



Public Health
England

Protecting and improving the nation's health

Nutrient analysis survey of fresh and processed fruit and vegetables with respect to fibre

Sampling report

About Public Health England

Public Health England exists to protect and improve the nation's health and wellbeing, and reduce health inequalities. We do this through world-class science, knowledge and intelligence, advocacy, partnerships and the delivery of specialist public health services. We are an executive agency of the Department of Health, and are a distinct delivery organisation with operational autonomy to advise and support government, local authorities and the NHS in a professionally independent manner.

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Executive summary

This is a survey of the nutrient composition of commonly consumed fruit and vegetables, with a focus on fibre measured by the Association of Official Analytical Chemists (AOAC) method. The Carbohydrates and Health report from the Scientific Advisory Committee on Nutrition (SACN) recommended that dietary fibre should be defined by this method. There is a need to improve the quality of estimates of fibre intakes based on the AOAC method, as there is a lack of data on the AOAC fibre content of foods, particularly fruit and vegetables. This survey provides AOAC fibre values for a range of fruit and vegetables that have not yet been analysed by this method and also updates and extends information on other nutrients that were last analysed in the 1980s. It complements the nutrient analysis of fruit and vegetables analytical report, 2013 [1], where 59 composite samples were analysed.

The nutrient composition data generated by this survey will be used to update the National Diet and Nutrition Survey nutrient databank, thus providing more robust data on nutrient intakes. This update will provide a firm evidence base for the work streams arising from the SACN Carbohydrates and Health report, which will help to maintain and improve the evidence base for advice and interventions to reduce premature deaths and the burden of ill health associated with poor diet. It will also support the Living Costs and Food Survey and will be disseminated via the authoritative UK food composition tables, *McCance and Widdowson's The Composition of Foods*.

This survey includes analysis of 62 composite samples that were made up of between 6 and 11 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. Where necessary, seasonal sampling was required in order to collect foods from a range of countries. Samples were purchased from retail outlets and prepared for analysis between July 2015 and February 2016.

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 Public Health England (PHE)
- sub-samples were agreed with PHE based on a review of market shares and nutrient content
- all samples were collected between July 2015 and February 2016 and stored according to usual consumer practice or according to packaging guidelines until required for processing
- 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 whole and frozen at -20°C until all sub-samples were available and the composite sample could be produced. Where sub-samples were purchased over several weeks, sub-samples were prepared and stored whole and frozen at -40°C until all sub-samples were available. Once all season samples had been collected they were partially thawed and homogenised in equal proportions to produce the final composite sample
- composite samples were stored at -40°C before being sent to laboratories for 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	Kiwi fruit, raw, flesh only	11 samples, imported, loose and pre-packed, ripe and ripen at home
2	Plums, dessert, raw, flesh and skin	11 samples, UK and imported, loose and pre-packed, ripe and ripen at home, including red, purple and yellow
3	Raspberries, raw	11 samples, UK and imported
4	Pineapple, fresh, raw, flesh only	11 samples, imported, whole and pre-packed chunks
5	Mangoes, ripe, raw, flesh only	11 samples, imported, whole and pre-packed chunks, ripe and ripen at home
6	Nectarines, yellow flesh, raw, flesh and skin	11 samples, imported, pre-packed and loose, ripe and ripen at home
7	Cherries, raw	11 samples, UK and imported, pre-packed and loose
8	Grapefruit, raw, flesh only	11 samples, imported, including pink, red and white
9	Leeks, fresh, raw	11 samples, UK, pre-packed and loose
10	Leeks, fresh, boiled	11 samples, UK, pre-packed and loose
11	Leeks, fresh, roasted in rapeseed oil	11 samples, UK, pre-packed and loose
12	Courgettes, fresh, raw	11 samples, UK and imported, pre-packed and loose
13	Courgettes, fresh, boiled	11 samples, UK and imported, pre-packed and loose

Sample Number	Sample Name	Description
14	Courgettes, fresh, roasted in rapeseed oil	11 samples, UK and imported, pre-packed and loose
15	Brussels sprouts, boiled	11 samples, UK, pre-packed and loose, including standard, peeled and baby
16	Parsnips, boiled	11 samples, UK, pre-packed and loose
17	Parsnips, roasted in rapeseed oil	11 samples, UK, pre-packed and loose
18	Beetroot, cooked	11 samples, UK and imported, including fresh and ready-cooked vacuum-packed beetroot, no added vinegar
19	Sweetcorn, baby, fresh, boiled	11 samples, imported, pre-packed
20	Sweetcorn, baby, fresh, stir-fried in rapeseed oil	11 samples, imported, pre-packed
21	Celery, raw	11 samples, UK, pre-packed, including whole heads, hearts and sticks
22	Celery, boiled	11 samples, UK, pre-packed, including whole heads, hearts and sticks
23	Asparagus, fresh, steamed	11 samples, UK and imported, pre-packed and loose, including tips and thicker stems
24	Asparagus, fresh, grilled	7 samples, imported, pre-packed and loose, including tips and thicker stems
25	Asparagus, fresh, roasted in rapeseed oil	7 samples, imported, pre-packed and loose, including tips and thicker stems
26	Mangetout, fresh, boiled	11 samples, imported, prepacked
27	Mangetout, fresh, stir-fried in rapeseed oil	11 samples, imported, prepacked

Sample Number	Sample Name	Description
28	Butternut squash, boiled, flesh only	11 samples, imported, loose and pre-packed chunks
29	Butternut squash, baked, flesh only	11 samples, imported, loose and pre-packed chunks
30	Avocado pear, raw, flesh only	11 samples, imported, Hass variety, pre-packed and loose, ripe and ripen at home
31	Sweet potato, boiled, flesh only	11 samples, imported, pre-packed and loose
32	Sweet potato, baked in rapeseed oil, flesh and skin, wedges	11 samples, imported, pre-packed and loose
33	Broad beans, fresh, boiled	11 samples, UK, pre-packed and loose
34	Curly kale, fresh, boiled	11 samples, UK, pre-packed and loose
35	Swede, fresh, boiled	11 samples, UK, pre-packed and loose, including whole, portions and diced
36	Aubergine, boiled, flesh and skin	11 samples, UK and imported, pre-packed and loose
37	Aubergine, roasted in rapeseed oil, flesh and skin	11 samples, UK and imported, pre-packed and loose
38	Okra, boiled	11 samples, imported, pre-packed and loose
39	Watercress, raw	11 samples, UK and imported, pre-packed and loose
40	Runner beans, fresh, boiled	11 samples, UK and imported, pre-packed and loose
41	Yam, fresh, boiled	8 samples, imported, loose

Sample Number	Sample Name	Description
42	Blackberries, raw	11 samples, UK and imported, pre-packed and loose
43	Rhubarb, stewed without sugar	11 samples, UK and imported, pre-packed, including outdoor and forced
44	Papaya, ripe, raw, flesh only	11 samples, imported, pre-packed and loose, ripe and ripen at home
45	Radish, raw	10 samples, UK and imported, pre-packed and loose bunches
46	Prunes, ready to eat, semi-dried	10 samples, including soft, ready to eat and partially rehydrated
47	Apricots, ready to eat, semi-dried	10 samples, including soft, ready to eat and partially rehydrated
48	Raisins, dried	10 samples, not including soft, ready to eat or partially hydrated
49	Lentils, split, dried, raw	10 samples, red split lentils
50	Lentils, split, dried, boiled	10 samples, red split lentils
51	Red kidney beans, dried, boiled	10 samples
52	Red kidney beans, canned, reheated	10 samples, canned in water, no added salt
53	Lentils, brown/green, dried, boiled	11 samples, including dark green/puy type and brown
54	Chickpeas, dried, boiled	10 samples
55	Chickpeas, canned, reheated	10 samples, canned in water, no added salt
56	Butter beans, dried, boiled	7 samples

Sample Number	Sample Name	Description
57	Dates, dried, flesh only	10 samples, including whole and chopped, not including partially rehydrated dates, no added glucose syrup
58	Mung beans, dried, boiled	6 samples
59	Haricot beans, canned, reheated	6 samples, canned in water, no added salt
60	Cannellini beans, canned, reheated	10 samples, canned in water, no added salt
61	Edamame, frozen, boiled	7 samples, including shelled and in pods (pods removed before analysis)
62	Figs, ready to eat, semi-dried	10 samples, including soft, ready to eat and partially rehydrated

Sample 1: Kiwi fruit, raw, flesh only

Composite Sample Number: 1

Composite Sample Name: Kiwi fruit, raw, flesh only

Sub-sample Number: 1.1

Sub-sample Name: Tesco ripen at home kiwi

Brand: Tesco

Pack size: 6 fruits

Purchase Date: 19.10.15

Place of Purchase: Tesco Extra, Blue Boar Road, Norwich

Display Until Date:

Best Before Date: 21.10.15

Batch Number: OPT 8171 70-759

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 1.1

Sub-sample Name: Tesco ripen at home kiwi

Ingredients: Kiwi

Label claim(s):

Hayward

Produce of New Zealand

Nutrient Information:

Nutrient	Unit	100g contains	A typical kiwi (80g) contains
Energy	kJ	233	186
Energy	kcal	55	44
Fat	g	0.5	0.4
Saturates	g	<0.1	<0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	10.6	8.5
Sugars	g	10.3	8.2
Starch	g	N/A	N/A
Fibre	g	1.9	1.5
Protein	g	1.1	0.9
Salt	g	<0.01	<0.01
Vitamin C	mg	59.0	47.2

Composite Sample Number: 1

Composite Sample Name: Kiwi fruit, raw, flesh only

Sub-sample Number: 1.2

Sub-sample Name: Tesco kiwi

Brand: Tesco

Pack size:

Purchase Date: 19.10.15

Place of Purchase: Tesco Extra, Blue Boar Road, Norwich

Display Until Date:

Use by Date:

Batch Number:

Packaging: Loose

Sample Condition As Purchased: Ambient

Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 1.2

Sub-sample Name: Tesco kiwi

Ingredients: No information

Label claim(s): No information

Nutrient information: No information

Composite Sample Number: 1

Composite Sample Name: Kiwi fruit, raw, flesh only

Sub-sample Number: 1.3

Sub-sample Name: Asda Grower's Selection ripen at home kiwi fruit

Brand: Asda Grower's Selection

Pack size: 6 fruits

Purchase Date: 28.09.15

Place of Purchase: Asda, Boundary Road, Norwich

Display Until Date:

Best before Date: 04.10.15

Batch Number: Site: 903126 776590 NM 113 07:14

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 1.3

Sub-sample Name: Asda Grower's Selection ripen at home kiwi fruit

Ingredients: No information

Label claim(s):

Hayward

80g – 90g

Chile

Ripen at home

Nutrient Information: No information

Composite Sample Number: 1

Composite Sample Name: Kiwi fruit, raw, flesh only

Sub-sample Number: 1.4

Sub-sample Name: Sainsbury's New Zealand kiwi fruit

Brand: Sainsbury's

Pack size: 6 fruit

Purchase Date: 28.09.15

Place of Purchase: Sainsbury's, Longwater Retail Park, Norwich

Display Until Date:

Best before Date: 04.10.15

Batch Number: 2 10:37 CO153A

Packaging: Plastic netting

Sample Condition As Purchased: Ambient

Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 1.4

Sub-sample Name: Sainsbury's New Zealand kiwi fruit

Ingredients: No information

Label claim(s):

Variety: Hayward

Grown by: Zespri, New Zealand

72 – 82g

Class I

High in vitamin C

Nutrient Information:

Nutrient	Unit	Typical values (edible portion) per 100g
Energy	kJ	233
Energy	kcal	55
Fat	g	<0.5
Saturates	g	<0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	10.6
Sugars	g	10.3
Starch	g	N/A
Fibre	g	1.9
Protein	g	1.1
Salt	g	0.01
Vitamin C	mg	59

Composite Sample Number: 1
Composite Sample Name: Kiwi fruit, raw, flesh only
Sub-sample Number: 1.5
Sub-sample Name: Morrisons kiwi fruit
Brand: Morrisons
Pack size:
Purchase Date: 28.09.15
Place of Purchase: Morrisons, Albion Way, Norwich
Display Until Date:
Best before Date: 03.10.15
Batch Number: LA53700400
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 1.5

Sub-sample Name: Morrisons kiwi fruit

Ingredients: No information

Label claim(s):

Hayward
65 – 70g
Chile
Class I

Nutritional information:

Nutrient	Unit	Per 100g	Per 80g serving (2 kiwi fruit)
Energy	kJ	233	186
Energy	kcal	55	44
Fat	g	0.5	0.4
Saturates	g	nil	nil
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	10.6	8.5
Sugars	g	10.3	8.2
Starch	g	N/A	N/A
Fibre	g	1.9	1.5
Protein	g	1.1	0.9
Sodium	g	Tr	Tr
Salt	g	Tr	Tr

Composite Sample Number: 1

Composite Sample Name: Kiwi fruit, raw, flesh only

Sub-sample Number: 1.6

Sub-sample Name: M&S perfectly ripe kiwi fruit

Brand: Marks & Spencer

Pack size:

Purchase Date: 28.09.15

Place of Purchase: Marks & Spencer, Sweet Briar Retail Park, Norwich

Display Until Date:

Best before Date: 02.10.15

Batch Number:

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Chilled

Sub-sample Number: 1.6

Sub-sample Name: M&S perfectly ripe kiwi fruit

Ingredients: No information

Label claim(s):

Variety: Hayward

Country of origin: New Zealand

Class I

105 – 115g

Nutrient information: No information

Composite Sample Number: 1

Composite Sample Name: Kiwi fruit, raw, flesh only

Sub-sample Number: 1.7

Sub-sample Name: Lidl kiwi fruit

Brand: Lidl

Pack size:

Purchase Date: 28.09.15

Place of Purchase: Lidl, Drayton Road, Norwich

Display Until Date:

Best before Date:

Batch Number:

Packaging: Loose

Sample Condition As Purchased: Ambient

Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 1.7

Sub-sample Name: Lidl kiwi fruit

Ingredients: No information

Label claim(s): No information

Nutrient information: No information

Composite Sample Number: 1

Composite Sample Name: Kiwi fruit, raw, flesh only

Sub-sample Number: 1.8

Sub-sample Name: Tesco Everyday Value kiwi

Brand: Tesco Everyday Value

Pack size: 6 fruits

Purchase Date: 28.09.15

Place of Purchase: Tesco, Harford Bridges, Norwich

Display Until Date:

Best before Date: 01.10.15

Batch Number: SC: DPT 7551

Packaging: Mixed material

Sample Condition As Purchased: Ambient

Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 1.8

Sub-sample Name: Tesco Everyday Value kiwi

Ingredients: No information

Label claim(s):
Source of vitamin C
Ripen at home
Variety: Hayward
Origin: Chile
Size: 65/70g
Class II

Nutrient information: No information

Composite Sample Number: 1

Composite Sample Name: Kiwi fruit, raw, flesh only

Sub-sample Number: 1.9

Sub-sample Name: The Co-operative Loved by Us kiwi fruit

Brand: The Co-operative Loved by Us

Pack size: 6 fruit

Purchase Date: 26.10.15

Place of Purchase: The Co-operative, Long Stratton

Display Until Date:

Best before Date: 01.11.15

Batch Number:

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 1.9

Sub-sample Name: The Co-operative Loved by Us kiwi fruit

Ingredients: No information

Label claim(s):

Produce of Chile
 Supplied by M060A
 Variety: Hayward
 70 – 80g

Nutrient information:

Nutrient	Unit	Per 100g	Per 2 kiwi fruit (approx. 80g)
Energy	kJ	240	190
Energy	kcal	55	45
Fat	g	0.5	0.4
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	10.6	8.5
Sugars	g	10.3	8.2
Starch	g	N/A	N/A
Fibre	g	3.0	2.4
Protein	g	1.1	0.9
Salt	g	Tr	Tr

Composite Sample Number: 1

Composite Sample Name: Kiwi fruit, raw, flesh only

Sub-sample Number: 1.10

Sub-sample Name: Greengrocer kiwi

Brand:

Pack size:

Purchase Date: 30.09.15

Place of Purchase: Independent greengrocer, Norwich

Display Until Date:

Best before Date:

Batch Number:

Packaging: Loose

Sample Condition As Purchased: Ambient

Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 1.10

Sub-sample Name: Greengrocer kiwi

Ingredients: No information

Label claim(s):

Italian kiwi fruit

#4030

Nutrient information: No information

Composite Sample Number: 1

Composite Sample Name: Kiwi fruit, raw, flesh only

Sub-sample Number: 1.11

Sub-sample Name: Bidvest Foodservice kiwi

Brand: Bidvest Foodservice

Pack size: x6

Purchase Date: 13.10.15

Place of Purchase: Bidvest Foodservice delivery

Display Until Date:

Best before Date:

Batch Number: A23966

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 1.11

Sub-sample Name: Bidvest Foodservice kiwi

Ingredients: No information

Label claim(s):

Produce of Italy

Class I

Nutrient information: No information

Sample 2: Plums, dessert, raw, flesh only

Composite Sample Number: 2

Composite Sample Name: Plums, dessert, raw, flesh and skin

Sub-sample Number: 2.1

Sub-sample Name: Tesco plums

Brand: Tesco

Pack size: 400g

Purchase Date: 14.08.15

Place of Purchase: Tesco, Harford Bridges, Norwich

Display Until Date:

Best before Date: 18.08.15

Batch Number: Supplier code: GZ08

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 2.1

Sub-sample Name: Tesco plums

Ingredients: No information

Label claim(s):

Variety: Fortune

Produce of Spain

Size: 55/60

Ripen in the fruit bowl

Nutrient information:

Nutrient	Unit	100g contains
Energy	kJ	176
Energy	kcal	42
Fat	g	0.1
Saturates	g	<0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	8.8
Sugars	g	8.8
Starch	g	N/A
Fibre	g	1.6
Protein	g	0.6
Salt	g	<0.01

Composite Sample Number: 2

Composite Sample Name: Plums, dessert, raw, flesh and skin

Sub-sample Number: 2.2

Sub-sample Name: Tesco super sweet plums

Brand: Tesco

Pack size: Min weight 325g

Purchase Date: 30.11.15

Place of Purchase: Tesco, Harford Bridges, Norwich

Display Until Date:

Best before Date: 03.12.15

Batch Number: SC:DPT 9107

Packaging: Cardboard and plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Sub-sample Number: 2.2

Sub-sample Name: Tesco super sweet plums

Ingredients: No information

Label claim(s):

Variety: African Rose
 Produce of South Africa
 Size: 50/55mm
 Class I
 Ripe and ready to eat

Nutrient information:

Nutrient	Unit	100g contains	2 typical plums (120g) contains
Energy	kJ	176	212
Energy	kcal	42	50
Fat	g	0.1	0.1
Saturates	g	<0.1	<0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	8.8	10.6
Sugars	g	8.8	10.6
Starch	g	N/A	N/A
Fibre	g	1.6	1.9
Protein	g	0.6	0.7
Salt	g	<0.01	<0.01

Composite Sample Number: 2

Composite Sample Name: Plums, dessert, raw, flesh and skin

Sub-sample Number: 2.3

Sub-sample Name: Asda Grower's Selection plums

Brand: Asda Grower's Selection

Pack size: 6 fruit

Purchase Date: 30.11.15

Place of Purchase: Asda, Boundary Road, Norwich

Display Until Date:

Best before Date: 03.12.15

Batch Number: Site: 907831 Batch:792847 NM 5910:47

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Sub-sample Number: 2.3

Sub-sample Name: Asda Grower's Selection plums

Ingredients: No information

Label claim(s):

October Bloom

Israel

55-60mm

Class I

Ready to eat

Nutrient information:

Nutrient	Unit	100g contains
Energy	kJ	168
Energy	kcal	39
Fat	g	0.1
Saturates	g	<0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	8.8
Sugars	g	8.8
Starch	g	N/A
Fibre	g	1.6
Protein	g	0.6
Salt	g	<0.01

Composite Sample Number: 2

Composite Sample Name: Plums, dessert, raw, flesh and skin

Sub-sample Number: 2.4

Sub-sample Name: Sainsbury's ripe & ready plums

Brand: Sainsbury's

Pack size: 5 fruit

Purchase Date: 07.12.15

Place of Purchase: Sainsbury's, Longwater Retail Park, Norwich

Display Until Date:

Best before Date: 11.12.15

Batch Number: NO455B 15:19 PH2-M

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Sub-sample Number: 2.4

Sub-sample Name: Sainsbury's ripe & ready plums

Ingredients: No information

Label claim(s):

Variety: Flavorosa

Grown by Swiegers Broers La Colline

South Africa

Size: 55-60mm

Class I

Ripe and ready

Nutrient information:

Nutrient	Unit	100g as sold
Energy	kJ	176
Energy	kcal	42
Fat	g	<0.5
Saturates	g	<0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	8.8
Sugars	g	8.8
Starch	g	N/A
Fibre	g	1.6
Protein	g	0.6
Salt	g	<0.01

Composite Sample Number: 2
Composite Sample Name: Plums, dessert, raw, flesh and skin
Sub-sample Number: 2.5
Sub-sample Name: Morrisons Songold plums
Brand: Morrisons
Pack size: 400g
Purchase Date: 17.08.15
Place of Purchase: Morrison's, Albion Way, Norwich
Display Until Date:
Best before Date: 20.08.15
Batch Number: 209077 TH1 SOR2 227 15 07:06
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 2.5

Sub-sample Name: Morrisons Songold plums

Ingredients: No information

Label claim(s):

Songold

Spain

Cal: 50-55mm

Class I

Nutrient information: No information

Composite Sample Number: 2

Composite Sample Name: Plums, dessert, raw, flesh and skin

Sub-sample Number: 2.6

Sub-sample Name: M&S perfectly ripe kiwi fruit

Brand: Marks & Spencer

Pack size:

Purchase Date: 19.10.15

Place of Purchase: Marks & Spencer, Sweet Briar Retail Park, Norwich

Display Until Date:

Best before Date: 23.10.15

Batch Number: SC4808

Packaging: Plastic and cardboard

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Sub-sample Number: 2.6

Sub-sample Name: M&S perfectly ripe kiwi fruit

Ingredients: No information

Label claim(s):

Country of origin: Israel

Variety: K2-261

50/55mm

Nutrient information:

Nutrient	Unit	100g contains
Energy	kJ	155
Energy	kcal	35
Fat	g	0.1
Saturates	g	<0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	8.8
Sugars	g	8.8
Starch	g	N/A
Fibre	g	1.6
Protein	g	0.6
Salt	g	<0.1

Composite Sample Number: 2

Composite Sample Name: Plums, dessert, raw, flesh and skin

Sub-sample Number: 2.7

Sub-sample Name: Nature's Fruit plums

Brand: Aldi Nature's Fruit

Pack size: 400g

Purchase Date: 17.08.15

Place of Purchase: Aldi, Larkman Lane, Norwich

Display Until Date:

Best before Date:

Batch Number: 3403 (3405C) 00200.BXT 25341409 ALR1404258

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 2.7

Sub-sample Name: Nature's Fruit plums

Ingredients: No information

Label claim(s):

Fortune

Spain

50-55mm

Nutrient information:

Nutrient	Unit	100g as sold
Energy	kJ	176
Energy	kcal	42
Fat	g	<0.5
Saturates	g	<0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	8.8
Sugars	g	8.8
Starch	g	N/A
Fibre	g	1.6
Protein	g	0.6
Salt	g	<0.01

Composite Sample Number: 2

Composite Sample Name: Plums, dessert, raw, flesh and skin

Sub-sample Number: 2.8

Sub-sample Name: Tesco Everyday Value plums

Brand: Tesco Everyday Value

Pack size: 1kg

Purchase Date: 17.08.15

Place of Purchase: Tesco, Harford Bridges, Norwich

Display Until Date:

Best before Date: 20.08.15

Batch Number: Supplier code: GZ

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 2.8

Sub-sample Name: Tesco Everyday Value plums

Ingredients: No information

Label claim(s):

Variety: Midnight Sun

Produce of Spain

Size: 35mm+

Perfect for cooking

Nutrient information: No information

Composite Sample Number: 2

Composite Sample Name: Plums, dessert, raw, flesh and skin

Sub-sample Number: 2.9

Sub-sample Name: Sainsbury's plums

Brand: Sainsbury's

Pack size: 400g

Purchase Date: 19.08.15

Place of Purchase: Sainsbury's Local, St Stephens Street, Norwich

Display Until Date:

Best before Date: 21.08.15

Batch Number: 3.N.D.O.O.0003614/RA-BAGNACAVALLO L 150343769
M0249ZN

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 2.9

Sub-sample Name: Sainsbury's Local plums

Ingredients: Plums

Label claim(s):
Grown by Zani, Italy
Variety: Crimson Glo
50/55mm

Nutrient information: No information

Composite Sample Number: 2

Composite Sample Name: Plums, dessert, raw, flesh and skin

Sub-sample Number: 2.10

Sub-sample Name: Market plums

Brand:

Pack size:

Purchase Date: 19.08.15

Place of Purchase: Independent market stall, Norwich Market

Display Until Date:

Best before Date:

Batch Number:

Packaging: Loose - paper bag

Sample Condition As Purchased: Ambient

Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 2.10

Sub-sample Name: Market plums

Ingredients: No information

Label claim(s):

Variety: Opal

Produce of Norfolk

Nutrient information: No information

Composite Sample Number: 2

Composite Sample Name: Plums, dessert, raw, flesh and skin

Sub-sample Number: 2.11

Sub-sample Name: Swithenbank red plums

Brand: Swithenbank

Pack size: 500g

Purchase Date: 24.08.15

Place of Purchase: Bidvest Foodservice delivery

Display Until Date:

Best before Date:

Batch Number: Trace code: H 084417 Product code: 74899

Packaging: Plastic, cardboard

Sample Condition As Purchased: Chilled

Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 2.11

Sub-sample Name: Swithenbank red plums

Ingredients: No information

Label claim(s):

Variety: Fortune

Country of Origin: Portugal

Class I

Nutrient information: No information

Sample 3: Raspberries, raw

Composite Sample Number:	3
Composite Sample Name:	Raspberries, raw
Sub-sample Number:	3.1
Sub-sample Name:	Tesco British raspberries
Brand:	Tesco
Pack size:	150g
Purchase Date:	11.08.15
Place of Purchase:	Tesco, Harford Bridges, Norwich
Display Until Date:	
Best before Date:	14.08.15
Batch Number:	SC: KG45
Packaging:	Plastic
Sample Condition As Purchased:	Chilled
Post Purchase Storage:	Chilled

Sub-sample Number: 3.1

Sub-sample Name: Tesco British raspberries

Ingredients: No information

Label claim(s):

Grown in Cambridgeshire, UK by H&H Duncalfe

Variety: Octavia

Nutrient information: No information

Composite Sample Number: 3
Composite Sample Name: Raspberries, raw
Sub-sample Number: 3.2
Sub-sample Name: Tesco raspberries
Brand: Tesco
Pack size: 150g
Purchase Date: 02.11.15
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Best before Date: 05.11.15
Batch Number: SC: BY05 L20327
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 3.2

Sub-sample Name: Tesco raspberries

Ingredients: No information

Label claim(s):
Produce of: Morocco
Variety: Berry Gem

Nutrient information: No information

Composite Sample Number: 3
Composite Sample Name: Raspberries, raw
Sub-sample Number: 3.3
Sub-sample Name: Asda Grower's Selection raspberries
Brand: Asda Grower's Selection
Pack size: 150g
Purchase Date: 02.11.15
Place of Purchase: Asda, Boundary Road, Norwich
Display Until Date:
Best before Date: 06.11.15
Batch Number: Batch: 785263 Site: 900087 10:04
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 3.3

Sub-sample Name: Asda Grower's Selection raspberries

Ingredients: No information

Label claim(s):

Spain

Lupita

Nutrient information: No information

Composite Sample Number: 3

Composite Sample Name: Raspberries, raw

Sub-sample Number: 3.4

Sub-sample Name: Sainsbury's Taste the Difference British raspberries

Brand: Sainsbury's Taste the Difference

Pack size: 150g

Purchase Date: 11.08.15

Place of Purchase: Sainsbury's, Longwater Retail Park, Norwich

Display Until Date:

Best before Date: 14.08.15

Batch Number: A0800 DD

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Sub-sample Number: 3.4

Sub-sample Name: Sainsbury's Taste the Difference British raspberries

Ingredients: No information

Label claim(s):

Grown in: Staffordshire, UK

Grown by: New Farm Produce Ltd

Variety: Driscoll's ® Carmina™

Produced in the UK

Nutrient information:

Nutrient	Unit	100g contains
Energy	kJ	133
Energy	kcal	32
Fat	g	<0.5
Saturates	g	<0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	4.6
Sugars	g	4.6
Starch	g	N/A
Fibre	g	2.5
Protein	g	1.4
Salt	g	<0.01

Composite Sample Number: 3
Composite Sample Name: Raspberries, raw
Sub-sample Number: 3.5
Sub-sample Name: Morrisons raspberries
Brand: Morrisons
Pack size: 150g
Purchase Date: 11.08.15
Place of Purchase: Morrisons, Norwich
Display Until Date:
Best before Date: 14.08.15
Batch Number: 1126HHD319 T49007/0714
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 3.5

Sub-sample Name: Morrisons raspberries

Ingredients: No information

Label claim(s):
Cambridgeshire, UK
Grower: H&H Duncalfe
Octavia
Class I

Nutrient information: No information

Composite Sample Number: 3
Composite Sample Name: Raspberries, raw
Sub-sample Number: 3.6
Sub-sample Name: Essential Waitrose raspberries
Brand: Essential Waitrose
Pack size: 160g
Purchase Date: 05.11.15
Place of Purchase: Waitrose, Wymondham
Display Until Date:
Best before Date: 04.11.15
Batch Number: Supplier: 102WSP 09.14
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 3.6

Sub-sample Name: Essential Waitrose raspberries

Ingredients: No information

Label claim(s):
Origin: Spain
Variety: Maravilla

Nutrient information: No information

Composite Sample Number: 3

Composite Sample Name: Raspberries, raw

Sub-sample Number: 3.7

Sub-sample Name: Nature's Fruit raspberries

Brand: Aldi Nature's Fruit

Pack size: 150g

Purchase Date: 11.08.15

Place of Purchase: Aldi, Larkman Lane, Norwich

Display Until Date:

Best before Date:

Batch Number: Supplier code: 02944/NHR 3303 (3305C)

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Sub-sample Number: 3.7

Sub-sample Name: Nature's Fruit raspberries

Ingredients: No information

Label claim(s):

Produce of Norfolk, UK
Octavia

Nutrient information:

Nutrient	Unit	100g as sold
Energy	kJ	133
Energy	kcal	32
Fat	g	<0.5
Saturates	g	<0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	4.6
Sugars	g	4.6
Starch	g	N/A
Fibre	g	2.5
Protein	g	1.4
Salt	g	<0.01

Composite Sample Number: 3
Composite Sample Name: Raspberries, raw
Sub-sample Number: 3.8
Sub-sample Name: Asda Grower's Selection raspberries
Brand: Asda Grower's Selection
Pack size: 150g
Purchase Date: 02.11.15
Place of Purchase: Asda, Boundary Road, Norwich
Display Until Date:
Best before Date: 05.11.15
Batch Number: Batch: 785654 Site:900709 19:06
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 3.8

Sub-sample Name: Asda Grower's Selection raspberries

Ingredients: No information

Label claim(s):

Spain

Gleam

Nutrient information: No information

Composite Sample Number: 3

Composite Sample Name: Raspberries, raw

Sub-sample Number: 3.9

Sub-sample Name: The Co-operative Loved by Us Scottish raspberries

Brand: The Co-operative Loved by Us

Pack size: 150g

Purchase Date: 11.08.15

Place of Purchase: The Co-operative, Unthank Road, Norwich

Display Until Date:

Best before Date: 13.08.15

Batch Number: M150/TO

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Sub-sample Number: 3.9

Sub-sample Name: The Co-operative Loved by Us Scottish raspberries

Ingredients: No information

Label claim(s):

Produce of Fife, UK
 Variety: Glen Ample
 Supplied By R Todd
 Packed in Scotland

Nutrient information:

Nutrient	Unit	100g contains	Per 2 handfuls (approx. 80g)
Energy	kJ	170	130
Energy	kcal	40	30
Fat	g	0.3	0.2
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	4.6	3.7
Sugars	g	4.6	3.7
Starch	g	N/A	N/A
Fibre	g	6.5	5.2
Protein	g	1.4	1.1
Salt	g	Tr	Tr

Composite Sample Number: 3
Composite Sample Name: Raspberries, raw
Sub-sample Number: 3.10
Sub-sample Name: Greengrocer raspberries
Brand:
Pack size:
Purchase Date: 11.08.15
Place of Purchase: Independent greengrocer, Norwich
Display Until Date:
Best before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 3.10

Sub-sample Name: Greengrocer raspberries

Ingredients: No information

Label claim(s):
Produce of Norfolk

Nutrient information: No information

Composite Sample Number: 3
Composite Sample Name: Raspberries, raw
Sub-sample Number: 3.11
Sub-sample Name: Berries R Us Portuguese raspberries
Brand: Berries R Us
Pack size: 125g
Purchase Date: 24.08.15
Place of Purchase: Bidvest Foodservice delivery
Display Until Date:
Best before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 3.11

Sub-sample Name: Berries R Us Portuguese raspberries

Ingredients: No information

Label claim(s): No information

Nutrient information: No information

Sample 4: Pineapple, fresh, raw, flesh only

Composite Sample Number: 4
Composite Sample Name: Pineapple, fresh, raw, flesh only
Sub-sample Number: 4.1
Sub-sample Name: Tesco pineapple chunks
Brand: Tesco
Pack size: 400g
Purchase Date: 28.09.15
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Best before Date: 30.09.11
Batch Number: L5 17:33 SC3660
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 4.1

Sub-sample Name: Tesco pineapple chunks

Ingredients: Pineapple (100%)

Label claim(s):
Packed in the UK

Nutrient information:

Nutrient	Unit	100g contains	Per half pack serving (200g) contains
Energy	kJ	190	381
Energy	kcal	45	90
Fat	g	0.2	0.4
Saturates	g	<0.1	<0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	9.8	N/A
Sugars	g	9.8	19.6
Starch	g	N/A	N/A
Fibre	g	1.2	N/A
Protein	g	0.4	N/A
Salt	g	<0.01	<0.01

Composite Sample Number: 4
Composite Sample Name: Pineapple, fresh, raw, flesh only
Sub-sample Number: 4.2
Sub-sample Name: Tesco pineapple
Brand: Tesco
Pack size:
Purchase Date: 28.09.15
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Best before Date:
Batch Number: SC: PGP E
Packaging: Loose
Sample Condition As Purchased: Ambient
Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 4.2

Sub-sample Name: Tesco pineapple

Ingredients: No information

Label claim(s):
Grown in Costa Rica
Perfectly ripe

Nutrient information: No information

Composite Sample Number: 4

Composite Sample Name: Pineapple, fresh, raw, flesh only

Sub-sample Number: 4.3

Sub-sample Name: Asda Grower's Selection pineapple chunks

Brand: Asda Grower's Selection

Pack size: 400g

Purchase Date: 28.09.15

Place of Purchase: Asda, Boundary Road, Norwich

Display Until Date:

Best before Date: 02.10.15

Batch Number: 175 P11

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Sub-sample Number: 4.3

Sub-sample Name: Asda Grower's Selection pineapple chunks

Ingredients: Pineapple

Label claim(s):

May contain pips and seeds

Packed in the UK

Nutrient information:

Nutrient	Unit	100g contains
Energy	kJ	203
Energy	kcal	48
Fat	g	<0.5
Saturates	g	0
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	9.8
Sugars	g	9.8
Starch	g	N/A
Fibre	g	1.2
Protein	g	<0.5
Salt	g	0

Composite Sample Number: 4
Composite Sample Name: Pineapple, fresh, raw, flesh only
Sub-sample Number: 4.4
Sub-sample Name: Sainsbury's pineapple slices
Brand: Sainsbury's
Pack size: 350g
Purchase Date: 28.09.15
Place of Purchase: Sainsbury's, Longwater Retail Park, Norwich
Display Until Date:
Best before Date: 01.10.15
Batch Number: B1337A 7282199 09.14
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 4.4

Sub-sample Name: Sainsbury's pineapple slices

Ingredients:

Pineapple (100%)

Label claim(s):

Packed in Ghana

Contains naturally occurring sugars

Nutrient information:

Nutrient	Unit	100g contains	¼ of a pack
Energy	kJ	248	217
Energy	kcal	59	51
Fat	g	<0.5	<0.5
Saturates	g	<0.1	<0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	11.5	11.5
Sugars	g	8.6	8.6
Starch	g	N/A	N/A
Fibre	g	N/A	N/A
Protein	g	<0.5	<0.5
Salt	g	<0.01	<0.01

Composite Sample Number: 4
Composite Sample Name: Pineapple, fresh, raw, flesh only
Sub-sample Number: 4.5
Sub-sample Name: Morrisons pineapple
Brand: Morrisons
Pack size: 180g
Purchase Date: 28.09.15
Place of Purchase: Morrisons, Albion Way, Norwich
Display Until Date:
Best before Date: 02.10.15
Batch Number: 1424/3 1 16:17 1424 T44682/0114
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 4.5

