8 yrs Male	4 – 8 yrs Female	9 – 13 yrs Male	9 – 13 yrs Female	14 – 18 yrs Male	14 – 18 yrs Female
Peach, canned in natural juice	<1	<1	<1	<1	<1	<1	<1	<1
Peach, fresh	<1	<1	<1	<1	<1	<1	<1	<1
Peanut butter	<1	<1	<1	<1	<1	<1	<1	<1
Peas, frozen, cooked	0	0	0	0	0	0	0	0
Pie, meat	<1	<1	<1	1	<1	1	1	1
Pineapple, fresh	0	0	0	0	0	0	0	0
Pizza	<1	<1	1	1	1	1	2	1
Pork Chops	<1	<1	<1	<1	<1	<1	<1	<1
Potato crisps	<1	<1	<1	<1	<1	<1	<1	<1
Potatoes, cooked	<1	<1	<1	<1	<1	<1	<1	<1
Prawns, cooked	0	<1	1	1	<1	<1	1	1
Pumpkin, cooked	0	0	0	0	0	0	0	0
Rice	1	1	2	1	2	2	2	2
Salmon, canned	0	0	<1	<1	<1	<1	0	<1
Salt, iodised	<1	<1	7	<1	4	2	4	3
Salt, table, non-iodised	0	0	0	0	0	0	0	0
Sauce, tomato	<1	1	1	1	1	1	1	1
Sausage	<1	<1	<1	<1	<1	<1	<1	<1
Soft Drink	1	1	3	2	4	4	**6**	**6**
Soy Beverage	4	2	1	<1	<1	1	<1	<1
Spinach, fresh, cooked	<1	<1	<1	<1	<1	<1	<1	<1
Strawberries	0	0	0	0	0	0	0	0
Sugar	0	0	0	.	0	0	0	0
Sultanas	<1	<1	<1	<1	<1	<1	<1	<1

Food	2 – 3 yrs Male	2 – 3 yrs Female	4 – 8 yrs Male	4 – 8 yrs Female	9 – 13 yrs Male	9 – 13 yrs Female	14 – 18 yrs Male	14 – 18 yrs Female
Sweetcorn, kernels, frozen	0	0	0	0	0	0	0	0
Tea	0	0	0	0	0	0	0	0
Tomatoes, raw	<1	<1	<1	<1	<1	<1	<1	<1
Tuna, canned in brine	<1	<1	<1	<1	<1	<1	<1	<1
Water, Bottled Still	<1	<1	<1	0	<1	0	<1	<1
Water, Tap	4	4	**5**	**6**	**6**	**6**	**6**	**8**
Watermelon	<1	<1	<1	<1	<1	<1	<1	<1
Wine, white	0	0	0	0	0	0	0	0
Yoghurt	**6**	**5**	3	**5**	2	3	2	4

Notes:

- Percent contributions are based on 'lower bound' mean nutrient concentrations.
- Percent contribution of foods to nutrient intake is calculated using only day 1 intakes.
- A '0' contribution indicates that the food was not consumed and/or did not contain iodine at the lower bound mean.
- The sum of contributions for each population group may not equal 100% due to rounding.
- The sum of both types of milk, all types of bread and both types of breakfast cereal are shown in the report.
- Bold numbers indicate foods which contributed 5% or more to total iodine intake for the population group. For some foods (milk, bread and breakfast cereal), the totals of all foods in these groups were summed in order to determine whether they were a major contributor as a group.

Table A10.2: Percentage contribution of foods to total iodine intake for adults aged 19 years and above

Food	19 – 29 yrs Male	19 – 29 yrs Female	30 – 49 yrs Male	30 – 49 yrs Female	50 – 69 yrs Male	50 – 69 yrs Female	70+ yrs Male	70+ yrs Female
Almonds	0	0	0	0	0	0	0	0
Apple, unpeeled	0	0	0	0	0	0	0	0
Avocado	0	0	0	0	0	0	0	0
Bacon	<1	<1	<1	<1	<1	<1	<1	<1
Baked beans, in tomato sauce, canned	<1	<1	<1	<1	<1	<1	<1	<1
Bananas	0	0	0	0	0	0	0	0
Beans, green	0	0	0	0	0	0	0	0
Beef	<1	<1	<1	<1	<1	<1	<1	<1
Beer	2	<1	2	<1	2	<1	1	<1
Beetroot, canned	<1	<1	<1	<1	<1	<1	<1	<1
Biscuit, savoury	<1	<1	<1	<1	<1	<1	<1	<1
Biscuit, sweet, plain	1	1	1	1	1	1	2	1
Bread, multigrain	<1	<1	<1	<1	<1	<1	<1	<1
Bread, white	1	1	1	1	1	1	1	1
Bread, wholemeal	1	2	2	2	3	3	4	4
Breakfast cereal, mixed grain	<1	<1	<1	<1	<1	<1	<1	<1
Breakfast cereal, single grain	<1	<1	<1	<1	<1	<1	<1	<1
Broccoli, cooked	0	0	0	0	0	0	0	0
Butter	<1	<1	<1	<1	<1	<1	<1	<1
Cabbage, cooked	0	0	0	0	0	0	0	0

Food	19 – 29 yrs Male	19 – 29 yrs Female	30 – 49 yrs Male	30 – 49 yrs Female	50 – 69 yrs Male	50 – 69 yrs Female	70+ yrs Male	70+ yrs Female
Cake, chocolate, iced	1	1	1	1	1	1	1	1
Carrots, cooked	0	0	0	0	0	0	0	0
Celery, raw	0	0	0	0	0	0	0	0
Cheese, cheddar, full fat	4	4	4	3	3	3	2	2
Cheese, cottage	<1	<1	<1	<1	<1	1	<1	1
Cheese, processed, cheddar type	<1	1	1	1	<1	1	<1	1
Chicken, breast, fillet	0	0	0	0	0	0	0	0
Chocolate, milk	2	2	1	1	1	1	<1	1
Coconut, desiccated	<1	<1	<1	<1	<1	<1	<1	<1
Cream	1	1	1	1	1	1	1	<1
Cucumber, raw	<1	<1	<1	<1	<1	<1	<1	<1
Dairy Blend	<1	<1	<1	<1	<1	<1	<1	<1
Eggs	5	4	5	5	5	5	5	5
Fish fillets	1	1	2	2	3	2	2	2
Fish, battered, takeaway	<1	<1	<1	<1	<1	<1	<1	<1
Fish, crumbed, oven bake	<1	<1	<1	<1	<1	<1	<1	<1
Grapes	0	0	0	0	0	0	0	0
Ham	1	1	1	1	1	1	1	1
Hamburger	1	1	1	<1	<1	<1	<1	<1
Ice Cream	5	4	5	3	5	3	5	3
Infant Cereal, mixed	0	<1	0	0	0	0	<1	0

Food	19 – 29 yrs Male	19 – 29 yrs Female	30 – 49 yrs Male	30 – 49 yrs Female	50 – 69 yrs Male	50 – 69 yrs Female	70+ yrs Male	70+ yrs Female
Infant Dessert, dairy based	0	0	<1	<1	0	0	0	0
Infant Dessert, fruit	0	<1	<1	<1	0	0	<1	<1
Infant Dinner, containing meat, chicken or fish	0	<1	0	0	0	0	0	0
Infant Formula, powder, cow's milk based	0	0	0	0	0	<1	0	0
Juice, orange	2	2	1	1	1	1	1	1
Lamb	0	0	0	0	0	0	0	0
Lettuce	<1	<1	<1	<1	<1	<1	<1	<1
Liver	<1	<1	<1	<1	<1	<1	<1	<1
Mango	0	0	0	0	0	0	0	0
Margarine or Margarine Spread	0	0	0	0	0	0	0	0
Milk, full fat	29	25	23	20	21	16	25	24
Milk, modified, low fat	12	16	14	17	19	26	21	22
Mushrooms, cooked	0	0	0	0	0	0	0	0
Nori sheets	<1	<1	<1	<1	0	0	0	<1
Oats, rolled	<1	<1	<1	<1	<1	<1	<1	<1
Oil, canola	0	0	0	0	0	0	0	0
Olives	<1	<1	<1	<1	<1	<1	<1	<1
Onions, cooked	<1	<1	<1	<1	<1	<1	<1	<1
Orange	<1	<1	<1	<1	<1	<1	<1	<1
Parsley	<1	<1	<1	<1	<1	<1	<1	<1
Pasta	1	1	1	1	1	<1	<1	<1

Food	19 – 29 yrs Male	19 – 29 yrs Female	30 – 49 yrs Male	30 – 49 yrs Female	50 – 69 yrs Male	50 – 69 yrs Female	70+ yrs Male	70+ yrs Female
Peach, canned in natural juice	<1	<1	<1	<1	<1	<1	<1	<1
Peach, fresh	<1	<1	<1	<1	<1	1	1	1
Peanut butter	<1	<1	<1	<1	<1	<1	<1	<1
Peas, frozen, cooked	0	0	0	0	0	0	0	0
Pie, meat	1	<1	1	<1	<1	<1	<1	<1
Pineapple, fresh	0	0	0	0	0	0	0	0
Pizza	2	1	1	1	<1	<1	<1	<1
Pork Chops	<1	<1	<1	<1	<1	<1	<1	<1
Potato crisps	<1	<1	<1	<1	<1	<1	<1	<1
Potatoes, cooked	<1	<1	<1	<1	<1	<1	<1	<1
Prawns, cooked	1	1	1	1	1	1	2	1
Pumpkin, cooked	0	0	0	0	0	0	0	0
Rice	3	4	4	3	2	2	2	1
Salmon, canned	<1	<1	<1	<1	1	<1	1	1
Salt, iodised	2	4	7	9	10	9	6	8
Salt, table, non-iodised	0	0	0	0	0	0	0	0
Sauce, tomato	1	<1	1	<1	<1	<1	<1	<1
Sausage	<1	<1	<1	<1	<1	<1	<1	<1
Soft Drink	7	5	5	3	2	2	1	1
Soy Beverage	<1	<1	1	1	1	1	1	1
Spinach, fresh, cooked	<1	<1	<1	<1	<1	<1	<1	<1
Strawberries	0	0	0	0	0	0	0	0
Sugar	0	0	0	0	0	0	0	0