Sub-sample Name: Morrisons pineapple

Ingredients:

Prepared fresh pineapple chunks

Label claim(s):

May contain fruit seeds

Nutrient information:

Nutrient	Unit	100g contains	Per pack (180g)
Energy	kJ	190	343
Energy	kcal	45	81
Fat	g	0.2	0.4
Saturates	g	0	0
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	9.8	17.6
Sugars	g	9.8	17.6
Starch	g	N/A	N/A
Fibre	g	1.2	2.2
Protein	g	0.4	0.7
Salt	g	Tr	Tr

Composite Sample Number: 4

Composite Sample Name: Pineapple, fresh, raw, flesh only

Sub-sample Number: 4.6

Sub-sample Name: M&S perfectly ripe large golden pineapple

Brand: Marks & Spencer

Pack size:

Purchase Date: 28.09.15

Place of Purchase: Marks & Spencer, Sweet Briar Retail Park, Norwich

Display Until Date:

Best before Date: 30.09.15

Batch Number: 4929

Packaging: Loose

Sample Condition As Purchased: Ambient

Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 4.6

Sub-sample Name: M&S perfectly ripe large golden pineapple

Ingredients: No information

Label claim(s):

Perfectly ripe

Country of Origin: Costa Rica

Nutrient information:

Nutrient	Unit	100g contains
Energy	kJ	196
Energy	kcal	46
Fat	g	0.2
Saturates	g	0.001
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	10.1
Sugars	g	10.1
Starch	g	N/A
Fibre	g	1.2
Protein	g	0.4
Salt	g	0.005

Composite Sample Number: 4

Composite Sample Name: Pineapple, fresh, raw, flesh only

Sub-sample Number: 4.7

Sub-sample Name: Natura Farms gold pineapple

Brand: Lidl Natura Farms

Pack size:

Purchase Date: 28.09.15

Place of Purchase: Lidl, Drayton Road, Norwich

Display Until Date:

Best before Date:

Batch Number:

Packaging: Loose

Sample Condition As Purchased: Ambient

Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 4.7

Sub-sample Name: Natura Farms gold pineapple

Ingredients: No information

Label claim(s):

Super sweet

Exported by: Alajuela, Costa Rica

Nutrient information: No information

Composite Sample Number: 4
Composite Sample Name: Pineapple, fresh, raw, flesh only
Sub-sample Number: 4.8
Sub-sample Name: Sainsbury's basics pineapple
Brand: Sainsbury's basics
Pack size:
Purchase Date: 05.10.15
Place of Purchase: Sainsbury's, Longwater Retail Park, Norwich
Display Until Date:
Best before Date: 08.10.15
Batch Number: F0237C 1092585 09.14
Packaging: Loose; tag - mixed material
Sample Condition As Purchased: Ambient
Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 4.8

Sub-sample Name: Sainsbury's basics pineapple

Ingredients: No information

Label claim(s):
Grown in Panama

Nutrient information:

Nutrient	Unit	100g as sold contains	1 thick slice, typical weight 80g
Energy	kJ	196	156
Energy	kcal	46	37
Fat	g	<0.5	<0.5
Saturates	g	<0.1	<0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	10.1	8.0
Sugars	g	10.1	8.0
Starch	g	<0.5	<0.5
Fibre	g	1.2	0.96
Protein	g	<0.5	<0.5
Salt	g	<0.01	<0.01

Composite Sample Number: 4

Composite Sample Name: Pineapple, fresh, raw, flesh only

Sub-sample Number: 4.9

Sub-sample Name: The Co-operative Loved by Us pineapple

Brand: The Co-operative Loved by Us

Pack size:

Purchase Date: 06.10.15

Place of Purchase: Co-op, Wymondham

Display Until Date:

Best before Date: 09.10.15

Batch Number: Supplied by: M206C KEGE12

Packaging: Loose; tag - cardboard

Sample Condition As Purchased: Ambient

Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 4.9

Sub-sample Name: The Co-operative Loved by Us pineapple

Ingredients: No information

Label claim(s):

Produce of Panama

Packed in the UK

Nutrient information:

Nutrient	Unit	100g contains	Per large slice (approx. 80g)
Energy	kJ	200	160
Energy	kcal	45	35
Fat	g	0.2	0.2
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	10.1	8.1
Sugars	g	10.1	8.1
Starch	g	N/A	N/A
Fibre	g	1.4	1.1
Protein	g	0.4	0.3
Salt	g	Tr	Tr

Composite Sample Number: 4

Composite Sample Name: Pineapple, fresh, raw, flesh only

Sub-sample Number: 4.10

Sub-sample Name: Del Monte Gold extra sweet pineapple

Brand: Del Monte

Pack size:

Purchase Date: 28.09.15

Place of Purchase: Independent greengrocer, Norwich

Display Until Date:

Best before Date:

Batch Number: 10301465

Packaging: Loose; tag - cardboard

Sample Condition As Purchased: Ambient

Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 4.10

Sub-sample Name: Del Monte Gold extra sweet pineapple

Ingredients: No information

Label claim(s):

Product of Costa Rica

Fresh from the Tropics

Ripe and naturally sweet

Sustainably grown

Nutrient information: No information

Composite Sample Number: 4
Composite Sample Name: Pineapple, fresh, raw, flesh only
Sub-sample Number: 4.11
Sub-sample Name: Del Monte Gold extra sweet pineapple
Brand: Del Monte
Pack size:
Purchase Date: 24.08.15
Place of Purchase: Bidvest Foodservice delivery
Display Until Date:
Best before Date:
Batch Number: 10301465
Packaging: Loose; tag - cardboard
Sample Condition As Purchased: Ambient
Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 4.11

Sub-sample Name: Del Monte Gold extra sweet pineapple

Ingredients: No information

Label claim(s):

Product of Costa Rica

Fresh from the Tropics

Ripe and naturally sweet

Sustainably grown

Nutrient information: No information

Sample 5: Mangoes, ripe, raw, flesh only

Composite Sample Number: 5

Composite Sample Name: Mangoes, ripe, raw, flesh only

Sub-sample Number: 5.1

Sub-sample Name: Tesco mango

Brand: Tesco

Pack size: 3 fruits

Purchase Date: 07.12.15

Place of Purchase: Tesco, Harford Bridges, Norwich

Display Until Date:

Best before Date: 08.12.15

Batch Number: Supplier code: SC TR001

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Chilled

Sub-sample Number: 5.1

Sub-sample Name: Tesco mango

Ingredients: Mango

Label claim(s):

Perfectly ripe

Variety: Palmer

Produce of Brazil

Nutrient information:

Nutrient	Unit	100g contains
Energy	kJ	280
Energy	kcal	66
Fat	g	0.2
Saturates	g	0.0
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	14.1
Sugars	g	13.8
Starch	g	N/A
Fibre	g	2.6
Protein	g	0.7
Salt	g	<0.01

Composite Sample Number: 5
Composite Sample Name: Mangoes, ripe, raw, flesh only
Sub-sample Number: 5.2
Sub-sample Name: Tesco mango chunks
Brand: Tesco
Pack size: 275g
Purchase Date: 07.12.15
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Use By Date: 09.12.15
Batch Number: 03:42 KD01
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 5.2

Sub-sample Name: Tesco mango chunks

Ingredients: Mango (100%)

Label claim(s):

May contain fragments of (fruit) stone

Packed in the UK

Washed and ready to eat

Nutrient information:

Nutrient	Unit	100g contains	Per half pack serving (138g)
Energy	kJ	265	365
Energy	kcal	63	86
Fat	g	0.2	0.3
Saturates	g	0.1	0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	13.6	N/A
Sugars	g	13.3	18.4
Starch	g	N/A	N/A
Fibre	g	1.8	N/A
Protein	g	0.7	N/A
Salt	g	<0.01	<0.01
Vitamin C	mg	37.0	N/A

Composite Sample Number: 5

Composite Sample Name: Mangoes, ripe, raw, flesh only

Sub-sample Number: 5.3

Sub-sample Name: Asda Grower's Selection giant mango

Brand: Asda Grower's Selection

Pack size:

Purchase Date: 28.09.15

Place of Purchase: Asda, Boundary Road, Norwich

Display Until Date:

Best before Date:

Batch Number: 909998 ASP1419466

Packaging: Loose

Sample Condition As Purchased: Ambient

Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 5.3

Sub-sample Name: Asda Grower's Selection giant mango

Ingredients: No information

Label claim(s):

Class I

Sweet and juicy

Nutrient information: No information

Composite Sample Number: 5

Composite Sample Name: Mangoes, ripe, raw, flesh only

Sub-sample Number: 5.4

Sub-sample Name: Sainsbury's ripe & ready mangoes

Brand: Sainsbury's

Pack size: 2 fruit

Purchase Date: 28.09.15

Place of Purchase: Sainsbury's, Longwater Retail Park, Norwich

Display Until Date:

Best before Date: 02.10.15

Batch Number: F0224M 1291681 11.14

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 5.4

Sub-sample Name: Sainsbury's ripe & ready mangoes

Ingredients: No information

Label claim(s):

Grown in: Dominican Republic

Grown by: Managu

Variety: Keitt

Class I

Nutrient information:

Nutrient	Unit	Per 100g as sold	Per 80g as sold
Energy	kJ	280	224
Energy	kcal	66	53
Fat	g	<0.5	<0.5
Saturates	g	<0.1	<0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	14.1	11.3
Sugars	g	13.8	11.0
Starch	g	<0.5	<0.5
Fibre	g	2.6	2
Protein	g	0.7	0.6
Salt	g	<0.01	<0.01

Composite Sample Number: 5

Composite Sample Name: Mangoes, ripe, raw, flesh only

Sub-sample Number: 5.5

Sub-sample Name: Morrisons mango

Brand: Morrisons

Pack size:

Purchase Date: 07.12.15

Place of Purchase: Morrisons, Albion Way, Norwich

Display Until Date:

Best before Date: 10.12.15

Batch Number: 275964 TH1CON1339 05:56 ED LA53702020
T43963/1013

Packaging: Loose

Sample Condition As Purchased: Ambient

Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 5.5

Sub-sample Name: Morrisons Mango

Ingredients: No information

Label claim(s):

Brazil

Keitt

Class I

Nutrient information: No information

Composite Sample Number: 5
Composite Sample Name: Mangoes, ripe, raw, flesh only
Sub-sample Number: 5.6
Sub-sample Name: M&S large mango
Brand: Marks & Spencer
Pack size:
Purchase Date: 28.09.15
Place of Purchase: Marks & Spencer, Sweet Briar Retail Park, Norwich
Display Until Date:
Best before Date: 28.09.15
Batch Number: SC4808
Packaging: Loose
Sample Condition As Purchased: Ambient
Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 5.6

Sub-sample Name: M&S large mango

Ingredients: No information

Label claim(s):

Perfectly ripe

Variety: Kent

Country of origin: Israel

Nutrient information: No information

Composite Sample Number: 5

Composite Sample Name: Mangoes, ripe, raw, flesh only

Sub-sample Number: 5.7

Sub-sample Name: Lidl mango

Brand: Lidl

Pack size:

Purchase Date: 28.09.15

Place of Purchase: Lidl, Drayton Road, Norwich

Display Until Date:

Best before Date:

Batch Number:

Packaging: Loose

Sample Condition As Purchased: Ambient

Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 5.7

Sub-sample Name: Lidl mango

Ingredients: No information

Label claim(s):
Country of origin: Israel

Nutrient information: No information

Composite Sample Number: 5
Composite Sample Name: Mangoes, ripe, raw, flesh only
Sub-sample Number: 5.8
Sub-sample Name: Asda Smart Price mangos
Brand: Asda Smart Price
Pack size: 4 fruit
Purchase Date: 28.09.15
Place of Purchase: Asda, Boundary Road, Norwich
Display Until Date: 03.10.15
Best before Date: 03.10.15
Batch Number: PO.442956
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 5.8

Sub-sample Name: Asda Smart Price mangos

Ingredients: No information

Label claim(s):

Country of origin: Brazil

Variety: Tommy Atkins

Class II

Nutrient information: No information

Composite Sample Number: 5

Composite Sample Name: Mangoes, ripe, raw, flesh only

Sub-sample Number: 5.9

Sub-sample Name: The Co-operative Loved by Us mango chunks

Brand: The Co-operative Loved by Us

Pack size: 250g

Purchase Date: 07.12.15

Place of Purchase: The Co-operative, Long Stratton

Display Until Date:

Best before Date: 09.12.15

Batch Number: M252 Line F1 00:33 P14455/1/3

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Sub-sample Number: 5.9

Sub-sample Name: The Co-operative Loved by Us mango chunks

Ingredients: No information

Label claim(s):

Produce of various countries

Packed in the UK

Nutrient information:

Nutrient	Unit	100g contains	Per ½ pack (125g)
Energy	kJ	272	340
Energy	kcal	64	80
Fat	g	<0.5	<0.5
Saturates	g	<0.1	0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	14	18
Sugars	g	14	17
Starch	g	N/A	N/A
Fibre	g	1.6	2.0
Protein	g	0.7	0.9
Salt	g	<0.01	<0.01

Composite Sample Number: 5

Composite Sample Name: Mangoes, ripe, raw, flesh only

Sub-sample Number: 5.10

Sub-sample Name: Andalor Mango

Brand: Anadalor

Pack size:

Purchase Date: 13.10.15

Place of Purchase: Independent farm shop, Mulbarton, Norfolk

Display Until Date:

Best before Date:

Batch Number:

Packaging: Loose

Sample Condition As Purchased: Ambient

Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 5.4

Sub-sample Name: Andador Mango

Ingredients: No information

Label claim(s):
Produce of Spain

Nutrient information: No information

Composite Sample Number: 5
Composite Sample Name: Mangoes, ripe, raw, flesh only
Sub-sample Number: 5.11
Sub-sample Name: Farm Fresh mango
Brand: Farm Fresh
Pack size: 2 fruit
Purchase Date: 28.09.15
Place of Purchase: Booker, Norwich
Display Until Date:
Best before Date:
Batch Number: #4051 3604 TEX 262
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 5.11

Sub-sample Name: Farm Fresh mango

Ingredients: No information

Label claim(s):

Country of origin: Brazil

Tommy Atkins

Class I

Nutrient information: No information

Sample 6: Nectarines, yellow flesh, raw, flesh and skin

Composite Sample Number: 6

Composite Sample Name: Nectarines, yellow flesh, raw, flesh and skin

Sub-sample Number: 6.1

Sub-sample Name: Tesco yellow flesh nectarines

Brand: Tesco

Pack size:

Purchase Date: 14.08.15

Place of Purchase: Tesco, Harford Bridges, Norwich

Display Until Date:

Best before Date: 19.08.15

Batch Number: Supplier code: GZ08

Packaging: Plastic with netting

Sample Condition As Purchased: Chilled

Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 6.1

Sub-sample Name: Tesco yellow flesh nectarines

Ingredients: No information

Label claim(s):

Produce of Spain

Variety: Extra Sweet

Size: 4B 61/67mm

Class I

Ripen at home

Nutrient information:

Nutrient	Unit	100g contains
Energy	kJ	190
Energy	kcal	45
Fat	g	0.1
Saturates	g	<0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	9.0
Sugars	g	9.0
Starch	g	N/A
Fibre	g	1.2
Protein	g	1.4
Salt	g	<0.01

Composite Sample Number: 6

Composite Sample Name: Nectarines, yellow flesh, raw, flesh and skin

Sub-sample Number: 6.2

Sub-sample Name: Tesco yellow flesh nectarines

Brand: Tesco

Pack size: 5 fruits

Purchase Date: 19.10.15

Place of Purchase: Tesco Extra, Blue Boar Road, Norwich

Display Until Date:

Best before Date: 19.10.15

Batch Number: SC DPT 8256

Packaging: Plastic with netting

Sample Condition As Purchased: Ambient

Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 6.2

Sub-sample Name: Tesco yellow flesh nectarines

Ingredients: No information

Label claim(s):

Produce of: Zimbabwe

Variety: Honey May

Size: 56/61mm

Class I

New season

Ripen at home

Nutrient information:

Nutrient	Unit	100g contains
Energy	kJ	190
Energy	kcal	45
Fat	g	0.1
Saturates	g	<0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	9.0
Sugars	g	9.0
Starch	g	N/A
Fibre	g	1.2
Protein	g	1.4
Salt	g	<0.01

Composite Sample Number: 6

Composite Sample Name: Nectarines, yellow flesh, raw, flesh and skin

Sub-sample Number: 6.3

Sub-sample Name: Asda Grower's Selection nectarines

Brand: Asda Grower's Selection

Pack size: 1kg

Purchase Date: 17.08.15

Place of Purchase: Asda, Boundary Road, Norwich

Display Until Date:

Best before Date: 21.08.15

Batch Number: T219/20915081013 Site: 907790 PO: 420415

Packaging: Plastic with netting

Sample Condition As Purchased: Chilled

Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 6.3

Sub-sample Name: Asda Grower's Selection nectarines

Ingredients: Nectarines

Label claim(s):

Spain

Variety: Zee Glo

Yellow Flesh

67/73mm

Class I

Ripen at home

Nutrient information: No information

Composite Sample Number: 6

Composite Sample Name: Nectarines, yellow flesh, raw, flesh and skin

Sub-sample Number: 6.4

Sub-sample Name: Sainsbury's nectarines

Brand: Sainsbury's

Pack size: 4 fruit

Purchase Date: 14.08.15

Place of Purchase: Sainsbury's, Longwater Retail Park, Norwich

Display Until Date:

Best before Date: 19.08.15

Batch Number: M0249GU 517751 10.13

Packaging: Plastic with netting

Sample Condition As Purchased: Chilled

Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 6.4

Sub-sample Name: Sainsbury's nectarines

Ingredients: Nectarines

Label claim(s):

Grown by: Guimera Spain

Variety: Honey Royale

Yellow flesh

61/67mm

Class I

Nutrient information:

Nutrient	Unit	100g (as sold) contains
Energy	kJ	190
Energy	kcal	45
Fat	g	<0.5
Saturates	g	<0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	9.0
Sugars	g	9.0
Starch	g	N/A
Fibre	g	1.2
Protein	g	1.4
Salt	g	<0.01

Composite Sample Number: 6

Composite Sample Name: Nectarines, yellow flesh, raw, flesh and skin

Sub-sample Number: 6.5

Sub-sample Name: Morrisons nectarines

Brand: Morrisons

Pack size: Min 4 fruit

Purchase Date: 17.08.15

Place of Purchase: Morrisons, Albion Way, Norwich

Display Until Date:

Best before Date: 19.08.15

Batch Number: LA53700209 208915 TH1 SOR2 226 12:24 MS

Packaging: Plastic with netting

Sample Condition As Purchased: Chilled

Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 6.5

Sub-sample Name: Morrisons nectarines

Ingredients: No information

Label claim(s):

Italy

Honey Royale

Yellow Flesh

Cal: 67-73mm

Class I

Ripen at room temperature

Nutrient information: No information

Composite Sample Number: 6
Composite Sample Name: Nectarines, yellow flesh, raw, flesh and skin
Sub-sample Number: 6.6
Sub-sample Name: M&S yellow flesh nectarines
Brand: Marks & Spencer
Pack size:
Purchase Date: 26.10.15
Place of Purchase: Marks & Spencer, Sweet Briar Retail Park, Norwich
Display Until Date:
Best before Date: 27.10.15
Batch Number: 1826
Packaging: Plastic with paper tray
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 6.6
Sub-sample Name: M&S yellow flesh nectarines

Ingredients: No information

Label claim(s):

Country of origin: South Africa
Variety: Sunect 21
61/67mm
Class I
Perfectly ripe

Nutrient information:

Nutrient	Unit	100g contains
Energy	kJ	170
Energy	kcal	40
Fat	g	0.1
Saturates	g	<0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	9.0
Sugars	g	9.0
Starch	g	N/A
Fibre	g	1.2
Protein	g	1.4
Salt	g	<0.1

Composite Sample Number: 6

Composite Sample Name: Nectarines, yellow flesh, raw, flesh and skin

Sub-sample Number: 6.7

Sub-sample Name: Nature's Fruit nectarines

Brand: Aldi Nature's Fruit

Pack size: 4 fruit

Purchase Date: 17.08.15

Place of Purchase: Aldi, Larkman Lane, Norwich

Display Until Date:

Best before Date:

Batch Number: 3403 (3405C) 00200 TZZ ALR1404010 25341300

Packaging: Plastic with card tray

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Sub-sample Number: 6.7

Sub-sample Name: Nature's Fruit nectarines

Ingredients: No information

Label claim(s):

Spain

Honey Royale

61/67mm

Yellow flesh

Perfectly ripe

Class I

Natural source of vitamin C

Nutrient information:

Nutrient	Unit	100g as sold contains
Energy	kJ	190
Energy	kcal	45
Fat	g	<0.5
Saturates	g	<0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	9.0
Sugars	g	9.0
Starch	g	N/A
Fibre	g	1.2
Protein	g	1.4
Salt	g	<0.01
Vitamin C	mg	37

Composite Sample Number: 6

Composite Sample Name: Nectarines, yellow flesh, raw, flesh and skin

Sub-sample Number: 6.8

Sub-sample Name: The Co-operative Loved by Us nectarines

Brand: The Co-operative Loved by Us

Pack size: 4 fruits

Purchase Date: 17.08.15

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

Display Until Date:

Best before Date: 24.08.15

Batch Number: M060AQ

Packaging: Plastic with netting

Sample Condition As Purchased: Chilled

Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 6.8

Sub-sample Name: The Co-operative Loved by Us nectarines

Ingredients: No information

Label claim(s):

Spain

Honey Glo

61-67mm

Yellow Flesh

Class I

Ripen at home

Nutrient information: No information

Composite Sample Number: 6

Composite Sample Name: Nectarines, yellow flesh, raw, flesh and skin

Sub-sample Number: 6.9

Sub-sample Name: Gog de Magog nectarines

Brand: Gog de Magog

Pack size:

Purchase Date: 19.08.15

Place of Purchase: Independent market stall, Norwich Market

Display Until Date:

Best before Date:

Batch Number:

Packaging: Loose

Sample Condition As Purchased: Ambient

Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 6.9

Sub-sample Name: Gog de Magog nectarines

Ingredients: No information

Label claim(s):
Spain

Nutrient information: No information

Composite Sample Number: 6

Composite Sample Name: Nectarines, yellow flesh, raw, flesh and skin

Sub-sample Number: 6.10

Sub-sample Name: Morrisons nectarines

Brand: Morrisons

Pack size: 5 fruit

Purchase Date: 19.10.15

Place of Purchase: Morrisons, Albion Way, Norwich

Display Until Date:

Best before Date: 23.10.15

Batch Number: 1230/UUK LA53700209

Packaging: Plastic with netting

Sample Condition As Purchased: Ambient

Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 6.10

Sub-sample Name: Morrisons nectarines

Ingredients: No information

Label claim(s):

South Africa

Yellow flesh

Alpine

56-61mm

Class I

Ripen at room temperature

New season

Nutrient information: No information

Composite Sample Number: 6

Composite Sample Name: Nectarines, yellow flesh, raw, flesh and skin

Sub-sample Number: 6.11

Sub-sample Name: Tesco yellow flesh nectarines

Brand: Tesco

Pack size: 5 fruits

Purchase Date: 26.10.15

Place of Purchase: Tesco, Harford Bridges, Norwich

Display Until Date:

Best before Date: 28.10.15

Batch Number: SC: DPT 8388

Packaging: Plastic with netting

Sample Condition As Purchased: Chilled

Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 6.11

Sub-sample Name: Tesco yellow flesh nectarines

Ingredients: No information

Label claim(s):

Variety: Sunec 21

Produce of: South Africa

Size: 56/61mm

Ripen at home

Nutrient information:

Nutrient	Unit	100g contains
Energy	kJ	190
Energy	kcal	45
Fat	g	0.1
Saturates	g	<0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	9.0
Sugars	g	9.0
Starch	g	N/A
Fibre	g	1.2
Protein	g	1.4
Salt	g	<0.01

Sample 7: Cherries, raw

Composite Sample Number: 7
Composite Sample Name: Cherries, raw
Sub-sample Number: 7.1
Sub-sample Name: Tesco cherries
Brand: Tesco
Pack size:
Purchase Date: 11.08.15
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Best before Date: D/U: 02.08.15
Batch Number: Supplier code: KQ33 PLU 4045
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 7.1

Sub-sample Name: Tesco cherries

Ingredients: No information

Label claim(s):

Origin: UK

Stella

Class I

26mm+

Nutrient information: No information

Composite Sample Number: 7
Composite Sample Name: Cherries, raw
Sub-sample Number: 7.2
Sub-sample Name: Tesco British cherries
Brand: Tesco
Pack size: 250g
Purchase Date: 11.08.15
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Best before Date: 12.08.15
Batch Number: SC: KG56
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 7.2

Sub-sample Name: Tesco British cherries

Ingredients: No information

Label claim(s):

Grown in: Staffordshire, UK

Grown by: Littywood Farm Ltd

Variety: Kordia

Nutrient information: No information

Composite Sample Number: 7

Composite Sample Name: Cherries, raw

Sub-sample Number: 7.3

Sub-sample Name: Asda Grower's Selection sweet & fragrant cherries

Brand: Asda Grower's Selection

Pack size: 425g

Purchase Date: 11.08.15

Place of Purchase: Asda, Boundary Road, Norwich

Display Until Date:

Best before Date: 15.08.15

Batch Number: Batch: L72541 Site: 427032 ASP1419288

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Sub-sample Number: 7.3

Sub-sample Name: Asda Grower's Selection sweet & fragrant cherries

Ingredients: No information

Label claim(s):

USA

Sweetheart

Contains stones

Nutrient information:

Nutrient	Unit	100g contains
Energy	kJ	210
Energy	kcal	50
Fat	g	0.1
Saturates	g	<0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	11.5
Sugars	g	11.5
Starch	g	N/A
Fibre	g	0.9
Protein	g	0.9
Salt	g	0

Composite Sample Number: 7

Composite Sample Name: Cherries, raw

Sub-sample Number: 7.4

Sub-sample Name: Sainsbury's British cherries

Brand: Sainsbury's

Pack size: 250g

Purchase Date: 11.08.15

Place of Purchase: Sainsbury's, Longwater Retail Park, Norwich

Display Until Date:

Best before Date: 15.08.15

Batch Number: A0433W 05:26 W2 11.14 7662145

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Sub-sample Number: 7.4

Sub-sample Name: Sainsbury's British cherries

Ingredients: No information

Label claim(s):

Grown by: P Mansfield, Kent, UK

Variety: Lapins

Size: 24mm+

Produced in the UK

Nutrient information:

Nutrient	Unit	100g as sold contains
Energy	kJ	222
Energy	kcal	52
Fat	g	<0.5
Saturates	g	<0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	11.5
Sugars	g	11.5
Starch	g	<0.5
Fibre	g	0.9
Protein	g	0.9
Salt	g	<0.01

Composite Sample Number: 7
Composite Sample Name: Cherries, raw
Sub-sample Number: 7.5
Sub-sample Name: Morrisons cherries
Brand: Morrisons
Pack size: 225g
Purchase Date: 11.08.15
Place of Purchase: Morrisons, Albion Way, Norwich
Display Until Date:
Best before Date: 14.08.15
Batch Number: 1954/JOS T47513/0514 1954
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 7.5

Sub-sample Name: Morrisons cherries

Ingredients: No information

Label claim(s):

Sweetheart

USA

Class I

24mm+

Nutrient information: No information

Composite Sample Number: 7
Composite Sample Name: Cherries, raw
Sub-sample Number: 7.6
Sub-sample Name: Waitrose lusciously sweet & juicy cherries
Brand: Waitrose
Pack size: 180g
Purchase Date: 18.11.15
Place of Purchase: Waitrose, Wymondham
Display Until Date: 20.11.15
Best before Date:
Batch Number: Supplier: 347AAO L99646
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 7.6

Sub-sample Name: Waitrose lusciously sweet & juicy cherries

Ingredients: No information

Label claim(s):

Variety: Mini Royal

Origin: South Africa

Nutrient information:

Nutrient	Unit	100g contains
Energy	kJ	231
Energy	kcal	55
Fat	g	0.1
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	11.5
Sugars	g	11.5
Starch	g	N/A
Fibre	g	2.1
Protein	g	0.9
Salt	g	Tr

Composite Sample Number: 7
Composite Sample Name: Cherries, raw
Sub-sample Number: 7.7
Sub-sample Name: Lidl cherries
Brand: Lidl
Pack size:
Purchase Date: 18.11.15
Place of Purchase: Lidl, Drayton Road, Norwich
Display Until Date:
Best before Date:
Batch Number:
Packaging: Loose
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 7.7

Sub-sample Name: Lidl cherries

Ingredients: No information

Label claim(s):
Turkey

Nutrient information: No information

Composite Sample Number: 7
Composite Sample Name: Cherries, raw
Sub-sample Number: 7.8
Sub-sample Name: The Co-operative Loved by Us cherries
Brand: The Co-operative Loved by Us
Pack size: 200g
Purchase Date: 12.08.15
Place of Purchase: The Co-operative, Unthank Road, Norwich
Display Until Date:
Best before Date: 15.08.15
Batch Number: Supplied by: M150/TS P6729F/2/2
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 7.8

Sub-sample Name: The Co-operative Loved by Us cherries

Ingredients: No information

Label claim(s):

Produce of: Greece

Variety: Bakirtzeika

Nutrient information:

Nutrient	Unit	100g contains
Energy	kJ	200
Energy	kcal	50
Fat	g	0.1
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	11.5
Sugars	g	11.5
Starch	g	N/A
Fibre	g	2.1
Protein	g	0.9
Salt	g	Tr

Composite Sample Number: 7
Composite Sample Name: Cherries, raw
Sub-sample Number: 7.9
Sub-sample Name: Sainsbury's cherries
Brand: Sainsbury's
Pack size: 200g
Purchase Date: 16.11.15
Place of Purchase: Sainsbury's, Longwater Retail Park, Norwich
Display Until Date:
Best before Date: 20.11.15
Batch Number: A0800 X2
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 7.9

Sub-sample Name: Sainsbury's cherries

Ingredients: No information

Label claim(s):

Grown in: South Africa

Grown by: SA Cherries

Variety: Royal Dawn

Size 24mm+

Class I

Nutrient information: No information

Composite Sample Number: 7
Composite Sample Name: Cherries, raw
Sub-sample Number: 7.10
Sub-sample Name: Market cherries
Brand:
Pack size:
Purchase Date: 12.08.15
Place of Purchase: Independent market stall, Norwich Market
Display Until Date:
Best before Date:
Batch Number:
Packaging: Loose
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 7.10

Sub-sample Name: Market cherries

Ingredients: No information

Label claim(s):
Faversham, Kent

Nutrient information: No information

Composite Sample Number: 7
Composite Sample Name: Cherries, raw
Sub-sample Number: 7.11
Sub-sample Name: Morrisons cherries
Brand: Morrisons
Pack size: 200g
Purchase Date: 09.11.15
Place of Purchase: Morrisons, Albion Way, Norwich
Display Until Date:
Best before Date: 13.11.15
Batch Number: 1954/JOS T47513/0514
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 7.11

Sub-sample Name: Morrisons cherries

Ingredients: No information

Label claim(s):

South Africa
Minnie Royal
Class I
24mm+

Nutrient information: No information

Sample 8: Grapefruit, raw, flesh only

Composite Sample Number: 8

Composite Sample Name: Grapefruit, raw, flesh only

Sub-sample Number: 8.1

Sub-sample Name: Tesco pink grapefruit

Brand: Tesco

Pack size:

Purchase Date: 05.10.15

Place of Purchase: Tesco, Harford Bridges, Norwich

Display Until Date:

Best before Date:

Batch Number:

Packaging: Loose

Sample Condition As Purchased: Ambient

Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 8.1

Sub-sample Name: Tesco pink grapefruit

Ingredients: No information

Label claim(s):
Swaziland

Nutrient information: No information

Composite Sample Number: 8
Composite Sample Name: Grapefruit, raw, flesh only
Sub-sample Number: 8.2
Sub-sample Name: Tesco red grapefruit
Brand: Tesco
Pack size:
Purchase Date: 30.11.15
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Best before Date:
Batch Number:
Packaging: Loose
Sample Condition As Purchased: Ambient
Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 8.2

Sub-sample Name: Tesco red grapefruit

Ingredients: No information

Label claim(s):
Israel

Nutrient information: No information

Composite Sample Number: 8

Composite Sample Name: Grapefruit, raw, flesh only

Sub-sample Number: 8.3

Sub-sample Name: Asda Grower's Selection red grapefruit

Brand: Asda Grower's Selection

Pack size: 3 fruit

Purchase Date: 30.11.15

Place of Purchase: Asda, Boundary Road, Norwich

Display Until Date:

Best before Date: 04.12.15

Batch Number: Batch: 791636 site: 901083 ASP1420022 SL1257

Packaging: Netting

Sample Condition As Purchased: Ambient

Post Purchase Storage: Chilled

Sub-sample Number: 8.3

Sub-sample Name: Asda Grower's Selection red grapefruit

Ingredients: Red grapefruit

Label claim(s):

Israel
Sunrise
Class I
93-100mm

Nutrient information: No information

Composite Sample Number: 8
Composite Sample Name: Grapefruit, raw, flesh only
Sub-sample Number: 8.4
Sub-sample Name: Sainsbury's red grapefruit
Brand: Sainsbury's
Pack size: 4 fruit
Purchase Date: 30.11.15
Place of Purchase: Sainsbury's, Longwater Retail Park, Norwich
Display Until Date:
Best before Date: 07.12.15
Batch Number: CO163A 05:01 0000 13
Packaging: Plastic and netting
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 8.4

Sub-sample Name: Sainsbury's red grapefruit

Ingredients: No information

Label claim(s):

Variety: Sunrise

Grown by: MTEX, Israel

Size: 80-87mm

High in vitamin C

Treated with wax coating, Imazalil and or thiabendazole and or Pyrimethanil and or Propiconazole and or Orthophenylphenol

Nutrient information:

Nutrient	Unit	100g (flesh only) contains	Per ½ grapefruit (120g approx.)
Energy	kJ	143	172
Energy	kcal	34	41
Fat	g	<0.5	<0.5
Saturates	g	<0.1	<0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	6.8	8.2
Sugars	g	6.8	8.2
Starch	g	N/A	N/A
Fibre	g	1.3	1.6
Protein	g	0.8	1.0
Salt	g	<0.01	<0.01
Vitamin C	mg	36	43

Composite Sample Number: 8
Composite Sample Name: Grapefruit, raw, flesh only
Sub-sample Number: 8.5
Sub-sample Name: Morrisons pink grapefruit
Brand: Morrisons
Pack size: Count 4
Purchase Date: 30.11.15
Place of Purchase: Morrisons, Albion Way, Norwich
Display Until Date:
Best before Date: 05.12.15
Batch Number: 225033 TH1 CIT 2A 332 08:15 5G LA53700219
Packaging: Plastic and netting
Sample Condition As Purchased: Ambient
Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 8.5

Sub-sample Name: Morrisons pink grapefruit

Ingredients: No information

Label claim(s):

USA

Ruby Red

80-85mm

Class I

Treated with Imazalil/Thiabendazole/2 Phenylphenol/Pyrimethanil E202 and wax
E904/E914

Nutrient information: No information

Composite Sample Number: 8
Composite Sample Name: Grapefruit, raw, flesh only
Sub-sample Number: 8.6
Sub-sample Name: Waitrose red grapefruit
Brand: Waitrose
Pack size:
Purchase Date: 30.11.15
Place of Purchase: Waitrose, Wymondham
Display Until Date:
Best before Date:
Batch Number: 4288
Packaging: Loose
Sample Condition As Purchased: Ambient
Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 8.6

Sub-sample Name: Waitrose red grapefruit

Ingredients: No information

Label claim(s):
Israel

Nutrient information: No information

Composite Sample Number: 8

Composite Sample Name: Grapefruit, raw, flesh only

Sub-sample Number: 8.7

Sub-sample Name: Aldi red grapefruit

Brand: Aldi

Pack size:

Purchase Date: 05.10.15

Place of Purchase: Aldi, Larkman Lane, Norwich

Display Until Date:

Best before Date:

Batch Number:

Packaging: Loose

Sample Condition As Purchased: Ambient

Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 8.7

Sub-sample Name: Aldi red grapefruit

Ingredients: No information

Label claim(s):
South Africa

Nutrient information: No information

Composite Sample Number: 8

Composite Sample Name: Grapefruit, raw, flesh only

Sub-sample Number: 8.8

Sub-sample Name: Asda Grower's Selection red grapefruit

Brand: Asda Grower's Selection

Pack size: 3 fruit

Purchase Date: 05.10.15

Place of Purchase: Asda, Boundary Road, Norwich

Display Until Date:

Best before Date: 11.10.15

Batch Number: Batch: 778546 Site: 902887 ASP1420022 SL1255

Packaging: Plastic and netting

Sample Condition As Purchased: Ambient

Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 8.8

Sub-sample Name: Asda Grower's Selection red grapefruit

Ingredients: Red grapefruit

Label claim(s):

South Africa

Star Ruby

Class I

87-99mm

Nutrient information: No information

Composite Sample Number: 8

Composite Sample Name: Grapefruit, raw, flesh only

Sub-sample Number: 8.9

Sub-sample Name: The Shop SU white grapefruit

Brand: The Shop SU

Pack size:

Purchase Date: 22.09.15

Place of Purchase: The Shop SU, University of East Anglia, Norwich

Display Until Date:

Best before Date:

Batch Number:

Packaging: Loose

Sample Condition As Purchased: Ambient

Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 8.9

Sub-sample Name: The Shop SU white grapefruit

Ingredients: No information

Label claim(s):
South Africa

Nutrient information: No information

Composite Sample Number: 8

Composite Sample Name: Grapefruit, raw, flesh only

Sub-sample Number: 8.10

Sub-sample Name: Farm shop white grapefruit

Brand:

Pack size:

Purchase Date: 13.10.15

Place of Purchase: Independent farm shop, Mulbarton, Norfolk

Display Until Date:

Best before Date:

Batch Number:

Packaging: Loose

Sample Condition As Purchased: Ambient

Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 8.10

Sub-sample Name: Farm shop white grapefruit

Ingredients: No information

Label claim(s):
South Africa

Nutrient information: No information

Composite Sample Number: 8

Composite Sample Name: Grapefruit, raw, flesh only

Sub-sample Number: 8.11

Sub-sample Name: Swithenbank red grapefruit

Brand: Swithenbank

Pack size: 4 fruit

Purchase Date: 12.10.15

Place of Purchase: Bidvest Foodservice delivery

Display Until Date:

Best before Date:

Batch Number: Trace code: H 104407 product code: 74939 #4288

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 8.11

Sub-sample Name: Swithenbank red grapefruit

Ingredients: No information

Label claim(s):

Product: Grapefruit Ruby

Star Ruby

Country of origin: South Africa

Class I

Nutrient information: No information

Sample 9: Leeks, fresh, raw

Composite Sample Number: 9

Composite Sample Name: Leeks, fresh, raw

Sub-sample Number: 9.1

Sub-sample Name: Tesco leeks

Brand: Tesco

Pack size:

Purchase Date: 19.10.15

Place of Purchase: Tesco Extra, Blue Boar Road, Norwich

Display Until Date:

Best before Date:

Batch Number:

Packaging: Loose

Sample Condition As Purchased: Ambient

Post Purchase Storage: Chilled

Sub-sample Number: 9.1

Sub-sample Name: Tesco leeks

Ingredients: No information

Label claim(s): No information
UK

Nutrient information: No information

Composite Sample Number: 9
Composite Sample Name: Leeks, fresh, raw
Sub-sample Number: 9.2
Sub-sample Name: Tesco leeks
Brand: Tesco
Pack size: 500g
Purchase Date: 19.10.15
Place of Purchase: Tesco Extra, Blue Boar Road, Norwich
Display Until Date:
Best before Date: 22.10.15
Batch Number: SC: EM12 L3288 10:46
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 9.2

Sub-sample Name: Tesco leeks

Ingredients: Leeks

Label claim(s):

Grown in: UK

Grown by: Charles Lightbrown

Nutrient information:

Nutrient	Unit	100g contains
Energy	kJ	113
Energy	kcal	27
Fat	g	0.5
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	2.9
Sugars	g	2.2
Starch	g	N/A
Fibre	g	2.2
Protein	g	1.6
Salt	g	<0.01

Composite Sample Number: 9

Composite Sample Name: Leeks, fresh, raw

Sub-sample Number: 9.3

Sub-sample Name: Asda Grower's Selection British extra trimmed leeks

Brand: Asda Grower's Selection

Pack size: 500g

Purchase Date: 16.11.15

Place of Purchase: Asda, Boundary Road, Norwich

Display Until Date:

Best before Date: 19.11.15

Batch Number: Site:143434 ASP1506594

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Sub-sample Number: 9.3

Sub-sample Name: Asda Grower's Selection British extra trimmed leeks

Ingredients: No information

Label claim(s):

Cambs UK

Trevor Edgley

Source of folic acid

Nutrient information:

Nutrient	Unit	100g (boiled in unsalted water) contains
Energy	kJ	103
Energy	kcal	25
Fat	g	0.7
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	2.6
Sugars	g	2.0
Starch	g	N/A
Fibre	g	2.0
Protein	g	1.2
Salt	g	<0.01
Folic acid (B ₉)	µg	40

Composite Sample Number: 9

Composite Sample Name: Leeks, fresh, raw

Sub-sample Number: 9.4

Sub-sample Name: Sainsbury's British trimmed leeks

Brand: Sainsbury's

Pack size: 500g

Purchase Date: 19.10.15

Place of Purchase: Sainsbury's, Longwater Retail Park, Norwich

Display Until Date:

Best before Date: 24.10.15

Batch Number: D288A 6 290 10:53 RO466 6308660 09.14

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Sub-sample Number: 9.4

Sub-sample Name: Sainsbury's British trimmed leeks

Ingredients: No information

Label claim(s):

Grown by: Patrick Allpress
Greenshoots
Cambridgeshire, UK
Produced in the UK

Nutrient information:

Nutrient	Unit	100g (as sold) contains
Energy	kJ	111
Energy	kcal	27
Fat	g	0.5
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	2.8
Sugars	g	2.1
Starch	g	N/A
Fibre	g	2.2
Protein	g	1.6
Salt	g	<0.01

Composite Sample Number: 9
Composite Sample Name: Leeks, fresh, raw
Sub-sample Number: 9.5
Sub-sample Name: Morrisons trimmed leeks
Brand: Morrisons
Pack size: 500g
Purchase Date: 19.10.15
Place of Purchase: Morrisons, Albion Way, Norwich
Display Until Date:
Best before Date: 23.10.15
Batch Number: 6999GSH 0522 T47518/0514
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 9.5

Sub-sample Name: Morrisons trimmed leeks

Ingredients: No information

Label claim(s):
Lincolnshire, UK
Class I

Nutrient information: No information

Composite Sample Number: 9

Composite Sample Name: Leeks, fresh, raw

Sub-sample Number: 9.6

Sub-sample Name: Sainsbury's leeks

Brand: Sainsbury's

Pack size:

Purchase Date: 19.10.15

Place of Purchase: Sainsbury's, Longwater Retail Park, Norwich

Display Until Date:

Best before Date:

Batch Number:

Packaging: Loose

Sample Condition As Purchased: Ambient

Post Purchase Storage: Chilled

Sub-sample Number: 9.6

Sub-sample Name: Sainsbury's leeks

Ingredients: No information

Label claim(s):
Cambs, UK

Nutrient information: No information

Composite Sample Number: 9
Composite Sample Name: Leeks, fresh, raw
Sub-sample Number: 9.7
Sub-sample Name: M&S British leeks
Brand: Marks & Spencer
Pack size: 600g
Purchase Date: 19.10.15
Place of Purchase: Marks & Spencer, Sweet Briar Retail Park, Norwich
Display Until Date:
Best before Date: 25.10.15
Batch Number: 4146T
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 9.7

Sub-sample Name: M&S British leeks

Ingredients: No information

Label claim(s):

Cambridgeshire, UK

Grower's name: Trevor Edgley

25-35 mm

Nutrient information:

Nutrient	Unit	100g contains
Energy	kJ	113
Energy	kcal	27
Fat	g	0.5
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	2.9
Sugars	g	2.2
Starch	g	N/A
Fibre	g	2.2
Protein	g	1.6
Salt	g	<0.1
Vitamin C	mg	17
Folic acid	µg	56

Composite Sample Number: 9
Composite Sample Name: Leeks, fresh, raw
Sub-sample Number: 9.8
Sub-sample Name: Oaklands British leeks
Brand: Oaklands
Pack size: 750g
Purchase Date: 19.10.15
Place of Purchase: Lidl, Drayton Road, Norwich
Display Until Date:
Best before Date:
Batch Number: 4204 E52144 W3552
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 9.8

Sub-sample Name: Oaklands British leeks

Ingredients: No information

Label claim(s):

Cambs
Class I

Nutrient information:

Nutrient	Unit	100g (boiled as per instructions) contains	Per 80g serving (boiled as per instructions)
Energy	kJ	99	79
Energy	kcal	24	19
Fat	g	0.7	0.6
Saturates	g	0.1	<0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	2.5	2.0
Sugars	g	2.0	1.6
Starch	g	N/A	N/A
Fibre	g	1.0	0.8
Protein	g	1.3	1.0
Salt	g	<0.01	<0.01

Composite Sample Number: 9

Composite Sample Name: Leeks, fresh, raw

Sub-sample Number: 9.9

Sub-sample Name: The Co-operative leeks

Brand: The Co-operative

Pack size:

Purchase Date: 16.11.15

Place of Purchase: The Co-operative, Long Stratton, Norfolk

Display Until Date:

Best before Date:

Batch Number:

Packaging: Loose

Sample Condition As Purchased: Ambient

Post Purchase Storage: Chilled

Sub-sample Number: 9.9

Sub-sample Name: The Co-operative leeks

Ingredients: No information

Label claim(s):
UK

Nutrient information: No information

Composite Sample Number: 9

Composite Sample Name: Leeks, fresh, raw

Sub-sample Number: 9.10

Sub-sample Name: Farm shop Leeks

Brand:

Pack size:

Purchase Date: 13.10.15

Place of Purchase: Independent farm shop, Mulbarton, Norfolk

Display Until Date:

Best before Date:

Batch Number:

Packaging: Loose

Sample Condition As Purchased: Ambient

Post Purchase Storage: Chilled

Sub-sample Number: 9.10

Sub-sample Name: Farm shop Leeks

Ingredients: No information

Label claim(s):
Lancashire, UK

Nutrient information: No information

Composite Sample Number: 9
Composite Sample Name: Leeks, fresh, raw
Sub-sample Number: 9.11
Sub-sample Name: Bidvest Foodservice Leeks
Brand: Bidvest Foodservice
Pack size: 5kg
Purchase Date: 12.10.15
Place of Purchase: Bidvest Foodservice delivery
Display Until Date:
Best before Date:
Batch Number:
Packaging: Plastic netting
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 9.11

Sub-sample Name: Bidvest Foodservice Leeks

Ingredients: No information

Label claim(s):
Holland

Nutrient information: No information

Sample 10: Leeks, fresh, boiled

Composite Sample Number: 10
Composite Sample Name: Leeks, fresh, boiled
Sub-sample Number: 10.1
Sub-sample Name: Tesco leeks
Brand: Tesco
Pack size:
Purchase Date: 19.10.15
Place of Purchase: Tesco Extra, Blue Boar Road, Norwich
Display Until Date:
Best before Date:
Batch Number:
Packaging: Loose
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 10.1

Sub-sample Name: Tesco leeks

Ingredients: No information

Label claim(s): No information
UK

Nutrient information: No information

Composite Sample Number: 10
Composite Sample Name: Leeks, fresh, boiled
Sub-sample Number: 10.2
Sub-sample Name: Tesco leeks
Brand: Tesco
Pack size: 500g
Purchase Date: 19.10.15
Place of Purchase: Tesco Extra, Blue Boar Road, Norwich
Display Until Date:
Best before Date: 22.10.15
Batch Number: SC: EM12 L3288 10:46
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 10.2

Sub-sample Name: Tesco leeks

Ingredients: Leeks

Label claim(s):

Grown in: UK

Grown by: Charles Lightbrown

Nutrient information:

Nutrient	Unit	100g contains
Energy	kJ	113
Energy	kcal	27
Fat	g	0.5
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	2.9
Sugars	g	2.2
Starch	g	N/A
Fibre	g	2.2
Protein	g	1.6
Salt	g	<0.01

Composite Sample Number: 10
Composite Sample Name: Leeks, fresh, boiled
Sub-sample Number: 10.3
Sub-sample Name: Asda Grower's Selection British extra trimmed leeks
Brand: Asda Grower's Selection
Pack size: 500g
Purchase Date: 16.11.15
Place of Purchase: Asda, Boundary Road, Norwich
Display Until Date:
Best before Date: 19.11.15
Batch Number: Site:143434 ASP1506594
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 10.3

Sub-sample Name: Asda Grower's Selection British extra trimmed leeks

Ingredients: No information

Label claim(s):

Cambs UK

Trevor Edgley

Source of folic acid

Nutrient information:

Nutrient	Unit	100g (boiled in unsalted water) contains
Energy	kJ	103
Energy	kcal	25
Fat	g	0.7
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	2.6
Sugars	g	2.0
Starch	g	N/A
Fibre	g	2.0
Protein	g	1.2
Salt	g	<0.01
Folic acid (B ₉)	µg	40

Composite Sample Number: 10
Composite Sample Name: Leeks, fresh, boiled
Sub-sample Number: 10.4
Sub-sample Name: Sainsbury's British trimmed leeks
Brand: Sainsbury's
Pack size: 500g
Purchase Date: 19.10.15
Place of Purchase: Sainsbury's, Longwater Retail Park, Norwich
Display Until Date:
Best before Date: 24.10.15
Batch Number: D288A 6 290 10:53 RO466 6308660 09.14
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 10.4

Sub-sample Name: Sainsbury's British trimmed leeks

Ingredients: No information

Label claim(s):

Grown by: Patrick Allpress
Greenshoots
Cambridgeshire, UK
Produced in the UK

Nutrient information:

Nutrient	Unit	100g (as sold) contains
Energy	kJ	111
Energy	kcal	27
Fat	g	0.5
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	2.8
Sugars	g	2.1
Starch	g	N/A
Fibre	g	2.2
Protein	g	1.6
Salt	g	<0.01

Composite Sample Number: 10
Composite Sample Name: Leeks, fresh, boiled
Sub-sample Number: 10.5
Sub-sample Name: Morrisons trimmed leeks
Brand: Morrisons
Pack size: 500g
Purchase Date: 19.10.15
Place of Purchase: Morrisons, Albion Way, Norwich
Display Until Date:
Best before Date: 23.10.15
Batch Number: 6999GSH 0522 T47518/0514
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 10.5

Sub-sample Name: Morrisons trimmed leeks

Ingredients: No information

Label claim(s):
Lincolnshire, UK
Class I

Nutrient information: No information

Composite Sample Number: 10
Composite Sample Name: Leeks, fresh, boiled
Sub-sample Number: 10.6
Sub-sample Name: Sainsbury's leeks
Brand: Sainsbury's
Pack size:
Purchase Date: 19.10.15
Place of Purchase: Sainsbury's, Longwater Retail Park, Norwich
Display Until Date:
Best before Date:
Batch Number:
Packaging: Loose
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 10.6

Sub-sample Name: Sainsbury's leeks

Ingredients: No information

Label claim(s):
Cambs, UK

Nutrient information: No information

Composite Sample Number: 10
Composite Sample Name: Leeks, fresh, boiled
Sub-sample Number: 10.7
Sub-sample Name: M&S British leeks
Brand: Marks & Spencer
Pack size: 600g
Purchase Date: 19.10.15
Place of Purchase: Marks & Spencer, Sweet Briar Retail Park, Norwich
Display Until Date:
Best before Date: 25.10.15
Batch Number: 4146T
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 10.7

Sub-sample Name: M&S British leeks

Ingredients: No information

Label claim(s):

County: Cambridgeshire

Grower's name: Trevor Edgley

25-35 mm

Nutrient information:

Nutrient	Unit	100g contains
Energy	kJ	113
Energy	kcal	27
Fat	g	0.5
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	2.9
Sugars	g	2.2
Starch	g	N/A
Fibre	g	2.2
Protein	g	1.6
Salt	g	<0.1
Vitamin C	mg	17
Folic acid	µg	56

Composite Sample Number: 10
Composite Sample Name: Leeks, fresh, boiled
Sub-sample Number: 10.8
Sub-sample Name: Oaklands British leeks
Brand: Oaklands
Pack size: 750g
Purchase Date: 19.10.15
Place of Purchase: Lidl, Drayton Road, Norwich
Display Until Date:
Best before Date:
Batch Number: 4204 E52144 W3552
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 10.8

Sub-sample Name: Oaklands British leeks

Ingredients: No information

Label claim(s):

Cambs
Class I

Nutrient information:

Nutrient	Unit	100g (boiled as per instructions) contains	Per 80g serving (boiled as per instructions)
Energy	kJ	99	79
Energy	kcal	24	19
Fat	g	0.7	0.6
Saturates	g	0.1	<0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	2.5	2.0
Sugars	g	2.0	1.6
Starch	g	N/A	N/A
Fibre	g	1.0	0.8
Protein	g	1.3	1.0
Salt	g	<0.01	<0.01

Composite Sample Number: 10

Composite Sample Name: Leeks, fresh, boiled

Sub-sample Number: 10.9

Sub-sample Name: The Co-operative leeks

Brand: The Co-operative

Pack size:

Purchase Date: 16.11.15

Place of Purchase: The Co-operative, Long Stratton, Norfolk

Display Until Date:

Best before Date:

Batch Number:

Packaging: Loose

Sample Condition As Purchased: Ambient

Post Purchase Storage: Chilled

Sub-sample Number: 10.9

Sub-sample Name: The Co-operative leeks

Ingredients: No information

Label claim(s):
UK

Nutrient information: No information

Composite Sample Number: 10
Composite Sample Name: Leeks, fresh, boiled
Sub-sample Number: 10.10
Sub-sample Name: Farm shop Leeks
Brand:
Pack size:
Purchase Date: 13.10.15
Place of Purchase: Independent farm shop, Mulbarton, Norfolk
Display Until Date:
Best before Date:
Batch Number:
Packaging: Loose
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 10.10

Sub-sample Name: Farm shop Leeks

Ingredients: No information

Label claim(s):
Lancashire, UK

Nutrient information: No information

Composite Sample Number: 10
Composite Sample Name: Leeks, fresh, boiled
Sub-sample Number: 10.11
Sub-sample Name: Bidvest Foodservice Leeks
Brand: Bidvest Foodservice
Pack size: 5kg
Purchase Date: 12.10.15
Place of Purchase: Bidvest Foodservice delivery
Display Until Date:
Best before Date:
Batch Number:
Packaging: Plastic netting
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 10.11

Sub-sample Name: Bidvest Foodservice Leeks

Ingredients: No information

Label claim(s):
Holland

Nutrient information: No information

Sample 11: Leeks, fresh, roasted in rapeseed oil

Composite Sample Number: 11

Composite Sample Name: Leeks, fresh, roasted in rapeseed oil

Sub-sample Number: 11.1

Sub-sample Name: Tesco leeks

Brand: Tesco

Pack size:

Purchase Date: 20.10.15

Place of Purchase: Tesco, Harford Bridges, Norwich

Display Until Date:

Best before Date:

Batch Number:

Packaging: Loose

Sample Condition As Purchased: Ambient

Post Purchase Storage: Chilled

Sub-sample Number: 11.1

Sub-sample Name: Tesco leeks

Ingredients: No information

Label claim(s):
UK

Nutrient information: No information

Composite Sample Number: 11
Composite Sample Name: Leeks, fresh, roasted in rapeseed oil
Sub-sample Number: 11.2
Sub-sample Name: Tesco British leeks
Brand: Tesco
Pack size: 500g
Purchase Date: 02.11.15
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Best before Date: 05.11.15
Batch Number: SC: EM12 L3302 14:36
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 11.2

Sub-sample Name: Tesco British leeks

Ingredients: Leeks

Label claim(s):

Grown in: UK

Grown by: Charles Lightbrown

Nutrient information:

Nutrient	Unit	100g contains
Energy	kJ	113
Energy	kcal	27
Fat	g	0.5
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	2.9
Sugars	g	2.2
Starch	g	N/A
Fibre	g	2.2
Protein	g	1.6
Salt	g	<0.01

Composite Sample Number: 11

Composite Sample Name: Leeks, fresh, roasted in rapeseed oil

Sub-sample Number: 11.3

Sub-sample Name: Asda Grower's Selection British extra trimmed leeks

Brand: Asda Grower's Selection

Pack size: 500g

Purchase Date: 17.11.15

Place of Purchase: Asda, Boundary Road, Norwich

Display Until Date:

Best before Date: 19.11.15

Batch Number: Site:143434 ASP1506594

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Chilled

Sub-sample Number: 11.3

Sub-sample Name: Asda Grower's Selection British extra trimmed leeks

Ingredients: No information

Label claim(s):

Cambs UK

Trevor Edgley

Source of folic acid

Nutrient information:

Nutrient	Unit	100g (boiled in unsalted water) contains
Energy	kJ	103
Energy	kcal	25
Fat	g	0.7
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	2.6
Sugars	g	2.0
Starch	g	N/A
Fibre	g	2.0
Protein	g	1.2
Salt	g	<0.01
Folic acid (B ₉)	µg	40

Composite Sample Number: 11
Composite Sample Name: Leeks, fresh, roasted in rapeseed oil
Sub-sample Number: 11.4
Sub-sample Name: Sainsbury's British trimmed leeks
Brand: Sainsbury's
Pack size: 500g
Purchase Date: 02.11.15
Place of Purchase: Sainsbury's, Longwater Retail Park, Norwich
Display Until Date:
Best before Date: 07.11.15
Batch Number: A301 A 3 304 10 09 RO466 6308660
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 11.4

Sub-sample Name: Sainsbury's British trimmed leeks

Ingredients: No information

Label claim(s):

Grown by: Patrick Allpress
Greenshoots
Cambridgeshire, UK
Produced in the UK

Nutrient information:

Nutrient	Unit	100g contains
Energy	kJ	111
Energy	kcal	27
Fat	g	0.5
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	2.8
Sugars	g	2.1
Starch	g	N/A
Fibre	g	2.2
Protein	g	1.6
Salt	g	<0.01

Composite Sample Number: 11
Composite Sample Name: Leeks, fresh, roasted in rapeseed oil
Sub-sample Number: 11.5
Sub-sample Name: Morrisons trimmed leeks
Brand: Morrisons
Pack size: 500g
Purchase Date: 01.12.15
Place of Purchase: Morrisons, Albion Way, Norwich
Display Until Date:
Best before Date: 02.12.15
Batch Number: 1683 1
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 11.5

Sub-sample Name: Morrisons trimmed leeks

Ingredients: No information

Label claim(s):

Notts, UK

Class I

Nutrient information: No information

Composite Sample Number: 11

Composite Sample Name: Leeks, fresh, roasted in rapeseed oil

Sub-sample Number: 11.6

Sub-sample Name: Sainsbury's leeks

Brand: Sainsbury's

Pack size:

Purchase Date: 20.10.15

Place of Purchase: Sainsbury's, Longwater Retail Park, Norwich

Display Until Date:

Best before Date:

Batch Number:

Packaging: Loose

Sample Condition As Purchased: Ambient

Post Purchase Storage: Chilled

Sub-sample Number: 11.6

Sub-sample Name: Sainsbury's leeks

Ingredients: No information

Label claim(s):
Cambs, UK

Nutrient information: No information

Composite Sample Number: 11
Composite Sample Name: Leeks, fresh, roasted in rapeseed oil
Sub-sample Number: 11.7
Sub-sample Name: M&S British leeks
Brand: Marks & Spencer
Pack size: 600g
Purchase Date: 02.11.15
Place of Purchase: Marks & Spencer, Sweet Briar Retail Park, Norwich
Display Until Date:
Best before Date: 07.11.15
Batch Number: 41467
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 11.7

Sub-sample Name: M&S British leeks

Ingredients: No information

Label claim(s):

County: Cambridgeshire

25-35mm

Grower's name: Trevor Edgley

Nutrient information:

Nutrient	Unit	100g contains
Energy	kJ	113
Energy	kcal	27
Fat	g	0.5
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	2.9
Sugars	g	2.2
Starch	g	N/A
Fibre	g	2.2
Protein	g	1.6
Salt	g	<0.1
Vitamin C	mg	17
Folic acid (B ₉)	µg	56

Composite Sample Number: 11
Composite Sample Name: Leeks, fresh, roasted in rapeseed oil
Sub-sample Number: 11.8
Sub-sample Name: Oaklands British leeks
Brand: Oaklands
Pack size: 750g
Purchase Date: 20.10.15
Place of Purchase: Lidl, Drayton Road, Norwich
Display Until Date:
Best before Date:
Batch Number: 4204 W3552 E52144
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 11.8

Sub-sample Name: Oaklands British leeks

Ingredients: No information

Label claim(s):

Cambs, UK
Class I

Nutrient information:

Nutrient	Unit	100g contains	One serving (80g) contains
Energy	kJ	99	79
Energy	kcal	24	19
Fat	g	0.7	0.6
Saturates	g	0.1	<0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	2.5	2.0
Sugars	g	2.0	1.6
Starch	g	N/A	N/A
Fibre	g	1.0	0.8
Protein	g	1.3	1.0
Salt	g	<0.01	<0.01

Composite Sample Number: 11
Composite Sample Name: Leeks, fresh, roasted in rapeseed oil
Sub-sample Number: 11.9
Sub-sample Name: The Co-operative leeks
Brand: The Co-operative
Pack size:
Purchase Date: 01.12.15
Place of Purchase: The Co-operative, Wymondham, Norfolk
Display Until Date:
Best before Date:
Batch Number:
Packaging: Loose
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 11.9

Sub-sample Name: The Co-operative leeks

Ingredients: No information

Label claim(s):
UK

Nutrient information: No information

Composite Sample Number: 11
Composite Sample Name: Leeks, fresh, roasted in rapeseed oil
Sub-sample Number: 11.10
Sub-sample Name: Greengrocer leeks
Brand:
Pack size:
Purchase Date: 04.11.15
Place of Purchase: Independent greengrocer, Norwich
Display Until Date:
Best before Date:
Batch Number:
Packaging: Loose
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 11.10

Sub-sample Name: Greengrocer leeks

Ingredients: No information

Label claim(s):
UK

Nutrient information: No information

Composite Sample Number: 11
Composite Sample Name: Leeks, fresh, roasted in rapeseed oil
Sub-sample Number: 11.11
Sub-sample Name: Farm Fresh leeks
Brand: Farm Fresh
Pack size: 400g
Purchase Date: 02.11.15
Place of Purchase: Booker, Norwich
Display Until Date:
Best before Date:
Batch Number: A22511 332
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 11.11

Sub-sample Name: Farm Fresh leeks

Ingredients: No information

Label claim(s):

UK

Class I

Nutrient information: No information

Sample 12: Courgettes, fresh, raw

Composite Sample Number: 12

Composite Sample Name: Courgettes, fresh, raw

Sub-sample Number: 12.1

Sub-sample Name: Tesco courgettes

Brand: Tesco

Pack size:

Purchase Date: 16.11.15

Place of Purchase: Tesco, Harford Bridges, Norwich

Display Until Date:

Best before Date:

Batch Number:

Packaging: Loose

Sample Condition As Purchased: Ambient

Post Purchase Storage: Chilled

Sub-sample Number: 12.1

Sub-sample Name: Tesco courgettes

Ingredients: No information

Label claim(s):
Spain

Nutrient information: No information

Composite Sample Number: 12
Composite Sample Name: Courgettes, fresh, raw
Sub-sample Number: 12.2
Sub-sample Name: Tesco courgettes
Brand: Tesco
Pack size: 500g
Purchase Date: 16.11.15
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Best before Date: 20.11.15
Batch Number: SC:GZ
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 12.2

Sub-sample Name: Tesco courgettes

Ingredients: No information

Label claim(s):
Produce of Spain
Size: 160/200mm

Nutrient information:

Nutrient	Unit	100g contains
Energy	kJ	83
Energy	kcal	20
Fat	g	0.4
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	1.8
Sugars	g	1.7
Starch	g	N/A
Fibre	g	0.9
Protein	g	1.8
Salt	g	<0.01
Vitamin C	mg	21.0
Folic acid	µg	52.0

Composite Sample Number: 12

Composite Sample Name: Courgettes, fresh, raw

Sub-sample Number: 12.3

Sub-sample Name: Asda Grower's Selection British courgettes

Brand: Asda Grower's Selection

Pack size: 3 pack

Purchase Date: 17.08.15

Place of Purchase: Asda, Boundary Road, Norwich

Display Until Date:

Best before Date: 20.08.15

Batch Number: Batch: 12670 site: 950001 SS2 3 15:55 ASP1420196

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Sub-sample Number: 12.3

Sub-sample Name: Asda Grower's Selection British courgettes

Ingredients: No information

Label claim(s):

UK

Nutrient information:

Nutrient	Unit	100g (boiled in unsalted water) contains
Energy	kJ	91
Energy	kcal	21
Fat	g	0.4
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	2.0
Sugars	g	1.9
Starch	g	N/A
Fibre	g	1.2
Protein	g	2.0
Salt	g	0

Composite Sample Number: 12
Composite Sample Name: Courgettes, fresh, raw
Sub-sample Number: 12.4
Sub-sample Name: Sainsbury's courgettes
Brand: Sainsbury's
Pack size:
Purchase Date: 17.08.15
Place of Purchase: Sainsbury's, Longwater Retail Park, Norwich
Display Until Date:
Best before Date:
Batch Number:
Packaging: Loose
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 12.4

Sub-sample Name: Sainsbury's courgettes

Ingredients: No information

Label claim(s):
Norfolk, UK

Nutrient information: No information

Composite Sample Number: 12
Composite Sample Name: Courgettes, fresh, raw
Sub-sample Number: 12.5
Sub-sample Name: Morrisons courgettes
Brand: Morrisons
Pack size:
Purchase Date: 16.11.15
Place of Purchase: Morrisons, Albion Way, Norwich
Display Until Date:
Best before Date:
Batch Number:
Packaging: Loose
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 12.5

Sub-sample Name: Morrisons courgettes

Ingredients: No information

Label claim(s):
Spain

Nutrient information: No information

Composite Sample Number: 12
Composite Sample Name: Courgettes, fresh, raw
Sub-sample Number: 12.6
Sub-sample Name: M&S courgettes
Brand: Marks & Spencer
Pack size: 325g
Purchase Date: 16.11.15
Place of Purchase: Marks & Spencer, Sweet Briar Retail Park, Norwich
Display Until Date:
Best before Date: 22.11.15
Batch Number: SC4146
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 12.6

Sub-sample Name: M&S courgettes

Ingredients: No information

Label claim(s):

Country of origin: Spain

140-180mm

Nutrient information:

Nutrient	Unit	100g contains
Energy	kJ	83
Energy	kcal	20
Fat	g	0.4
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	1.8
Sugars	g	1.7
Starch	g	N/A
Fibre	g	0.9
Protein	g	1.8
Salt	g	<0.1
Vitamin C	mg	21
Folic Acid (B ₆)	µg	52

Composite Sample Number: 12

Composite Sample Name: Courgettes, fresh, raw

Sub-sample Number: 12.7

Sub-sample Name: Wood Farm courgettes

Brand: Wood Farm

Pack size: 500g

Purchase Date: 17.08.15

Place of Purchase: Aldi, Larkman Lane, Norwich

Display Until Date:

Best before Date:

Batch Number: 3403 (3405C) Supplier code: 02985 25341195
ALR1407911

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Sub-sample Number: 12.7

Sub-sample Name: Wood Farm courgettes

Ingredients: Courgettes

Label claim(s):

Produce of: Kent, UK

Variety: Cora

Natural source of folic acid

Nutrient information:

Nutrient	Unit	100g (as sold) contains
Energy	kJ	83
Energy	kcal	20
Fat	g	<0.5
Saturates	g	<0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	1.8
Sugars	g	1.7
Starch	g	N/A
Fibre	g	0.9
Protein	g	1.8
Salt	g	<0.01
Folic acid	µg	52

Composite Sample Number: 12
Composite Sample Name: Courgettes, fresh, raw
Sub-sample Number: 12.8
Sub-sample Name: Sainsbury's Basics courgettes
Brand: Sainsbury's Basics
Pack size: 1kg
Purchase Date: 17.08.15
Place of Purchase: Sainsbury's, Longwater Retail Park, Norwich
Display Until Date:
Best before Date: 20.08.15
Batch Number: 6287853 09.13 M0249A
Packaging: Plastic netting
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 12.8

Sub-sample Name: Sainsbury's Basics courgettes

Ingredients: Courgettes

Label claim(s):

Grown in: Kent, UK

Grown by: Filmer Farms

Nutrient information:

Nutrient	Unit	100g (as sold) contains
Energy	kJ	92
Energy	kcal	22
Fat	g	0.4
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	2.0
Sugars	g	1.9
Starch	g	N/A
Fibre	g	1.2
Protein	g	2.0
Salt	g	<0.01

Composite Sample Number: 12
Composite Sample Name: Courgettes, fresh, raw
Sub-sample Number: 12.9
Sub-sample Name: Tesco British courgettes
Brand: Tesco
Pack size: 300g
Purchase Date: 19.08.15
Place of Purchase: Tesco Express, Westlegate, Norwich
Display Until Date:
Best before Date: 22.08.15
Batch Number: SC:DV Oak-C 1
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 12.9

Sub-sample Name: Tesco British courgettes

Ingredients: No information

Label claim(s):

Product of: Norfolk, UK

Nutrient information:

Nutrient	Unit	100g contains
Energy	kJ	83
Energy	kcal	20
Fat	g	0.4
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	1.8
Sugars	g	1.7
Starch	g	N/A
Fibre	g	0.9
Protein	g	1.8
Salt	g	<0.01
Vitamin C	mg	21.0
Folic acid	µg	52.0

Composite Sample Number: 12
Composite Sample Name: Courgettes, fresh, raw
Sub-sample Number: 12.10
Sub-sample Name: Greengrocers courgettes
Brand:
Pack size:
Purchase Date: 26.11.15
Place of Purchase: Independent greengrocers, Norwich
Display Until Date:
Best before Date:
Batch Number:
Packaging: Loose
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 12.10

Sub-sample Name: Greengrocers courgettes

Ingredients: No information

Label claim(s):
Spain

Nutrient information: No information

Composite Sample Number: 12
Composite Sample Name: Courgettes, fresh, raw
Sub-sample Number: 12.11
Sub-sample Name: Farm Fresh courgettes
Brand: Farm Fresh
Pack size: 1kg
Purchase Date: 17.11.15
Place of Purchase: Booker, Norwich
Display Until Date:
Best before Date:
Batch Number: 4404 TEX
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 12.11

Sub-sample Name: Farm Fresh courgettes

Ingredients: No information

Label claim(s):

Country of origin: Spain

Class I

Nutrient information: No information

Sample 13: Courgettes, fresh, boiled

Composite Sample Number: 13
Composite Sample Name: Courgettes, fresh, boiled
Sub-sample Number: 13.1
Sub-sample Name: Tesco courgettes
Brand: Tesco
Pack size:
Purchase Date: 16.11.15
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Best before Date:
Batch Number:
Packaging: Loose
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 13.1

Sub-sample Name: Tesco courgettes

Ingredients: No information

Label claim(s):
Spain

Nutrient information: No information

Composite Sample Number: 13
Composite Sample Name: Courgettes, fresh, boiled
Sub-sample Number: 13.2
Sub-sample Name: Tesco courgettes
Brand: Tesco
Pack size: 500g
Purchase Date: 16.11.15
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Best before Date: 20.11.15
Batch Number: SC:GZ
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 13.2

Sub-sample Name: Tesco courgettes

Ingredients: No information

Label claim(s):

Produce of Spain

Size: 160/200mm

Nutrient information:

Nutrient	Unit	100g contains
Energy	kJ	83
Energy	kcal	20
Fat	g	0.4
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	1.8
Sugars	g	1.7
Starch	g	N/A
Fibre	g	0.9
Protein	g	1.8
Salt	g	<0.01
Vitamin C	mg	21.0
Folic acid	µg	52.0

Composite Sample Number: 13

Composite Sample Name: Courgettes, fresh, boiled

Sub-sample Number: 13.3

Sub-sample Name: Asda Grower's Selection British courgettes

Brand: Asda Grower's Selection

Pack size: 3 pack

Purchase Date: 17.08.15

Place of Purchase: Asda, Boundary Road, Norwich

Display Until Date:

Best before Date: 20.08.15

Batch Number: Batch: 12670 site: 950001 SS2 3 15:55 ASP1420196

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Sub-sample Number: 13.3

Sub-sample Name: Asda Grower's Selection British courgettes

Ingredients: No information

Label claim(s):

UK

Nutrient information:

Nutrient	Unit	100g (boiled in unsalted water) contains
Energy	kJ	91
Energy	kcal	21
Fat	g	0.4
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	2.0
Sugars	g	1.9
Starch	g	N/A
Fibre	g	1.2
Protein	g	2.0
Salt	g	0

Composite Sample Number: 13
Composite Sample Name: Courgettes, fresh, boiled
Sub-sample Number: 13.4
Sub-sample Name: Sainsbury's courgettes
Brand: Sainsbury's
Pack size:
Purchase Date: 17.08.15
Place of Purchase: Sainsbury's, Longwater Retail Park, Norwich
Display Until Date:
Best before Date:
Batch Number:
Packaging: Loose
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 13.4