Food	19 – 29 yrs Male	19 – 29 yrs Female	30 – 49 yrs Male	30 – 49 yrs Female	50 – 69 yrs Male	50 – 69 yrs Female	70+ yrs Male	70+ yrs Female
Sultanas	<1	<1	<1	<1	<1	<1	<1	<1
Sweetcorn, kernels, frozen	0	0	0	0	0	0	0	0
Tea	0	0	0	0	0	0	0	0
Tomatoes, raw	<1	<1	<1	<1	<1	<1	<1	<1
Tuna, canned in brine	<1	<1	<1	<1	<1	<1	<1	<1
Water, Bottled Still	0	<1	<1	<1	0	<1	0	<1
Water, Tap	**7**	**9**	**7**	**9**	**6**	**8**	**6**	**8**
Watermelon	<1	<1	<1	<1	<1	<1	<1	<1
Wine, white	0	0	0	0	0	0	0	0
Yoghurt	2	3	2	**5**	3	**5**	2	4

Notes:

- Percent contributions are based on 'lower bound' mean nutrient concentrations.
- Percent contribution of foods to nutrient intake is calculated using only day 1 intakes.
- A '0' contribution indicates that the food was not consumed and/or did not contain iodine at the lower bound mean.
- The sum of contributions for each population group may not equal 100% due to rounding.
- The sum of both types of milk, all types of bread and both types of breakfast cereal are shown in the report.
- Bold numbers indicate foods which contributed 5% or more to total iodine intake for the population group. For some foods (milk, bread and breakfast cereal), the totals of all foods in these groups were summed in order to determine whether they were a major contributor as a group.

Table A10.3: Percentage contribution of foods to total selenium intake for children aged 2-18 years

Food	2 – 3 yrs Male	2 – 3 yrs Female	4 – 8 yrs Male	4 – 8 yrs Female	9 – 13 yrs Male	9 – 13 yrs Female	14 – 18 yrs Male	14 – 18 yrs Female
Almonds	<1	<1	<1	<1	<1	<1	<1	<1
Apple, unpeeled	0	0	0	0	0	0	0	0
Avocado	0	0	0	0	0	0	0	0
Bacon	1	<1	1	<1	1	1	2	<1
Baked beans, in tomato sauce, canned	1	1	1	1	1	<1	<1	<1
Bananas	0	0	0	0	0	0	0	0
Beans, green	0	0	0	0	0	0	0	0
Beef	2	2	3	3	5	4	6	5
Beer	0	0	0	0	0	0	0	0
Beetroot, canned	<1	<1	<1	<1	<1	<1	<1	<1
Biscuit, savoury	3	1	2	3	2	2	1	1
Biscuit, sweet, plain	3	4	4	4	3	3	2	2
Bread, multigrain	1	2	2	1	1	1	1	2
Bread, white	22	20	22	22	21	20	18	18
Bread, wholemeal	5	6	4	4	4	3	3	4
Breakfast cereal, mixed grain	4	3	4	3	6	4	5	4
Breakfast cereal, single grain	4	4	4	3	3	2	3	1
Broccoli, cooked	1	<1	<1	<1	<1	<1	<1	1
Butter	0	0	0	0	0	0	0	0
Cabbage, cooked	<1	<1	<1	<1	<1	<1	<1	<1

Food	2 – 3 yrs Male	2 – 3 yrs Female	4 – 8 yrs Male	4 – 8 yrs Female	9 – 13 yrs Male	9 – 13 yrs Female	14 – 18 yrs Male	14 – 18 yrs Female
Cake, chocolate, iced	1	3	3	3	3	3	2	2
Carrots, cooked	0	0	0	0	0	0	0	0
Celery, raw	0	0	0	0	0	0	0	0
Cheese, cheddar, full fat	2	2	2	2	3	2	2	3
Cheese, cottage	<1	<1	<1	<1	<1	<1	<1	<1
Cheese, processed, cheddar type	1	1	1	1	<1	<1	<1	<1
Chicken, breast, fillet	7	6	6	7	5	8	10	10
Chocolate, milk	1	1	1	1	1	1	1	2
Coconut, desiccated	<1	<1	<1	<1	<1	<1	<1	<1
Cream	0	0	0	0	0	0	0	0
Cucumber, raw	0	0	0	0	0	0	0	0
Dairy Blend	0	0	0	0	0	0	0	0
Eggs	4	5	5	5	4	5	5	4
Fish fillets	1	1	2	2	2	2	4	3
Fish, battered, takeaway	1	<1	<1	1	1	1	<1	1
Fish, crumbed, oven bake	1	2	1	1	1	1	1	1
Grapes	0	0	0	0	0	0	0	0
Ham	2	2	2	2	1	1	3	2
Hamburger	<1	1	2	1	2	2	3	3
Ice Cream	1	1	1	1	1	1	1	1
Infant Cereal, mixed	0	0	0	0	0	0	0	0

Food	2 – 3 yrs Male	2 – 3 yrs Female	4 – 8 yrs Male	4 – 8 yrs Female	9 – 13 yrs Male	9 – 13 yrs Female	14 – 18 yrs Male	14 – 18 yrs Female
Infant Dessert, dairy based	<1	<1	0	<1	0	0	0	0
Infant Dessert, fruit	0	0	0	0	0	0	0	0
Infant Dinner, containing meat, chicken or fish	<1	0	0	0	0	0	0	0
Infant Formula, powder, cow's milk based	0	0	<1	0	0	<1	0	0
Juice, orange	0	0	0	0	0	0	0	0
Lamb	2	2	2	2	2	3	2	3
Lettuce	0	0	0	0	0	0	0	0
Liver	0	<1	<1	<1	1	0	0	<1
Mango	0	0	0	0	0	0	0	0
Margarine or Margarine Spread	0	0	0	0	0	0	0	0
Milk, full fat	6	6	3	3	2	2	2	2
Milk, modified, low fat	1	1	1	1	2	2	2	2
Mushrooms, cooked	<1	1	<1	<1	<1	<1	<1	1
Nori sheets	0	<1	<1	0	0	0	0	<1
Oats, rolled	<1	<1	<1	<1	<1	<1	<1	<1
Oil, canola	0	0	0	0	0	0	0	0
Olives	0	0	0	0	0	0	0	0
Onions, cooked	0	0	0	0	0	0	0	0
Orange	0	0	0	0	0	0	0	0
Parsley	<1	<1	<1	<1	<1	<1	<1	<1
Pasta	5	8	6	5	4	5	5	7

Food	2 – 3 yrs Male	2 – 3 yrs Female	4 – 8 yrs Male	4 – 8 yrs Female	9 – 13 yrs Male	9 – 13 yrs Female	14 – 18 yrs Male	14 – 18 yrs Female
Peach, canned in natural juice	0	0	0	0	0	0	0	0
Peach, fresh	0	0	0	0	0	0	0	0
Peanut butter	2	2	1	2	1	1	1	1
Peas, frozen, cooked	0	0	0	0	0	0	0	0
Pie, meat	2	1	2	3	2	2	3	2
Pineapple, fresh	0	0	0	0	0	0	0	0
Pizza	1	1	3	2	4	3	4	2
Pork Chops	<1	2	2	1	3	4	2	2
Potato crisps	1	<1	1	1	<1	1	<1	<1
Potatoes, cooked	0	0	0	0	0	0	0	0
Prawns, cooked	0	1	2	2	1	1	2	2
Pumpkin, cooked	0	0	0	0	0	0	0	0
Rice	1	1	1	1	1	1	1	1
Salmon, canned	0	0	<1	<1	<1	1	<1	1
Salt, iodised	<1	<1	<1	<1	<1	<1	<1	<1
Salt, table, non-iodised	0	0	0	0	0	0	0	0
Sauce, tomato	0	0	0	0	0	0	0	0
Sausage	3	2	2	2	2	2	1	1
Soft Drink	0	0	0	0	0	0	0	0
Soy Beverage	<1	<1	<1	<1	<1	<1	<1	<1
Spinach, fresh, cooked	0	0	0	0	0	0	0	0
Strawberries	0	0	0	0	0	0	0	0
Sugar	0	0	0	0	0	0	0	0

Food	2 – 3 yrs Male	2 – 3 yrs Female	4 – 8 yrs Male	4 – 8 yrs Female	9 – 13 yrs Male	9 – 13 yrs Female	14 – 18 yrs Male	14 – 18 yrs Female
Sultanas	0	0	0	0	0	0	0	0
Sweetcorn, kernels, frozen	<1	<1	<1	<1	<1	<1	<1	<1
Tea	0	0	0	0	0	0	0	0
Tomatoes, raw	0	0	0	0	0	0	0	0
Tuna, canned in brine	3	2	1	3	2	3	2	3
Water, Bottled Still	0	0	0	0	0	0	0	0
Water, Tap	0	0	0	0	0	0	0	0
Watermelon	<1	<1	<1	<1	<1	<1	<1	<1
Wine, white	0	0	0	0	0	0	0	0
Yoghurt	2	1	1	1	<1	1	<1	1

Notes:

- Percent contributions are based on 'lower bound' mean nutrient concentrations.
- Percent contribution of foods to nutrient intake is calculated using only day 1 intakes.
- A '0' contribution indicates that the food was not consumed and/or did not contain selenium at the lower bound mean.
- The sum of contributions for each population group may not equal 100% due to rounding.
- The sum of both types of milk, all types of bread and both types of breakfast cereal are shown in the report.
- Bold numbers indicate foods which contributed 5% or more to total selenium intake for the population group. For some foods (milk, bread and breakfast cereal), the totals of all foods in these groups were summed in order to determine whether they were a major contributor as a group.