Sub-sample Name: Sainsbury's courgettes

Ingredients: No information

Label claim(s):
Norfolk, UK

Nutrient information: No information

Composite Sample Number: 13
Composite Sample Name: Courgettes, fresh, boiled
Sub-sample Number: 13.5
Sub-sample Name: Morrisons courgettes
Brand: Morrisons
Pack size:
Purchase Date: 16.11.15
Place of Purchase: Morrisons, Albion Way, Norwich
Display Until Date:
Best before Date:
Batch Number:
Packaging: Loose
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 13.5

Sub-sample Name: Morrisons courgettes

Ingredients: No information

Label claim(s):
Spain

Nutrient information: No information

Composite Sample Number: 13
Composite Sample Name: Courgettes, fresh, boiled
Sub-sample Number: 13.6
Sub-sample Name: M&S courgettes
Brand: Marks & Spencer
Pack size: 325g
Purchase Date: 16.11.15
Place of Purchase: Marks & Spencer, Sweet Briar Retail Park, Norwich
Display Until Date:
Best before Date: 22.11.15
Batch Number: SC4146
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 13.6

Sub-sample Name: M&S courgettes

Ingredients: No information

Label claim(s):

Country of origin: Spain

140-180mm

Nutrient information:

Nutrient	Unit	100g contains
Energy	kJ	83
Energy	kcal	20
Fat	g	0.4
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	1.8
Sugars	g	1.7
Starch	g	N/A
Fibre	g	0.9
Protein	g	1.8
Salt	g	<0.1
Vitamin C	mg	21
Folic Acid (B ₆)	µg	52

Composite Sample Number: 13

Composite Sample Name: Courgettes, fresh, boiled

Sub-sample Number: 13.7

Sub-sample Name: Wood Farm courgettes

Brand: Wood Farm

Pack size: 500g

Purchase Date: 17.08.15

Place of Purchase: Aldi, Larkman Lane, Norwich

Display Until Date:

Best before Date:

Batch Number: 3403 (3405C) Supplier code: 02985 25341195
ALR1407911

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Sub-sample Number: 13.7

Sub-sample Name: Wood Farm courgettes

Ingredients: Courgettes

Label claim(s):

Produce of: Kent, UK

Variety: Cora

Natural source of folic acid

Nutrient information:

Nutrient	Unit	100g (as sold) contains
Energy	kJ	83
Energy	kcal	20
Fat	g	<0.5
Saturates	g	<0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	1.8
Sugars	g	1.7
Starch	g	N/A
Fibre	g	0.9
Protein	g	1.8
Salt	g	<0.01
Folic acid	µg	52

Composite Sample Number: 13
Composite Sample Name: Courgettes, fresh, boiled
Sub-sample Number: 13.8
Sub-sample Name: Sainsbury's Basics courgettes
Brand: Sainsbury's Basics
Pack size: 1kg
Purchase Date: 17.08.15
Place of Purchase: Sainsbury's, Longwater Retail Park, Norwich
Display Until Date:
Best before Date: 20.08.15
Batch Number: 6287853 09.13 M0249A
Packaging: Plastic netting
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 13.8

Sub-sample Name: Sainsbury's Basics courgettes

Ingredients: Courgettes

Label claim(s):

Grown in: Kent, UK

Grown by: Filmer Farms

Nutrient information:

Nutrient	Unit	100g (as sold) contains
Energy	kJ	92
Energy	kcal	22
Fat	g	0.4
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	2.0
Sugars	g	1.9
Starch	g	N/A
Fibre	g	1.2
Protein	g	2.0
Salt	g	<0.01

Composite Sample Number: 13
Composite Sample Name: Courgettes, fresh, boiled
Sub-sample Number: 13.9
Sub-sample Name: Tesco British courgettes
Brand: Tesco
Pack size: 300g
Purchase Date: 19.08.15
Place of Purchase: Tesco Express, Westlegate, Norwich
Display Until Date:
Best before Date: 22.08.15
Batch Number: SC:DV Oak-C 1
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 13.9

Sub-sample Name: Tesco British courgettes

Ingredients: No information

Label claim(s):

Product of: Norfolk, UK

Nutrient information:

Nutrient	Unit	100g contains
Energy	kJ	83
Energy	kcal	20
Fat	g	0.4
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	1.8
Sugars	g	1.7
Starch	g	N/A
Fibre	g	0.9
Protein	g	1.8
Salt	g	<0.01
Vitamin C	mg	21.0
Folic acid	µg	52.0

Composite Sample Number: 13
Composite Sample Name: Courgettes, fresh, boiled
Sub-sample Number: 13.10
Sub-sample Name: Greengrocers courgettes
Brand:
Pack size:
Purchase Date: 26.11.15
Place of Purchase: Independent greengrocers, Norwich
Display Until Date:
Best before Date:
Batch Number:
Packaging: Loose
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 13.10

Sub-sample Name: Greengrocers courgettes

Ingredients: No information

Label claim(s):
Spain

Nutrient information: No information

Composite Sample Number: 13
Composite Sample Name: Courgettes, fresh, boiled
Sub-sample Number: 13.11
Sub-sample Name: Farm Fresh courgettes
Brand: Farm Fresh
Pack size: 1kg
Purchase Date: 17.11.15
Place of Purchase: Booker, Norwich
Display Until Date:
Best before Date:
Batch Number: 4404 TEX
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 13.11

Sub-sample Name: Farm Fresh courgettes

Ingredients: No information

Label claim(s):

Country of origin: Spain

Class I

Nutrient information: No information

Sample 14: Courgettes, fresh, roasted in rapeseed oil

Composite Sample Number: 14

Composite Sample Name: Courgettes, fresh, roasted in rapeseed oil

Sub-sample Number: 14.1

Sub-sample Name: Tesco courgettes

Brand: Tesco

Pack size:

Purchase Date: 16.11.15

Place of Purchase: Tesco, Harford Bridges, Norwich

Display Until Date:

Best before Date:

Batch Number:

Packaging: Loose

Sample Condition As Purchased: Ambient

Post Purchase Storage: Chilled

Sub-sample Number: 14.1

Sub-sample Name: Tesco courgettes

Ingredients: No information

Label claim(s):
Spain

Nutrient information: No information

Composite Sample Number: 14
Composite Sample Name: Courgettes, fresh, roasted in rapeseed oil
Sub-sample Number: 14.2
Sub-sample Name: Tesco courgettes
Brand: Tesco
Pack size: 500g
Purchase Date: 16.11.15
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Best before Date: 20.11.15
Batch Number: SC:GZ
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 14.2

Sub-sample Name: Tesco courgettes

Ingredients: No information

Label claim(s):
Produce of Spain
Size: 160/200mm

Nutrient information:

Nutrient	Unit	100g contains
Energy	kJ	83
Energy	kcal	20
Fat	g	0.4
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	1.8
Sugars	g	1.7
Starch	g	N/A
Fibre	g	0.9
Protein	g	1.8
Salt	g	<0.01
Vitamin C	mg	21.0
Folic acid	µg	52.0

Composite Sample Number: 14

Composite Sample Name: Courgettes, fresh, roasted in rapeseed oil

Sub-sample Number: 14.3

Sub-sample Name: Asda Grower's Selection British courgettes

Brand: Asda Grower's Selection

Pack size: 3 pack

Purchase Date: 17.08.15

Place of Purchase: Asda, Boundary Road, Norwich

Display Until Date:

Best before Date: 20.08.15

Batch Number: Batch: 12670 site: 950001 SS2 3 15:55 ASP1420196

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Sub-sample Number: 14.3

Sub-sample Name: Asda Grower's Selection British courgettes

Ingredients: No information

Label claim(s):

UK

Nutrient information:

Nutrient	Unit	100g (boiled in unsalted water) contains
Energy	kJ	91
Energy	kcal	21
Fat	g	0.4
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	2.0
Sugars	g	1.9
Starch	g	N/A
Fibre	g	1.2
Protein	g	2.0
Salt	g	0

Composite Sample Number: 14

Composite Sample Name: Courgettes, fresh, roasted in rapeseed oil

Sub-sample Number: 14.4

Sub-sample Name: Sainsbury's courgettes

Brand: Sainsbury's

Pack size:

Purchase Date: 17.08.15

Place of Purchase: Sainsbury's, Longwater Retail Park, Norwich

Display Until Date:

Best before Date:

Batch Number:

Packaging: Loose

Sample Condition As Purchased: Ambient

Post Purchase Storage: Chilled

Sub-sample Number: 14.4

Sub-sample Name: Sainsbury's courgettes

Ingredients: No information

Label claim(s):
Norfolk, UK

Nutrient information: No information

Composite Sample Number: 14

Composite Sample Name: Courgettes, fresh, roasted in rapeseed oil

Sub-sample Number: 14.5

Sub-sample Name: Morrisons courgettes

Brand: Morrisons

Pack size:

Purchase Date: 16.11.15

Place of Purchase: Morrisons, Albion Way, Norwich

Display Until Date:

Best before Date:

Batch Number:

Packaging: Loose

Sample Condition As Purchased: Ambient

Post Purchase Storage: Chilled

Sub-sample Number: 14.5

Sub-sample Name: Morrisons courgettes

Ingredients: No information

Label claim(s):
Spain

Nutrient information: No information

Composite Sample Number: 14

Composite Sample Name: Courgettes, fresh, roasted in rapeseed oil

Sub-sample Number: 14.6

Sub-sample Name: M&S courgettes

Brand: Marks & Spencer

Pack size: 325g

Purchase Date: 16.11.15

Place of Purchase: Marks & Spencer, Sweet Briar Retail Park, Norwich

Display Until Date:

Best before Date: 22.11.15

Batch Number: SC4146

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Sub-sample Number: 14.6

Sub-sample Name: M&S courgettes

Ingredients: No information

Label claim(s):

Country of origin: Spain

140-180mm

Nutrient information:

Nutrient	Unit	100g contains
Energy	kJ	83
Energy	kcal	20
Fat	g	0.4
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	1.8
Sugars	g	1.7
Starch	g	N/A
Fibre	g	0.9
Protein	g	1.8
Salt	g	<0.1
Vitamin C	mg	21
Folic Acid (B ₆)	µg	52

Composite Sample Number: 14

Composite Sample Name: Courgettes, fresh, roasted in rapeseed oil

Sub-sample Number: 14.7

Sub-sample Name: Wood Farm courgettes

Brand: Wood Farm

Pack size: 500g

Purchase Date: 17.08.15

Place of Purchase: Aldi, Larkman Lane, Norwich

Display Until Date:

Best before Date:

Batch Number: 3403 (3405C) Supplier code: 02985 25341195
ALR1407911

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Sub-sample Number: 14.7

Sub-sample Name: Wood Farm courgettes

Ingredients: Courgettes

Label claim(s):

Produce of: Kent, UK

Variety: Cora

Natural source of folic acid

Nutrient information:

Nutrient	Unit	100g (as sold) contains
Energy	kJ	83
Energy	kcal	20
Fat	g	<0.5
Saturates	g	<0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	1.8
Sugars	g	1.7
Starch	g	N/A
Fibre	g	0.9
Protein	g	1.8
Salt	g	<0.01
Folic acid	µg	52

Composite Sample Number: 14

Composite Sample Name: Courgettes, fresh, roasted in rapeseed oil

Sub-sample Number: 14.8

Sub-sample Name: Sainsbury's Basics courgettes

Brand: Sainsbury's Basics

Pack size: 1kg

Purchase Date: 17.08.15

Place of Purchase: Sainsbury's, Longwater Retail Park, Norwich

Display Until Date:

Best before Date: 20.08.15

Batch Number: 6287853 09.13 M0249A

Packaging: Plastic netting

Sample Condition As Purchased: Ambient

Post Purchase Storage: Chilled

Sub-sample Number: 14.8

Sub-sample Name: Sainsbury's Basics courgettes

Ingredients: Courgettes

Label claim(s):

Grown in: Kent, UK

Grown by: Filmer Farms

Nutrient information:

Nutrient	Unit	100g (as sold) contains
Energy	kJ	92
Energy	kcal	22
Fat	g	0.4
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	2.0
Sugars	g	1.9
Starch	g	N/A
Fibre	g	1.2
Protein	g	2.0
Salt	g	<0.01

Composite Sample Number: 14
Composite Sample Name: Courgettes, fresh, roasted in rapeseed oil
Sub-sample Number: 14.9
Sub-sample Name: Tesco British courgettes
Brand: Tesco
Pack size: 300g
Purchase Date: 19.08.15
Place of Purchase: Tesco Express, Westlegate, Norwich
Display Until Date:
Best before Date: 22.08.15
Batch Number: SC:DV Oak-C 1
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 14.9

Sub-sample Name: Tesco British courgettes

Ingredients: No information

Label claim(s):

Product of: Norfolk, UK

Nutrient information:

Nutrient	Unit	100g contains
Energy	kJ	83
Energy	kcal	20
Fat	g	0.4
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	1.8
Sugars	g	1.7
Starch	g	N/A
Fibre	g	0.9
Protein	g	1.8
Salt	g	<0.01
Vitamin C	mg	21.0
Folic acid	µg	52.0

Composite Sample Number: 14
Composite Sample Name: Courgettes, fresh, roasted in rapeseed oil
Sub-sample Number: 14.10
Sub-sample Name: Greengrocers courgettes
Brand:
Pack size:
Purchase Date: 26.11.15
Place of Purchase: Independent greengrocers, Norwich
Display Until Date:
Best before Date:
Batch Number:
Packaging: Loose
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 14.10

Sub-sample Name: Greengrocers courgettes

Ingredients: No information

Label claim(s):
Spain

Nutrient information: No information

Composite Sample Number: 14
Composite Sample Name: Courgettes, fresh, roasted in rapeseed oil
Sub-sample Number: 14.11
Sub-sample Name: Farm Fresh courgettes
Brand: Farm Fresh
Pack size: 1kg
Purchase Date: 17.11.15
Place of Purchase: Booker, Norwich
Display Until Date:
Best before Date:
Batch Number: 4404 TEX
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 14.11

Sub-sample Name: Farm Fresh courgettes

Ingredients: No information

Label claim(s):

Country of origin: Spain

Class I

Nutrient information: No information

Sample 15: Brussels sprouts, boiled

Composite Sample Number: 15

Composite Sample Name: Brussels sprouts, boiled

Sub-sample Number: 15.1

Sub-sample Name: Tesco Brussels sprouts

Brand: Tesco

Pack size:

Purchase Date: 19.10.15

Place of Purchase: Tesco Extra, Blue Boar Road, Norwich

Display Until Date:

Best before Date:

Batch Number:

Packaging: Loose

Sample Condition As Purchased: Ambient

Post Purchase Storage: Chilled

Sub-sample Number: 15.1

Sub-sample Name: Tesco Brussels sprouts

Ingredients: No information

Label claim(s): No information

Nutrient information: No information

Composite Sample Number: 15
Composite Sample Name: Brussels sprouts, boiled
Sub-sample Number: 15.2
Sub-sample Name: Tesco British peeled Brussels sprouts
Brand: Tesco
Pack size: 250g
Purchase Date: 19.10.15
Place of Purchase: Tesco Extra, Blue Boar Road, Norwich
Display Until Date:
Best before Date: 20.10.15
Batch Number: SC:DR
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 15.2

Sub-sample Name: Tesco British peeled Brussels sprouts

Ingredients: Peeled Brussels sprouts

Label claim(s):

Packed in the UK

Grown in: East Lothian

Grown by: Ian Mclachlan

Nutrient information:

Nutrient	Unit	100g contains	One third of a pack (80g) contains
Energy	kJ	215	171
Energy	kcal	55	41
Fat	g	1.4	1.1
Saturates	g	0.3	0.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	4.1	3.3
Sugars	g	3.1	2.5
Starch	g	N/A	N/A
Fibre	g	4.1	3.3
Protein	g	3.5	2.8
Salt	g	<0.01	<0.01
Vitamin C	mg	115.0	92
Folic acid	µg	135.0	108

Composite Sample Number: 15
Composite Sample Name: Brussels sprouts, boiled
Sub-sample Number: 15.3
Sub-sample Name: Asda Grower's Selection British sprouts
Brand: Asda Grower's Selection
Pack size: 500g
Purchase Date: 23.10.15
Place of Purchase: Asda, Boundary Road, Norwich
Display Until Date:
Best before Date: 23.10.15
Batch Number: SPRT 289 19 37 A 00362 AP1508557
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 15.3

Sub-sample Name: Asda Grower's Selection British sprouts

Ingredients: Peeled brussels sprouts

Label claim(s):

Lincolnshire, UK

Site: 730000

Size: 23-33mm

High in vitamin C

High in folic acid

Source of fibre

Nutrient information:

Nutrient	Unit	Per 100g (boiled in unsalted water)
Energy	kJ	178
Energy	kcal	41
Fat	g	1.3
Saturates	g	0.3
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	3.5
Sugars	g	3.0
Starch	g	N/A
Fibre	g	3.1
Protein	g	2.9
Salt	g	0
Vitamin C	mg	60
Folic acid	µg	110

Composite Sample Number: 15

Composite Sample Name: Brussels sprouts, boiled

Sub-sample Number: 15.4

Sub-sample Name: Sainsbury's Brussels sprouts

Brand: Sainsbury's

Pack size:

Purchase Date: 19.10.15

Place of Purchase: Sainsbury's, Longwater Retail Park, Norwich

Display Until Date:

Best before Date:

Batch Number:

Packaging: Loose

Sample Condition As Purchased: Ambient

Post Purchase Storage: Chilled

Sub-sample Number: 15.4

Sub-sample Name: Sainsbury's Brussels sprouts

Ingredients: No information

Label claim(s): No information

Nutrient information: No information

Composite Sample Number: 15
Composite Sample Name: Brussels sprouts, boiled
Sub-sample Number: 15.5
Sub-sample Name: Morrisons Brussels sprouts
Brand: Morrisons
Pack size: 500g
Purchase Date: 19.10.15
Place of Purchase: Morrisons, Albion Way, Norwich
Display Until Date:
Best before Date: 20.10.15
Batch Number: 1825/WRA 2725 FL53705594 T52691/1214
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 15.5

Sub-sample Name: Morrisons Brussels sprouts

Ingredients: No information

Label claim(s):

UK, Lincolnshire

30-38mm

Class I

Nutrient information:

Nutrient	Unit	Per 100g (as sold)	Per 80g (8 sprouts)
Energy	kJ	214	171
Energy	kcal	51	41
Fat	g	1.4	1.1
Saturates	g	0.3	0.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	4.1	3.3
Sugars	g	3.1	2.5
Starch	g	N/A	N/A
Fibre	g	4.1	3.3
Protein	g	3.5	2.8
Salt	g	Tr	Tr

Composite Sample Number: 15
Composite Sample Name: Brussels sprouts, boiled
Sub-sample Number: 15.6
Sub-sample Name: M&S British baby sprouts
Brand: Marks & Spencer
Pack size: 200g
Purchase Date: 19.10.15
Place of Purchase: Marks & Spencer, Sweet Briar Retail Park, Norwich
Display Until Date:
Best before Date: 22.10.15
Batch Number: SC4146W
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 15.6

Sub-sample Name: M&S British baby sprouts

Ingredients: No information

Label claim(s):

County: Gloucestershire

Growers name: The Haines Family

Nutrient information:

Nutrient	Unit	100g contains
Energy	kJ	214
Energy	kcal	51
Fat	g	1.4
Saturates	g	0.3
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	4.1
Sugars	g	3.1
Starch	g	N/A
Fibre	g	4.1
Protein	g	3.5
Salt	g	0.02
Vitamin C	mg	115
Folic acid B ₉	µg	135
Vitamin B ₆	mg	0.4

Composite Sample Number: 15
Composite Sample Name: Brussels sprouts, boiled
Sub-sample Number: 15.7
Sub-sample Name: Wood Farm Brussels sprouts
Brand: Wood Farm
Pack size: 500g
Purchase Date: 19.10.15
Place of Purchase: Aldi, Larkman Lane, Norwich
Display Until Date:
Best before Date:
Batch Number: L 4301 (4303c) S939 CEE ALR14073S3 25341201
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 15.7

Sub-sample Name: Wood Farm Brussels sprouts

Ingredients:

Brussels sprouts

Label claim(s):

Lincs, UK

23-35mm

Variety: Abacus

A natural source of vitamin C and folic acid

Nutrient information:

Nutrient	Unit	100g (as sold) contains
Energy	kJ	214
Energy	kcal	51
Fat	g	1.4
Saturates	g	0.3
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	4.1
Sugars	g	3.1
Starch	g	N/A
Fibre	g	4.1
Protein	g	3.5
Salt	g	0.02
Vitamin C	mg	115
Folic acid	µg	135

Composite Sample Number: 15
Composite Sample Name: Brussels sprouts, boiled
Sub-sample Number: 15.8
Sub-sample Name: Tesco British Brussels sprouts
Brand: Tesco
Pack size: 500g
Purchase Date: 26.10.15
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Best before Date: 29.10.15
Batch Number: SC:DR
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 15.8

Sub-sample Name: Tesco British Brussels sprouts

Ingredients: Brussels sprouts

Label claim(s):

Grown in: East Lothian

Grown by: Ian McLachlan

Packed in the UK

Nutrient information:

Nutrient	Unit	100g contains (raw, after peeling)	A quarter of a pack (80g) (raw, after peeling) contains
Energy	kJ	214	171
Energy	kcal	51	41
Fat	g	1.4	1.1
Saturates	g	0.3	0.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	4.1	3.3
Sugars	g	3.1	2.5
Starch	g	N/A	N/A
Fibre	g	4.1	3.3
Protein	g	3.5	2.8
Salt	g	<0.01	<0.01
Vitamin C	mg	115.0	92
Folic acid	µg	135.0	108

Composite Sample Number: 15

Composite Sample Name: Brussels sprouts, boiled

Sub-sample Number: 15.9

Sub-sample Name: The Co-operative Loved by Us British Brussels sprouts

Brand: The Co-operative Loved by Us

Pack size: 500g

Purchase Date: 26.10.15

Place of Purchase: The Co-operative, Long Stratton, Norfolk

Display Until Date:

Best before Date: 30.10.15

Batch Number: M233 SPRT 297 18:37 B 01213

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Sub-sample Number: 15.9

Sub-sample Name: The Co-operative Loved by Us British Brussels sprouts

Ingredients: No information

Label claim(s):

Origin: UK, Lincs

25-30mm

Packed in the UK

Nutrient information:

Nutrient	Unit	100g contains	Per 8 brussels sprouts (approx. 80g)
Energy	kJ	210	170
Energy	kcal	50	40
Fat	g	1.4	1.1
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	4.1	3.3
Sugars	g	3.1	2.5
Starch	g	N/A	N/A
Fibre	g	3.8	3.0
Protein	g	3.5	2.8
Salt	g	Tr	Tr

Composite Sample Number: 15

Composite Sample Name: Brussels sprouts, boiled

Sub-sample Number: 15.10

Sub-sample Name: Farm Shop Brussels sprouts

Brand:

Pack size:

Purchase Date: 13.10.15

Place of Purchase: Independent Farm Shop, Mulbarton, Norfolk

Display Until Date:

Best before Date:

Batch Number:

Packaging: Loose

Sample Condition As Purchased: Ambient

Post Purchase Storage: Chilled

Sub-sample Number: 15.10

Sub-sample Name: Farm Shop Brussels sprouts

Ingredients: No information

Label claim(s):
UK

Nutrient information: No information

Composite Sample Number: 15
Composite Sample Name: Brussels sprouts, boiled
Sub-sample Number: 15.11
Sub-sample Name: Farm Fresh Brussels sprouts
Brand: Farm Fresh
Pack size: 5kg
Purchase Date: 19.10.15
Place of Purchase: Booker, Norwich
Display Until Date:
Best before Date:
Batch Number: A22511 343
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 15.11

Sub-sample Name: Farm Fresh Brussels sprouts

Ingredients: No information

Label claim(s):

UK

Class I

Nutrient information: No information

Sample 16: Parsnips, boiled

Composite Sample Number: 16
Composite Sample Name: Parsnips, boiled
Sub-sample Number: 16.1
Sub-sample Name: Tesco parsnips
Brand: Tesco
Pack size:
Purchase Date: 02.11.15
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Best before Date:
Batch Number:
Packaging: Loose
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 16.1

Sub-sample Name: Tesco parsnips

Ingredients: No information

Label claim(s):
UK

Nutrient information: No information

Composite Sample Number: 16
Composite Sample Name: Parsnips, boiled
Sub-sample Number: 16.2
Sub-sample Name: Tesco British parsnips
Brand: Tesco
Pack size: 500g
Purchase Date: 02.11.15
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Best before Date: 04.11.15
Batch Number: SC:ABC D7 08:55
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 16.2

Sub-sample Name: Tesco British parsnips

Ingredients: Parsnips

Label claim(s):

Grown in: Norfolk

Grown by: Alan Bartlett

Packed in the UK

Nutrient information:

Nutrient	Unit	100g contains
Energy	kJ	325
Energy	kcal	80
Fat	g	1.1
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	12.5
Sugars	g	5.7
Starch	g	N/A
Fibre	g	4.6
Protein	g	1.8
Salt	g	<0.01
Vitamin C	mg	17.0

Composite Sample Number: 16
Composite Sample Name: Parsnips, boiled
Sub-sample Number: 16.3
Sub-sample Name: Asda Grower's Selection British parsnips
Brand: Asda Grower's Selection
Pack size: 500g
Purchase Date: 02.11.15
Place of Purchase: Asda, Boundary Road, Norwich
Display Until Date:
Best before Date: 07.11.15
Batch Number: Batch:115 site:900322 ASP1508736
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 16.3

Sub-sample Name: Asda Grower's Selection British parsnips

Ingredients: No information

Label claim(s):

Staffs, UK

Picador

Source of folic acid

Nutrient information:

Nutrient	Unit	100g (boiled in unsalted water) contains
Energy	kJ	316
Energy	kcal	75
Fat	g	1.2
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	12.9
Sugars	g	5.9
Starch	g	N/A
Fibre	g	4.7
Protein	g	1.6
Salt	g	<0.01
Folic Acid	µg	41

Composite Sample Number: 16
Composite Sample Name: Parsnips, boiled
Sub-sample Number: 16.4
Sub-sample Name: Sainsbury's parsnips
Brand: Sainsbury's
Pack size:
Purchase Date: 02.11.15
Place of Purchase: Sainsbury's, Longwater Retail Park, Norwich
Display Until Date:
Best before Date:
Batch Number:
Packaging: Loose
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 16.4

Sub-sample Name: Sainsbury's parsnips

Ingredients: No information

Label claim(s):
UK

Nutrient information: No information

Composite Sample Number: 16
Composite Sample Name: Parsnips, boiled
Sub-sample Number: 16.5
Sub-sample Name: Morrisons parsnips
Brand: Morrisons
Pack size: 500g
Purchase Date: 02.11.15
Place of Purchase: Morrisons, Albion Way, Norwich
Display Until Date:
Best before Date: 05.11.15
Batch Number: 0796/HAM-303-15-08:48-Etna 001 2725 T50866/0215
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 16.5

Sub-sample Name: Morrisons parsnips

Ingredients: Parsnips

Label claim(s):

Notts, UK

Class I

Nutrient information: No information

Composite Sample Number: 16
Composite Sample Name: Parsnips, boiled
Sub-sample Number: 16.6
Sub-sample Name: M&S parsnips
Brand: Marks & Spencer
Pack size:
Purchase Date: 02.11.15
Place of Purchase: Marks & Spencer, Sweet Briar Retail Park, Norwich
Display Until Date:
Best before Date:
Batch Number:
Packaging: Loose
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 16.6

Sub-sample Name: M&S parsnips

Ingredients: No information

Label claim(s):
UK

Nutrient information: No information

Composite Sample Number: 16
Composite Sample Name: Parsnips, boiled
Sub-sample Number: 16.7
Sub-sample Name: Oaklands British parsnips
Brand: Oaklands
Pack size: 500g
Purchase Date: 09.11.15
Place of Purchase: Lidl, Drayton Road, Norwich
Display Until Date:
Best before Date:
Batch Number: 4504 09:45 W1133 6039 6A
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 16.7

Sub-sample Name: Oaklands British parsnips

Ingredients: No information

Label claim(s):

UK Norfolk

Source of fibre

Source of folic acid

Nutrient information:

Nutrient	Unit	100g (boiled as per instructions) contains	A typical parsnip (approx. 80g) (boiled as per instructions) contains
Energy	kJ	278	222
Energy	kcal	66	53
Fat	g	1.2	1.0
Saturates	g	0.2	0.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	13	10
Sugars	g	5.9	4.7
Starch	g	N/A	N/A
Fibre	g	4.7	3.8
Protein	g	1.6	1.3
Salt	g	0.01	<0.01
Folic acid	µg	41	N/A

Composite Sample Number: 16
Composite Sample Name: Parsnips, boiled
Sub-sample Number: 16.8
Sub-sample Name: Sainsbury's Basics parsnips
Brand: Sainsbury's Basics
Pack size: 750g
Purchase Date: 02.11.15
Place of Purchase: Sainsbury's, Longwater Retail Park, Norwich
Display Until Date:
Best before Date: 03.11.15
Batch Number: I0062A 302 07:176B 7169946 10:13
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 16.8

Sub-sample Name: Sainsbury's Basics parsnips

Ingredients: No information

Label claim(s):

Grown by Clem Tomsett

Norfolk, UK

Nutrient information:

Nutrient	Unit	100g (as sold) contains
Energy	kJ	321
Energy	kcal	76
Fat	g	1.1
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	13
Sugars	g	5.7
Starch	g	6.2
Fibre	g	4.6
Protein	g	1.8
Salt	g	0.03

Composite Sample Number: 16
Composite Sample Name: Parsnips, boiled
Sub-sample Number: 16.9
Sub-sample Name: The Co-operative parsnips
Brand: The Co-operative
Pack size:
Purchase Date: 03.11.15
Place of Purchase: The Co-operative, Wymondham
Display Until Date:
Best before Date:
Batch Number:
Packaging: Loose
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 16.9

Sub-sample Name: The Co-operative parsnips

Ingredients: No information

Label claim(s):
UK

Nutrient information: No information

Composite Sample Number: 16
Composite Sample Name: Parsnips, boiled
Sub-sample Number: 16.10
Sub-sample Name: Greengrocer parsnips
Brand:
Pack size:
Purchase Date: 03.11.15
Place of Purchase: Independent greengrocer, Norwich
Display Until Date:
Best before Date:
Batch Number:
Packaging: Loose
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 16.10

Sub-sample Name: Greengrocer parsnips

Ingredients: No information

Label claim(s):
UK

Nutrient information: No information

Composite Sample Number: 16
Composite Sample Name: Parsnips, boiled
Sub-sample Number: 16.11
Sub-sample Name: Farm Fresh parsnips
Brand: Farm Fresh
Pack size: 1.5kg
Purchase Date: 02.11.15
Place of Purchase: Booker, Norwich
Display Until Date:
Best before Date:
Batch Number: A22511 326
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 16.11

Sub-sample Name: Farm Fresh parsnips

Ingredients: No information

Label claim(s):

UK
Class I

Nutrient information: No information

Sample 17: Parsnips, roasted in rapeseed oil

Composite Sample Number: 17

Composite Sample Name: Parsnips, roasted in rapeseed oil

Sub-sample Number: 17.1

Sub-sample Name: Tesco parsnips

Brand: Tesco

Pack size:

Purchase Date: 02.11.15

Place of Purchase: Tesco, Harford Bridges, Norwich

Display Until Date:

Best before Date:

Batch Number:

Packaging: Loose

Sample Condition As Purchased: Ambient

Post Purchase Storage: Chilled

Sub-sample Number: 17.1

Sub-sample Name: Tesco parsnips

Ingredients: No information

Label claim(s):
UK

Nutrient information: No information

Composite Sample Number: 17
Composite Sample Name: Parsnips, roasted in rapeseed oil
Sub-sample Number: 17.2
Sub-sample Name: Tesco British parsnips
Brand: Tesco
Pack size: 500g
Purchase Date: 02.11.15
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Best before Date: 04.11.15
Batch Number: SC:ABC D7 08:55
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 17.2

Sub-sample Name: Tesco British parsnips

Ingredients: Parsnips

Label claim(s):

Grown in: Norfolk

Grown by: Alan Bartlett

Packed in the UK

Nutrient information:

Nutrient	Unit	100g contains
Energy	kJ	325
Energy	kcal	80
Fat	g	1.1
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	12.5
Sugars	g	5.7
Starch	g	N/A
Fibre	g	4.6
Protein	g	1.8
Salt	g	<0.01
Vitamin C	mg	17.0

Composite Sample Number: 17

Composite Sample Name: Parsnips, roasted in rapeseed oil

Sub-sample Number: 17.3

Sub-sample Name: Asda Grower's Selection British parsnips

Brand: Asda Grower's Selection

Pack size: 500g

Purchase Date: 02.11.15

Place of Purchase: Asda, Boundary Road, Norwich

Display Until Date:

Best before Date: 07.11.15

Batch Number: Batch:115 site:900322 ASP1508736

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Chilled

Sub-sample Number: 17.3

Sub-sample Name: Asda Grower's Selection British parsnips

Ingredients: No information

Label claim(s):

Staffs, UK

Picador

Source of folic acid

Nutrient information:

Nutrient	Unit	100g (boiled in unsalted water) contains
Energy	kJ	316
Energy	kcal	75
Fat	g	1.2
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	12.9
Sugars	g	5.9
Starch	g	N/A
Fibre	g	4.7
Protein	g	1.6
Salt	g	<0.01
Folic Acid	µg	41

Composite Sample Number: 17
Composite Sample Name: Parsnips, roasted in rapeseed oil
Sub-sample Number: 17.4
Sub-sample Name: Sainsbury's parsnips
Brand: Sainsbury's
Pack size:
Purchase Date: 02.11.15
Place of Purchase: Sainsbury's, Longwater Retail Park, Norwich
Display Until Date:
Best before Date:
Batch Number:
Packaging: Loose
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 17.4

Sub-sample Name: Sainsbury's parsnips

Ingredients: No information

Label claim(s):
UK

Nutrient information: No information

Composite Sample Number: 17
Composite Sample Name: Parsnips, roasted in rapeseed oil
Sub-sample Number: 17.5
Sub-sample Name: Morrisons parsnips
Brand: Morrisons
Pack size: 500g
Purchase Date: 02.11.15
Place of Purchase: Morrisons, Albion Way, Norwich
Display Until Date:
Best before Date: 05.11.15
Batch Number: 0796/HAM-303-15-08:48-Etna 001 2725 T50866/0215
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 17.5

Sub-sample Name: Morrisons parsnips

Ingredients: Parsnips

Label claim(s):

Notts, UK

Class I

Nutrient information: No information

Composite Sample Number: 17

Composite Sample Name: Parsnips, roasted in rapeseed oil

Sub-sample Number: 17.6

Sub-sample Name: M&S parsnips

Brand: Marks & Spencer

Pack size:

Purchase Date: 02.11.15

Place of Purchase: Marks & Spencer, Sweet Briar Retail Park, Norwich

Display Until Date:

Best before Date:

Batch Number:

Packaging: Loose

Sample Condition As Purchased: Ambient

Post Purchase Storage: Chilled

Sub-sample Number: 17.6

Sub-sample Name: M&S parsnips

Ingredients: No information

Label claim(s):
UK

Nutrient information: No information

Composite Sample Number: 17
Composite Sample Name: Parsnips, roasted in rapeseed oil
Sub-sample Number: 17.7
Sub-sample Name: Oaklands British parsnips
Brand: Oaklands
Pack size: 500g
Purchase Date: 09.11.15
Place of Purchase: Lidl, Drayton Road, Norwich
Display Until Date:
Best before Date:
Batch Number: 4504 09:45 W1133 6039 6A
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 17.7

Sub-sample Name: Oaklands British parsnips

Ingredients: No information

Label claim(s):

UK Norfolk

Source of fibre

Source of folic acid

Nutrient information:

Nutrient	Unit	100g (boiled as per instructions) contains	A typical parsnip (approx. 80g) (boiled as per instructions) contains
Energy	kJ	278	222
Energy	kcal	66	53
Fat	g	1.2	1.0
Saturates	g	0.2	0.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	13	10
Sugars	g	5.9	4.7
Starch	g	N/A	N/A
Fibre	g	4.7	3.8
Protein	g	1.6	1.3
Salt	g	0.01	<0.01
Folic acid	µg	41	N/A

Composite Sample Number: 17
Composite Sample Name: Parsnips, roasted in rapeseed oil
Sub-sample Number: 17.8
Sub-sample Name: Sainsbury's Basics parsnips
Brand: Sainsbury's Basics
Pack size: 750g
Purchase Date: 02.11.15
Place of Purchase: Sainsbury's, Longwater Retail Park, Norwich
Display Until Date:
Best before Date: 03.11.15
Batch Number: I0062A 302 07:176B 7169946 10:13
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 17.8

Sub-sample Name: Sainsbury's Basics parsnips

Ingredients: No information

Label claim(s):

Grown by Clem Tomsett
Norfolk, UK

Nutrient information:

Nutrient	Unit	100g (as sold) contains
Energy	kJ	321
Energy	kcal	76
Fat	g	1.1
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	13
Sugars	g	5.7
Starch	g	6.2
Fibre	g	4.6
Protein	g	1.8
Salt	g	0.03