Table A10.4: Percentage contribution of foods to total selenium intake for adults aged 19 years and above

Food	19 – 29 yrs Male	19 – 29 yrs Female	30 – 49 yrs Male	30 – 49 yrs Female	50 – 69 yrs Male	50 – 69 yrs Female	70+ yrs Male	70+ yrs Female
Almonds	<1	<1	<1	<1	<1	<1	<1	<1
Apple, unpeeled	0	0	0	0	0	0	0	0
Avocado	0	0	0	0	0	0	0	0
Bacon	2	2	2	1	1	1	1	1
Baked beans, in tomato sauce, canned	<1	<1	<1	<1	<1	<1	1	<1
Bananas	0	0	0	0	0	0	0	0
Beans, green	0	0	0	0	0	0	0	0
Beef	8	6	8	5	7	5	7	5
Beer	0	0	0	0	0	0	0	0
Beetroot, canned	<1	<1	<1	<1	<1	<1	<1	<1
Biscuit, savoury	1	1	1	1	1	2	1	2
Biscuit, sweet, plain	2	2	2	3	3	3	4	4
Bread, multigrain	2	2	2	3	3	4	4	3
Bread, white	16	16	16	15	13	12	12	11
Bread, wholemeal	3	5	4	6	8	9	10	12
Breakfast cereal, mixed grain	4	3	3	3	3	3	3	3
Breakfast cereal, single grain	1	1	2	1	2	2	3	3
Broccoli, cooked	<1	1	1	1	1	1	1	1
Butter	0	0	0	0	0	0	0	0
Cabbage, cooked	<1	<1	<1	<1	<1	<1	<1	<1

Food	19 – 29 yrs Male	19 – 29 yrs Female	30 – 49 yrs Male	30 – 49 yrs Female	50 – 69 yrs Male	50 – 69 yrs Female	70+ yrs Male	70+ yrs Female
Cake, chocolate, iced	2	2	2	2	2	2	2	3
Carrots, cooked	0	0	0	0	0	0	0	0
Celery, raw	0	0	0	0	0	0	0	0
Cheese, cheddar, full fat	3	3	2	3	2	2	2	2
Cheese, cottage	<1	<1	<1	<1	<1	<1	<1	<1
Cheese, processed, cheddar type	<1	<1	<1	<1	<1	<1	<1	<1
Chicken, breast, fillet	11	11	9	9	9	9	8	10
Chocolate, milk	1	1	1	1	<1	1	<1	<1
Coconut, desiccated	<1	<1	<1	<1	<1	<1	<1	<1
Cream	0	0	0	0	0	0	0	0
Cucumber, raw	0	0	0	0	0	0	0	0
Dairy Blend	0	0	0	0	0	0	0	0
Eggs	5	5	5	6	5	5	5	6
Fish fillets	3	3	4	6	6	7	5	5
Fish, battered, takeaway	1	1	2	1	1	1	2	1
Fish, crumbed, oven bake	1	1	1	1	1	1	<1	1
Grapes	0	0	0	0	0	0	0	0
Ham	2	2	3	2	3	2	2	2
Hamburger	3	2	2	1	1	<1	1	<1
Ice Cream	<1	<1	<1	<1	<1	<1	<1	<1
Infant Cereal, mixed	0	<1	0	0	0	0	<1	0

Food	19 – 29 yrs Male	19 – 29 yrs Female	30 – 49 yrs Male	30 – 49 yrs Female	50 – 69 yrs Male	50 – 69 yrs Female	70+ yrs Male	70+ yrs Female
Infant Dessert, dairy based	0	0	<1	<1	0	0	0	0
Infant Dessert, fruit	0	0	0	0	0	0	0	0
Infant Dinner, containing meat, chicken or fish	0	<1	0	0	0	0	0	0
Infant Formula, powder, cow's milk based	0	0	0	0	0	<1	0	0
Juice, orange	0	0	0	0	0	0	0	0
Lamb	3	2	3	3	4	4	4	3
Lettuce	0	0	0	0	0	0	0	0
Liver	<1	<1	<1	<1	<1	1	1	<1
Mango	0	0	0	0	0	0	0	0
Margarine or Margarine Spread	0	0	0	0	0	0	0	0
Milk, full fat	1	1	1	1	1	1	1	1
Milk, modified, low fat	1	2	1	2	2	3	2	2
Mushrooms, cooked	1	1	1	1	1	1	<1	<1
Nori sheets	<1	<1	<1	<1	0	0	0	<1
Oats, rolled	<1	<1	<1	<1	<1	<1	<1	<1
Oil, canola	0	0	0	0	0	0	0	0
Olives	0	0	0	0	0	0	0	0
Onions, cooked	0	0	0	0	0	0	0	0
Orange	0	0	0	0	0	0	0	0
Parsley	<1	<1	<1	<1	<1	<1	<1	<1
Pasta	4	**6**	4	4	2	2	1	2

Food	19 – 29 yrs Male	19 – 29 yrs Female	30 – 49 yrs Male	30 – 49 yrs Female	50 – 69 yrs Male	50 – 69 yrs Female	70+ yrs Male	70+ yrs Female
Peach, canned in natural juice	0	0	0	0	0	0	0	0
Peach, fresh	0	0	0	0	0	0	0	0
Peanut butter	1	1	1	1	1	1	1	<1
Peas, frozen, cooked	0	0	0	0	0	0	0	0
Pie, meat	2	2	2	1	2	1	1	1
Pineapple, fresh	0	0	0	0	0	0	0	0
Pizza	4	2	3	2	1	1	<1	<1
Pork Chops	3	2	3	3	4	3	4	2
Potato crisps	<1	<1	<1	<1	<1	<1	<1	<1
Potatoes, cooked	0	0	0	0	0	0	0	0
Prawns, cooked	2	3	3	3	3	3	3	3
Pumpkin, cooked	0	0	0	0	0	0	0	0
Rice	1	1	1	1	1	1	1	<1
Salmon, canned	<1	<1	<1	1	1	1	1	1
Salt, iodised	<1	<1	<1	<1	<1	<1	<1	<1
Salt, table, non-iodised	0	0	0	0	0	0	0	0
Sauce, tomato	0	0	0	0	0	0	0	0
Sausage	2	1	2	1	2	1	2	1
Soft Drink	0	0	0	0	0	0	0	0
Soy Beverage	<1	<1	<1	<1	<1	<1	<1	<1
Spinach, fresh, cooked	0	0	0	0	0	0	0	0
Strawberries	0	0	0	0	0	0	0	0
Sugar	0	0	0	0	0	0	0	0

Food	19 – 29 yrs Male	19 – 29 yrs Female	30 – 49 yrs Male	30 – 49 yrs Female	50 – 69 yrs Male	50 – 69 yrs Female	70+ yrs Male	70+ yrs Female
Sultanas	0	0	0	0	0	0	0	0
Sweetcorn, kernels, frozen	<1	<1	<1	<1	<1	<1	<1	<1
Tea	0	0	0	0	0	0	0	0
Tomatoes, raw	0	0	0	0	0	0	0	0
Tuna, canned in brine	2	3	3	3	3	3	3	4
Water, Bottled Still	0	0	0	0	0	0	0	0
Water, Tap	0	0	0	0	0	0	0	0
Watermelon	<1	<1	<1	<1	<1	<1	<1	<1
Wine, white	0	0	0	0	0	0	0	0
Yoghurt	<1	<1	<1	1	<1	1	<1	1

Notes:

- Percent contributions are based on 'lower bound' mean nutrient concentrations.
- Percent contribution of foods to nutrient intake is calculated using only day 1 intakes.
- A '0' contribution indicates that the food was not consumed and/or did not contain selenium at the lower bound mean.
- The sum of contributions for each population group may not equal 100% due to rounding.
- The sum of both types of milk, all types of bread and both types of breakfast cereal are shown in the report.
- Bold numbers indicate foods which contributed 5% or more to total selenium intake for the population group. For some foods (milk, bread and breakfast cereal), the totals of all foods in these groups were summed in order to determine whether they were a major contributor as a group.

Table A10.5: Percentage contribution of foods to total molybdenum intake for children aged 2-18 years

Food	2 – 3 yrs Male	2 – 3 yrs Female	4 – 8 yrs Male	4 – 8 yrs Female	9 – 13 yrs Male	9 – 13 yrs Female	14 – 18 yrs Male	14 – 18 yrs Female
Almonds	<1	<1	<1	<1	<1	<1	<1	1
Apple, unpeeled	<1	<1	<1	<1	<1	<1	<1	<1
Avocado	<1	<1	<1	<1	<1	<1	<1	<1
Bacon	<1	<1	<1	<1	<1	<1	<1	<1
Baked beans, in tomato sauce, canned	3	3	3	3	2	2	2	1
Bananas	1	1	1	1	1	1	<1	1
Beans, green	<1	<1	1	1	1	1	1	1
Beef	<1	<1	<1	<1	<1	<1	<1	<1
Beer	0	0	0	0	0	0	0	0
Beetroot, canned	<1	<1	<1	<1	<1	<1	<1	<1
Biscuit, savoury	1	1	1	2	1	1	1	1
Biscuit, sweet, plain	1	2	2	2	2	2	1	2
Bread, multigrain	**1**	**3**	**2**	**2**	**1**	**2**	**2**	**4**
Bread, white	**13**	**14**	**18**	**19**	**19**	**19**	**19**	**19**
Bread, wholemeal	**3**	**4**	**3**	**3**	**3**	**3**	**2**	**4**
Breakfast cereal, mixed grain	**4**	**4**	**4**	**4**	**8**	**5**	**7**	**5**
Breakfast cereal, single grain	**4**	**4**	**5**	**4**	**4**	**3**	**4**	**2**
Broccoli, cooked	1	1	1	1	1	1	1	1
Butter	<1	<1	<1	<1	<1	<1	<1	<1
Cabbage, cooked	<1	<1	<1	<1	<1	<1	<1	<1

Food	2 – 3 yrs Male	2 – 3 yrs Female	4 – 8 yrs Male	4 – 8 yrs Female	9 – 13 yrs Male	9 – 13 yrs Female	14 – 18 yrs Male	14 – 18 yrs Female
Cake, chocolate, iced	<1	1	1	1	1	1	1	1
Carrots, cooked	0	0	0	0	0	0	0	0
Celery, raw	<1	<1	<1	1	1	1	<1	1
Cheese, cheddar, full fat	1	1	1	1	1	1	1	1
Cheese, cottage	<1	<1	<1	<1	<1	<1	<1	<1
Cheese, processed, cheddar type	1	1	<1	<1	<1	<1	<1	<1
Chicken, breast, fillet	<1	<1	<1	1	<1	1	1	1
Chocolate, milk	1	1	1	1	1	1	1	2
Coconut, desiccated	<1	<1	<1	<1	<1	<1	<1	<1
Cream	<1	<1	<1	1	<1	1	<1	1
Cucumber, raw	<1	<1	<1	<1	<1	1	<1	1
Dairy Blend	<1	<1	<1	<1	<1	<1	<1	<1
Eggs	<1	1	1	1	1	1	1	1
Fish fillets	0	0	0	0	0	0	0	0
Fish, battered, takeaway	<1	<1	<1	<1	<1	<1	<1	<1
Fish, crumbed, oven bake	<1	<1	<1	<1	<1	<1	<1	<1
Grapes	<1	<1	<1	<1	<1	<1	<1	<1
Ham	<1	<1	<1	<1	<1	<1	<1	<1
Hamburger	<1	<1	<1	<1	1	1	1	1
Ice Cream	2	2	3	3	4	5	4	3
Infant Cereal, mixed	0	0	0	0	0	0	0	0

Food	2 – 3 yrs Male	2 – 3 yrs Female	4 – 8 yrs Male	4 – 8 yrs Female	9 – 13 yrs Male	9 – 13 yrs Female	14 – 18 yrs Male	14 – 18 yrs Female
Infant Dessert, dairy based	<1	<1	0	<1	0	0	0	0
Infant Dessert, fruit	<1	<1	<1	<1	<1	<1	0	0
Infant Dinner, containing meat, chicken or fish	<1	0	0	0	0	0	0	0
Infant Formula, powder, cow's milk based	0	0	<1	0	0	<1	0	0
Juice, orange	0	0	0	0	0	0	0	0
Lamb	<1	<1	<1	<1	<1	<1	<1	<1
Lettuce	<1	<1	<1	<1	<1	<1	<1	<1
Liver	0	<1	<1	<1	1	0	0	1
Mango	0	0	0	0	0	0	0	0
Margarine or Margarine Spread	0	0	0	0	0	0	0	0
Milk, full fat	15	17	11	10	9	7	8	7
Milk, modified, low fat	1	2	2	2	3	4	4	3
Mushrooms, cooked	<1	<1	<1	<1	<1	<1	<1	<1
Nori sheets	0	<1	<1	0	0	0	0	<1
Oats, rolled	<1	<1	<1	<1	<1	<1	<1	<1
Oil, canola	0	0	0	0	0	0	0	0
Olives	0	0	<1	<1	<1	<1	<1	<1
Onions, cooked	<1	<1	<1	<1	<1	<1	<1	<1
Orange	0	0	0	0	0	0	0	0
Parsley	<1	<1	<1	<1	<1	<1	<1	<1
Pasta	1	3	2	2	2	2	2	3

Food	2 – 3 yrs Male	2 – 3 yrs Female	4 – 8 yrs Male	4 – 8 yrs Female	9 – 13 yrs Male	9 – 13 yrs Female	14 – 18 yrs Male	14 – 18 yrs Female
Peach, canned in natural juice	0	0	0	0	0	0	0	0
Peach, fresh	<1	<1	<1	<1	<1	<1	<1	<1
Peanut butter	4	**5**	**5**	**9**	4	**5**	4	4
Peas, frozen, cooked	1	1	1	1	1	2	1	1
Pie, meat	1	1	1	2	2	2	2	2
Pineapple, fresh	0	0	0	0	0	0	0	0
Pizza	<1	1	1	1	2	2	2	1
Pork Chops	<1	<1	<1	<1	<1	<1	<1	<1
Potato crisps	2	2	3	3	2	3	3	3
Potatoes, cooked	2	2	2	2	3	3	4	3
Prawns, cooked	<1	<1	<1	<1	<1	<1	<1	<1
Pumpkin, cooked	<1	<1	<1	<1	<1	<1	<1	<1
Rice	4	**7**	**9**	**6**	**8**	**7**	**8**	**10**
Salmon, canned	0	0	0	0	0	0	0	0
Salt, iodised	<1	<1	<1	<1	<1	<1	<1	<1
Salt, table, non-iodised	0	0	0	0	0	0	0	0
Sauce, tomato	<1	<1	<1	<1	<1	<1	1	<1
Sausage	1	1	1	1	1	1	1	<1
Soft Drink	0	0	0	0	0	0	0	0
Soy Beverage	**23**	**11**	**5**	3	3	3	1	<1
Spinach, fresh, cooked	<1	<1	<1	<1	<1	<1	<1	<1
Strawberries	<1	<1	<1	<1	<1	<1	<1	<1
Sugar	0	0	0	0	0	0	0	0

Food	2 – 3 yrs Male	2 – 3 yrs Female	4 – 8 yrs Male	4 – 8 yrs Female	9 – 13 yrs Male	9 – 13 yrs Female	14 – 18 yrs Male	14 – 18 yrs Female
Sultanas	<1	<1	<1	<1	<1	<1	<1	<1
Sweetcorn, kernels, frozen	<1	<1	<1	<1	<1	<1	<1	<1
Tea	0	0	0	0	0	0	0	0
Tomatoes, raw	<1	1	<1	1	1	1	1	1
Tuna, canned in brine	0	0	0	0	0	0	0	0
Water, Bottled Still	0	0	0	0	0	0	0	0
Water, Tap	0	0	0	0	0	0	0	0
Watermelon	<1	<1	<1	<1	<1	<1	<1	<1
Wine	0	0	<1	0	<1	<1	<1	<1
Yoghurt	2	2	1	2	1	1	1	1

Notes:

- Percent contributions are based on 'lower bound' mean nutrient concentrations.
- Percent contribution of foods to nutrient intake is calculated using only day 1 intakes.
- A '0' contribution indicates that the food was not consumed and/or did not contain molybdenum at the lower bound mean.
- The sum of contributions for each population group may not equal 100% due to rounding.
- The sum of both types of milk, all types of bread and both types of breakfast cereal are shown in the report.
- Bold numbers indicate foods which contributed 5% or more to total molybdenum intake for the population group. For some foods (milk, bread and breakfast cereal), the totals of all foods in these groups were summed in order to determine whether they were a major contributor as a group.

Table A10.6: Percentage contribution of foods to total molybdenum intake for adults aged 19 years and above

Food	19 – 29 yrs Male	19 – 29 yrs Female	30 – 49 yrs Male	30 – 49 yrs Female	50 – 69 yrs Male	50 – 69 yrs Female	70+ yrs Male	70+ yrs Female
Almonds	1	1	1	1	1	1	<1	<1
Apple, unpeeled	<1	<1	<1	<1	<1	<1	<1	<1
Avocado	<1	<1	<1	<1	<1	<1	<1	<1
Bacon	<1	<1	<1	<1	<1	<1	<1	<1
Baked beans, in tomato sauce, canned	2	1	2	2	2	1	4	1
Bananas	1	1	1	1	1	2	1	2
Beans, green	1	1	1	1	2	2	2	2
Beef	<1	<1	<1	<1	<1	<1	<1	<1
Beer	0	0	0	0	0	0	0	0
Beetroot, canned	<1	<1	<1	<1	<1	<1	<1	<1
Biscuit, savoury	1	1	1	1	1	1	1	1
Biscuit, sweet, plain	1	1	1	2	2	2	3	2
Bread, multigrain	3	3	4	4	6	6	6	5
Bread, white	18	16	17	15	14	12	13	11
Bread, wholemeal	3	4	4	5	8	8	9	11
Breakfast cereal, mixed grain	5	5	4	4	4	4	5	5
Breakfast cereal, single grain	2	2	3	2	4	3	5	5
Broccoli, cooked	1	1	1	2	2	2	2	2

Food	19 – 29 yrs Male	19 – 29 yrs Female	30 – 49 yrs Male	30 – 49 yrs Female	50 – 69 yrs Male	50 – 69 yrs Female	70+ yrs Male	70+ yrs Female
Butter	<1	<1	<1	<1	<1	<1	<1	<1
Cabbage, cooked	1	1	1	1	1	1	1	1
Cake, chocolate, iced	1	1	1	1	1	1	1	1
Carrots, cooked	0	0	0	0	0	0	0	0
Celery, raw	1	1	1	1	2	1	1	2
Cheese, cheddar, full fat	1	1	1	1	1	1	1	1
Cheese, cottage	<1	<1	<1	<1	<1	<1	<1	<1
Cheese, processed, cheddar type	<1	<1	<1	<1	<1	<1	<1	<1
Chicken, breast, fillet	1	1	1	1	1	1	1	1
Chocolate, milk	1	1	1	1	<1	1	<1	<1
Coconut, desiccated	1	1	1	1	<1	<1	<1	<1
Cream	1	1	1	1	1	1	1	1
Cucumber, raw	1	1	1	1	1	1	1	1
Dairy Blend	<1	<1	<1	<1	<1	<1	<1	<1
Eggs	1	1	1	1	1	1	1	1
Fish fillets	0	0	0	0	0	0	0	0
Fish, battered, takeaway	<1	<1	<1	<1	<1	<1	<1	<1
Fish, crumbed, oven bake	<1	<1	<1	<1	<1	<1	<1	<1
Grapes	<1	<1	<1	<1	<1	<1	<1	<1
Ham	<1	<1	<1	<1	<1	<1	<1	<1
Hamburger	2	1	1	1	<1	<1	<1	<1