Composite Sample Number: 17
Composite Sample Name: Parsnips, roasted in rapeseed oil
Sub-sample Number: 17.9
Sub-sample Name: The Co-operative parsnips
Brand: The Co-operative
Pack size:
Purchase Date: 03.11.15
Place of Purchase: The Co-operative, Wymondham, Norfolk
Display Until Date:
Best before Date:
Batch Number:
Packaging: Loose
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 17.9

Sub-sample Name: The Co-operative parsnips

Ingredients: No information

Label claim(s):
UK

Nutrient information: No information

Composite Sample Number: 17
Composite Sample Name: Parsnips, roasted in rapeseed oil
Sub-sample Number: 17.10
Sub-sample Name: Greengrocer parsnips
Brand:
Pack size:
Purchase Date: 03.11.15
Place of Purchase: Independent greengrocer, Norwich
Display Until Date:
Best before Date:
Batch Number:
Packaging: Loose
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 17.10

Sub-sample Name: Greengrocer parsnips

Ingredients: No information

Label claim(s):
UK

Nutrient information: No information

Composite Sample Number: 17
Composite Sample Name: Parsnips, roasted in rapeseed oil
Sub-sample Number: 17.11
Sub-sample Name: Farm Fresh parsnips
Brand: Farm Fresh
Pack size: 1.5kg
Purchase Date: 02.11.15
Place of Purchase: Booker, Norwich
Display Until Date:
Best before Date:
Batch Number: A22511 326
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 17.11

Sub-sample Name: Farm Fresh parsnips

Ingredients: No information

Label claim(s):

UK

Class I

Nutrient information: No information

Sample 18: Beetroot, cooked

Composite Sample Number: 18
Composite Sample Name: Beetroot, cooked
Sub-sample Number: 18.1
Sub-sample Name: Tesco cooked British beetroot
Brand: Tesco
Pack size: 300g
Purchase Date: 28.09.15
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Best before Date: 16.11.15
Batch Number: 5222 A10
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 18.1

Sub-sample Name: Tesco cooked British beetroot

Ingredients: Beetroot

Label claim(s):

Grown in: UK
 Vacuum packed
 No vinegar
 Packed in the UK

Nutrient information:

Nutrient	Unit	100g contains	Two typical beetroot (100g) contain
Energy	kJ	175	175
Energy	kcal	42	42
Fat	g	0.4	0.4
Saturates	g	0.2	0.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	7.1	N/A
Sugars	g	7.0	7.0
Starch	g	N/A	N/A
Fibre	g	2.2	N/A
Protein	g	1.5	N/A
Salt	g	0.2	0.2

Composite Sample Number: 18
Composite Sample Name: Beetroot, cooked
Sub-sample Number: 18.2
Sub-sample Name: Tesco cooked British beetroot
Brand: Tesco
Pack size: 300g
Purchase Date: 05.10.15
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Best before Date: 23.11.15
Batch Number: 5229 L8
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 18.2

Sub-sample Name: Tesco cooked British beetroot

Ingredients: Beetroot

Label claim(s):

Grown in: UK
 Vacuum packed
 No vinegar
 Packed in the UK

Nutrient information:

Nutrient	Unit	100g contains	A typical beetroot (100g) contains
Energy	kJ	175	175
Energy	kcal	42	42
Fat	g	0.4	0.4
Saturates	g	0.2	0.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	7.1	N/A
Sugars	g	7.0	7.0
Starch	g	N/A	N/A
Fibre	g	2.2	N/A
Protein	g	1.5	N/A
Salt	g	0.2	0.2

Composite Sample Number: 18
Composite Sample Name: Beetroot, cooked
Sub-sample Number: 18.3
Sub-sample Name: Asda Grower's Selection bunched beetroot
Brand: Asda Grower's Selection
Pack size: 500g
Purchase Date: 28.09.15
Place of Purchase: Asda, Boundary Road, Norwich
Display Until Date:
Best before Date: 02.10.15
Batch Number: ASP1507042 site:700292
Packaging: Loose; tag: mixed material
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 18.3

Sub-sample Name: Asda Grower's Selection bunched beetroot

Ingredients: No information

Label claim(s):

Cambs, UK

Naturally high in fibre

Nutrient information:

Nutrient	Unit	100g (boiled) contains
Energy	kJ	204
Energy	kcal	48
Fat	g	0.1
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	9.5
Sugars	g	8.8
Starch	g	N/A
Fibre	g	1.9
Protein	g	2.3
Salt	g	0.30

Composite Sample Number: 18
Composite Sample Name: Beetroot, cooked
Sub-sample Number: 18.4
Sub-sample Name: Sainsbury's bunched beetroot
Brand: Sainsbury's
Pack size: 500g
Purchase Date: 28.09.15
Place of Purchase: Sainsbury's, Longwater Retail Park, Norwich
Display Until Date:
Best before Date: 01.10.15
Batch Number: 6031981 10062C 11.14
Packaging: Loose
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 18.4

Sub-sample Name: Sainsbury's bunched beetroot

Ingredients: No information

Label claim(s):

Grown in: UK

Grown by: Will Shakeshaft

Nutrient information:

Nutrient	Unit	100g (as sold) contains
Energy	kJ	170
Energy	kcal	40
Fat	g	<0.5
Saturates	g	<0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	7.2
Sugars	g	6.7
Starch	g	N/A
Fibre	g	1.9
Protein	g	1.7
Salt	g	0.17

Composite Sample Number: 18
Composite Sample Name: Beetroot, cooked
Sub-sample Number: 18.5
Sub-sample Name: Morrisons beetroot
Brand: Morrisons
Pack size:
Purchase Date: 28.09.15
Place of Purchase: Morrisons, Albion Way, Norwich
Display Until Date:
Best before Date:
Batch Number:
Packaging: Loose
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 18.5

Sub-sample Name: Morrisons beetroot

Ingredients: No information

Label claim(s):
UK

Nutrient information: No information

Composite Sample Number: 18
Composite Sample Name: Beetroot, cooked
Sub-sample Number: 18.6
Sub-sample Name: Simply M&S cooked beetroot
Brand: Simply M&S
Pack size: 250g
Purchase Date: 28.09.15
Place of Purchase: Marks & Spencer, Sweet Briar Retail Park, Norwich
Display Until Date:
Best before Date: 14.01.16
Batch Number: GS 5202 F10 GC 1816
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 18.6

Sub-sample Name: Simply M&S cooked beetroot

Ingredients:

Cooked beetroot in natural juices

Label claim(s):

UK

Made in the UK

In natural juices

Nutrient information:

Nutrient	Unit	100g contains	Per 83g serving
Energy	kJ	203	168
Energy	kcal	48	40
Fat	g	0.2	N/A
Saturates	g	0.1	N/A
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	8.7	N/A
Sugars	g	8.2	N/A
Starch	g	N/A	N/A
Fibre	g	2.5	N/A
Protein	g	1.6	N/A
Salt	g	0.13	N/A

Composite Sample Number: 18
Composite Sample Name: Beetroot, cooked
Sub-sample Number: 18.7
Sub-sample Name: Oaklands cooked beetroot
Brand: Oaklands
Pack size: 500g
Purchase Date: 28.09.15
Place of Purchase: Lidl, Drayton Road, Norwich
Display Until Date:
Best before Date: 14.03.16
Batch Number: 05:18 259 W1152 7
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 18.7

Sub-sample Name: Oaklands cooked beetroot

Ingredients: No information

Label claim(s):
No added vinegar

Nutrient information:

Nutrient	Unit	100g (boiled as per instructions) contains	Per 80g (boiled as per instructions) contains
Energy	kJ	183	146
Energy	kcal	43	34
Fat	g	<0.5	N/A
Saturates	g	<0.1	N/A
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	7.2	N/A
Sugars	g	6.7	N/A
Starch	g	N/A	N/A
Fibre	g	2.3	N/A
Protein	g	2.3	N/A
Salt	g	0.14	N/A

Composite Sample Number: 18

Composite Sample Name: Beetroot, cooked

Sub-sample Number: 18.8

Sub-sample Name: Asda Grower's Selection bunched beetroot

Brand: Asda Grower's Selection

Pack size: 500g

Purchase Date: 20.10.15

Place of Purchase: Asda, Boundary Road, Norwich

Display Until Date:

Best before Date: 25.10.15

Batch Number: ASP1507042 site:700292

Packaging: Loose; tag - mixed material

Sample Condition As Purchased: Ambient

Post Purchase Storage: Chilled

Sub-sample Number: 18.8

Sub-sample Name: Asda Grower's Selection bunched beetroot

Ingredients: No information

Label claim(s):

Cambs, UK

Naturally high in fibre

Nutrient information:

Nutrient	Unit	100g (boiled) contains
Energy	kJ	204
Energy	kcal	48
Fat	g	0.1
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	9.5
Sugars	g	8.8
Starch	g	N/A
Fibre	g	1.9
Protein	g	2.3
Salt	g	0.30

Composite Sample Number: 18
Composite Sample Name: Beetroot, cooked
Sub-sample Number: 18.9
Sub-sample Name: The Co-operative Loved by Us British cooked beetroot
Brand: The Co-operative Loved by Us
Pack size: 250g
Purchase Date: 06.10.15
Place of Purchase: The Co-operative, Wymondham
Display Until Date:
Best before Date: 16.03.16
Batch Number: 4259 09:52 M005 WCG212
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 18.9

Sub-sample Name: The Co-operative British cooked beetroot

Ingredients: No information

Label claim(s):

Made in the UK

Long life beetroot

Nutrient information:

Nutrient	Unit	100g contains	Per three small beetroot (approx. 80g)
Energy	kJ	160	130
Energy	kcal	40	30
Fat	g	0.6	0.5
Saturates	g	0.1	0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	6.1	4.9
Sugars	g	6.1	4.9
Starch	g	N/A	N/A
Fibre	g	2.4	1.9
Protein	g	1.1	0.9
Salt	g	Tr	Tr

Composite Sample Number: 18
Composite Sample Name: Beetroot, cooked
Sub-sample Number: 18.10
Sub-sample Name: Greengrocer beetroot
Brand:
Pack size:
Purchase Date: 28.09.15
Place of Purchase: Independent greengrocer, Norwich
Display Until Date:
Best before Date:
Batch Number:
Packaging: Loose
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 18.10

Sub-sample Name: Greengrocer beetroot

Ingredients: No information

Label claim(s):

Dutch

Nutrient information: No information

Composite Sample Number: 18
Composite Sample Name: Beetroot, cooked
Sub-sample Number: 18.11
Sub-sample Name: Bidvest raw beetroot
Brand: Bidvest
Pack size: 1kg
Purchase Date: 12.10.15
Place of Purchase: Bidvest Foodservice delivery
Display Until Date:
Best before Date:
Batch Number: Traceability code: 282 product: 75578
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 18.11

Sub-sample Name: Bidvest raw beetroot

Ingredients: No information

Label claim(s):

Origin: UK

Packer: Swithenbank Fresh

Nutrient information: No information

Sample 19: Sweetcorn, baby, fresh, boiled

Composite Sample Number:	19
Composite Sample Name:	Sweetcorn, baby, fresh, boiled
Sub-sample Number:	19.1
Sub-sample Name:	Tesco baby corn
Brand:	Tesco
Pack size:	190g
Purchase Date:	09.11.15
Place of Purchase:	Tesco, Harford Bridges, Norwich
Display Until Date:	
Best before Date:	12.11.15
Batch Number:	SC:HM2fd
Packaging:	Plastic
Sample Condition As Purchased:	Chilled
Post Purchase Storage:	Chilled

Sub-sample Number: 19.1

Sub-sample Name: Tesco baby corn

Ingredients: Baby corn

Label claim(s):
Produce of: India

Nutrient information: No information

Composite Sample Number: 19
Composite Sample Name: Sweetcorn, baby, fresh, boiled
Sub-sample Number: 19.2
Sub-sample Name: Tesco baby corn
Brand: Tesco
Pack size: 190g
Purchase Date: 09.11.15
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Best before Date: 16.11.15
Batch Number: SC HM28
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 19.2

Sub-sample Name: Tesco baby corn

Ingredients: Baby corn

Label claim(s):

Produce of: Mozambique

Nutrient information: No information

Composite Sample Number: 19
Composite Sample Name: Sweetcorn, baby, fresh, boiled
Sub-sample Number: 19.3
Sub-sample Name: Asda Grower's Selection baby corn
Brand: Asda Grower's Selection
Pack size: 130g
Purchase Date: 09.11.15
Place of Purchase: Asda, Boundary Road, Norwich
Display Until Date:
Best before Date: 12.11.15
Batch Number: Site:550489 ASP1419792
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 19.3

Sub-sample Name: Asda Grower's Selection baby corn

Ingredients: No information

Label claim(s):

Country: Thailand

High in vitamin C

Source of Vitamin B₆

Nutrient information:

Nutrient	Unit	100g (boiled in unsalted water) contains
Energy	kJ	117
Energy	kcal	28
Fat	g	0.4
Saturates	g	0.3
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	2.7
Sugars	g	1.9
Starch	g	N/A
Fibre	g	2.0
Protein	g	2.5
Salt	g	<0.01
Vitamin B ₆	mg	0.21
Vitamin C	mg	39

Composite Sample Number: 19
Composite Sample Name: Sweetcorn, baby, fresh, boiled
Sub-sample Number: 19.4
Sub-sample Name: Sainsbury's babycorn
Brand: Sainsbury's
Pack size: 175g
Purchase Date: 30.11.15
Place of Purchase: Sainsbury's, Longwater Retail Park, Norwich
Display Until Date:
Best before Date: 07.12.15
Batch Number: P0698G 1043433 12.13
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 19.4

Sub-sample Name: Sainsbury's babycorn

Ingredients: No information

Label claim(s):

Grown by: Vegpro, Ghana

Nutrient information:

Nutrient	Unit	100g (as sold) contains
Energy	kJ	175
Energy	kcal	42
Fat	g	<0.5
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	6.4
Sugars	g	5.0
Starch	g	N/A
Fibre	g	2.6
Protein	g	2.0
Salt	g	<0.01

Composite Sample Number: 19
Composite Sample Name: Sweetcorn, baby, fresh, boiled
Sub-sample Number: 19.5
Sub-sample Name: Morrisons baby corn
Brand: Morrisons
Pack size: 125g
Purchase Date: 09.11.15
Place of Purchase: Morrisons, Albion Way, Norwich
Display Until Date:
Best before Date: 12.11.15
Batch Number: T360/MWW T48399/0614
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 19.5

Sub-sample Name: Morrisons baby corn

Ingredients: No information

Label claim(s):

Class I
Thailand

Nutrient information: No information

Composite Sample Number: 19
Composite Sample Name: Sweetcorn, baby, fresh, boiled
Sub-sample Number: 19.6
Sub-sample Name: Waitrose baby corn
Brand: Waitrose
Pack size: 175g
Purchase Date: 18.11.15
Place of Purchase: Waitrose, Wymondham, Norfolk
Display Until Date: 23.11.15
Best before Date:
Batch Number: Supplier 284GND 10.14
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 19.6

Sub-sample Name: Waitrose baby corn

Ingredients: No information

Label claim(s):

Origin: India

Nutrient information: No information

Composite Sample Number: 19
Composite Sample Name: Sweetcorn, baby, fresh, boiled
Sub-sample Number: 19.7
Sub-sample Name: Wood Farm baby corn
Brand: Wood Farm
Pack size: 135g
Purchase Date: 16.11.15
Place of Purchase: Aldi, Sprowston Road, Norwich
Display Until Date:
Best before Date:
Batch Number: Supplier code:03107/HQC Lot code:4606 (4701C)
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 19.7

Sub-sample Name: Wood Farm baby corn

Ingredients: No information

Label claim(s):
Produce of India
Variety: SG14

Nutrient information: No information

Composite Sample Number: 19
Composite Sample Name: Sweetcorn, baby, fresh, boiled
Sub-sample Number: 19.8
Sub-sample Name: Asda Grower's Selection baby corn
Brand: Asda Grower's Selection
Pack size: 130g
Purchase Date: 30.11.15
Place of Purchase: Asda, Boundary Road, Norwich
Display Until Date:
Best before Date: 03.12.15
Batch Number: Site: 550515 ASP1419792
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 19.8

Sub-sample Name: Asda Grower's Selection baby corn

Ingredients: No information

Label claim(s):

Country: Ghana

Nutrient information: No information

Composite Sample Number: 19

Composite Sample Name: Sweetcorn, baby, fresh, boiled

Sub-sample Number: 19.9

Sub-sample Name: The Co-operative Loved by Us babycorn

Brand: The Co-operative Loved by Us

Pack size: 125g

Purchase Date: 09.11.15

Place of Purchase: The Co-operative, Long Stratton, Norfolk

Display Until Date:

Best before Date: 14.11.15

Batch Number: Supplied by: M262B P6470/1/3 5000128471152

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Sub-sample Number: 19.9

Sub-sample Name: The Co-operative Loved by Us babycorn

Ingredients: No information

Label claim(s):

Produce of: India
Packed in the UK

Nutrient information:

Nutrient	Unit	100g contains	Per six babycorn (approx. 80g)
Energy	kJ	110	90
Energy	kcal	25	20
Fat	g	0.4	0.3
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	2.0	1.6
Sugars	g	1.4	1.1
Starch	g	N/A	N/A
Fibre	g	2.0	1.6
Protein	g	2.9	2.3
Salt	g	Tr	Tr

Composite Sample Number: 19
Composite Sample Name: Sweetcorn, baby, fresh, boiled
Sub-sample Number: 19.10
Sub-sample Name: Morrisons baby corn
Brand: Morrisons
Pack size: 125g
Purchase Date: 16.12.15
Place of Purchase: Morrisons, Albion Way, Norwich
Display Until Date:
Best before Date: 21.12.15
Batch Number: T360/MWW T48399/0614
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 19.10

Sub-sample Name: Morrisons baby corn

Ingredients: No information

Label claim(s):

Thailand

Class I

Nutrient information: No information

Composite Sample Number: 19
Composite Sample Name: Sweetcorn, baby, fresh, boiled
Sub-sample Number: 19.11
Sub-sample Name: Exotica baby corn
Brand: Exotica
Pack size: 80g
Purchase Date: 12.10.15
Place of Purchase: Bidvest Foodservice delivery
Display Until Date:
Best before Date:
Batch Number: Lot code: 1-200-002-74012
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 19.11

Sub-sample Name: Exotica baby corn

Ingredients: No information

Label claim(s):
Produce of: Thailand
Class I

Nutrient information: No information

Sample 20: Sweetcorn, baby, fresh, stir-fried in rapeseed oil

Composite Sample Number: 20

Composite Sample Name: Sweetcorn, baby, fresh, stir-fried in rapeseed oil

Sub-sample Number: 20.1

Sub-sample Name: Tesco baby corn

Brand: Tesco

Pack size: 190g

Purchase Date: 09.11.15

Place of Purchase: Tesco, Harford Bridges, Norwich

Display Until Date:

Best before Date: 12.11.15

Batch Number: SC:HM2fd

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Sub-sample Number: 20.1

Sub-sample Name: Tesco baby corn

Ingredients: Baby corn

Label claim(s):
Produce of: India

Nutrient information: No information

Composite Sample Number: 20
Composite Sample Name: Sweetcorn, baby, fresh, stir-fried in rapeseed oil
Sub-sample Number: 20.2
Sub-sample Name: Tesco baby corn
Brand: Tesco
Pack size: 190g
Purchase Date: 09.11.15
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Best before Date: 16.11.15
Batch Number: SC HM28
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 20.2

Sub-sample Name: Tesco baby corn

Ingredients: Baby corn

Label claim(s):

Produce of: Mozambique

Nutrient information: No information

Composite Sample Number: 20
Composite Sample Name: Sweetcorn, baby, fresh, stir-fried in rapeseed oil
Sub-sample Number: 20.3
Sub-sample Name: Asda Grower's Selection baby corn
Brand: Asda Grower's Selection
Pack size: 130g
Purchase Date: 09.11.15
Place of Purchase: Asda, Boundary Road, Norwich
Display Until Date:
Best before Date: 12.11.15
Batch Number: Site:550489 ASP1419792
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 20.3

Sub-sample Name: Asda Grower's Selection baby corn

Ingredients: No information

Label claim(s):

Country: Thailand

High in vitamin C

Source of Vitamin B₆

Nutrient information:

Nutrient	Unit	100g (boiled in unsalted water) contains
Energy	kJ	117
Energy	kcal	28
Fat	g	0.4
Saturates	g	0.3
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	2.7
Sugars	g	1.9
Starch	g	N/A
Fibre	g	2.0
Protein	g	2.5
Salt	g	<0.01
Vitamin B ₆	mg	0.21
Vitamin C	mg	39

Composite Sample Number: 20
Composite Sample Name: Sweetcorn, baby, fresh, stir-fried in rapeseed oil
Sub-sample Number: 20.4
Sub-sample Name: Sainsbury's babycorn
Brand: Sainsbury's
Pack size: 175g
Purchase Date: 30.11.15
Place of Purchase: Sainsbury's, Longwater Retail Park, Norwich
Display Until Date:
Best before Date: 07.12.15
Batch Number: P0698G 1043433 12.13
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 20.4

Sub-sample Name: Sainsbury's babycorn

Ingredients: No information

Label claim(s):

Grown by: Vegpro, Ghana

Nutrient information:

Nutrient	Unit	100g (as sold) contains
Energy	kJ	175
Energy	kcal	42
Fat	g	<0.5
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	6.4
Sugars	g	5.0
Starch	g	N/A
Fibre	g	2.6
Protein	g	2.0
Salt	g	<0.01

Composite Sample Number: 20
Composite Sample Name: Sweetcorn, baby, fresh, stir-fried in rapeseed oil
Sub-sample Number: 20.5
Sub-sample Name: Morrisons baby corn
Brand: Morrisons
Pack size: 125g
Purchase Date: 09.11.15
Place of Purchase: Morrisons, Albion Way, Norwich
Display Until Date:
Best before Date: 12.11.15
Batch Number: T360/MWW T48399/0614
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 20.5

Sub-sample Name: Morrisons baby corn

Ingredients: No information

Label claim(s):

Class I
Thailand

Nutrient information: No information

Composite Sample Number: 20

Composite Sample Name: Sweetcorn, baby, fresh, stir-fried in rapeseed oil

Sub-sample Number: 20.6

Sub-sample Name: Waitrose baby corn

Brand: Waitrose

Pack size: 175g

Purchase Date: 18.11.15

Place of Purchase: Waitrose, Wymondham, Norfolk

Display Until Date: 23.11.15

Best before Date:

Batch Number: Supplier 284GND 10.14

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Sub-sample Number: 20.6

Sub-sample Name: Waitrose baby corn

Ingredients: No information

Label claim(s):

Origin: India

Nutrient information: No information

Composite Sample Number: 20
Composite Sample Name: Sweetcorn, baby, fresh, stir-fried in rapeseed oil
Sub-sample Number: 20.7
Sub-sample Name: Wood Farm baby corn
Brand: Wood Farm
Pack size: 135g
Purchase Date: 16.11.15
Place of Purchase: Aldi, Sprowston Road, Norwich
Display Until Date:
Best before Date:
Batch Number: Supplier code:03107/HQC Lot code:4606 (4701C)
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 20.7

Sub-sample Name: Wood Farm baby corn

Ingredients: No information

Label claim(s):

Produce of India

Variety: SG14

Nutrient information: No information

Composite Sample Number: 20
Composite Sample Name: Sweetcorn, baby, fresh, stir-fried in rapeseed oil
Sub-sample Number: 20.8
Sub-sample Name: Asda Grower's Selection baby corn
Brand: Asda Grower's Selection
Pack size: 130g
Purchase Date: 30.11.15
Place of Purchase: Asda, Boundary Road, Norwich
Display Until Date:
Best before Date: 03.12.15
Batch Number: Site: 550515 ASP1419792
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 20.8

Sub-sample Name: Asda Grower's Selection baby corn

Ingredients: No information

Label claim(s):

Country: Ghana

Nutrient information: No information

Composite Sample Number: 20
Composite Sample Name: Sweetcorn, baby, fresh, stir-fried in rapeseed oil
Sub-sample Number: 20.9
Sub-sample Name: The Co-operative Loved by Us babycorn
Brand: The Co-operative Loved by Us
Pack size: 125g
Purchase Date: 09.11.15
Place of Purchase: The Co-operative, Long Stratton, Norfolk
Display Until Date:
Best before Date: 14.11.15
Batch Number: Supplied by: M262B P6470/1/3 5000128471152
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 20.9

Sub-sample Name: The Co-operative Loved by Us babycorn

Ingredients: No information

Label claim(s):

Produce of: India

Packed in the UK

Nutrient information:

Nutrient	Unit	100g contains	Per six babycorn (approx. 80g)
Energy	kJ	110	90
Energy	kcal	25	20
Fat	g	0.4	0.3
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	2.0	1.6
Sugars	g	1.4	1.1
Starch	g	N/A	N/A
Fibre	g	2.0	1.6
Protein	g	2.9	2.3
Salt	g	Tr	Tr

Composite Sample Number: 20
Composite Sample Name: Sweetcorn, baby, fresh, stir-fried in rapeseed oil
Sub-sample Number: 20.10
Sub-sample Name: Morrisons baby corn
Brand: Morrisons
Pack size: 125g
Purchase Date: 16.12.15
Place of Purchase: Morrisons, Albion Way, Norwich
Display Until Date:
Best before Date: 21.12.15
Batch Number: T360/MWW T48399/0614
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 20.10

Sub-sample Name: Morrisons baby corn

Ingredients: No information

Label claim(s):

Thailand

Class I

Nutrient information: No information

Composite Sample Number: 20
Composite Sample Name: Sweetcorn, baby, fresh, stir-fried in rapeseed oil
Sub-sample Number: 20.11
Sub-sample Name: Exotica baby corn
Brand: Exotica
Pack size: 80g
Purchase Date: 12.10.15
Place of Purchase: Bidvest Foodservice delivery
Display Until Date:
Best before Date:
Batch Number: Lot code: 1-200-002-74012
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 20.11

Sub-sample Name: Exotica baby corn

Ingredients: No information

Label claim(s):
Produce of: Thailand
Class I

Nutrient information: No information

Sample 21: Celery, raw

Composite Sample Number:	21
Composite Sample Name:	Celery, raw
Sub-sample Number:	21.1
Sub-sample Name:	Tesco British celery sticks
Brand:	Tesco
Pack size:	350g
Purchase Date:	26.08.15
Place of Purchase:	Tesco, Harford Bridges, Norwich
Display Until Date:	
Best before Date:	31.08.15
Batch Number:	SC:GS01
Packaging:	Plastic
Sample Condition As Purchased:	Chilled
Post Purchase Storage:	Chilled

Sub-sample Number: 21.1

Sub-sample Name: Tesco British celery sticks

Ingredients: Celery sticks

Label claim(s):

Grown in: Cambs, UK

Packed in the UK

Nutrient information:

Nutrient	Unit	100g contains	Three typical sticks (80g) contain
Energy	kJ	40	32
Energy	kcal	10	8
Fat	g	0.2	0.2
Saturates	g	<0.1	<0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	0.9	0.7
Sugars	g	0.9	0.7
Starch	g	N/A	N/A
Fibre	g	1.1	0.9
Protein	g	0.5	0.4
Salt	g	0.2	0.1

Composite Sample Number: 21
Composite Sample Name: Celery, raw
Sub-sample Number: 21.2
Sub-sample Name: Tesco celery sticks
Brand: Tesco
Pack size: 350g
Purchase Date: 16.11.15
Place of Purchase: Tesco Extra, Blue Boar Road, Norwich
Display Until Date:
Best before Date: 20.11.15
Batch Number: SC:GS02
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 21.2

Sub-sample Name: Tesco celery sticks

Ingredients:

Celery sticks

Label claim(s):

Produce of: Spain

Nutrient information:

Nutrient	Unit	100g contains	Three typical sticks (80g) contain
Energy	kJ	40	32
Energy	kcal	10	8
Fat	g	0.2	0.2
Saturates	g	<0.1	<0.1
Monounsaturates	g		
Polyunsaturates	g		
Carbohydrate	g	0.9	0.7
Sugars	g	0.9	0.7
Starch	g		
Fibre	g	1.1	0.9
Protein	g	0.5	0.4
Salt	g	0.2	0.1

Composite Sample Number: 21
Composite Sample Name: Celery, raw
Sub-sample Number: 21.3
Sub-sample Name: Asda Grower's Selection British celery hearts
Brand: Asda Grower's Selection
Pack size:
Purchase Date: 26.08.15
Place of Purchase: Asda, Boundary Road, Norwich
Display Until Date:
Best before Date: 31.08.15
Batch Number: Site:470021 ASP1418547
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 21.3

Sub-sample Name: Asda Grower's Selection British celery hearts

Ingredients: No information

Label claim(s):

County: Cambs, Uk

Farmers Name: Charles Shropshire

Nutrient information:

Nutrient	Unit	100g contains
Energy	kJ	39
Energy	kcal	9
Fat	g	0.2
Saturates	g	<0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	0.9
Sugars	g	0.9
Starch	g	N/A
Fibre	g	1.1
Protein	g	0.5
Salt	g	0.20

Composite Sample Number: 21
Composite Sample Name: Celery, raw
Sub-sample Number: 21.4
Sub-sample Name: Sainsbury's celery
Brand: Sainsbury's
Pack size:
Purchase Date: 09.11.15
Place of Purchase: Sainsbury's, Longwater Retail Park, Norwich
Display Until Date:
Best before Date:
Batch Number: G0630F 805353 09.14
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 21.4

Sub-sample Name: Sainsbury's celery

Ingredients: No information

Label claim(s):

Spain

Grown by: P Montoro

Nutrient information:

Nutrient	Unit	100g (as sold) contains
Energy	kJ	40
Energy	kcal	10
Fat	g	<0.5
Saturates	g	<0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	0.9
Sugars	g	0.9
Starch	g	N/A
Fibre	g	1.1
Protein	g	<0.5
Salt	g	0.15

Composite Sample Number: 21
Composite Sample Name: Celery, raw
Sub-sample Number: 21.5
Sub-sample Name: Morrisons celery
Brand: Morrisons
Pack size:
Purchase Date: 26.08.15
Place of Purchase: Morrisons, Albion Way, Norwich
Display Until Date:
Best before Date: 31.08.15
Batch Number: 6999BBT T50853/0415 2725
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 21.5

Sub-sample Name: Morrisons celery

Ingredients: No information

Label claim(s):

Lancashire, UK

Class I

Nutrient information: No information

Composite Sample Number: 21
Composite Sample Name: Celery, raw
Sub-sample Number: 21.6
Sub-sample Name: Simply M&S British celery
Brand: Simply M&S
Pack size:
Purchase Date: 26.08.15
Place of Purchase: Marks & Spencer, Sweet Briar Retail Park, Norwich
Display Until Date:
Best before Date: 30.08.15
Batch Number: SC1816
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 21.6

Sub-sample Name: Simply M&S British celery

Ingredients: No information

Label claim(s):

County: Norfolk UK

Grower's name: J. Mellor

Nutrient information:

Nutrient	Unit	100g contains
Energy	kJ	40
Energy	kcal	10
Fat	g	0.2
Saturates	g	<0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	0.9
Sugars	g	0.9
Starch	g	N/A
Fibre	g	1.1
Protein	g	0.5
Salt	g	0.15

Composite Sample Number: 21
Composite Sample Name: Celery, raw
Sub-sample Number: 21.7
Sub-sample Name: Oaklands British celery
Brand: Oaklands
Pack size:
Purchase Date: 26.08.15
Place of Purchase: Lidl, Drayton Road, Norwich
Display Until Date:
Best before Date:
Batch Number: W1922 E52257 3501
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 21.7

Sub-sample Name: Oaklands British celery

Ingredients: No information

Label claim(s):

Produce of: Cambs, UK

Nutrient information:

Nutrient	Unit	100g contains	Per serving (80g)
Energy	kJ	40	32
Energy	kcal	10	8
Fat	g	<0.5	<0.5
Saturates	g	<0.1	<0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	0.9	0.7
Sugars	g	0.9	0.7
Starch	g	N/A	N/A
Fibre	g	1.1	0.9
Protein	g	0.5	<0.5
Salt	g	0.15	0.12

Composite Sample Number: 21
Composite Sample Name: Celery, raw
Sub-sample Number: 21.8
Sub-sample Name: Tesco celery sticks
Brand: Tesco
Pack size: 350g
Purchase Date: 16.11.15
Place of Purchase: Tesco Extra, Blue Boar Road, Norwich
Display Until Date:
Best before Date: 17.11.15
Batch Number: SC:GS02
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 21.8

Sub-sample Name: Tesco celery sticks

Ingredients: Celery sticks

Label claim(s):

Produce of: Spain

Nutrient information:

Nutrient	Unit	100g contains	Three typical sticks (80g) contains
Energy	kJ	40	32
Energy	kcal	10	8
Fat	g	0.2	0.2
Saturates	g	<0.1	<0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	0.9	0.7
Sugars	g	0.9	0.7
Starch	g	N/A	N/A
Fibre	g	1.1	0.9
Protein	g	0.5	0.4
Salt	g	0.2	0.1

Composite Sample Number: 21
Composite Sample Name: Celery, raw
Sub-sample Number: 21.9
Sub-sample Name: The Co-operative Love by Us British celery
Brand: The Co-operative Love by Us
Pack size:
Purchase Date: 26.08.15
Place of Purchase: The Co-operative, Earlham Green Lane, Norwich
Display Until Date:
Best before Date: 31.08.15
Batch Number: Supplied by: M029(L) P12574/1/2
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 21.9

Sub-sample Name: The Co-operative Love by Us British celery

Ingredients: No information

Label claim(s):

Produce of: UK, Lancs

Packed in the UK

Nutrient information:

Nutrient	Unit	100g contains	Three celery sticks (approx. 80g) contains
Energy	kJ	30	30
Energy	kcal	10	5
Fat	g	0	0
Saturates	g	<0.1	<0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	0.9	0.7
Sugars	g	0.9	0.7
Starch	g	N/A	N/A
Fibre	g	1.1	0.9
Protein	g	0.5	0.4
Salt	g	<0.01	<0.01

Composite Sample Number: 21
Composite Sample Name: Celery, raw
Sub-sample Number: 21.10
Sub-sample Name: G's celery
Brand: G's
Pack size:
Purchase Date: 28.08.15
Place of Purchase: Independent market stall, Norwich Market
Display Until Date:
Best before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 21.10

Sub-sample Name: G's celery

Ingredients: No information

Label claim(s):
Grown on the Fens of East Anglia

Nutrient information: No information

Composite Sample Number: 21
Composite Sample Name: Celery, raw
Sub-sample Number: 21.11
Sub-sample Name: G's celery
Brand: G's
Pack size:
Purchase Date: 24.08.15
Place of Purchase: Bidvest Foodservice delivery
Display Until Date:
Best before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 21.11

Sub-sample Name: G's celery

Ingredients: No information

Label claim(s):
Grown on the Fens of East Anglia

Nutrient information: No information

Sample 22: Celery, boiled

Composite Sample Number:	22
Composite Sample Name:	Celery, boiled
Sub-sample Number:	22.1
Sub-sample Name:	Tesco British celery sticks
Brand:	Tesco
Pack size:	350g
Purchase Date:	26.08.15
Place of Purchase:	Tesco, Harford Bridges, Norwich
Display Until Date:	
Best before Date:	31.08.15
Batch Number:	SC:GS01
Packaging:	Plastic
Sample Condition As Purchased:	Chilled
Post Purchase Storage:	Chilled

Sub-sample Number: 22.1

Sub-sample Name: Tesco British celery sticks

Ingredients: Celery sticks

Label claim(s):

Grown in: Cambs,UK

Packed in the UK

Nutrient information:

Nutrient	Unit	100g contains	Three typical sticks (80g) contain
Energy	kJ	40	32
Energy	kcal	10	8
Fat	g	0.2	0.2
Saturates	g	<0.1	<0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	0.9	0.7
Sugars	g	0.9	0.7
Starch	g	N/A	N/A
Fibre	g	1.1	0.9
Protein	g	0.5	0.4
Salt	g	0.2	0.1

Composite Sample Number: 22
Composite Sample Name: Celery, boiled
Sub-sample Number: 22.2
Sub-sample Name: Tesco celery sticks
Brand: Tesco
Pack size: 350g
Purchase Date: 16.11.15
Place of Purchase: Tesco Extra , Blue Boar Road, Norwich
Display Until Date:
Best before Date: 20.11.15
Batch Number: SC:GS02
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 22.2

Sub-sample Name: Tesco celery sticks

Ingredients:

Celery sticks

Label claim(s):

Produce of: Spain

Nutrient information:

Nutrient	Unit	100g contains	Three typical sticks (80g) contain
Energy	kJ	40	32
Energy	kcal	10	8
Fat	g	0.2	0.2
Saturates	g	<0.1	<0.1
Monounsaturates	g		
Polyunsaturates	g		
Carbohydrate	g	0.9	0.7
Sugars	g	0.9	0.7
Starch	g		
Fibre	g	1.1	0.9
Protein	g	0.5	0.4
Salt	g	0.2	0.1

Composite Sample Number: 22
Composite Sample Name: Celery, boiled
Sub-sample Number: 22.3
Sub-sample Name: Asda Grower's Selection British celery hearts
Brand: Asda Grower's Selection
Pack size:
Purchase Date: 26.08.15
Place of Purchase: Asda, Boundary Road, Norwich
Display Until Date:
Best before Date: 31.08.15
Batch Number: Site:470021 ASP1418547
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 22.3

Sub-sample Name: Asda Grower's Selection British celery hearts

Ingredients: No information

Label claim(s):

County: Cambs, Uk

Farmers Name: Charles Shropshire

Nutrient information:

Nutrient	Unit	100g contains
Energy	kJ	39
Energy	kcal	9
Fat	g	0.2
Saturates	g	<0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	0.9
Sugars	g	0.9
Starch	g	N/A
Fibre	g	1.1
Protein	g	0.5
Salt	g	0.20

Composite Sample Number: 22
Composite Sample Name: Celery, boiled
Sub-sample Number: 22.4
Sub-sample Name: Sainsbury's celery
Brand: Sainsbury's
Pack size:
Purchase Date: 09.11.15
Place of Purchase: Sainsbury's, Longwater Retail Park, Norwich
Display Until Date:
Best before Date:
Batch Number: G0630F 805353 09.14
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 22.4

Sub-sample Name: Sainsbury's celery

Ingredients: No information

Label claim(s):

Spain

Grown by: P Montoro

Nutrient information:

Nutrient	Unit	100g (as sold) contains
Energy	kJ	40
Energy	kcal	10
Fat	g	<0.5
Saturates	g	<0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	0.9
Sugars	g	0.9
Starch	g	N/A
Fibre	g	1.1
Protein	g	<0.5
Salt	g	0.15

Composite Sample Number: 22
Composite Sample Name: Celery, boiled
Sub-sample Number: 22.5
Sub-sample Name: Morrisons celery
Brand: Morrisons
Pack size:
Purchase Date: 26.08.15
Place of Purchase: Morrisons, Albion Way, Norwich
Display Until Date:
Best before Date: 31.08.15
Batch Number: 6999BBT T50853/0415 2725
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 22.5

Sub-sample Name: Morrisons celery

Ingredients: No information

Label claim(s):

Lancashire, UK

Class I

Nutrient information: No information

Composite Sample Number: 22
Composite Sample Name: Celery, boiled
Sub-sample Number: 22.6
Sub-sample Name: Simply M&S British celery
Brand: Simply M&S
Pack size:
Purchase Date: 26.08.15
Place of Purchase: Marks & Spencer, Sweet Briar Retail Park, Norwich
Display Until Date:
Best before Date: 30.08.15
Batch Number: SC1816
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 22.6

Sub-sample Name: Simply M&S British celery

Ingredients: No information

Label claim(s):

County: Norfolk UK

Grower's name: J. Mellor

Nutrient information:

Nutrient	Unit	100g contains
Energy	kJ	40
Energy	kcal	10
Fat	g	0.2
Saturates	g	<0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	0.9
Sugars	g	0.9
Starch	g	N/A
Fibre	g	1.1
Protein	g	0.5
Salt	g	0.15

Composite Sample Number: 22
Composite Sample Name: Celery, boiled
Sub-sample Number: 22.7
Sub-sample Name: Oaklands British celery
Brand: Oaklands
Pack size:
Purchase Date: 26.08.15
Place of Purchase: Lidl, Drayton Road, Norwich
Display Until Date:
Best before Date:
Batch Number: W1922 E52257 3501
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 22.7

Sub-sample Name: Oaklands British celery

Ingredients: No information

Label claim(s):

Produce of: Cambs, UK

Nutrient information:

Nutrient	Unit	100g contains	Per serving (80g)
Energy	kJ	40	32
Energy	kcal	10	8
Fat	g	<0.5	<0.5
Saturates	g	<0.1	<0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	0.9	0.7
Sugars	g	0.9	0.7
Starch	g	N/A	N/A
Fibre	g	1.1	0.9
Protein	g	0.5	<0.5
Salt	g	0.15	0.12

Composite Sample Number: 22
Composite Sample Name: Celery, boiled
Sub-sample Number: 22.8
Sub-sample Name: Tesco celery sticks
Brand: Tesco
Pack size: 350g
Purchase Date: 16.11.15
Place of Purchase: Tesco Extra, Blue Boar Road, Norwich
Display Until Date:
Best before Date: 17.11.15
Batch Number: SC:GS02
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 22.8

Sub-sample Name: Tesco celery sticks

Ingredients: Celery sticks

Label claim(s):

Produce of: Spain

Nutrient information:

Nutrient	Unit	100g contains	Three typical sticks (80g) contains
Energy	kJ	40	32
Energy	kcal	10	8
Fat	g	0.2	0.2
Saturates	g	<0.1	<0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	0.9	0.7
Sugars	g	0.9	0.7
Starch	g	N/A	N/A
Fibre	g	1.1	0.9
Protein	g	0.5	0.4
Salt	g	0.2	0.1

Composite Sample Number: 22

Composite Sample Name: Celery, boiled

Sub-sample Number: 22.9

Sub-sample Name: The Co-operative Love by Us British celery

Brand: The Co-operative Love by Us

Pack size:

Purchase Date: 26.08.15

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

Display Until Date:

Best before Date: 31.08.15

Batch Number: Supplied by: M029(L) P12574/1/2

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Sub-sample Number: 22.9

Sub-sample Name: The Co-operative Love by Us British celery

Ingredients: No information

Label claim(s):

Produce of: UK, Lancs

Packed in the UK

Nutrient information:

Nutrient	Unit	100g contains	Three celery sticks (approx. 80g) contains
Energy	kJ	30	30
Energy	kcal	10	5
Fat	g	0	0
Saturates	g	<0.1	<0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	0.9	0.7
Sugars	g	0.9	0.7
Starch	g	N/A	N/A
Fibre	g	1.1	0.9
Protein	g	0.5	0.4
Salt	g	<0.01	<0.01

Composite Sample Number: 22
Composite Sample Name: Celery, boiled
Sub-sample Number: 22.10
Sub-sample Name: G's celery
Brand: G's
Pack size:
Purchase Date: 28.08.15
Place of Purchase: Independent market stall, Norwich Market
Display Until Date:
Best before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 22.10

Sub-sample Name: G's celery

Ingredients: No information

Label claim(s):
Grown on the Fens of East Anglia

Nutrient information: No information

Composite Sample Number: 22
Composite Sample Name: Celery, boiled
Sub-sample Number: 22.11
Sub-sample Name: G's celery
Brand: G's
Pack size:
Purchase Date: 24.08.15
Place of Purchase: Bidvest Foodservice delivery
Display Until Date:
Best before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 22.11

Sub-sample Name: G's celery

Ingredients: No information

Label claim(s):
Grown on the Fens of East Anglia

Nutrient information: No information

Sample 23: Asparagus, fresh, steamed

Composite Sample Number: 23

Composite Sample Name: Asparagus, fresh, steamed

Sub-sample Number: 23.1

Sub-sample Name: Tesco asparagus bundle

Brand: Tesco

Pack size: 250g

Purchase Date: 26.08.15

Place of Purchase: Tesco, Harford Bridges, Norwich

Display Until Date:

Best before Date: 30.08.15

Batch Number: SC:WD02

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Sub-sample Number: 23.1

Sub-sample Name: Tesco asparagus bundle

Ingredients: Asparagus

Label claim(s):

Produce of: Peru

Nutrient information:

Nutrient	Unit	100g contains
Energy	kJ	119
Energy	kcal	28
Fat	g	0.6
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	2.0
Sugars	g	1.9
Starch	g	N/A
Fibre	g	1.7
Protein	g	2.9
Salt	g	0.3

Composite Sample Number: 23
Composite Sample Name: Asparagus, fresh, steamed
Sub-sample Number: 23.2
Sub-sample Name: Tesco asparagus tips
Brand: Tesco
Pack size: 125g
Purchase Date: 26.08.15
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Best before Date: 01.09.15
Batch Number: SC:HM2p
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 23.2

Sub-sample Name: Tesco asparagus tips

Ingredients: Asparagus tips

Label claim(s):

Produce of: Peru

Size: 8-16mm

Nutrient information: No information

Composite Sample Number: 23
Composite Sample Name: Asparagus, fresh, steamed
Sub-sample Number: 23.3
Sub-sample Name: Asda Grower's Selection asparagus
Brand: Asda Grower's Selection
Pack size: 250g
Purchase Date: 26.08.15
Place of Purchase: Asda, Boundary Road, Norwich
Display Until Date:
Best before Date: 27.08.15
Batch Number: 550303 ASP1508538
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 23.3

Sub-sample Name: Asda Grower's Selection asparagus

Ingredients: No information

Label claim(s):

High in folic acid

Peru

Nutrient information:

Nutrient	Unit	100g (boiled in salted water) contains
Energy	kJ	121
Energy	kcal	29
Fat	g	0.8
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	1.4
Sugars	g	1.4
Starch	g	N/A
Fibre	g	1.4
Protein	g	3.4
Salt	g	0
Folic acid (B ₉)	µg	173

Composite Sample Number: 23
Composite Sample Name: Asparagus, fresh, steamed
Sub-sample Number: 23.4
Sub-sample Name: Sainsbury's fine asparagus
Brand: Sainsbury's
Pack size: 100g
Purchase Date: 05.07.15
Place of Purchase: Sainsbury's, Longwater Retail Park, Norwich
Display Until Date:
Best before Date: 09.07.15
Batch Number: B0090L 7689821 03.14
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 23.4

Sub-sample Name: Sainsbury's fine asparagus

Ingredients: No information

Label claim(s):

Grown in: West Sussex, UK

Grown by: P. Davey

Packed in the UK

Produced in the UK

Nutrient information:

Nutrient	Unit	100g (cooked as per instructions) contains
Energy	kJ	62
Energy	kcal	15
Fat	g	<0.5
Saturates	g	<0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	0.7
Sugars	g	0.7
Starch	g	N/A
Fibre	g	1.0
Protein	g	1.6
Salt	g	0.07

Composite Sample Number: 23
Composite Sample Name: Asparagus, fresh, steamed
Sub-sample Number: 23.5
Sub-sample Name: Morrisons asparagus
Brand: Morrisons
Pack size: 250g
Purchase Date: 26.08.15
Place of Purchase: Morrisons, Albion Way, Norwich
Display Until Date:
Best before Date: 27.08.15
Batch Number: 0589/2f 0589 T47641/0514
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 23.5

Sub-sample Name: Morrisons asparagus

Ingredients: Asparagus

Label claim(s):

Peru

Class I

Nutrient information: No information

Composite Sample Number: 23
Composite Sample Name: Asparagus, fresh, steamed
Sub-sample Number: 23.6
Sub-sample Name: Waitrose asparagus
Brand: Waitrose
Pack size: 230g
Purchase Date: 05.07.15
Place of Purchase: Waitrose, Wymondham, Norfolk
Display Until Date: 06.07.15
Best before Date:
Batch Number: S2 2 6:17 Supplier :111AIZ
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 23.6

Sub-sample Name: Waitrose asparagus

Ingredients:

Asparagus

Label claim(s):

Isle of Wight, UK

Nutrient information:

Nutrient	Unit	100g (as sold) contains
Energy	kJ	119
Energy	kcal	28
Fat	g	0.6
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	2.0
Sugars	g	1.9
Starch	g	N/A
Fibre	g	1.7
Protein	g	2.9
Salt	g	0.00

Composite Sample Number: 23
Composite Sample Name: Asparagus, fresh, steamed
Sub-sample Number: 23.7
Sub-sample Name: M&S extra fine asparagus
Brand: Marks & Spencer
Pack size: 110g
Purchase Date: 04.07.15
Place of Purchase: Marks & Spencer, Rampant Horse Street, Norwich
Display Until Date:
Best before Date: 08.07.15
Batch Number: SC4848J
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 23.7

Sub-sample Name: M&S extra fine asparagus

Ingredients: No information

Label claim(s):

Wye Valley

County: Herefordshire

Grower's name: Chinn Family

4-9mm

Nutrient information:

Nutrient	Unit	100g contains As sold
Energy	kJ	105
Energy	kcal	25
Fat	g	0.6
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	2.0
Sugars	g	1.9
Starch	g	N/A
Fibre	g	1.7
Protein	g	2.9
Salt	g	<0.1
Vitamin C	mg	12
Folic acid (B ₉)	µg	176

Composite Sample Number: 23

Composite Sample Name: Asparagus, fresh, steamed

Sub-sample Number: 23.8

Sub-sample Name: Aldi Specially Selected asparagus tips

Brand: Aldi Specially Selected

Pack size: 100g

Purchase Date: 26.08.15

Place of Purchase: Aldi, Larkman Lane, Norwich

Display Until Date:

Best before Date:

Batch Number: Supplier code: 03107/SFT; lot code:3502(3504C)
25340549

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Sub-sample Number: 23.8

Sub-sample Name: Aldi Specially Selected asparagus tips

Ingredients: No information

Label claim(s):

Produce of: Peru

Variety: UC157

Nutrient information: No information

Composite Sample Number: 23
Composite Sample Name: Asparagus, fresh, steamed
Sub-sample Number: 23.9
Sub-sample Name: Tesco asparagus tips
Brand: Tesco
Pack size: 100g
Purchase Date: 28.08.15
Place of Purchase: Tesco Express, Westlegate, Norwich
Display Until Date:
Best before Date: 30.08.15
Batch Number: SC:HM2p
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 23.9

Sub-sample Name: Tesco asparagus tips

Ingredients: Asparagus tips

Label claim(s):

Produce of: Peru

Size: 8-16mm

Nutrient information: No information

Composite Sample Number: 23
Composite Sample Name: Asparagus, fresh, steamed
Sub-sample Number: 23.10
Sub-sample Name: Farm Shop asparagus
Brand:
Pack size:
Purchase Date: 05.07.15
Place of Purchase: Independent Farm Shop, Mulbarton, Norfolk
Display Until Date:
Best before Date:
Batch Number:
Packaging: Loose
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 23.10

Sub-sample Name: Farm Shop asparagus

Ingredients: No information

Label claim(s):
Mulbarton, UK

Nutrient information: No information

Composite Sample Number: 23
Composite Sample Name: Asparagus, fresh, steamed
Sub-sample Number: 23.11
Sub-sample Name: Bidvest Foodservice asparagus
Brand: Bidvest Foodservice
Pack size:
Purchase Date: 24.08.15
Place of Purchase: Bidvest Foodservice delivery
Display Until Date:
Best before Date:
Batch Number: PLU 4080
Packaging: Loose
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 23.11

Sub-sample Name: Bidvest Foodservice asparagus

Ingredients: No information

Label claim(s):
Produce of: Peru

Nutrient information: No information

Sample 24: Asparagus, fresh, grilled

Composite Sample Number:	24
Composite Sample Name:	Asparagus, fresh, grilled
Sub-sample Number:	24.1
Sub-sample Name:	Tesco asparagus bundle
Brand:	Tesco
Pack size:	250g
Purchase Date:	26.08.15
Place of Purchase:	Tesco, Harford Bridges, Norwich
Display Until Date:	
Best before Date:	30.08.15
Batch Number:	SC:WD02
Packaging:	Plastic
Sample Condition As Purchased:	Chilled
Post Purchase Storage:	Chilled

Sub-sample Number: 24.1

Sub-sample Name: Tesco asparagus bundle

Ingredients: Asparagus

Label claim(s):

Produce of: Peru

Nutrient information:

Nutrient	Unit	100g contains
Energy	kJ	119
Energy	kcal	28
Fat	g	0.6
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	2.0
Sugars	g	1.9
Starch	g	N/A
Fibre	g	1.7
Protein	g	2.9
Salt	g	0.3

Composite Sample Number: 24
Composite Sample Name: Asparagus, fresh, grilled
Sub-sample Number: 24.2
Sub-sample Name: Tesco asparagus tips
Brand: Tesco
Pack size: 125g
Purchase Date: 26.08.15
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Best before Date: 01.09.15
Batch Number: SC:HM2p
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 24.2

Sub-sample Name: Tesco asparagus tips

Ingredients: Asparagus tips

Label claim(s):

Produce of: Peru

Size: 8-16mm

Nutrient information: No information

Composite Sample Number: 24
Composite Sample Name: Asparagus, fresh, grilled
Sub-sample Number: 24.3
Sub-sample Name: Asda Grower's Selection asparagus
Brand: Asda Grower's Selection
Pack size: 250g
Purchase Date: 26.08.15
Place of Purchase: Asda, Boundary Road, Norwich
Display Until Date:
Best before Date: 27.08.15
Batch Number: 550303 ASP1508538
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 24.3

Sub-sample Name: Asda Grower's Selection asparagus

Ingredients: No information

Label claim(s):

High in folic acid

Peru

Nutrient information:

Nutrient	Unit	100g (boiled in unsalted water) contains
Energy	kJ	121
Energy	kcal	29
Fat	g	0.8
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	1.4
Sugars	g	1.4
Starch	g	N/A
Fibre	g	1.4
Protein	g	3.4
Salt	g	0
Folic acid (B ₉)	µg	173

Composite Sample Number: 24
Composite Sample Name: Asparagus, fresh, grilled
Sub-sample Number: 24.4
Sub-sample Name: Morrisons asparagus
Brand: Morrisons
Pack size: 250g
Purchase Date: 26.08.15
Place of Purchase: Morrisons, Albion Way, Norwich
Display Until Date:
Best before Date: 27.08.15
Batch Number: 0589/2f 0589 T47641/0514
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 24.4

Sub-sample Name: Morrisons asparagus

Ingredients: Asparagus

Label claim(s):

Peru

Class I

Nutrient information: No information

Composite Sample Number: 24

Composite Sample Name: Asparagus, fresh, grilled

Sub-sample Number: 24.5

Sub-sample Name: Aldi Specially Selected asparagus tips

Brand: Aldi Specially Selected

Pack size: 100g

Purchase Date: 26.08.15

Place of Purchase: Aldi, Larkman Lane, Norwich

Display Until Date:

Best before Date:

Batch Number: Supplier code: 03107/SFT; lot code:3502(3504C)
25340549

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Sub-sample Number: 24.5

Sub-sample Name: Aldi Specially Selected asparagus tips

Ingredients: No information

Label claim(s):

Produce of: Peru

Variety: UC157

Nutrient information: No information

Composite Sample Number: 24
Composite Sample Name: Asparagus, fresh, grilled
Sub-sample Number: 24.6
Sub-sample Name: Tesco asparagus tips
Brand: Tesco
Pack size: 100g
Purchase Date: 28.08.15
Place of Purchase: Tesco Express, Westlegate, Norwich
Display Until Date:
Best before Date: 30.08.15
Batch Number: SC:HM2p
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 24.6

Sub-sample Name: Tesco asparagus tips

Ingredients: Asparagus tips

Label claim(s):

Produce of: Peru

Size: 8-16mm

Nutrient information: No information

Composite Sample Number: 24
Composite Sample Name: Asparagus, fresh, grilled
Sub-sample Number: 24.7
Sub-sample Name: Bidvest Foodservice asparagus
Brand: Bidvest Foodservice
Pack size:
Purchase Date: 24.08.15
Place of Purchase: Bidvest Foodservice delivery
Display Until Date:
Best before Date:
Batch Number: PLU4080
Packaging: Loose
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 24.7

Sub-sample Name: Bidvest Foodservice asparagus

Ingredients: No information

Label claim(s):

Peru

Nutrient information: No information

Sample 25: Asparagus, fresh, roasted in rapeseed oil

Composite Sample Number: 25

Composite Sample Name: Asparagus, fresh, roasted in rapeseed oil

Sub-sample Number: 25.1

Sub-sample Name: Tesco asparagus bundle

Brand: Tesco

Pack size: 250g

Purchase Date: 26.08.15

Place of Purchase: Tesco, Harford Bridges, Norwich

Display Until Date:

Best before Date: 30.08.15

Batch Number: SC:WD02

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Sub-sample Number: 25.1

Sub-sample Name: Tesco asparagus bundle

Ingredients: Asparagus

Label claim(s):

Produce of: Peru

Nutrient information:

Nutrient	Unit	100g contains
Energy	kJ	119
Energy	kcal	28
Fat	g	0.6
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	2.0
Sugars	g	1.9
Starch	g	N/A
Fibre	g	1.7
Protein	g	2.9
Salt	g	0.3

Composite Sample Number: 25
Composite Sample Name: Asparagus, fresh, roasted in rapeseed oil
Sub-sample Number: 25.2
Sub-sample Name: Tesco asparagus tips
Brand: Tesco
Pack size: 125g
Purchase Date: 26.08.15
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Best before Date: 01.09.15
Batch Number: SC:HM2p
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 25.2

Sub-sample Name: Tesco asparagus tips

Ingredients: Asparagus tips

Label claim(s):

Produce of: Peru

Size: 8-16mm

Nutrient information: No information

Composite Sample Number: 25
Composite Sample Name: Asparagus, fresh, roasted in rapeseed oil
Sub-sample Number: 25.3
Sub-sample Name: Asda Grower's Selection asparagus
Brand: Asda Grower's Selection
Pack size: 250g
Purchase Date: 26.08.15
Place of Purchase: Asda, Boundary Road, Norwich
Display Until Date:
Best before Date: 27.08.15
Batch Number: 550303 ASP1508538
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 25.3

Sub-sample Name: Asda Grower's Selection asparagus

Ingredients: No information

Label claim(s):

High in folic acid

Peru

Nutrient information:

Nutrient	Unit	100g (boiled in unsalted water) contains
Energy	kJ	121
Energy	kcal	29
Fat	g	0.8
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	1.4
Sugars	g	1.4
Starch	g	N/A
Fibre	g	1.4
Protein	g	3.4
Salt	g	0
Folic acid (B ₉)	µg	173

Composite Sample Number: 25
Composite Sample Name: Asparagus, fresh, roasted in rapeseed oil
Sub-sample Number: 25.4
Sub-sample Name: Morrisons asparagus
Brand: Morrisons
Pack size: 250g
Purchase Date: 26.08.15
Place of Purchase: Morrisons, Albion Way, Norwich
Display Until Date:
Best before Date: 27.08.15
Batch Number: 0589/2f 0589 T47641/0514
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 25.4

Sub-sample Name: Morrisons asparagus

Ingredients: Asparagus

Label claim(s):

Peru

Class I

Nutrient information: No information

Composite Sample Number: 25

Composite Sample Name: Asparagus, fresh, roasted in rapeseed oil

Sub-sample Number: 25.5

Sub-sample Name: Aldi Specially Selected asparagus tips

Brand: Aldi Specially Selected

Pack size: 100g

Purchase Date: 26.08.15

Place of Purchase: Aldi, Larkman Lane, Norwich

Display Until Date:

Best before Date:

Batch Number: Supplier code: 03107/SFT; lot code:3502(3504C)
25340549

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Sub-sample Number: 25.5

Sub-sample Name: Aldi Specially Selected asparagus tips

Ingredients: No information

Label claim(s):

Produce of: Peru

Variety: UC157

Nutrient information: No information

Composite Sample Number: 25
Composite Sample Name: Asparagus, fresh, roasted in rapeseed oil
Sub-sample Number: 25.6
Sub-sample Name: Tesco asparagus tips
Brand: Tesco
Pack size: 100g
Purchase Date: 28.08.15
Place of Purchase: Tesco Express, Westlegate, Norwich
Display Until Date:
Best before Date: 30.08.15
Batch Number: SC:HM2p
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 25.6

Sub-sample Name: Tesco asparagus tips

Ingredients: Asparagus tips

Label claim(s):

Produce of: Peru

Size: 8-16mm

Nutrient information: No information

Composite Sample Number: 25
Composite Sample Name: Asparagus, fresh, roasted in rapeseed oil
Sub-sample Number: 25.7
Sub-sample Name: Bidvest Foodservice asparagus
Brand: Bidvest Foodservice
Pack size:
Purchase Date: 24.08.15
Place of Purchase: Bidvest Foodservice delivery
Display Until Date:
Best before Date:
Batch Number: PLU4080
Packaging: Loose
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 25.7

Sub-sample Name: Bidvest Foodservice asparagus

Ingredients: No information

Label claim(s):

Peru

Nutrient information: No information

Sample 26: Mangetout, fresh, boiled

Composite Sample Number:	26
Composite Sample Name:	Mangetout, fresh, boiled
Sub-sample Number:	26.1
Sub-sample Name:	Tesco mangetout
Brand:	Tesco
Pack size:	215g
Purchase Date:	05.10.15
Place of Purchase:	Tesco, Harford Bridges, Norwich
Display Until Date:	
Best before Date:	10.10.15
Batch Number:	SC:HM2e
Packaging:	Plastic
Sample Condition As Purchased:	Chilled
Post Purchase Storage:	Chilled

Sub-sample Number: 26.1

Sub-sample Name: Tesco mangetout

Ingredients: Mangetout peas

Label claim(s):

Produce of: Peru

Nutrient information:

Nutrient	Unit	100g contains
Energy	kJ	158
Energy	kcal	38
Fat	g	0.2
Saturates	g	<0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	4.2
Sugars	g	3.4
Starch	g	N/A
Fibre	g	2.3
Protein	g	3.6
Salt	g	0.1
Vitamin C	mg	54.0

Composite Sample Number: 26
Composite Sample Name: Mangetout, fresh, boiled
Sub-sample Number: 26.2
Sub-sample Name: Sainsbury's mangetout
Brand: Sainsbury's
Pack size: 200g
Purchase Date: 07.12.15
Place of Purchase: Sainsbury's, Longwater Retail Park, Norwich
Display Until Date:
Best before Date: 12.12.15
Batch Number: P0698D 1039405
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 26.2

Sub-sample Name: Sainsbury's mangetout

Ingredients: No information

Label claim(s):

Grown by: Intipa, Peru

Nutrient information:

Nutrient	Unit	100g (as sold) contains
Energy	kJ	159
Energy	kcal	38
Fat	g	<0.5
Saturates	g	<0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	4.1
Sugars	g	3.4
Starch	g	N/A
Fibre	g	2.6
Protein	g	3.6
Salt	g	<0.01

Composite Sample Number: 26
Composite Sample Name: Mangetout, fresh, boiled
Sub-sample Number: 26.3
Sub-sample Name: Asda Grower's Selection mangetout
Brand: Asda Grower's Selection
Pack size: 155g
Purchase Date: 05.10.15
Place of Purchase: Asda, Boundary Road, Norwich
Display Until Date:
Best before Date: 07.10.15
Batch Number: Site: 550214 ASP1508372
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 26.3

Sub-sample Name: Asda Grower's Selection mangetout

Ingredients: No information

Label claim(s):

Country: Peru

High in vitamin C

Nutrient information:

Nutrient	Unit	100g (boiled in unsalted water) contains
Energy	kJ	130
Energy	kcal	37
Fat	g	0.1
Saturates	g	<0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	3.3
Sugars	g	2.8
Starch	g	N/A
Fibre	g	2.4
Protein	g	3.2
Salt	g	0
Vitamin C	mg	28

Composite Sample Number: 26
Composite Sample Name: Mangetout, fresh, boiled
Sub-sample Number: 26.4
Sub-sample Name: Sainsbury's mangetout
Brand: Sainsbury's
Pack size: 200g
Purchase Date: 05.10.15
Place of Purchase: Sainsbury's, Longwater Retail Park, Norwich
Display Until Date:
Best before Date: 09.10.15
Batch Number: P0698D 1039405 09.14
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 26.4

Sub-sample Name: Sainsbury's mangetout

Ingredients: No information

Label claim(s):

Grown by: Intipa, Peru

Nutrient information:

Nutrient	Unit	100g (as sold) contains
Energy	kJ	159
Energy	kcal	38
Fat	g	<0.5
Saturates	g	<0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	4.1
Sugars	g	3.4
Starch	g	N/A
Fibre	g	2.6
Protein	g	3.6
Salt	g	<0.01

Composite Sample Number: 26
Composite Sample Name: Mangetout, fresh, boiled
Sub-sample Number: 26.5
Sub-sample Name: Morrisons trimmed mangetout
Brand: Morrisons
Pack size: 155g
Purchase Date: 19.10.15
Place of Purchase: Morrisons, Albion Way, Norwich
Display Until Date:
Best before Date: 24.10.15
Batch Number: 1360/MWW
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 26.5

Sub-sample Name: Morrisons trimmed mangetout

Ingredients: No information

Label claim(s):

Peru

Class I

Nutrient information: No information

Composite Sample Number: 26
Composite Sample Name: Mangetout, fresh, boiled
Sub-sample Number: 26.6
Sub-sample Name: Waitrose trimmed mangetout peas
Brand: Waitrose
Pack size: 200g
Purchase Date: 18.11.15
Place of Purchase: Waitrose, Wymondham, Norfolk
Display Until Date: 22.11.15
Best before Date:
Batch Number: Supplier: 343SIS 11.14
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 26.6

Sub-sample Name: Waitrose trimmed mangetout peas

Ingredients: No information

Label claim(s):
Origin: Guatemala

Nutrient information: No information

Composite Sample Number: 26
Composite Sample Name: Mangetout, fresh, boiled
Sub-sample Number: 26.7
Sub-sample Name: Oaklands fresh mangetout
Brand: Oaklands
Pack size: 150g
Purchase Date: 05.10.15
Place of Purchase: Lidl, Drayton Road, Norwich
Display Until Date:
Best before Date:
Batch Number: GB005–W4062 L4006 14:34
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 26.7

Sub-sample Name: Oaklands fresh mangetout

Ingredients: No information

Label claim(s):

Origin: Peru

Class I

Nutrient information:

Nutrient	Unit	100g (boiled as per instructions) contains	Per typical handful (80g) (boiled as per instructions)
Energy	kJ	111	89
Energy	kcal	26	21
Fat	g	<0.5	<0.5
Saturates	g	<0.1	<0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	3.3	2.6
Sugars	g	2.8	2.2
Starch	g	N/A	N/A
Fibre	g	2.2	1.8
Protein	g	3.2	2.6
Salt	g	<0.01	<0.01

Composite Sample Number: 26
Composite Sample Name: Mangetout, fresh, boiled
Sub-sample Number: 26.8
Sub-sample Name: Asda Grower's Selection mangetout
Brand: Asda Grower's Selection
Pack size: 155g
Purchase Date: 16.11.15
Place of Purchase: Asda, Boundary Road, Norwich
Display Until Date:
Best before Date: 21.11.15
Batch Number: Site: 550527 ASP1508372
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 26.8

Sub-sample Name: Asda Grower's Selection mangetout

Ingredients: No information

Label claim(s):

Country: Kenya

High in vitamin C

Nutrient information:

Nutrient	Unit	100g (boiled in unsalted water) contains
Energy	kJ	130
Energy	kcal	31
Fat	g	0.1
Saturates	g	<0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	3.3
Sugars	g	2.8
Starch	g	N/A
Fibre	g	2.4
Protein	g	3.2
Salt	g	0
Vitamin C	mg	28

Composite Sample Number: 26

Composite Sample Name: Mangetout, fresh, boiled

Sub-sample Number: 26.9

Sub-sample Name: The Co-operative Loved by Us trimmed mangetout

Brand: The Co-operative Loved by Us

Pack size: 120g

Purchase Date: 30.11.15

Place of Purchase: The Co-operative, Long Stratton, Norfolk

Display Until Date:

Best before Date: 04.12.15

Batch Number: Supplied by: M262A

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Sub-sample Number: 26.9

Sub-sample Name: The Co-operative Loved by Us trimmed mangetout

Ingredients: No information

Label claim(s):

Produce of: Guatemala

Packed in the UK

Nutrient information:

Nutrient	Unit	100g contains	Per handful (approx. 80g)
Energy	kJ	160	130
Energy	kcal	40	30
Fat	g	0.2	0.2
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	4.2	3.4
Sugars	g	3.4	2.7
Starch	g	N/A	N/A
Fibre	g	2.6	2.1
Protein	g	3.6	2.9
Salt	g	Tr	Tr

Composite Sample Number: 26
Composite Sample Name: Mangetout, fresh, boiled
Sub-sample Number: 26.10
Sub-sample Name: Morrisons trimmed mangetout
Brand: Morrisons
Pack size: 155g
Purchase Date: 16.12.15
Place of Purchase: Morrisons, Albion Way, Norwich
Display Until Date:
Best before Date: 17.12.15
Batch Number: 1360/MWW T47579/0514
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 26.10

Sub-sample Name: Morrisons trimmed mangetout

Ingredients: No information

Label claim(s):

Guatemala

Class I

Nutrient information: No information

Composite Sample Number: 26
Composite Sample Name: Mangetout, fresh, boiled
Sub-sample Number: 26.11
Sub-sample Name: Farm Fresh mangetout
Brand: Farm Fresh
Pack size: 300g
Purchase Date: 05.10.15
Place of Purchase: Booker, Norwich
Display Until Date:
Best before Date:
Batch Number: 2703 TEX 285
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 26.11

Sub-sample Name: Farm Fresh mangetout

Ingredients: No information

Label claim(s):
Country of origin: Peru
Class I

Nutrient information: No information

Sample 27: Mangetout, fresh, stir-fried in rapeseed oil

Composite Sample Number:	27
Composite Sample Name:	Mangetout, fresh, stir-fried in rapeseed oil
Sub-sample Number:	27.1
Sub-sample Name:	Tesco mangetout
Brand:	Tesco
Pack size:	215g
Purchase Date:	05.10.15
Place of Purchase:	Tesco, Harford Bridges, Norwich
Display Until Date:	
Best before Date:	10.10.15
Batch Number:	SC:HM2e
Packaging:	Plastic
Sample Condition As Purchased:	Chilled
Post Purchase Storage:	Chilled

Sub-sample Number: 27.1

Sub-sample Name: Tesco mangetout

Ingredients: Mangetout peas

Label claim(s):

Produce of: Peru

Nutrient information:

Nutrient	Unit	100g contains
Energy	kJ	158
Energy	kcal	38
Fat	g	0.2
Saturates	g	<0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	4.2
Sugars	g	3.4
Starch	g	N/A
Fibre	g	2.3
Protein	g	3.6
Salt	g	0.1
Vitamin C	mg	54.0

Composite Sample Number: 27
Composite Sample Name: Mangetout, fresh, stir-fried in rapeseed oil
Sub-sample Number: 27.2
Sub-sample Name: Sainsbury's mangetout
Brand: Sainsbury's
Pack size: 200g
Purchase Date: 07.12.15
Place of Purchase: Sainsbury's, Longwater Retail Park, Norwich
Display Until Date:
Best before Date: 12.12.15
Batch Number: P0698D 1039405
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 27.2

Sub-sample Name: Sainsbury's mangetout

Ingredients: No information

Label claim(s):

Grown by: Intipa, Peru

Nutrient information:

Nutrient	Unit	100g (as sold) contains
Energy	kJ	159
Energy	kcal	38
Fat	g	<0.5
Saturates	g	<0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	4.1
Sugars	g	3.4
Starch	g	N/A
Fibre	g	2.6
Protein	g	3.6
Salt	g	<0.01

Composite Sample Number: 27
Composite Sample Name: Mangetout, fresh, stir-fried in rapeseed oil
Sub-sample Number: 27.3
Sub-sample Name: Asda Grower's Selection mangetout
Brand: Asda Grower's Selection
Pack size: 155g
Purchase Date: 05.10.15
Place of Purchase: Asda, Boundary Road, Norwich
Display Until Date:
Best before Date: 07.10.15
Batch Number: Site: 550214 ASP1508372
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 27.3

Sub-sample Name: Asda Grower's Selection mangetout

Ingredients: No information

Label claim(s):

Country: Peru

High in vitamin C

Nutrient information:

Nutrient	Unit	100g (boiled in unsalted water) contains
Energy	kJ	130
Energy	kcal	37
Fat	g	0.1
Saturates	g	<0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	3.3
Sugars	g	2.8
Starch	g	N/A
Fibre	g	2.4
Protein	g	3.2
Salt	g	0
Vitamin C	mg	28

Composite Sample Number: 27
Composite Sample Name: Mangetout, fresh, stir-fried in rapeseed oil
Sub-sample Number: 27.4
Sub-sample Name: Sainsbury's mangetout
Brand: Sainsbury's
Pack size: 200g
Purchase Date: 05.10.15
Place of Purchase: Sainsbury's, Longwater Retail Park, Norwich
Display Until Date:
Best before Date: 09.10.15
Batch Number: P0698D 1039405 09.14
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 27.4

Sub-sample Name: Sainsbury's mangetout

Ingredients: No information

Label claim(s):

Grown by: Intipa, Peru

Nutrient information:

Nutrient	Unit	100g (as sold) contains
Energy	kJ	159
Energy	kcal	38
Fat	g	<0.5
Saturates	g	<0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	4.1
Sugars	g	3.4
Starch	g	N/A
Fibre	g	2.6
Protein	g	3.6
Salt	g	<0.01