Food	19 – 29 yrs Male	19 – 29 yrs Female	30 – 49 yrs Male	30 – 49 yrs Female	50 – 69 yrs Male	50 – 69 yrs Female	70+ yrs Male	70+ yrs Female
Ice Cream	2	2	2	1	2	1	1	1
Infant Cereal, mixed	0	<1	0	0	0	0	<1	0
Infant Dessert, dairy based	0	0	<1	<1	0	0	0	0
Infant Dessert, fruit	0	<1	<1	<1	0	0	<1	<1
Infant Dinner, containing meat, chicken or fish	0	<1	0	0	0	0	0	0
Infant Formula, powder, cow's milk based	0	0	0	0	0	<1	0	0
Juice, orange	0	0	0	0	0	0	0	0
Lamb	<1	<1	<1	<1	<1	<1	<1	<1
Lettuce	<1	<1	<1	<1	<1	<1	<1	<1
Liver	<1	<1	1	1	<1	1	2	1
Mango	0	0	0	0	0	0	0	0
Margarine or Margarine Spread	0	0	0	0	0	0	0	0
Milk, full fat	6	6	5	4	4	4	5	5
Milk, modified, low fat	3	4	3	4	4	6	4	5
Mushrooms, cooked	<1	<1	<1	<1	<1	<1	<1	<1
Nori sheets	<1	<1	<1	<1	0	0	0	<1
Oats, rolled	<1	<1	<1	<1	1	1	1	1
Oil, canola	0	0	0	0	0	0	0	0
Olives	<1	<1	<1	<1	<1	<1	<1	<1

Food	19 – 29 yrs Male	19 – 29 yrs Female	30 – 49 yrs Male	30 – 49 yrs Female	50 – 69 yrs Male	50 – 69 yrs Female	70+ yrs Male	70+ yrs Female
Onions, cooked	<1	<1	<1	<1	<1	<1	1	<1
Orange	0	0	0	0	0	0	0	0
Parsley	<1	<1	<1	<1	<1	<1	<1	<1
Pasta	2	3	2	2	1	1	1	1
Peach, canned in natural juice	0	0	0	0	0	0	0	0
Peach, fresh	<1	<1	<1	<1	<1	<1	<1	<1
Peanut butter	5	5	5	4	4	3	3	2
Peas, frozen, cooked	2	2	2	2	2	2	2	2
Pie, meat	2	1	2	1	1	1	1	1
Pineapple, fresh	0	0	0	0	0	0	0	0
Pizza	2	1	1	1	1	<1	<1	<1
Pork Chops	<1	<1	<1	<1	<1	<1	<1	<1
Potato crisps	2	2	1	1	<1	<1	<1	<1
Potatoes, cooked	3	3	2	2	3	3	3	3
Prawns, cooked	<1	<1	<1	<1	<1	<1	<1	<1
Pumpkin, cooked	<1	<1	<1	1	1	1	1	1
Rice	14	15	14	13	8	8	6	5
Salmon, canned	0	0	0	0	0	0	0	0
Salt, iodised	<1	<1	<1	<1	<1	<1	<1	<1
Salt, table, non-iodised	0	0	0	0	0	0	0	0
Sauce, tomato	<1	<1	<1	<1	<1	<1	<1	<1
Sausage	1	<1	1	1	1	<1	1	<1

Food	19 – 29 yrs Male	19 – 29 yrs Female	30 – 49 yrs Male	30 – 49 yrs Female	50 – 69 yrs Male	50 – 69 yrs Female	70+ yrs Male	70+ yrs Female
Soft Drink	0	0	0	0	0	0	0	0
Soy Beverage	2	2	4	**6**	7	7	5	6
Spinach, fresh, cooked	<1	<1	<1	1	1	1	<1	1
Strawberries	<1	<1	<1	<1	<1	<1	<1	<1
Sugar	0	0	0	0	0	0	0	0
Sultanas	<1	<1	<1	<1	<1	<1	<1	<1
Sweetcorn, kernels, frozen	<1	<1	<1	<1	<1	<1	<1	<1
Tea	0	0	0	0	0	0	0	0
Tomatoes, raw	1	1	1	1	1	2	1	2
Tuna, canned in brine	0	0	0	0	0	0	0	0
Water, Bottled Still	0	0	0	0	0	0	0	0
Water, Tap	0	0	0	0	0	0	0	0
Watermelon	<1	<1	<1	<1	<1	<1	<1	<1
Wine, white	<1	<1	<1	1	<1	<1	<1	<1
Yoghurt	1	1	1	2	1	2	1	1

Notes:

- Percent contributions are based on 'lower bound' mean nutrient concentrations.
- Percent contribution of foods to nutrient intake is calculated using only day 1 intakes.
- A '0' contribution indicates that the food was not consumed and/or did not contain molybdenum at the lower bound mean.
- The sum of contributions for each population group may not equal 100% due to rounding.
- The sum of both types of milk, all types of bread and both types of breakfast cereal are shown in the report.
- Bold numbers indicate foods which contributed 5% or more to total molybdenum intake for the population group. For some foods (milk, bread and breakfast cereal), the totals of all foods in these groups were summed in order to determine whether they were a major contributor as a group.

Table A10.7: Percentage contribution of foods to total chromium intake for children aged 2-18 years

Food	2 – 3 yrs Male	2 – 3 yrs Female	4 – 8 yrs Male	4 – 8 yrs Female	9 – 13 yrs Male	9 – 13 yrs Female	14 – 18 yrs Male	14 – 18 yrs Female
Almonds	<1	<1	<1	<1	<1	<1	<1	<1
Apple, unpeeled	5	4	4	4	3	4	2	3
Avocado	<1	<1	<1	<1	<1	<1	<1	<1
Bacon	<1	<1	<1	<1	<1	<1	1	<1
Baked beans, in tomato sauce, canned	2	2	2	1	1	1	1	1
Bananas	0	0	0	0	0	0	0	0
Beans, green	<1	<1	<1	<1	<1	<1	<1	<1
Beef	<1	<1	<1	<1	1	1	1	1
Beer	<1	<1	0	<1	0	0	2	1
Beetroot, canned	<1	<1	<1	<1	<1	<1	<1	<1
Biscuit, savoury	3	1	2	3	2	2	1	2
Biscuit, sweet, plain	2	2	3	3	2	2	2	2
Bread, multigrain	**<1**	1	1	1	**<1**	1	1	1
Bread, white	9	8	10	10	10	10	9	9
Bread, wholemeal	1	1	1	1	1	1	1	1
Breakfast cereal, mixed grain	4	3	4	3	6	4	5	4
Breakfast cereal, single grain	6	6	7	6	6	4	6	3
Broccoli, cooked	1	<1	<1	<1	<1	1	1	1
Butter	0	0	0	0	0	0	0	0
Cabbage, cooked	<1	<1	1	<1	1	1	1	1

Food	2–3 yrs Male	2–3 yrs Female	4–8 yrs Male	4–8 yrs Female	9–13 yrs Male	9–13 yrs Female	14–18 yrs Male	14–18 yrs Female
Cake, chocolate, iced	5	11	11	11	12	11	8	9
Carrots, cooked	1	1	1	1	1	1	1	1
Celery, raw	<1	<1	<1	<1	<1	<1	<1	<1
Cheese, cheddar, full fat	<1	<1	<1	<1	<1	<1	<1	1
Cheese, cottage	<1	<1	<1	<1	<1	<1	<1	<1
Cheese, processed, cheddar type	1	1	1	1	<1	<1	<1	<1
Chicken, breast, fillet	1	1	1	1	1	1	1	2
Chocolate, milk	4	5	4	5	5	6	5	7
Coconut, desiccated	<1	<1	<1	<1	<1	<1	<1	<1
Cream	<1	<1	<1	<1	<1	<1	<1	<1
Cucumber, raw	<1	<1	<1	<1	<1	<1	<1	<1
Dairy Blend	<1	<1	<1	<1	<1	<1	<1	<1
Eggs	<1	<1	<1	<1	<1	<1	<1	<1
Fish fillets	<1	<1	<1	<1	<1	<1	<1	<1
Fish, battered, takeaway	<1	<1	<1	<1	<1	<1	<1	<1
Fish, crumbed, oven bake	<1	1	1	1	<1	<1	1	1
Grapes	0	0	0	0	0	0	0	0
Ham	4	5	4	4	3	4	7	4
Hamburger	1	1	3	1	3	3	4	4
Ice Cream	<1	<1	<1	<1	1	1	1	<1
Infant Cereal, mixed	0	0	0	0	0	0	0	0

Food	2–3 yrs Male	2–3 yrs Female	4–8 yrs Male	4–8 yrs Female	9–13 yrs Male	9–13 yrs Female	14–18 yrs Male	14–18 yrs Female
Infant Dessert, dairy based	<1	<1	0	<1	0	0	0	0
Infant Dessert, fruit	<1	<1	<1	<1	<1	<1	0	0
Infant Dinner, containing meat, chicken or fish	<1	0	0	0	0	0	0	0
Infant Formula, powder, cow's milk based	0	0	<1	0	0	<1	0	0
Juice, orange	9	7	6	7	5	6	5	5
Lamb	1	<1	1	1	1	1	1	1
Lettuce	<1	<1	<1	<1	1	1	1	1
Liver	0	<1	<1	<1	<1	0	0	<1
Mango	<1	<1	<1	<1	<1	<1	<1	<1
Margarine or Margarine Spread	<1	<1	<1	1	1	1	<1	<1
Milk, full fat	12	11	7	6	6	4	5	4
Milk, modified, low fat	1	1	1	1	1	1	1	1
Mushrooms, cooked	<1	<1	<1	<1	<1	<1	<1	<1
Nori sheets	0	<1	<1	0	0	0	0	<1
Oats, rolled	<1	<1	<1	<1	<1	<1	<1	<1
Oil, canola	0	0	0	0	0	0	0	0
Olives	0	0	<1	<1	<1	<1	<1	<1
Onions, cooked	<1	<1	<1	<1	<1	<1	<1	1
Orange	<1	1	<1	<1	<1	<1	<1	<1
Parsley	<1	<1	<1	<1	<1	<1	<1	<1
Pasta	1	2	2	2	1	2	2	2