Composite Sample Number: 27

Composite Sample Name: Mangetout, fresh, stir-fried in rapeseed oil

Sub-sample Number: 27.5

Sub-sample Name: Morrisons trimmed mangetout

Brand: Morrisons

Pack size: 155g

Purchase Date: 19.10.15

Place of Purchase: Morrisons, Albion Way, Norwich

Display Until Date:

Best before Date: 24.10.15

Batch Number: 1360/MWW

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Sub-sample Number: 27.5

Sub-sample Name: Morrisons trimmed mangetout

Ingredients: No information

Label claim(s):

Peru

Class I

Nutrient information: No information

Composite Sample Number: 27
Composite Sample Name: Mangetout, fresh, stir-fried in rapeseed oil
Sub-sample Number: 27.6
Sub-sample Name: Waitrose trimmed mange tout peas
Brand: Waitrose
Pack size: 200g
Purchase Date: 18.11.15
Place of Purchase: Waitrose, Wymondham, Norfolk
Display Until Date: 22.11.15
Best before Date:
Batch Number: Supplier: 343SIS 11.14
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 27.6

Sub-sample Name: Waitrose trimmed mangetout peas

Ingredients: No information

Label claim(s):
Origin: Guatemala

Nutrient information: No information

Composite Sample Number: 27

Composite Sample Name: Mangetout, fresh, stir-fried in rapeseed oil

Sub-sample Number: 27.7

Sub-sample Name: Oaklands fresh mangetout

Brand: Oaklands

Pack size: 150g

Purchase Date: 05.10.15

Place of Purchase: Lidl, Drayton Road, Norwich

Display Until Date:

Best before Date:

Batch Number: GB005–W4062 L4006 14:34

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Sub-sample Number: 27.7

Sub-sample Name: Oaklands fresh mangetout

Ingredients: No information

Label claim(s):

Origin: Peru

Class I

Nutrient information:

Nutrient	Unit	100g (boiled as per instructions) contains	Per typical handful (80g) (boiled as per instructions)
Energy	kJ	111	89
Energy	kcal	26	21
Fat	g	<0.5	<0.5
Saturates	g	<0.1	<0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	3.3	2.6
Sugars	g	2.8	2.2
Starch	g	N/A	N/A
Fibre	g	2.2	1.8
Protein	g	3.2	2.6
Salt	g	<0.01	<0.01

Composite Sample Number: 27
Composite Sample Name: Mangetout, fresh, stir-fried in rapeseed oil
Sub-sample Number: 27.8
Sub-sample Name: Asda Grower's Selection mangetout
Brand: Asda Grower's Selection
Pack size: 155g
Purchase Date: 16.11.15
Place of Purchase: Asda, Boundary Road, Norwich
Display Until Date:
Best before Date: 21.11.15
Batch Number: Site: 550527 ASP1508372
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 27.8

Sub-sample Name: Asda Grower's Selection mangetout

Ingredients: No information

Label claim(s):

Country: Kenya

High in vitamin C

Nutrient information:

Nutrient	Unit	100g (boiled in unsalted water) contains
Energy	kJ	130
Energy	kcal	31
Fat	g	0.1
Saturates	g	<0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	3.3
Sugars	g	2.8
Starch	g	N/A
Fibre	g	2.4
Protein	g	3.2
Salt	g	0
Vitamin C	mg	28

Composite Sample Number: 27

Composite Sample Name: Mangetout, fresh, stir-fried in rapeseed oil

Sub-sample Number: 27.9

Sub-sample Name: The Co-operative Loved by Us trimmed mangetout

Brand: The Co-operative Loved by Us

Pack size: 120g

Purchase Date: 30.11.15

Place of Purchase: The Co-operative, Long Stratton, Norfolk

Display Until Date:

Best before Date: 04.12.15

Batch Number: Supplied by: M262A

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Sub-sample Number: 27.9

Sub-sample Name: The Co-operative Loved by Us trimmed mangetout

Ingredients: No information

Label claim(s):

Produce of: Guatemala

Packed in the UK

Nutrient information:

Nutrient	Unit	100g contains	Per handful (approx. 80g)
Energy	kJ	160	130
Energy	kcal	40	30
Fat	g	0.2	0.2
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	4.2	3.4
Sugars	g	3.4	2.7
Starch	g	N/A	N/A
Fibre	g	2.6	2.1
Protein	g	3.6	2.9
Salt	g	Tr	Tr

Composite Sample Number: 27
Composite Sample Name: Mangetout, fresh, stir-fried in rapeseed oil
Sub-sample Number: 27.10
Sub-sample Name: Morrisons trimmed mangetout
Brand: Morrisons
Pack size: 155g
Purchase Date: 16.12.15
Place of Purchase: Morrisons, Albion Way, Norwich
Display Until Date:
Best before Date: 17.12.15
Batch Number: 1360/MWW T47579/0514
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 27.10

Sub-sample Name: Morrisons trimmed mangetout

Ingredients: No information

Label claim(s):

Guatemala

Class I

Nutrient information: No information

Composite Sample Number: 27

Composite Sample Name: Mangetout, fresh, stir-fried in rapeseed oil

Sub-sample Number: 27.11

Sub-sample Name: Farm Fresh mangetout

Brand: Farm Fresh

Pack size: 300g

Purchase Date: 05.10.15

Place of Purchase: Booker, Norwich

Display Until Date:

Best before Date:

Batch Number: 2703 TEX 285

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Sub-sample Number: 27.11

Sub-sample Name: Farm Fresh mangetout

Ingredients: No information

Label claim(s):
Country of origin: Peru
Class I

Nutrient information: No information

Sample 28: Butternut squash, boiled, flesh only

Composite Sample Number: 28

Composite Sample Name: Butternut squash, boiled flesh only

Sub-sample Number: 28.1

Sub-sample Name: Tesco roasting butternut squash

Brand: Tesco

Pack size:

Purchase Date: 05.10.15

Place of Purchase: Tesco, Harford Bridges, Norwich

Display Until Date:

Best before Date: Within 14 days of purchase

Batch Number: SC:AGS01

Packaging: Loose

Sample Condition As Purchased: Ambient

Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 28.1

Sub-sample Name: Tesco roasting butternut squash

Ingredients: No information

Label claim(s):

Origin: Spain

Nutrient information: No information

Composite Sample Number: 28
Composite Sample Name: Butternut squash, boiled flesh only
Sub-sample Number: 28.2
Sub-sample Name: Tesco butternut squash
Brand: Tesco
Pack size:
Purchase Date: 27.01.16
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Best before Date:
Batch Number:
Packaging: Loose
Sample Condition As Purchased: Ambient
Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 28.2

Sub-sample Name: Tesco butternut squash

Ingredients: No information

Label claim(s):

Origin: Spain

Nutrient information: No information

Composite Sample Number: 28

Composite Sample Name: Butternut squash, boiled flesh only

Sub-sample Number: 28.3

Sub-sample Name: Asda Grower's Selection butternut squash

Brand: Asda Grower's Selection

Pack size:

Purchase Date: 05.10.15

Place of Purchase: Asda, Boundary Road, Norwich

Display Until Date:

Best before Date: Within 10 days of purchase

Batch Number: Site:909750 PO:442534 258 PLU643 ASP1510543

Packaging: Loose

Sample Condition As Purchased: Ambient

Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 28.3

Sub-sample Name: Asda Grower's Selection butternut squash

Ingredients: No information

Label claim(s):

Origin: Spain

Nutrient information: No information

Composite Sample Number: 28
Composite Sample Name: Butternut squash, boiled flesh only
Sub-sample Number: 28.4
Sub-sample Name: Sainsbury's butternut squash
Brand: Sainsbury's
Pack size:
Purchase Date: 13.01.16
Place of Purchase: Sainsbury's, Longwater Retail Park, Norwich
Display Until Date:
Best before Date:
Batch Number: B0090B 009 6156 14 31 273
Packaging: Loose
Sample Condition As Purchased: Ambient
Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 28.4

Sub-sample Name: Sainsbury's butternut squash

Ingredients: No information

Label claim(s):

Grown in: Senegal

Grown by: SCL

Nutrient information:

Nutrient	Unit	100g (as per cooking instructions, roasted) contains
Energy	kJ	273
Energy	kcal	65
Fat	g	1.8
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	9.9
Sugars	g	8.0
Starch	g	N/A
Fibre	g	1.8
Protein	g	1.4
Salt	g	0.03

Composite Sample Number: 28
Composite Sample Name: Butternut squash, boiled flesh only
Sub-sample Number: 28.5
Sub-sample Name: Morrisons butternut squash
Brand: Morrisons
Pack size:
Purchase Date: 19.10.15
Place of Purchase: Morrisons, Albion Way, Norwich
Display Until Date:
Best before Date: 08.11.15
Batch Number: 1360/MWW
Packaging: Loose
Sample Condition As Purchased: Ambient
Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 28.5

Sub-sample Name: Morrisons butternut squash

Ingredients: No information

Label claim(s):

Portugal

Class I

Nutrient information: No information

Composite Sample Number: 28

Composite Sample Name: Butternut squash, boiled flesh only

Sub-sample Number: 28.6

Sub-sample Name: Essential Waitrose butternut squash

Brand: Essential Waitrose

Pack size:

Purchase Date: 16.01.16

Place of Purchase: Waitrose, Wymondham, Norfolk

Display Until Date: 31.01.16

Best before Date:

Batch Number: 1687 Supplier: 111AGT 09:14

Packaging: Loose

Sample Condition As Purchased: Ambient

Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 28.6

Sub-sample Name: Essential Waitrose butternut squash

Ingredients: No information

Label claim(s):

Origin: Senegal

Nutrient information: No information

Composite Sample Number: 28
Composite Sample Name: Butternut squash, boiled flesh only
Sub-sample Number: 28.7
Sub-sample Name: Lidl butternut squash
Brand: Lidl
Pack size:
Purchase Date: 05.10.15
Place of Purchase: Lidl, Drayton Road, Norwich
Display Until Date:
Best before Date:
Batch Number:
Packaging: Loose
Sample Condition As Purchased: Ambient
Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 28.7

Sub-sample Name: Lidl butternut squash

Ingredients: No information

Label claim(s):
Portugal

Nutrient information: No information

Composite Sample Number: 28
Composite Sample Name: Butternut squash, boiled flesh only
Sub-sample Number: 28.8
Sub-sample Name: Sainsbury's ready prepared butternut squash
Brand: Sainsbury's
Pack size: 320g
Purchase Date: 26.10.15
Place of Purchase: Sainsbury's, Longwater Retail Park, Norwich
Display Until Date:
Use By Date: 30.10.15
Batch Number: B0090 B UP1 5 07:09 7355010 01.15
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 28.8

Sub-sample Name: Sainsbury's ready prepared butternut squash

Ingredients:

Butternut squash

Label claim(s):

Naturally occurring sugars

Nutrient information:

Nutrient	Unit	100g (roasted as per instructions) contains	Per ½ pack (roasted as per instructions)
Energy	kJ	273	437
Energy	kcal	65	107
Fat	g	1.8	2.9
Saturates	g	0.2	0.3
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	9.9	15.8
Sugars	g	8.0	12.8
Starch	g	2.0	3.2
Fibre	g	1.8	2.9
Protein	g	1.4	2.2
Salt	g	0.03	0.04

Composite Sample Number: 28
Composite Sample Name: Butternut squash, boiled flesh only
Sub-sample Number: 28.9
Sub-sample Name: The Co-operative butternut squash
Brand: The Co-operative
Pack size:
Purchase Date: 05.01.16
Place of Purchase: The Co-operative, Wymondham, Norfolk
Display Until Date:
Best before Date: 13.01.16
Batch Number: M244 P8635/1/2
Packaging: Loose
Sample Condition As Purchased: Ambient
Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 28.9

Sub-sample Name: The Co-operative butternut squash

Ingredients: No information

Label claim(s):
Produce of: Greece
Packed in the UK

Nutrient information: No information

Composite Sample Number: 28
Composite Sample Name: Butternut squash, boiled flesh only
Sub-sample Number: 28.10
Sub-sample Name: Market butternut squash
Brand:
Pack size:
Purchase Date: 08.10.15
Place of Purchase: Independent market stall, Norwich Market
Display Until Date:
Best before Date:
Batch Number:
Packaging: Loose
Sample Condition As Purchased: Ambient
Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 28.10

Sub-sample Name: Market butternut squash

Ingredients: No information

Label claim(s): No information

Nutrient information: No information

Composite Sample Number: 28
Composite Sample Name: Butternut squash, boiled flesh only
Sub-sample Number: 28.11
Sub-sample Name: Farm Fresh butternut squash
Brand: Farm Fresh
Pack size: x2
Purchase Date: 05.10.15
Place of Purchase: Booker, Norwich
Display Until Date:
Best before Date:
Batch Number: 257 A22511
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 28.11

Sub-sample Name: Farm Fresh butternut squash

Ingredients: No information

Label claim(s):

Country of origin: Portugal

Class I

Nutrient information: No information

Sample 29: Butternut squash, baked, flesh only

Composite Sample Number: 29

Composite Sample Name: Butternut squash, baked, flesh only

Sub-sample Number: 29.1

Sub-sample Name: Tesco roasting butternut squash

Brand: Tesco

Pack size:

Purchase Date: 05.10.15

Place of Purchase: Tesco, Harford Bridges, Norwich

Display Until Date:

Best before Date: Within 14 days of purchase

Batch Number: SC:AGS01

Packaging: Loose

Sample Condition As Purchased: Ambient

Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 29.1

Sub-sample Name: Tesco roasting butternut squash

Ingredients: No information

Label claim(s):

Origin: Spain

Nutrient information: No information

Composite Sample Number: 29
Composite Sample Name: Butternut squash, baked, flesh only
Sub-sample Number: 29.2
Sub-sample Name: Tesco butternut squash
Brand: Tesco
Pack size:
Purchase Date: 27.01.16
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Best before Date:
Batch Number:
Packaging: Loose
Sample Condition As Purchased: Ambient
Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 29.2

Sub-sample Name: Tesco butternut squash

Ingredients: No information

Label claim(s):

Origin: Spain

Nutrient information: No information

Composite Sample Number: 29

Composite Sample Name: Butternut squash, baked, flesh only

Sub-sample Number: 29.3

Sub-sample Name: Asda Grower's Selection butternut squash

Brand: Asda Grower's Selection

Pack size:

Purchase Date: 05.10.15

Place of Purchase: Asda, Boundary Road, Norwich

Display Until Date:

Best before Date: Within 10 days of purchase

Batch Number: Site:909750 PO:442534 258 PLU643 ASP1510543

Packaging: Loose

Sample Condition As Purchased: Ambient

Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 29.3

Sub-sample Name: Asda Grower's Selection butternut squash

Ingredients: No information

Label claim(s):

Origin: Spain

Nutrient information: No information

Composite Sample Number: 29
Composite Sample Name: Butternut squash, baked, flesh only
Sub-sample Number: 29.4
Sub-sample Name: Sainsbury's butternut squash
Brand: Sainsbury's
Pack size:
Purchase Date: 13.01.16
Place of Purchase: Sainsbury's, Longwater Retail Park, Norwich
Display Until Date:
Best before Date:
Batch Number: B0090B 009 6156
Packaging: Loose
Sample Condition As Purchased: Ambient
Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 29.4

Sub-sample Name: Sainsbury's butternut squash

Ingredients: No information

Label claim(s):

Grown in: Senegal

Grown by: SCL

Nutrient information:

Nutrient	Unit	100g (as per cooking instructions, roasted) contains
Energy	kJ	273
Energy	kcal	65
Fat	g	1.8
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	9.9
Sugars	g	8.0
Starch	g	N/A
Fibre	g	1.8
Protein	g	1.4
Salt	g	0.03

Composite Sample Number: 29
Composite Sample Name: Butternut squash, baked, flesh only
Sub-sample Number: 29.5
Sub-sample Name: Morrisons butternut squash
Brand: Morrisons
Pack size:
Purchase Date: 19.10.15
Place of Purchase: Morrisons, Albion Way, Norwich
Display Until Date:
Best before Date: 08.11.15
Batch Number: 1360/MWW
Packaging: Loose
Sample Condition As Purchased: Ambient
Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 29.5

Sub-sample Name: Morrisons butternut squash

Ingredients: No information

Label claim(s):

Portugal

Class I

Nutrient information: No information

Composite Sample Number: 29
Composite Sample Name: Butternut squash, baked, flesh only
Sub-sample Number: 29.6
Sub-sample Name: Essential Waitrose butternut squash
Brand: Essential Waitrose
Pack size:
Purchase Date: 16.01.16
Place of Purchase: Waitrose, Wymondham, Norfolk
Display Until Date: 31.01.16
Best before Date:
Batch Number: 1687 Supplier: 111AGT 09:14
Packaging: Loose
Sample Condition As Purchased: Ambient
Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 29.6

Sub-sample Name: Essential Waitrose butternut squash

Ingredients: No information

Label claim(s):

Origin: Senegal

Nutrient information: No information

Composite Sample Number: 29
Composite Sample Name: Butternut squash, baked, flesh only
Sub-sample Number: 29.7
Sub-sample Name: Lidl butternut squash
Brand: Lidl
Pack size:
Purchase Date: 05.10.15
Place of Purchase: Lidl, Drayton Road, Norwich
Display Until Date:
Best before Date:
Batch Number:
Packaging: Loose
Sample Condition As Purchased: Ambient
Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 29.7

Sub-sample Name: Lidl butternut squash

Ingredients: No information

Label claim(s):
Portugal

Nutrient information: No information

Composite Sample Number: 29

Composite Sample Name: Butternut squash, baked, flesh only

Sub-sample Number: 29.8

Sub-sample Name: Sainsbury's ready prepared butternut squash

Brand: Sainsbury's

Pack size: 320g

Purchase Date: 26.10.15

Place of Purchase: Sainsbury's, Longwater Retail Park, Norwich

Display Until Date:

Use By Date: 30.10.15

Batch Number: B0090 B UP1 5 07:09 7355010 01.15

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Sub-sample Number: 29.8

Sub-sample Name: Sainsbury's ready prepared butternut squash

Ingredients:

Butternut squash

Label claim(s):

Naturally occurring sugars

Nutrient information:

Nutrient	Unit	100g (roasted as per instructions) contains	Per ½ pack (roasted as per instructions)
Energy	kJ	273	437
Energy	kcal	65	107
Fat	g	1.8	2.9
Saturates	g	0.2	0.3
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	9.9	15.8
Sugars	g	8.0	12.8
Starch	g	2.0	3.2
Fibre	g	1.8	2.9
Protein	g	1.4	2.2
Salt	g	0.03	0.04

Composite Sample Number: 29
Composite Sample Name: Butternut squash, baked, flesh only
Sub-sample Number: 29.9
Sub-sample Name: The Co-operative butternut squash
Brand: The Co-operative
Pack size:
Purchase Date: 05.01.16
Place of Purchase: The Co-operative, Wymondham, Norfolk
Display Until Date:
Best before Date: 13.01.16
Batch Number: M244 P8635/1/2
Packaging: Loose
Sample Condition As Purchased: Ambient
Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 29.9

Sub-sample Name: The Co-operative butternut squash

Ingredients: No information

Label claim(s):
Produce of: Greece
Packed in the UK

Nutrient information: No information

Composite Sample Number: 29

Composite Sample Name: Butternut squash, baked, flesh only

Sub-sample Number: 29.10

Sub-sample Name: Market butternut squash

Brand:

Pack size:

Purchase Date: 08.10.15

Place of Purchase: Independent market stall, Norwich Market

Display Until Date:

Best before Date:

Batch Number:

Packaging: Loose

Sample Condition As Purchased: Ambient

Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 29.10

Sub-sample Name: Market butternut squash

Ingredients: No information

Label claim(s): No information

Nutrient information: No information

Composite Sample Number: 29
Composite Sample Name: Butternut squash, baked, flesh only
Sub-sample Number: 29.11
Sub-sample Name: Farm Fresh butternut squash
Brand: Farm Fresh
Pack size: x2
Purchase Date: 05.10.15
Place of Purchase: Booker, Norwich
Display Until Date:
Best before Date:
Batch Number: 257 A22511
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 29.11

Sub-sample Name: Farm Fresh butternut squash

Ingredients: No information

Label claim(s):

Country of origin: Portugal

Class I

Nutrient information: No information

Sample 30: Avocado pear, raw, flesh only

Composite Sample Number: 30
Composite Sample Name: Avocado pear, raw, flesh only
Sub-sample Number: 30.1
Sub-sample Name: Tesco ripen at home avocados
Brand: Tesco
Pack size: 4 fruit
Purchase Date: 05.10.15
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Best before Date: 05.10.15
Batch Number: SC:WES02
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 30.1

Sub-sample Name: Tesco ripen at home avocados

Ingredients: No information

Label claim(s):

Class I

Variety: Hass

Ripen at home

Produce of: Peru

Nutrient information:

Nutrient	Unit	100g contains	A typical avocado (100g) contains
Energy	kJ	813	813
Energy	kcal	198	198
Fat	g	19.5	19.5
Saturates	g	4.1	4.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	1.9	1.9
Sugars	g	0.5	0.5
Starch	g	N/A	N/A
Fibre	g	3.4	3.4
Protein	g	1.9	1.9
Salt	g	0.1	0.1
Vitamin E	mg	3.2	3.2
Vitamin B ₆	mg	0.4	0.4
Pantothenic acid	mg	1.1	1.1

Composite Sample Number: 30
Composite Sample Name: Avocado pear, raw, flesh only
Sub-sample Number: 30.2
Sub-sample Name: Tesco large avocado
Brand: Tesco
Pack size:
Purchase Date: 07.12.15
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Best before Date: 08.12.15
Batch Number: SC:WES02
Packaging:
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 30.2

Sub-sample Name: Tesco large avocado

Ingredients: No information

Label claim(s):

Class I

Ripe & ready

Chile

Nutrient information: No information

Composite Sample Number: 30
Composite Sample Name: Avocado pear, raw, flesh only
Sub-sample Number: 30.3
Sub-sample Name: Asda Grower's Selection ripe and ready avocado
Brand: Asda Grower's Selection
Pack size: 2 fruit
Purchase Date: 07.12.15
Place of Purchase: Asda, Boundary Road, Norwich
Display Until Date:
Best before Date: 09.12.15
Batch Number: Site:253446 X2 ASP1418697
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 30.3

Sub-sample Name: Asda Grower's Selection ripe and ready avocado

Ingredients: No information

Label claim(s):

Class I

Variety: Hass

Country: Chile

Source of Vitamin E, B₆, pantothenic acid and fibre

Nutrient information:

Nutrient	Unit	100g contains
Energy	kJ	811
Energy	kcal	197
Fat	g	19.5
Saturates	g	4.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	1.9
Sugars	g	0.5
Starch	g	N/A
Fibre	g	3.4
Protein	g	1.9
Salt	g	0.02
Vitamin E	mg	3.20
Vitamin B ₆	mg	0.36
Pantothenic acid	mg	1.10

Composite Sample Number: 30
Composite Sample Name: Avocado pear, raw, flesh only
Sub-sample Number: 30.4
Sub-sample Name: Sainsbury's extra large avocado
Brand: Sainsbury's
Pack size:
Purchase Date: 05.10.15
Place of Purchase: Sainsbury's, Longwater Retail Park, Norwich
Display Until Date:
Best before Date: 08.10.15
Batch Number: G1036 7678882 07.15
Packaging: Loose
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 30.4

Sub-sample Name: Sainsbury's extra large avocado

Ingredients: No information

Label claim(s):

Ripe and ready

Tanzania

Nutrient information: No information

Composite Sample Number: 30
Composite Sample Name: Avocado pear, raw, flesh only
Sub-sample Number: 30.5
Sub-sample Name: Morrisons avocados
Brand: Morrisons
Pack size: 600g
Purchase Date: 07.12.15
Place of Purchase: Morrisons, Albion Way, Norwich
Display Until Date:
Best before Date: 14.12.15
Batch Number: 1230/UUK 2725 T59013/0915 LA53705700
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 30.5

Sub-sample Name: Morrisons avocados

Ingredients: No information

Label claim(s):

Hass

Chile

Class I

Nutrient information: No information

Composite Sample Number: 30
Composite Sample Name: Avocado pear, raw, flesh only
Sub-sample Number: 30.6
Sub-sample Name: M&S Hass avocado
Brand: Marks & Spencer
Pack size:
Purchase Date: 05.10.15
Place of Purchase: Marks & Spencer, Sweet Briar Retail Park, Norwich
Display Until Date:
Best before Date: 08.10.15
Batch Number: 1826
Packaging: Plastic; paper tray
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 30.6

Sub-sample Name: M&S Hass avocado

Ingredients: No information

Label claim(s):

Country or origin: Peru

Ind. Wgt.: 157-185g

Rich in vitamin E

Source of Vitamin B₆

Perfectly ripe

Nutrient information:

Nutrient	Unit	100g contains
Energy	kJ	785
Energy	kcal	190
Fat	g	19.5
Saturates	g	4.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	1.9
Sugars	g	0.5
Starch	g	N/A
Fibre	g	3.4
Protein	g	1.9
Salt	g	0.01

Composite Sample Number: 30
Composite Sample Name: Avocado pear, raw, flesh only
Sub-sample Number: 30.7
Sub-sample Name: Lidl avocado
Brand: Lidl
Pack size:
Purchase Date: 05.10.15
Place of Purchase: Lidl, Drayton Road, Norwich
Display Until Date:
Best before Date:
Batch Number:
Packaging: Loose
Sample Condition As Purchased: Ambient
Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 30.7

Sub-sample Name: Lidl avocado

Ingredients: No information

Label claim(s):
Chile

Nutrient information: No information

Composite Sample Number: 30
Composite Sample Name: Avocado pear, raw, flesh only
Sub-sample Number: 30.8
Sub-sample Name: Morrisons ready to eat avocados
Brand: Morrisons
Pack size: Count 2
Purchase Date: 07.12.15
Place of Purchase: Morrisons, Albion Way, Norwich
Display Until Date:
Best before Date: 09.12.15
Batch Number: 1230 T47609/0514
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 30.8

Sub-sample Name: Morrisons ready to eat avocados

Ingredients: Ready to eat avocados

Label claim(s):

Hass

Chile

Class I

Nutrient information: No information

Composite Sample Number: 30
Composite Sample Name: Avocado pear, raw, flesh only
Sub-sample Number: 30.9
Sub-sample Name: The Co-operative Loved by Us 2 Avocados
Brand: The Co-operative Loved by Us
Pack size:
Purchase Date: 07.12.15
Place of Purchase: The Co-operative, Long Stratton, Norfolk
Display Until Date:
Best before Date: 10.12.15
Batch Number: Supplied by: M199 P14741/1/1
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 30.9

Sub-sample Name: The Co-operative Loved by Us 2 Avocados

Ingredients: No information

Label claim(s):

Packed in the UK
Produce of: Chile
Class I
Ripe & ready to eat

Nutrient information:

Nutrient	Unit	100g contains	Typical values per ½ avocado (approx. 80g)
Energy	kJ	780	630
Energy	kcal	190	150
Fat	g	19.5	15.6
Saturates	g	4.1	3.3
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	1.9	1.5
Sugars	g	0.5	0.4
Starch	g	N/A	N/A
Fibre	g	3.4	2.7
Protein	g	1.9	1.5
Salt	g	Tr	Tr

Composite Sample Number: 30
Composite Sample Name: Avocado pear, raw, flesh only
Sub-sample Number: 30.10
Sub-sample Name: Farm Shop avocado
Brand:
Pack size:
Purchase Date: 05.10.15
Place of Purchase: Independent Farm Shop, Hethersett, Norfolk
Display Until Date:
Best before Date:
Batch Number:
Packaging: Loose
Sample Condition As Purchased: Ambient
Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 30.10

Sub-sample Name: Farm Shop avocado

Ingredients: No information

Label claim(s): No information

Nutrient information: No information

Composite Sample Number: 30
Composite Sample Name: Avocado pear, raw, flesh only
Sub-sample Number: 30.11
Sub-sample Name: Bidvest Foodservice avocado
Brand: Bidvest Foodservice
Pack size:
Purchase Date: 14.10.15
Place of Purchase: Bidvest Foodservice delivery
Display Until Date:
Best before Date:
Batch Number:
Packaging: Loose
Sample Condition As Purchased: Ambient
Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 30.11

Sub-sample Name: Bidvest Foodservice avocado

Ingredients: No information

Label claim(s): No information

Nutrient information: No information

Sample 31: Sweet potato, boiled, flesh only

Composite Sample Number: 31

Composite Sample Name: Sweet potato, boiled, flesh only

Sub-sample Number: 31.1

Sub-sample Name: Tesco sweet potatoes

Brand: Tesco

Pack size: 1kg

Purchase Date: 07.12.15

Place of Purchase: Tesco, Harford Bridges, Norwich

Display Until Date:

Best before Date: 17.12.15

Batch Number: SC:HY01(D) 4815IH

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 31.1

Sub-sample Name: Tesco sweet potatoes

Ingredients: Sweet potatoes

Label claim(s):

Produce of: USA

Source of Vitamin A

Nutrient information:

Nutrient	Unit	100g typical serving contains
Energy	kJ	413
Energy	kcal	98
Fat	g	0.3
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	21.3
Sugars	g	5.7
Starch	g	N/A
Fibre	g	2.4
Protein	g	1.2
Salt	g	<0.01
Vitamin A	µg	655
Vitamin C	mg	23

Composite Sample Number: 31
Composite Sample Name: Sweet potato, boiled, flesh only
Sub-sample Number: 31.2
Sub-sample Name: Tesco sweet potatoes
Brand: Tesco
Pack size: 1kg
Purchase Date: 05.01.16
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Best before Date: 14.01.16
Batch Number: SC:HY01(D) 5215CL
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 31.2

Sub-sample Name: Tesco sweet potatoes

Ingredients: Sweet potatoes

Label claim(s):

Produce of: USA

Source of vitamin A

Nutrient information:

Nutrient	Unit	100g typical serving contains
Energy	kJ	413
Energy	kcal	98
Fat	g	0.3
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	21.3
Sugars	g	5.7
Starch	g	N/A
Fibre	g	2.4
Protein	g	1.2
Salt	g	<0.01
Vitamin A	µg	655
Vitamin C	mg	23

Composite Sample Number: 31

Composite Sample Name: Sweet potato, boiled, flesh only

Sub-sample Number: 31.3

Sub-sample Name: Asda Grower's Selection sweet potatoes

Brand: Asda Grower's Selection

Pack size: 1kg

Purchase Date: 07.12.15

Place of Purchase: Asda, Boundary Road, Norwich

Display Until Date:

Best before Date: 12.12.15

Batch Number: 16:47 Batch: 794077 Site:900326 ASP1501783

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 31.3

Sub-sample Name: Asda Grower's Selection sweet potatoes

Ingredients: No information

Label claim(s):

COO: Spain

Source of fibre

Source of folic acid

Nutrient information:

Nutrient	Unit	100g (boiled in unsalted water) contains
Energy	kJ	402
Energy	kcal	95
Fat	g	0.3
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	20.5
Sugars	g	11.6
Starch	g	N/A
Fibre	g	3.0
Protein	g	1.1
Salt	g	0.10
Folic acid	µg	58

Composite Sample Number: 31
Composite Sample Name: Sweet potato, boiled, flesh only
Sub-sample Number: 31.4
Sub-sample Name: Sainsbury's sweet potato
Brand: Sainsbury's
Pack size: 1.25kg
Purchase Date: 07.12.15
Place of Purchase: Sainsbury's, Longwater Retail Park, Norwich
Display Until Date:
Best before Date: 11.12.15
Batch Number: B0090B 1191417 11.14
Packaging: Plastic netting
Sample Condition As Purchased: Ambient
Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 31.4

Sub-sample Name: Sainsbury's sweet potato

Ingredients: Sweet potato

Label claim(s):

Grown by: Boyette Brothers, USA

Variety: Covington

Nutrient information:

Nutrient	Unit	100g (roasted as per instructions) contains	Per 175g (roasted as per instructions)
Energy	kJ	521	913
Energy	kcal	123	216
Fat	g	<0.5	0.9
Saturates	g	0.2	0.4
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	24.7	43.2
Sugars	g	19.6	34.3
Starch	g	5.1	8.9
Fibre	g	4.2	7.4
Protein	g	2.9	5.1
Salt	g	0.13	0.22

Composite Sample Number: 31
Composite Sample Name: Sweet potato, boiled, flesh only
Sub-sample Number: 31.5
Sub-sample Name: Morrisons sweet potato
Brand: Morrisons
Pack size:
Purchase Date: 07.12.15
Place of Purchase: Morrisons, Albion Way, Norwich
Display Until Date:
Best before Date:
Batch Number:
Packaging: Loose
Sample Condition As Purchased: Ambient
Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 31.5

Sub-sample Name: Morrisons sweet potato

Ingredients: No information

Label claim(s):
Scotts Farm, USA

Nutrient information: No information

Composite Sample Number: 31
Composite Sample Name: Sweet potato, boiled, flesh only
Sub-sample Number: 31.6
Sub-sample Name: M&S sweet potatoes
Brand: Marks & Spencer
Pack size: 1kg
Purchase Date: 07.12.15
Place of Purchase: Marks & Spencer, Sweet Briar Retail Park, Norwich
Display Until Date:
Best before Date: 16.12.15
Batch Number: SC2045
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 31.6

Sub-sample Name: M&S sweet potatoes

Ingredients: No information

Label claim(s):

Country of Origin: USA

Nutrient information:

Nutrient	Unit	100g (boiled) contains
Energy	kJ	413
Energy	kcal	98
Fat	g	0.3
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	21.3
Sugars	g	5.7
Starch	g	N/A
Fibre	g	2.4
Protein	g	1.2
Salt	g	0.1
Vitamin A	µg	655
Vitamin C	mg	23
Thiamin (B ₁)	mg	0.2

Composite Sample Number: 31
Composite Sample Name: Sweet potato, boiled, flesh only
Sub-sample Number: 31.7
Sub-sample Name: Lidl sweet potatoes
Brand: Lidl
Pack size:
Purchase Date: 07.12.15
Place of Purchase: Lidl, Drayton Road, Norwich
Display Until Date:
Best before Date:
Batch Number:
Packaging: Loose
Sample Condition As Purchased: Ambient
Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 31.7

Sub-sample Name: Lidl sweet potatoes

Ingredients: No information

Label claim(s):
USA

Nutrient information: No information

Composite Sample Number: 31

Composite Sample Name: Sweet potato, boiled, flesh only

Sub-sample Number: 31.8

Sub-sample Name: Morrisons sweet potatoes

Brand: Morrisons

Pack size: Min. 5

Purchase Date: 07.12.15

Place of Purchase: Morrisons, Albion Way, Norwich

Display Until Date:

Best before Date: 13.12.15

Batch Number: 226123 TH1JOK 3 40 09:30 ED BG53700584 8600
T37739/0412

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 31.8

Sub-sample Name: Morrisons sweet potatoes

Ingredients: Sweet potatoes

Label claim(s):

Produce of Israel

Class I

Nutrient information:

Nutrient	Unit	100g contains
Energy	kJ	413
Energy	kcal	98
Fat	g	0.3
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	21.3
Sugars	g	5.7
Starch	g	N/A
Fibre	g	2.4
Protein	g	1.2
Salt	g	0.1
Sodium	g	Tr

Composite Sample Number: 31
Composite Sample Name: Sweet potato, boiled, flesh only
Sub-sample Number: 31.9
Sub-sample Name: The Co-operative sweet potatoes
Brand: The Co-operative
Pack size:
Purchase Date: 07.12.15
Place of Purchase: The Co-operative, Long Stratton, Norfolk
Display Until Date:
Best before Date:
Batch Number:
Packaging: Loose
Sample Condition As Purchased: Ambient
Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 31.9

Sub-sample Name: The Co-operative sweet potatoes

Ingredients: No information

Label claim(s):
USA

Nutrient information: No information

Composite Sample Number: 31
Composite Sample Name: Sweet potato, boiled, flesh only
Sub-sample Number: 31.10
Sub-sample Name: Greengrocer sweet potatoes
Brand:
Pack size:
Purchase Date: 09.12.15
Place of Purchase: Independent greengrocer, Gloucester Road, Norwich
Display Until Date:
Best before Date:
Batch Number:
Packaging: Loose
Sample Condition As Purchased: Ambient
Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 31.10

Sub-sample Name: Greengrocer sweet potatoes

Ingredients: No information

Label claim(s):
Spain

Nutrient information: No information

Composite Sample Number: 31

Composite Sample Name: Sweet potato, boiled, flesh only

Sub-sample Number: 31.11

Sub-sample Name: Bidvest Foodservice sweet potatoes

Brand: Bidvest Foodservice

Pack size: 6kg net

Purchase Date: 12.01.15

Place of Purchase: Bidvest Foodservice delivery

Display Until Date:

Best before Date:

Batch Number: Sanitary Registration Number:21.007547/CA
TZA:10669160802265

Packaging: Loose in cardboard

Sample Condition As Purchased: Ambient

Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 31.11

Sub-sample Name: Bidvest Foodservice sweet potatoes

Ingredients: Spanish sweet potatoes

Label claim(s):