Food	2 – 3 yrs Male	2 – 3 yrs Female	4 – 8 yrs Male	4 – 8 yrs Female	9 – 13 yrs Male	9 – 13 yrs Female	14 – 18 yrs Male	14 – 18 yrs Female
Peach, canned in natural juice	2	3	1	1	<1	1	1	1
Peach, fresh	0	0	0	0	0	0	0	0
Peanut butter	<1	<1	<1	<1	<1	<1	<1	<1
Peas, frozen, cooked	<1	<1	<1	<1	<1	<1	<1	<1
Pie, meat	2	1	3	3	3	3	4	3
Pineapple, fresh	0	0	0	0	0	0	0	0
Pizza	1	1	3	1	4	3	4	3
Pork Chops	<1	<1	<1	<1	<1	<1	<1	<1
Potato crisps	3	3	3	4	3	4	3	4
Potatoes, cooked	1	1	1	<1	1	1	1	1
Prawns, cooked	0	<1	1	1	1	<1	1	1
Pumpkin, cooked	<1	<1	<1	<1	<1	1	<1	<1
Rice	1	1	1	1	1	1	1	1
Salmon, canned	0	0	<1	<1	<1	<1	0	<1
Salt, iodised	0	0	0	0	0	0	0	0
Salt, table, non-iodised	0	0	0	0	0	0	0	0
Sauce, tomato	1	2	2	2	2	2	3	2
Sausage	3	2	3	3	3	2	2	1
Soft Drink	0	0	0	0	0	0	0	0
Soy Beverage	1	<1	<1	<1	<1	<1	<1	<1
Spinach, fresh, cooked	<1	<1	<1	<1	<1	<1	<1	<1
Strawberries	<1	<1	<1	<1	<1	<1	<1	<1
Sugar	0	0	0	0	0	0	0	0

Food	2 – 3 yrs Male	2 – 3 yrs Female	4 – 8 yrs Male	4 – 8 yrs Female	9 – 13 yrs Male	9 – 13 yrs Female	14 – 18 yrs Male	14 – 18 yrs Female
Sultanas	1	1	1	1	<1	1	<1	<1
Sweetcorn, kernels, frozen	<1	<1	<1	<1	<1	<1	<1	<1
Tea	<1	<1	<1	<1	<1	1	1	2
Tomatoes, raw	1	2	1	1	1	2	2	2
Tuna, canned in brine	<1	<1	<1	<1	<1	<1	<1	<1
Water, Bottled Still	0	0	0	0	0	0	0	0
Water, Tap	0	0	0	0	0	0	0	0
Watermelon	<1	<1	<1	<1	<1	<1	<1	<1
Wine, white	0	0	<1	0	<1	<1	<1	<1
Yoghurt	2	2	1	1	1	1	1	1

Notes:

- Percent contributions are based on 'lower bound' mean nutrient concentrations.
- Percent contribution of foods to nutrient intake is calculated using only day 1 intakes.
- A '0' contribution indicates that the food was not consumed and/or did not contain chromium at the lower bound mean.
- The sum of contributions for each population group may not equal 100% due to rounding.
- The sum of both types of milk, all types of bread and both types of breakfast cereal are shown in the report.
- Bold numbers indicate foods which contributed 5% or more to total chromium intake for the population group. For some foods (milk, bread and breakfast cereal), the totals of all foods in these groups were summed in order to determine whether they were a major contributor as a group.

Table A10.8: Percentage contribution of foods to total chromium intake for adults aged 19 and over

Food	19 – 29 yrs Male	19 – 29 yrs Female	30 – 49 yrs Male	30 – 49 yrs Female	50 – 69 yrs Male	50 – 69 yrs Female	70+ yrs Male	70+ yrs Female
Almonds	<1	<1	<1	<1	<1	<1	<1	<1
Apple, unpeeled	1	2	2	3	2	3	3	3
Avocado	<1	<1	<1	<1	<1	<1	<1	<1
Bacon	1	1	1	1	1	<1	<1	<1
Baked beans, in tomato sauce, canned	1	1	1	1	1	1	2	1
Bananas	0	0	0	0	0	0	0	0
Beans, green	<1	<1	<1	<1	<1	<1	<1	<1
Beef	2	1	1	1	1	1	1	1
Beer	10	2	12	2	11	1	7	1
Beetroot, canned	<1	<1	<1	<1	<1	<1	<1	<1
Biscuit, savoury	1	2	1	1	1	2	1	2
Biscuit, sweet, plain	2	2	2	2	2	2	3	3
Bread, multigrain	1	1	1	1	2	2	2	2
Bread, white	8	8	7	7	6	5	6	5
Bread, wholemeal	1	1	1	1	2	2	2	3
Breakfast cereal, mixed grain	4	4	3	3	3	3	3	3
Breakfast cereal, single grain	3	3	4	3	4	4	6	6
Broccoli, cooked	1	1	1	1	1	1	1	1
Butter	0	0	0	0	0	0	0	0
Cabbage, cooked	1	2	1	2	2	3	3	3

Food	19 – 29 yrs Male	19 – 29 yrs Female	30 – 49 yrs Male	30 – 49 yrs Female	50 – 69 yrs Male	50 – 69 yrs Female	70+ yrs Male	70+ yrs Female
Cake, chocolate, iced	7	11	7	9	8	9	8	12
Carrots, cooked	1	1	1	1	1	1	1	1
Celery, raw	<1	<1	<1	<1	<1	<1	<1	<1
Cheese, cheddar, full fat	<1	<1	<1	<1	<1	<1	<1	<1
Cheese, cottage	<1	<1	<1	1	<1	1	<1	1
Cheese, processed, cheddar type	<1	<1	<1	<1	<1	<1	<1	<1
Chicken, breast, fillet	2	2	1	1	1	1	1	1
Chocolate, milk	3	4	2	3	1	2	1	1
Coconut, desiccated	<1	<1	<1	<1	<1	<1	<1	<1
Cream	<1	<1	<1	<1	<1	<1	<1	<1
Cucumber, raw	<1	<1	<1	<1	<1	<1	<1	<1
Dairy Blend	<1	<1	<1	<1	<1	<1	<1	<1
Eggs	<1	<1	<1	<1	<1	<1	<1	<1
Fish fillets	<1	<1	<1	<1	<1	<1	<1	<1
Fish, battered, takeaway	<1	<1	<1	<1	<1	<1	<1	<1
Fish, crumbed, oven bake	<1	<1	<1	<1	<1	1	<1	1
Grapes	0	0	0	0	0	0	0	0
Ham	5	5	8	5	7	6	6	6
Hamburger	6	3	3	2	1	1	1	1
Ice Cream	<1	<1	<1	<1	<1	<1	<1	<1
Infant Cereal, mixed	0	<1	0	0	0	0	<1	0

Food	19 – 29 yrs Male	19 – 29 yrs Female	30 – 49 yrs Male	30 – 49 yrs Female	50 – 69 yrs Male	50 – 69 yrs Female	70+ yrs Male	70+ yrs Female
Infant Dessert, dairy based	0	0	<1	<1	0	0	0	0
Infant Dessert, fruit	0	<1	<1	<1	0	0	<1	<1
Infant Dinner, containing meat, chicken or fish	0	<1	0	0	0	0	0	0
Infant Formula, powder, cow's milk based	0	0	0	0	0	<1	0	0
Juice, orange	3	3	2	2	1	2	1	2
Lamb	1	1	1	1	1	1	1	1
Lettuce	1	1	1	1	1	1	1	1
Liver	<1	<1	<1	<1	<1	<1	<1	<1
Mango	<1	<1	<1	<1	<1	<1	<1	<1
Margarine or Margarine Spread	<1	<1	<1	<1	1	<1	1	1
Milk, full fat	3	3	2	3	2	2	3	3
Milk, modified, low fat	1	1	1	1	1	2	1	2
Mushrooms, cooked	<1	<1	<1	<1	<1	<1	<1	<1
Nori sheets	<1	<1	<1	<1	0	0	0	<1
Oats, rolled	<1	<1	<1	<1	<1	<1	<1	<1
Oil, canola	0	0	0	0	0	0	0	0
Olives	<1	<1	<1	<1	<1	<1	<1	<1
Onions, cooked	1	1	1	1	1	1	1	1
Orange	<1	<1	<1	<1	<1	<1	<1	<1
Parsley	<1	<1	V	<1	<1	<1	<1	<1
Pasta	1	2	1	1	1	1	<1	1

Food	19 – 29 yrs Male	19 – 29 yrs Female	30 – 49 yrs Male	30 – 49 yrs Female	50 – 69 yrs Male	50 – 69 yrs Female	70+ yrs Male	70+ yrs Female
Peach, canned in natural juice	1	1	1	1	1	1	2	2
Peach, fresh	0	0	0	0	0	0	0	0
Peanut butter	<1	<1	<1	<1	<1	<1	<1	<1
Peas, frozen, cooked	<1	<1	<1	<1	<1	<1	<1	<1
Pie, meat	3	2	3	2	2	2	2	2
Pineapple, fresh	0	0	0	0	0	0	0	0
Pizza	4	2	3	2	1	1	<1	<1
Pork Chops	<1	<1	<1	<1	<1	<1	<1	<1
Potato crisps	2	2	1	1	<1	<1	<1	<1
Potatoes, cooked	1	1	<1	<1	1	1	1	1
Prawns, cooked	1	1	1	1	1	1	1	1
Pumpkin, cooked	<1	<1	<1	1	1	1	1	1
Rice	1	2	1	1	1	1	1	1
Salmon, canned	<1	<1	<1	<1	<1	<1	<1	<1
Salt, iodised	0	0	0	0	0	0	0	0
Salt, table, non-iodised	0	0	0	0	0	0	0	0
Sauce, tomato	2	1	1	1	1	1	1	<1
Sausage	2	1	2	2	2	1	2	1
Soft Drink	0	0	0	0	0	0	0	0
Soy Beverage	<1	<1	<1	<1	<1	<1	<1	<1
Spinach, fresh, cooked	<1	<1	<1	1	1	1	<1	1
Strawberries	<1	<1	<1	<1	<1	<1	<1	<1
Sugar	0	0	0	0	0	0	0	0

Food	19 – 29 yrs Male	19 – 29 yrs Female	30 – 49 yrs Male	30 – 49 yrs Female	50 – 69 yrs Male	50 – 69 yrs Female	70+ yrs Male	70+ yrs Female
Sultanas	<1	1	<1	1	<1	1	1	1
Sweetcorn, kernels, frozen	<1	<1	<1	<1	<1	<1	<1	<1
Tea	4	**7**	**7**	**11**	**9**	**13**	**10**	**12**
Tomatoes, raw	2	3	2	3	3	3	3	3
Tuna, canned in brine	<1	<1	<1	<1	<1	<1	<1	<1
Water, Bottled Still	0	0	0	0	0	0	0	0
Water, Tap	0	0	0	0	0	0	0	0
Watermelon	<1	<1	<1	<1	<1	<1	<1	<1
Wine, white	1	2	2	4	3	3	2	2
Yoghurt	<1	1	<1	1	1	1	<1	1

Notes:

- Percent contributions are based on 'lower bound' mean nutrient concentrations.
- Percent contribution of foods to nutrient intake is calculated using only day 1 intakes.
- A '0' contribution indicates that the food was not consumed and/or did not contain chromium at the lower bound mean.
- The sum of contributions for each population group may not equal 100% due to rounding.
- The sum of both types of milk, all types of bread and both types of breakfast cereal are shown in the report.
- Bold numbers indicate foods which contributed 5% or more to total chromium intake for the population group. For some foods (milk, bread and breakfast cereal), the totals of all foods in these groups were summed in order to determine whether they were a major contributor as a group.

Table A10.9: *Percentage contribution of foods to total nickel intake for children aged 2-18 years*

Food	2 – 3 yrs Male	2 – 3 yrs Female	4 – 8 yrs Male	4 – 8 yrs Female	9 – 13 yrs Male	9 – 13 yrs Female	14 – 18 yrs Male	14 – 18 yrs Female
Almonds	<1	<1	1	1	1	1	<1	1
Apple, unpeeled	<1	<1	<1	<1	<1	<1	<1	<1
Avocado	<1	1	<1	<1	<1	<1	1	4
Bacon	<1	<1	<1	<1	<1	<1	<1	<1
Baked beans, in tomato sauce, canned	**5**	**5**	4	3	3	2	3	2
Bananas	2	2	1	1	1	1	<1	1
Beans, green	<1	<1	1	1	1	1	1	1
Beef	<1	<1	<1	<1	<1	<1	<1	<1
Beer	<1	<1	0	<1	0	0	1	<1
Beetroot, canned	<1	<1	<1	<1	<1	<1	<1	<1
Biscuit, savoury	1	<1	1	1	1	1	1	1
Biscuit, sweet, plain	1	1	2	2	1	1	1	1
Bread, multigrain	**<1**	2	1	1	1	1	1	2
Bread, white	**16**	**15**	**18**	**18**	**19**	**18**	**18**	**17**
Bread, wholemeal	4	4	3	3	3	3	2	4
Breakfast cereal, mixed grain	**5**	**5**	**6**	**5**	**10**	**6**	**9**	**6**
Breakfast cereal, single grain	**5**	**6**	**6**	**5**	**5**	4	**5**	2
Broccoli, cooked	1	1	1	1	1	1	1	1
Butter	<1	<1	<1	<1	<1	<1	<1	<1
Cabbage, cooked	<1	<1	<1	<1	<1	<1	<1	<1

Food	2 – 3 yrs Male	2 – 3 yrs Female	4 – 8 yrs Male	4 – 8 yrs Female	9 – 13 yrs Male	9 – 13 yrs Female	14 – 18 yrs Male	14 – 18 yrs Female
Cake, chocolate, iced	3	7	7	7	7	7	5	6
Carrots, cooked	<1	<1	<1	<1	<1	<1	<1	<1
Celery, raw	<1	<1	<1	<1	<1	<1	<1	<1
Cheese, cheddar, full fat	<1	<1	<1	<1	<1	<1	<1	<1
Cheese, cottage	<1	<1	<1	<1	<1	<1	<1	<1
Cheese, processed, cheddar type	<1	<1	<1	<1	<1	<1	<1	<1
Chicken, breast, fillet	<1	<1	<1	<1	<1	<1	<1	<1
Chocolate, milk	5	6	5	7	6	7	6	9
Coconut, desiccated	2	1	1	1	1	2	2	1
Cream	<1	<1	<1	<1	<1	<1	<1	<1
Cucumber, raw	<1	<1	<1	<1	<1	<1	<1	<1
Dairy Blend	<1	<1	<1	<1	<1	<1	<1	<1
Eggs	0	0	0	0	0	0	0	0
Fish fillets	<1	<1	<1	<1	<1	<1	<1	<1
Fish, battered, takeaway	<1	<1	<1	<1	<1	<1	<1	<1
Fish, crumbed, oven bake	<1	<1	<1	<1	<1	<1	<1	<1
Grapes	0	0	0	0	0	0	0	0
Ham	<1	<1	<1	<1	<1	<1	<1	<1
Hamburger	<1	<1	1	1	2	2	2	2
Ice Cream	<1	<1	<1	<1	<1	<1	<1	<1
Infant Cereal, mixed	0	0	0	0	0	0	0	0

Food	2 – 3 yrs Male	2 – 3 yrs Female	4 – 8 yrs Male	4 – 8 yrs Female	9 – 13 yrs Male	9 – 13 yrs Female	14 – 18 yrs Male	14 – 18 yrs Female
Infant Dessert, dairy based	<1	<1	0	<1	0	0	0	0
Infant Dessert, fruit	<1	<1	<1	<1	<1	<1	0	0
Infant Dinner, containing meat, chicken or fish	<1	0	0	0	0	0	0	0
Infant Formula, powder, cow's milk based	0	0	<1	0	0	<1	0	0
Juice, orange	7	6	5	6	4	5	4	4
Lamb	<1	<1	<1	<1	<1	<1	<1	<1
Lettuce	<1	<1	<1	<1	1	1	1	1
Liver	0	<1	<1	<1	<1	1	1	<1
Mango	<1	<1	<1	<1	<1	<1	<1	<1
Margarine or Margarine Spread	2	2	2	2	2	2	2	2
Milk, full fat	1	1	<1	<1	<1	<1	<1	<1
Milk, modified, low fat	0	0	0	0	0	0	0	0
Mushrooms, cooked	0	0	0	0	0	0	0	0
Nori sheets	0	<1	<1	0	0	0	0	<1
Oats, rolled	2	1	1	1	<1	2	1	<1
Oil, canola	<1	<1	<1	<1	<1	<1	<1	<1
Olives	0	0	<1	<1	<1	<1	<1	<1
Onions, cooked	<1	<1	<1	<1	<1	<1	<1	1
Orange	1	1	1	1	1	1	1	<1
Parsley	<1	<1	<1	<1	<1	<1	<1	<1
Pasta	1	1	1	1	1	1	1	1

Food	2 – 3 yrs Male	2 – 3 yrs Female	4 – 8 yrs Male	4 – 8 yrs Female	9 – 13 yrs Male	9 – 13 yrs Female	14 – 18 yrs Male	14 – 18 yrs Female
Peach, canned in natural juice	1	1	<1	1	<1	1	<1	<1
Peach, fresh	1	1	1	1	<1	1	<1	1
Peanut butter	**6**	**7**	**6**	**10**	**5**	**5**	4	4
Peas, frozen, cooked	2	1	2	2	2	3	2	2
Pie, meat	1	1	1	2	1	1	2	1
Pineapple, fresh	<1	<1	<1	<1	<1	<1	<1	<1
Pizza	<1	<1	1	1	2	1	2	1
Pork Chops	<1	<1	<1	<1	<1	<1	<1	<1
Potato crisps	2	2	3	3	2	3	3	3
Potatoes, cooked	3	3	3	2	3	3	4	3
Prawns, cooked	0	<1	<1	<1	<1	<1	<1	<1
Pumpkin, cooked	1	1	<1	1	1	2	1	1
Rice	1	1	1	1	1	1	1	1
Salmon, canned	0	0	<1	<1	<1	<1	0	<1
Salt, iodised	<1	<1	<1	<1	<1	<1	<1	<1
Salt, table, non-iodised	0	0	0	0	0	0	0	0
Sauce, tomato	2	3	4	3	4	3	**5**	4
Sausage	1	1	1	1	1	1	<1	<1
Soft Drink	0	0	0	0	0	0	0	0
Soy Beverage	**8**	3	1	1	1	1	<1	<1
Spinach, fresh, cooked	<1	<1	<1	<1	<1	<1	<1	<1
Strawberries	<1	<1	<1	<1	<1	<1	<1	<1
Sugar	0	0	0	0	0	0	0	0

Food	2 – 3 yrs Male	2 – 3 yrs Female	4 – 8 yrs Male	4 – 8 yrs Female	9 – 13 yrs Male	9 – 13 yrs Female	14 – 18 yrs Male	14 – 18 yrs Female
Sultanas	<1	<1	<1	<1	<1	<1	<1	<1
Sweetcorn, kernels, frozen	<1	<1	<1	<1	<1	<1	<1	<1
Tea	<1	<1	<1	<1	<1	1	2	3
Tomatoes, raw	1	1	1	1	1	1	1	1
Tuna, canned in brine	<1	<1	<1	<1	<1	<1	<1	<1
Water, Bottled Still	0	0	0	0	0	0	0	0
Water, Tap	<1	<1	<1	<1	<1	<1	<1	<1
Watermelon	1	1	2	1	1	1	<1	1
Wine, white	0	0	<1	0	<1	<1	<1	<1
Yoghurt	<1	<1	<1	<1	<1	<1	<1	<1

Notes:

- Percent contributions are based on 'lower bound' mean nutrient concentrations.
- Percent contribution of foods to nutrient intake is calculated using only day 1 intakes.
- A '0' contribution indicates that the food was not consumed and/or did not contain nickel at the lower bound mean.
- The sum of contributions for each population group may not equal 100% due to rounding.
- The sum of both types of milk, all types of bread and both types of breakfast cereal are shown in the report.
- Bold numbers indicate foods which contributed 5% or more to total nickel intake for the population group. For some foods (milk, bread and breakfast cereal), the totals of all foods in these groups were summed in order to determine whether they were a major contributor as a group.

Table A10.10: Percentage contribution of foods to total nickel intake for adults aged 19 years and above

Food	19 – 29 yrs Male	19 – 29 yrs Female	30 – 49 yrs Male	30 – 49 yrs Female	50 – 69 yrs Male	50 – 69 yrs Female	70+ yrs Male	70+ yrs Female
Almonds	1	1	1	1	1	1	1	1
Apple, unpeeled	<1	<1	<1	<1	<1	<1	<1	<1
Avocado	2	3	2	4	1	2	1	2
Bacon	<1	<1	<1	<1	<1	<1	<1	<1
Baked beans, in tomato sauce, canned	2	2	2	2	2	1	4	1
Bananas	1	1	1	1	1	1	1	2
Beans, green	1	1	1	1	1	2	2	2
Beef	<1	<1	<1	<1	<1	<1	<1	<1
Beer	4	1	4	1	4	<1	2	<1
Beetroot, canned	<1	<1	<1	<1	<1	<1	<1	<1
Biscuit, savoury	<1	1	<1	1	<1	1	<1	1
Biscuit, sweet, plain	1	1	1	1	1	1	2	1
Bread, multigrain	**2**	**1**	**2**	**2**	**3**	**3**	**3**	**3**
Bread, white	**16**	**14**	**15**	**12**	**11**	**9**	**10**	**9**
Bread, wholemeal	**3**	**4**	**4**	**5**	**6**	**6**	**8**	**9**
Breakfast cereal, mixed grain	**6**	**5**	**5**	**4**	**5**	**4**	**5**	**4**
Breakfast cereal, single grain	**3**	**2**	**3**	**2**	**4**	**3**	**5**	**4**
Broccoli, cooked	1	1	1	1	1	2	2	2
Butter	<1	<1	<1	<1	<1	<1	<1	<1

Food	19 – 29 yrs Male	19 – 29 yrs Female	30 – 49 yrs Male	30 – 49 yrs Female	50 – 69 yrs Male	50 – 69 yrs Female	70+ yrs Male	70+ yrs Female
Cabbage, cooked	<1	<1	<1	<1	<1	<1	<1	<1
Cake, chocolate, iced	**5**	**6**	**5**	**5**	**5**	**5**	4	**6**
Carrots, cooked	<1	<1	<1	<1	<1	<1	<1	<1
Celery, raw	<1	<1	<1	<1	<1	<1	<1	<1
Cheese, cheddar, full fat	<1	<1	<1	<1	<1	<1	<1	<1
Cheese, cottage	<1	<1	<1	<1	<1	<1	<1	<1
Cheese, processed, cheddar type	<1	<1	<1	<1	<1	<1	<1	<1
Chicken, breast, fillet	<1	<1	<1	<1	<1	<1	<1	<1
Chocolate, milk	**5**	**5**	**3**	**4**	**2**	**3**	**1**	**1**
Coconut, desiccated	3	4	3	2	1	1	1	1
Cream	<1	<1	<1	<1	<1	<1	<1	<1
Cucumber, raw	<1	<1	<1	<1	<1	<1	<1	<1
Dairy Blend	<1	<1	<1	<1	<1	<1	<1	<1
Eggs	0	0	0	0	0	0	0	0
Fish fillets	<1	<1	<1	<1	<1	<1	<1	<1
Fish, battered, takeaway	<1	<1	<1	<1	<1	<1	<1	<1
Fish, crumbed, oven bake	<1	<1	<1	<1	<1	<1	<1	<1
Grapes	0	0	0	0	0	0	0	0
Ham	<1	<1	<1	<1	<1	<1	<1	<1
Hamburger	3	2	1	1	<1	<1	<1	<1
Ice Cream	<1	<1	<1	<1	<1	<1	<1	<1

Food	19 – 29 yrs Male	19 – 29 yrs Female	30 – 49 yrs Male	30 – 49 yrs Female	50 – 69 yrs Male	50 – 69 yrs Female	70+ yrs Male	70+ yrs Female
Infant Cereal, mixed	0	<1	0	0	0	0	<1	0
Infant Dessert, dairy based	0	0	<1	<1	0	0	0	0
Infant Dessert, fruit	0	<1	<1	<1	0	0	<1	<1
Infant Dinner, containing meat, chicken or fish	0	<1	0	0	0	0	0	0
Infant Formula, powder, cow's milk based	0	0	0	0	0	<1	0	0
Juice, orange	2	3	2	1	1	1	1	1
Lamb	<1	<1	<1	<1	<1	<1	<1	<1
Lettuce	1	1	1	1	1	1	1	1
Liver	<1	<1	<1	<1	<1	<1	<1	<1
Mango	<1	<1	<1	<1	<1	<1	<1	<1
Margarine or Margarine Spread	2	1	2	1	2	2	2	2
Milk, full fat	<1	<1	<1	<1	<1	<1	<1	<1
Milk, modified, low fat	0	0	0	0	0	0	0	0
Mushrooms, cooked	0	0	0	0	0	0	0	0
Nori sheets	<1	<1	<1	<1	0	0	0	<1
Oats, rolled	<1	1	1	1	2	2	3	2
Oil, canola	<1	<1	<1	<1	<1	<1	<1	<1
Olives	<1	<1	<1	<1	<1	<1	<1	<1
Onions, cooked	1	1	1	1	1	1	1	1
Orange	<1	1	1	1	1	1	1	1

Food	19 – 29 yrs Male	19 – 29 yrs Female	30 – 49 yrs Male	30 – 49 yrs Female	50 – 69 yrs Male	50 – 69 yrs Female	70+ yrs Male	70+ yrs Female
Parsley	<1	<1	<1	<1	<1	<1	<1	<1
Pasta	1	1	1	1	<1	<1	<1	<1
Peach, canned in natural juice	<1	<1	<1	<1	1	1	1	1
Peach, fresh	<1	1	1	1	1	2	2	2
Peanut butter	5	4	5	4	4	3	2	2
Peas, frozen, cooked	2	2	2	2	3	3	2	2
Pie, meat	2	1	1	1	1	1	1	1
Pineapple, fresh	<1	<1	<1	<1	<1	<1	<1	<1
Pizza	2	1	1	1	<1	<1	<1	<1
Pork Chops	<1	<1	<1	<1	<1	<1	<1	<1
Potato crisps	1	2	1	1	<1	<1	<1	<1
Potatoes, cooked	3	3	3	2	3	3	3	3
Prawns, cooked	<1	<1	<1	<1	<1	<1	<1	<1
Pumpkin, cooked	1	1	1	1	2	2	2	3
Rice	2	2	2	2	1	1	1	1
Salmon, canned	<1	<1	<1	<1	<1	<1	<1	<1
Salt, iodised	<1	<1	<1	<1	<1	<1	<1	<1
Salt, non-iodised	0	0	0	0	0	0	0	0
Sauce, tomato	3	2	3	1	1	1	1	1
Sausage	1	<1	1	<1	1	<1	1	<1
Soft Drink	0	0	0	0	0	0	0	0
Soy Beverage	1	<1	1	2	2	2	1	1
Spinach, fresh, cooked	<1	<1	<1	<1	<1	<1	<1	<1

Food	19 – 29 yrs Male	19 – 29 yrs Female	30 – 49 yrs Male	30 – 49 yrs Female	50 – 69 yrs Male	50 – 69 yrs Female	70+ yrs Male	70+ yrs Female
Strawberries	<1	<1	<1	<1	<1	<1	<1	<1
Sugar	0	0	0	0	0	0	0	0
Sultanas	<1	<1	<1	<1	<1	<1	<1	<1
Sweetcorn, kernels, frozen	<1	<1	<1	<1	<1	<1	<1	<1
Tea	**7**	**11**	**13**	**17**	**16**	**20**	**17**	**19**
Tomatoes, raw	1	1	1	1	1	1	1	1
Tuna, canned in brine	<1	<1	<1	<1	<1	<1	<1	<1
Water, Bottled Still	0	0	0	0	0	0	0	0
Water, Tap	<1	<1	<1	<1	<1	<1	<1	<1
Watermelon	1	1	<1	1	1	1	1	1
Wine, white	<1	<1	<1	1	1	1	<1	<1
Yoghurt	<1	<1	<1	<1	<1	<1	<1	<1

Notes:

- Percent contributions are based on 'lower bound' mean nutrient concentrations.
- Percent contribution of foods to nutrient intake is calculated using only day 1 intakes.
- A '0' contribution indicates that the food was not consumed and/or did not contain nickel at the lower bound mean.
- The sum of contributions for each population group may not equal 100% due to rounding.
- The sum of both types of milk, all types of bread and both types of breakfast cereal are shown in the report.
- Bold numbers indicate foods which contributed 5% or more to total nickel intake for the population group. For some foods (milk, bread and breakfast cereal), the totals of all foods in these groups were summed in order to determine whether they were a major contributor as a group.