Spanish

Class: 1 L1/L2

Size: L2

Variety: Beauregard

Grown for: EVG Europe

Nutrient information: No information

Sample 32: Sweet potato, wedges, baked in rapeseed oil, flesh and skin

Composite Sample Number: 32

Composite Sample Name: Sweet potato, wedges, baked in rapeseed oil, flesh and skin

Sub-sample Number: 32.1

Sub-sample Name: Tesco sweet potatoes

Brand: Tesco

Pack size: 1kg

Purchase Date: 07.12.15

Place of Purchase: Tesco, Harford Bridges, Norwich

Display Until Date:

Best before Date: 17.12.15

Batch Number: SC:HY01(D) 4815IH

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 32.1

Sub-sample Name: Tesco sweet potatoes

Ingredients: Sweet potatoes

Label claim(s):

Produce of: USA

Source of Vitamin A

Nutrient information:

Nutrient	Unit	100g typical serving contains
Energy	kJ	413
Energy	kcal	98
Fat	g	0.3
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	21.3
Sugars	g	5.7
Starch	g	N/A
Fibre	g	2.4
Protein	g	1.2
Salt	g	<0.01
Vitamin A	µg	655
Vitamin C	mg	23

Composite Sample Number: 32

Composite Sample Name: Sweet potato, wedges, baked in rapeseed oil, flesh and skin

Sub-sample Number: 32.2

Sub-sample Name: Tesco sweet potatoes

Brand: Tesco

Pack size: 1kg

Purchase Date: 05.01.16

Place of Purchase: Tesco, Harford Bridges, Norwich

Display Until Date:

Best before Date: 14.01.16

Batch Number: SC:HY01(D) 5215CL

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 32.2

Sub-sample Name: Tesco sweet potatoes

Ingredients: Sweet potatoes

Label claim(s):

Produce of: USA

Source of vitamin A

Nutrient information:

Nutrient	Unit	100g typical serving contains
Energy	kJ	413
Energy	kcal	98
Fat	g	0.3
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	21.3
Sugars	g	5.7
Starch	g	N/A
Fibre	g	2.4
Protein	g	1.2
Salt	g	<0.01
Vitamin A	µg	655
Vitamin C	mg	23

Composite Sample Number: 32

Composite Sample Name: Sweet potato, wedges, baked in rapeseed oil, flesh and skin

Sub-sample Number: 32.3

Sub-sample Name: Asda Grower's Selection sweet potatoes

Brand: Asda Grower's Selection

Pack size: 1kg

Purchase Date: 07.12.15

Place of Purchase: Asda, Boundary Road, Norwich

Display Until Date:

Best before Date: 12.12.15

Batch Number: 16:47 Batch: 794077 Site:900326 ASP1501783

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 32.3

Sub-sample Name: Asda Grower's Selection sweet potatoes

Ingredients: No information

Label claim(s):

COO: Spain

Source of fibre

Source of folic acid

Nutrient information:

Nutrient	Unit	100g (boiled in unsalted water) contains
Energy	kJ	402
Energy	kcal	95
Fat	g	0.3
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	20.5
Sugars	g	11.6
Starch	g	N/A
Fibre	g	3.0
Protein	g	1.1
Salt	g	0.10
Folic acid	µg	58

Composite Sample Number: 32

Composite Sample Name: Sweet potato, wedges, baked in rapeseed oil, flesh and skin

Sub-sample Number: 32.4

Sub-sample Name: Sainsbury's sweet potato

Brand: Sainsbury's

Pack size: 1.25kg

Purchase Date: 07.12.15

Place of Purchase: Sainsbury's, Longwater Retail Park, Norwich

Display Until Date:

Best before Date: 11.12.15

Batch Number: B0090B 1191417 11.14

Packaging: Plastic netting

Sample Condition As Purchased: Ambient

Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 32.4

Sub-sample Name: Sainsbury's sweet potato

Ingredients: Sweet potato

Label claim(s):

Grown by: Boyette Brothers, USA

Variety: Covington

Nutrient information:

Nutrient	Unit	100g (roasted as per instructions) contains	Per 175g (roasted as per instructions)
Energy	kJ	521	913
Energy	kcal	123	216
Fat	g	<0.5	0.9
Saturates	g	0.2	0.4
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	24.7	43.2
Sugars	g	19.6	34.3
Starch	g	5.1	8.9
Fibre	g	4.2	7.4
Protein	g	2.9	5.1
Salt	g	0.13	0.22

Composite Sample Number: 32

Composite Sample Name: Sweet potato, wedges, baked in rapeseed oil, flesh and skin

Sub-sample Number: 32.5

Sub-sample Name: Morrisons sweet potato

Brand: Morrisons

Pack size:

Purchase Date: 07.12.15

Place of Purchase: Morrisons, Albion Way, Norwich

Display Until Date:

Best before Date:

Batch Number:

Packaging: Loose

Sample Condition As Purchased: Ambient

Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 32.5

Sub-sample Name: Morrisons sweet potato

Ingredients: No information

Label claim(s):
Scotts Farm, USA

Nutrient information: No information

Composite Sample Number: 32

Composite Sample Name: Sweet potato, wedges, baked in rapeseed oil, flesh and skin

Sub-sample Number: 32.6

Sub-sample Name: M&S sweet potatoes

Brand: Marks & Spencer

Pack size: 1kg

Purchase Date: 07.12.15

Place of Purchase: Marks & Spencer, Sweet Briar Retail Park, Norwich

Display Until Date:

Best before Date: 16.12.15

Batch Number: SC2045

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 32.6

Sub-sample Name: M&S sweet potatoes

Ingredients: No information

Label claim(s):

Country of Origin: USA

Nutrient information:

Nutrient	Unit	100g (boiled) contains
Energy	kJ	413
Energy	kcal	98
Fat	g	0.3
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	21.3
Sugars	g	5.7
Starch	g	N/A
Fibre	g	2.4
Protein	g	1.2
Salt	g	0.1
Vitamin A	µg	655
Vitamin C	mg	23
Thiamin (B ₁)	mg	0.2

Composite Sample Number: 32

Composite Sample Name: Sweet potato, wedges, baked in rapeseed oil, flesh and skin

Sub-sample Number: 32.7

Sub-sample Name: Lidl sweet potatoes

Brand: Lidl

Pack size:

Purchase Date: 07.12.15

Place of Purchase: Lidl, Drayton Road, Norwich

Display Until Date:

Best before Date:

Batch Number:

Packaging: Loose

Sample Condition As Purchased: Ambient

Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 32.7

Sub-sample Name: Lidl sweet potatoes

Ingredients: No information

Label claim(s):
USA

Nutrient information: No information

Composite Sample Number: 32

Composite Sample Name: Sweet potato, wedges, baked in rapeseed oil, flesh and skin

Sub-sample Number: 32.8

Sub-sample Name: Morrisons sweet potatoes

Brand: Morrisons

Pack size: Min. 5

Purchase Date: 07.12.15

Place of Purchase: Morrisons, Albion Way, Norwich

Display Until Date:

Best before Date: 13.12.15

Batch Number: 226123 TH1JOK 3 40 09:30 ED BG53700584 8600
T37739/0412

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 32.8

Sub-sample Name: Morrisons sweet potatoes

Ingredients: Sweet potatoes

Label claim(s):

Produce of Israel

Class I

Nutrient information:

Nutrient	Unit	100g contains
Energy	kJ	413
Energy	kcal	98
Fat	g	0.3
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	21.3
Sugars	g	5.7
Starch	g	N/A
Fibre	g	2.4
Protein	g	1.2
Salt	g	0.1
Sodium	g	Tr

Composite Sample Number: 32

Composite Sample Name: Sweet potato, wedges, baked in rapeseed oil, flesh and skin

Sub-sample Number: 32.9

Sub-sample Name: The Co-operative sweet potatoes

Brand: The Co-operative

Pack size:

Purchase Date: 07.12.15

Place of Purchase: The Co-operative, Long Stratton

Display Until Date:

Best before Date:

Batch Number:

Packaging: Loose

Sample Condition As Purchased: Ambient

Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 32.9

Sub-sample Name: The Co-operative sweet potatoes

Ingredients: No information

Label claim(s):
USA

Nutrient information: No information

Composite Sample Number: 32

Composite Sample Name: Sweet potato, wedges, baked in rapeseed oil, flesh and skin

Sub-sample Number: 32.10

Sub-sample Name: Greengrocer sweet potatoes

Brand:

Pack size:

Purchase Date: 09.12.15

Place of Purchase: Independent greengrocer, Gloucester Road, Norwich

Display Until Date:

Best before Date:

Batch Number:

Packaging: Loose

Sample Condition As Purchased: Ambient

Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 32.10

Sub-sample Name: Greengrocer sweet potatoes

Ingredients: No information

Label claim(s):
Spain

Nutrient information: No information

Composite Sample Number: 32

Composite Sample Name: Sweet potato, wedges, baked in rapeseed oil, flesh and skin

Sub-sample Number: 32.11

Sub-sample Name: Bidvest Foodservice sweet potatoes

Brand: Bidvest Foodservice

Pack size: 6kg net

Purchase Date: 12.01.15

Place of Purchase: Bidvest Foodservice delivery

Display Until Date:

Best before Date:

Batch Number: Sanitary Registration Number:21.007547/CA
TZA:10669160802265

Packaging: Loose in cardboard

Sample Condition As Purchased: Ambient

Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 32.11

Sub-sample Name: Bidvest Foodservice sweet potatoes

Ingredients: Spanish sweet potatoes

Label claim(s):

Spanish

Class: 1 L1/L2

Size: L2

Variety: Beauregard

Grown for: EVG Europe

Nutrient information: No information

Sample 33: Broad beans, fresh, boiled

Composite Sample Number: 33
Composite Sample Name: Broad beans, fresh, boiled
Sub-sample Number: 33.1
Sub-sample Name: Tesco British broad beans
Brand: Tesco
Pack size: 500g
Purchase Date: 11.08.15
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Best before Date: 16.08.15
Batch Number: S4 6 12:52 SC 212977 (BOB01)
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 33.1

Sub-sample Name: Tesco British broad beans

Ingredients: Broad beans

Label claim(s):

Packed in the UK

Grown in: West Sussex UK

Grown by: Peter Barfoot

Nutrient information:

Nutrient	Unit	100g contains
Energy	kJ	305
Energy	kcal	73
Fat	g	1.0
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	7.2
Sugars	g	1.3
Starch	g	N/A
Fibre	g	6.1
Protein	g	5.7
Salt	g	<0.01

Composite Sample Number: 33
Composite Sample Name: Broad beans, fresh, boiled
Sub-sample Number: 33.2
Sub-sample Name: Tesco British broad beans
Brand: Tesco
Pack size: 500g
Purchase Date: 17.08.15
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Best before Date: 19.08.15
Batch Number: S4 2 11:54 SC 212977 (BOB01)
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 33.2

Sub-sample Name: Tesco British broad beans

Ingredients: Broad beans

Label claim(s):

Packed in the UK

Grown in: West Sussex UK

Grown by: Peter Barfoot

Nutrient information:

Nutrient	Unit	100g contains
Energy	kJ	305
Energy	kcal	73
Fat	g	1.0
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	7.2
Sugars	g	1.3
Starch	g	N/A
Fibre	g	6.1
Protein	g	5.7
Salt	g	<0.01

Composite Sample Number: 33
Composite Sample Name: Broad beans, fresh, boiled
Sub-sample Number: 33.3
Sub-sample Name: Tesco broad beans
Brand: Tesco
Pack size: 500g
Purchase Date: 22.09.15
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Best before Date: 26.09.15
Batch Number: SC 212977 (BOB01)
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 33.3

Sub-sample Name: Tesco broad beans

Ingredients: Broad beans

Label claim(s):

Grown in: Angus, UK

Grown by: Alex Sanger

Nutrient information: No information

Composite Sample Number: 33
Composite Sample Name: Broad beans, fresh, boiled
Sub-sample Number: 33.4
Sub-sample Name: Asda Grower's Selection broad beans
Brand: Asda Grower's Selection
Pack size: 500g
Purchase Date: 11.08.15
Place of Purchase: Asda, Boundary Road, Norwich
Display Until Date:
Best before Date: 15.08.15
Batch Number: Site:550307 ASP1507907
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 33.4

Sub-sample Name: Asda Grower's Selection broad beans

Ingredients: No information

Label claim(s):

Country: UK

County: Shropshire

Class II

Nutrient information: No information

Composite Sample Number: 33
Composite Sample Name: Broad beans, fresh, boiled
Sub-sample Number: 33.5
Sub-sample Name: Sainsbury's broad beans
Brand: Sainsbury's
Pack size: 500g
Purchase Date: 11.08.15
Place of Purchase: Sainsbury's, Longwater Retail Park, Norwich
Display Until Date:
Best before Date: 12.08.15
Batch Number: K0022 1383478 04.14
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 33.5

Sub-sample Name: Sainsbury's broad beans

Ingredients: No information

Label claim(s):

Grown by: K.S.Coles Ltd.

Somerset, UK

Produced in the UK

Nutrient information:

Nutrient	Unit	100g (steamed as per instructions) contains
Energy	kJ	346
Energy	kcal	82
Fat	g	0.5
Saturates	g	<0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	10.3
Sugars	g	3.8
Starch	g	N/A
Fibre	g	5.0
Protein	g	6.7
Salt	g	<0.01

Composite Sample Number: 33
Composite Sample Name: Broad beans, fresh, boiled
Sub-sample Number: 33.6
Sub-sample Name: Morrisons broad beans
Brand: Morrisons
Pack size: 500g
Purchase Date: 11.08.15
Place of Purchase: Morrisons, Albion way, Norwich
Display Until Date:
Best before Date: 15.08.15
Batch Number: 2624 T47598/0514
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 33.6

Sub-sample Name: Morrisons broad beans

Ingredients: Broad beans

Label claim(s):

UK, Somerset

Grown by: K.S. Coles Ltd

Nutrient information: No information

Composite Sample Number: 33
Composite Sample Name: Broad beans, fresh, boiled
Sub-sample Number: 33.7
Sub-sample Name: Essential Waitrose broad beans
Brand: Essential Waitrose
Pack size: 500g
Purchase Date: 11.08.15
Place of Purchase: Waitrose, Eaton, Norwich
Display Until Date: 13.08.15
Best before Date:
Batch Number: 284AAS 04.15
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 33.7

Sub-sample Name: Essential Waitrose broad beans

Ingredients: No information

Label claim(s):
Herefordshire, UK

Nutrient information: No information

Composite Sample Number: 33

Composite Sample Name: Broad beans, fresh, boiled

Sub-sample Number: 33.8

Sub-sample Name: Asda Grower's Selection British broad beans

Brand: Asda Grower's Selection

Pack size: 500g

Purchase Date: 19.10.15

Place of Purchase: Asda, Boundary Road, Norwich

Display Until Date:

Best before Date: 23.10.15

Batch Number: Site:550522 ASP1419787

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Sub-sample Number: 33.8

Sub-sample Name: Asda Grower's Selection British broad beans

Ingredients: No information

Label claim(s):

Scotland, UK
 Class II
 Source of vitamin C
 Source of fibre
 Source of folic acid
 Source of vitamin A

Nutrient information:

Nutrient	Unit	100g (boiled in unsalted water) contains
Energy	kJ	247
Energy	kcal	59
Fat	g	0.8
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	5.6
Sugars	g	0.9
Starch	g	N/A
Fibre	g	5.4
Protein	g	5.1
Salt	g	0.05
Vitamin C	mg	20
Folic acid	µg	32
Vitamin A	µg	145

Composite Sample Number: 33
Composite Sample Name: Broad beans, fresh, boiled
Sub-sample Number: 33.9
Sub-sample Name: M&S British broad beans
Brand: Marks & Spencer
Pack size: 450g
Purchase Date: 19.10.15
Place of Purchase: Marks & Spencer, Sweet Briar Retail Park, Norwich
Display Until Date:
Best before Date: 23.10.15
Batch Number: SC4146
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 33.9

Sub-sample Name: M&S British broad beans

Ingredients: No information

Label claim(s):

County: Angus

Grower's name: Alex Sanger

Nutrient information:

Nutrient	Unit	100g contains
Energy	kJ	255
Energy	kcal	61
Fat	g	0.8
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	5.6
Sugars	g	0.9
Starch	g	N/A
Fibre	g	5.4
Protein	g	5.1
Salt	g	0.05
Vitamin B ₆	mg	3.8
Vitamin C	mg	20
Vitamin B ₃	mg	3
Folic acid (B ₉)	µg	32

Composite Sample Number: 33
Composite Sample Name: Broad beans, fresh, boiled
Sub-sample Number: 33.10
Sub-sample Name: Tesco broad beans
Brand: Tesco
Pack size: 500g
Purchase Date: 16.10.15
Place of Purchase: Tesco Extra, Blue Boar Road, Norwich
Display Until Date:
Best before Date: 19.10.15
Batch Number: SC:WD03
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 33.10

Sub-sample Name: Tesco broad beans

Ingredients: Broad beans

Label claim(s):

Grown in: Herefordshire, UK

Nutrient information: No information

Composite Sample Number: 33
Composite Sample Name: Broad beans, fresh, boiled
Sub-sample Number: 33.11
Sub-sample Name: Market broad beans
Brand:
Pack size:
Purchase Date: 12.08.15
Place of Purchase: Independent market stall, Norwich Market
Display Until Date:
Best before Date:
Batch Number:
Packaging: Loose
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 33.11

Sub-sample Name: Market broad beans

Ingredients: No information

Label claim(s):
Arpington

Nutrient information: No information

Sample 34: Curly kale, fresh, boiled

Composite Sample Number: 34

Composite Sample Name: Curly kale, fresh, boiled

Sub-sample Number: 34.1

Sub-sample Name: Tesco British curly kale

Brand: Tesco

Pack size: 206g

Purchase Date: 26.10.15

Place of Purchase: Tesco, Harford Bridges, Norwich

Display Until Date:

Best before Date: 29.10.15

Batch Number: SC:EM01 S1 297 00:56

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Sub-sample Number: 34.1

Sub-sample Name: Tesco British curly kale

Ingredients: Sliced curly kale

Label claim(s):

Packed in the UK

Grown in the UK

Grown by: Paul Arkell

Nutrient information:

Nutrient	Unit	100g contains
Energy	kJ	141
Energy	kcal	34
Fat	g	1.6
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	1.4
Sugars	g	1.3
Starch	g	N/A
Fibre	g	3.1
Protein	g	3.4
Salt	g	<0.01
Vitamin C	mg	110.0

Composite Sample Number: 34
Composite Sample Name: Curly kale, fresh, boiled
Sub-sample Number: 34.2
Sub-sample Name: Tesco British curly kale
Brand: Tesco
Pack size: 206g
Purchase Date: 26.10.15
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Best before Date: 28.10.15
Batch Number: SC:EM01 S2296 04:54
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 34.2

Sub-sample Name: Tesco British curly kale

Ingredients: Sliced curly kale

Label claim(s):

Packed in the UK

Grown in the UK

Grown by: Paul Arkell

Nutrient information:

Nutrient	Unit	100g contains
Energy	kJ	141
Energy	kcal	34
Fat	g	1.6
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	1.4
Sugars	g	1.3
Starch	g	N/A
Fibre	g	3.1
Protein	g	3.4
Salt	g	<0.01
Vitamin C	mg	110.0

Composite Sample Number: 34

Composite Sample Name: Curly kale, fresh, boiled

Sub-sample Number: 34.3

Sub-sample Name: Asda Grower's Selection British unwashed sliced curly kale

Brand: Asda Grower's Selection

Pack size: 200g

Purchase Date: 26.10.15

Place of Purchase: Asda, Boundary Road, Norwich

Display Until Date:

Best before Date: 29.10.15

Batch Number: Site: 730000 Batch: E 06671 SK297 01 36 ASP1420386

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Sub-sample Number: 34.3

Sub-sample Name: Asda Grower's Selection British unwashed sliced curly kale

Ingredients: No information

Label claim(s):

Packed for Asda Stores Ltd
Lincolnshire, UK

Nutrient information:

Nutrient	Unit	100g (boiled in unsalted water)
Energy	kJ	122
Energy	kcal	30
Fat	g	1.1
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	1.0
Sugars	g	0.9
Starch	g	N/A
Fibre	g	2.8
Protein	g	2.4
Salt	g	<0.09

Composite Sample Number: 34
Composite Sample Name: Curly kale, fresh, boiled
Sub-sample Number: 34.4
Sub-sample Name: Sainsbury's curly leaf kale
Brand: Sainsbury's
Pack size: 200g
Purchase Date: 26.10.15
Place of Purchase: Sainsbury's, Longwater Retail Park, Norwich
Display Until Date:
Best before Date: 29.10.15
Batch Number: 296 19:02 M0259J 6008871 11.14
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 34.4

Sub-sample Name: Sainsbury's curly leaf kale

Ingredients: No information

Label claim(s):

Grown by: Chris Molyneux

Grown in: Lancs, UK

Nutrient information:

Nutrient	Unit	100g contain (as sold)
Energy	kJ	164
Energy	kcal	39
Fat	g	1.6
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	1.3
Sugars	g	1.2
Starch	g	N/A
Fibre	g	3.1
Protein	g	3.4
Salt	g	0.11

Composite Sample Number: 34
Composite Sample Name: Curly kale, fresh, boiled
Sub-sample Number: 34.5
Sub-sample Name: Morrisons prepared kale
Brand: Morrisons
Pack size: 200g
Purchase Date: 26.10.15
Place of Purchase: Morrisons, Albion Way, Norwich
Display Until Date:
Best before Date: 30.10.15
Batch Number: SK 297 14:57 E 01525 1825/WRA 1825 T47613/0514
3815WM
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 34.5

Sub-sample Name: Morrisons prepared kale

Ingredients: Prepared kale

Label claim(s):

UK, Lincolnshire

Class I

Nutrient information: No information

Composite Sample Number: 34
Composite Sample Name: Curly kale, fresh, boiled
Sub-sample Number: 34.6
Sub-sample Name: M&S kale
Brand: Marks & Spencer
Pack size: 170g
Purchase Date: 26.10.15
Place of Purchase: Marks & Spencer, Sweet Briar Retail Park, Norwich
Display Until Date:
Best before Date: 30.10.15
Batch Number: 2063G SC2063
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 34.6

Sub-sample Name: M&S kale

Ingredients: No information

Label claim(s):

County: Kent

Grower's Name: Matt Gedney

Washed and ready to cook

Nutrient information:

Nutrient	Unit	100g contain
Energy	kJ	166
Energy	kcal	40
Fat	g	1.6
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	1.4
Sugars	g	1.3
Starch	g	N/A
Fibre	g	3.1
Protein	g	3.4
Salt	g	0.10

Composite Sample Number: 34
Composite Sample Name: Curly kale, fresh, boiled
Sub-sample Number: 34.7
Sub-sample Name: Oaklands British curly kale
Brand: Oaklands
Pack size: 200g
Purchase Date: 26.10.15
Place of Purchase: Lidl, Drayton Road, Norwich
Display Until Date:
Best before Date: 30.10.15
Batch Number: W3638 4305
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 34.7

Sub-sample Name: Oaklands British curly kale

Ingredients: No information

Label claim(s):
Lincolnshire, UK
Class I

Nutrient information: No information

Composite Sample Number: 34

Composite Sample Name: Curly kale, fresh, boiled

Sub-sample Number: 34.8

Sub-sample Name: Asda Grower's Selection British unwashed sliced curly kale

Brand: Asda Grower's Selection

Pack size: 200g

Purchase Date: 02.11.15

Place of Purchase: Asda, Boundary Road, Norwich

Display Until Date:

Best before Date: 06.11.15

Batch Number: Site: 730000 Batch: E 02397 SK305 12:54

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Sub-sample Number: 34.8

Sub-sample Name: Asda Grower's Selection British unwashed sliced curly kale

Ingredients: No information

Label claim(s):
Lincolnshire, UK

Nutrient information:

Nutrient	Unit	100g (boiled in unsalted water) contains
Energy	kJ	122
Energy	kcal	30
Fat	g	1.1
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	1.0
Sugars	g	0.9
Starch	g	N/A
Fibre	g	2.8
Protein	g	2.4
Salt	g	<0.09

Composite Sample Number: 34

Composite Sample Name: Curly kale, fresh, boiled

Sub-sample Number: 34.9

Sub-sample Name: The Co-operative Loved by Us British sliced curly kale

Brand: The Co-operative Loved by Us

Pack size: 160g

Purchase Date: 26.10.15

Place of Purchase: The Co-operative, Long Stratton, Norfolk

Display Until Date:

Best before Date: 29.10.15

Batch Number: M233 P6197/1/2

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Sub-sample Number: 34.9

Sub-sample Name: The Co-operative Loved by Us British sliced curly kale

Ingredients: No information

Label claim(s):

Origin: UK, Lincs
Packed in the UK
Produce of UK

Nutrient information:

Nutrient	Unit	100g contain	Per 80g serving
Energy	kJ	140	110
Energy	kcal	35	30
Fat	g	1.6	1.3
Saturates	g	0.2	0.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	1.4	1.1
Sugars	g	1.3	1.0
Starch	g	N/A	N/A
Fibre	g	3.1	2.5
Protein	g	3.4	2.7
Salt	g	0.1	0.1

Composite Sample Number: 34
Composite Sample Name: Curly kale, fresh, boiled
Sub-sample Number: 34.10
Sub-sample Name: Farm Shop curly kale
Brand:
Pack size:
Purchase Date: 13.10.15
Place of Purchase: Independent Farm Shop, Mulbarton, Norfolk
Display Until Date:
Best before Date:
Batch Number:
Packaging: Loose
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 34.10

Sub-sample Name: Farm Shop curly kale

Ingredients: No information

Label claim(s):
UK

Nutrient information: No information

Composite Sample Number: 34
Composite Sample Name: Curly kale, fresh, boiled
Sub-sample Number: 34.11
Sub-sample Name: Swithenbank cabbage curly kale
Brand: Swithenbank
Pack size: 1kg
Purchase Date: 15.10.15
Place of Purchase: Bidvest Foodservice delivery
Display Until Date:
Best before Date: H 104412 Product code: 76781
Batch Number:
Packaging: Loose in cardboard
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 34.11

Sub-sample Name: Swithenbank cabbage curly kale

Ingredients: No information

Label claim(s):
Country of origin: UK
Class I

Nutrient information: No information

Sample 35: Swede, fresh, boiled

Composite Sample Number: 35
Composite Sample Name: Swede, fresh, boiled
Sub-sample Number: 35.1
Sub-sample Name: Tesco British small swede
Brand: Tesco
Pack size: Min. 400g
Purchase Date: 26.10.15
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Best before Date: 30.10.15
Batch Number: SC:DR DD2 (M)
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 35.1

Sub-sample Name: Tesco British small swede

Ingredients: No information

Label claim(s):

Packed in the UK for Tesco Stores Ltd

Grown in: Northumberland

Grown by: David Dungait

Nutrient information: No information

Composite Sample Number: 35
Composite Sample Name: Swede, fresh, boiled
Sub-sample Number: 35.2
Sub-sample Name: Tesco British large swede
Brand: Tesco
Pack size: Min. 700g
Purchase Date: 26.10.15
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Best before Date: 30.10.15
Batch Number: SC:DR LU (H)
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 35.2

Sub-sample Name: Tesco British large swede

Ingredients: No information

Label claim(s):

Packed in the UK

Grown in: Berwickshire

Grown by: Paul Wilson

Nutrient information: No information

Composite Sample Number: 35
Composite Sample Name: Swede, fresh, boiled
Sub-sample Number: 35.3
Sub-sample Name: Asda Grower's Selection diced swede
Brand: Asda
Pack size: 500g
Purchase Date: 26.10.15
Place of Purchase: Asda, Boundary Road, Norwich
Display Until Date:
Best before Date: 27.10.15
Batch Number: 295 06:48 195 S ASP1512185
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 35.3

Sub-sample Name: Asda Grower's Selection diced swede

Ingredients: Diced swede

Label claim(s): No information

Nutrient information:

Nutrient	Unit	100g (boiled) contains
Energy	kJ	102
Energy	kcal	25
Fat	g	<0.5
Saturates	g	0
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	2.4
Sugars	g	2.1
Starch	g	N/A
Fibre	g	4.0
Protein	g	0.6
Salt	g	<0.01

Composite Sample Number: 35
Composite Sample Name: Swede, fresh, boiled
Sub-sample Number: 35.4
Sub-sample Name: Sainsbury's swede
Brand: Sainsbury's
Pack size: Min. 525g
Purchase Date: 26.10.15
Place of Purchase: Sainsbury's, Longwater Retail Park, Norwich
Display Until Date:
Best before Date:
Batch Number: 7572548 08.14
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 35.4

Sub-sample Name: Sainsbury's swede

Ingredients: No information

Label claim(s): No information

Nutrient information: No information

Composite Sample Number: 35
Composite Sample Name: Swede, fresh, boiled
Sub-sample Number: 35.5
Sub-sample Name: Morrisons swede
Brand: Morrisons
Pack size: Min. 500g
Purchase Date: 02.11.15
Place of Purchase: Morrisons, Albion Way, Norwich
Display Until Date:
Best before Date: 06.11.15
Batch Number: 8600 LA53705508 221332 TH1 VEG20 303 03:48 HK
T51267/1114
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 35.5

Sub-sample Name: Morrisons swede

Ingredients: No information

Label claim(s):

UK

Class I

Nutrient information: No information

Composite Sample Number: 35
Composite Sample Name: Swede, fresh, boiled
Sub-sample Number: 35.6
Sub-sample Name: Simply M&S British swede
Brand: Simply M&S
Pack size: 500g
Purchase Date: 26.10.15
Place of Purchase: Marks & Spencer, Sweet Briar Retail Park, Norwich
Display Until Date:
Best before Date: 30.10.15
Batch Number: 1945 M
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 35.6

Sub-sample Name: Simply M&S British swede

Ingredients: No information

Label claim(s):

County: Fife

Grower's name: James Robertson

Nutrient information: No information

Composite Sample Number: 35
Composite Sample Name: Swede, fresh, boiled
Sub-sample Number: 35.7
Sub-sample Name: Lidl swede
Brand: Lidl
Pack size:
Purchase Date: 26.10.15
Place of Purchase: Lidl, Drayton Road, Norwich
Display Until Date:
Best before Date:
Batch Number:
Packaging: Loose
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 35.7

Sub-sample Name: Lidl swede

Ingredients: No information

Label claim(s):
UK

Nutrient information: No information

Composite Sample Number: 35
Composite Sample Name: Swede, fresh, boiled
Sub-sample Number: 35.8
Sub-sample Name: Asda Grower's Selection diced swede
Brand: Asda
Pack size: 500g
Purchase Date: 02.11.15
Place of Purchase: Asda, Boundary Road, Norwich
Display Until Date:
Use By Date: 04.11.15
Batch Number: 303 08:02 195 8 ASP1512185
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 35.8

Sub-sample Name: Asda Grower's Selection diced swede

Ingredients: Diced swede

Label claim(s):
Packed in the UK

Nutrient information:

Nutrient	Unit	100g (boiled) contains
Energy	kJ	102
Energy	kcal	25
Fat	g	<0.5
Saturates	g	0
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	2.4
Sugars	g	2.1
Starch	g	N/A
Fibre	g	4.0
Protein	g	0.6
Salt	g	<0.01

Composite Sample Number: 35
Composite Sample Name: Swede, fresh, boiled
Sub-sample Number: 35.9
Sub-sample Name: The Co-operative Loved by Us British swede
Brand: The Co-operative Loved by Us
Pack size: 500g
Purchase Date: 26.10.15
Place of Purchase: The Co-operative, Long Stratton, Norwich
Display Until Date:
Best before Date: 28.10.15
Batch Number: M194 P5535/1/1
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 35.9

Sub-sample Name: The Co-operative Loved by Us British swede

Ingredients: British Swede

Label claim(s):

Packed in the UK

Produce of: UK

Nutrient information:

Nutrient	Unit	100g contains	Per three heaped tablespoons (approx. 80g)
Energy	kJ	130	100
Energy	kcal	30	25
Fat	g	0.3	0.2
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	5.0	4.0
Sugars	g	4.9	3.9
Starch	g	N/A	N/A
Fibre	g	2.5	2.0
Protein	g	0.7	0.6
Salt	g	Tr	Tr

Composite Sample Number: 35
Composite Sample Name: Swede, fresh, boiled
Sub-sample Number: 35.10
Sub-sample Name: Farm Shop swede
Brand:
Pack size:
Purchase Date: 13.10.15
Place of Purchase: Independent Farm Shop, Mulbarton, Norfolk
Display Until Date:
Best before Date:
Batch Number:
Packaging: Loose
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 35.10

Sub-sample Name: Farm Shop Swede

Ingredients: No information

Label claim(s):
UK

Nutrient information: No information

Composite Sample Number: 35
Composite Sample Name: Swede, fresh, boiled
Sub-sample Number: 35.11
Sub-sample Name: Bidvest Foodservice swede
Brand: Bidvest Foodservice
Pack size:
Purchase Date: 12.10.15
Place of Purchase: Bidvest Foodservice delivery
Display Until Date:
Best before Date:
Batch Number:
Packaging: Loose
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 35.11

Sub-sample Name: Bidvest Foodservice swede

Ingredients: No information

Label claim(s): No information

Nutrient information: No information

Sample 36: Aubergine, boiled, flesh and skin

Composite Sample Number: 36
Composite Sample Name: Aubergine, boiled, flesh and skin
Sub-sample Number: 36.1
Sub-sample Name: Tesco aubergine
Brand: Tesco
Pack size:
Purchase Date: 28.09.15
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Best before Date:
Batch Number:
Packaging: Loose
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 36.1

Sub-sample Name: Tesco aubergine

Ingredients: No information

Label claim(s):
Netherlands

Nutrient information: No information

Composite Sample Number: 36
Composite Sample Name: Aubergine, boiled, flesh and skin
Sub-sample Number: 36.2
Sub-sample Name: Tesco aubergine
Brand: Tesco
Pack size:
Purchase Date: 16.11.15
Place of Purchase: Tesco Extra, Blue Boar Road, Norwich
Display Until Date:
Best before Date:
Batch Number:
Packaging: Loose
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 36.2

Sub-sample Name: Tesco aubergine

Ingredients: No information

Label claim(s):
Spain

Nutrient information: No information

Composite Sample Number: 36
Composite Sample Name: Aubergine, boiled, flesh and skin
Sub-sample Number: 36.3
Sub-sample Name: Asda aubergine
Brand: Asda
Pack size:
Purchase Date: 10.12.15
Place of Purchase: Asda, Boundary Road, Norwich
Display Until Date:
Best before Date:
Batch Number:
Packaging: Loose
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 36.3

Sub-sample Name: Asda aubergine

Ingredients: No information

Label claim(s):

Spain

Thelma

Nutrient information: No information

Composite Sample Number: 36
Composite Sample Name: Aubergine, boiled, flesh and skin
Sub-sample Number: 36.4
Sub-sample Name: Sainsbury's aubergine
Brand: Sainsbury's
Pack size:
Purchase Date: 05.10.15
Place of Purchase: Sainsbury's, Longwater Retail Park, Norwich
Display Until Date:
Best before Date: Consume within 2-3 days of purchase
Batch Number: C0482
Packaging: Loose
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 36.4

Sub-sample Name: Sainsbury's aubergine

Ingredients: No information

Label claim(s):

UK

Nutrient information: No information

Composite Sample Number: 36
Composite Sample Name: Aubergine, boiled, flesh and skin
Sub-sample Number: 36.5
Sub-sample Name: Morrisons aubergine
Brand: Morrisons
Pack size:
Purchase Date: 17.11.15
Place of Purchase: Morrisons, Albion Way, Norwich
Display Until Date:
Best before Date:
Batch Number:
Packaging: Loose
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 36.5

Sub-sample Name: Morrisons aubergine

Ingredients: No information

Label claim(s):
Spain

Nutrient information: No information

Composite Sample Number: 36
Composite Sample Name: Aubergine, boiled, flesh and skin
Sub-sample Number: 36.6
Sub-sample Name: Waitrose aubergine
Brand: Waitrose
Pack size:
Purchase Date: 18.11.15
Place of Purchase: Waitrose, Wymondham, Norfolk
Display Until Date:
Best before Date:
Batch Number:
Packaging: Loose
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 36.6

Sub-sample Name: Waitrose aubergine

Ingredients: No information

Label claim(s):
Spain

Nutrient information: No information

Composite Sample Number: 36
Composite Sample Name: Aubergine, boiled, flesh and skin
Sub-sample Number: 36.7
Sub-sample Name: Lidl aubergine
Brand: Lidl
Pack size:
Purchase Date: 28.09.15
Place of Purchase: Lidl, Drayton Road, Norwich
Display Until Date:
Best before Date:
Batch Number:
Packaging: Loose
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 36.7

Sub-sample Name: Lidl aubergine

Ingredients: No information

Label claim(s):
Holland

Nutrient information: No information

Composite Sample Number: 36
Composite Sample Name: Aubergine, boiled, flesh and skin
Sub-sample Number: 36.8
Sub-sample Name: Sainsbury's Basics aubergine
Brand: Sainsbury's Basics
Pack size: 500g
Purchase Date: 28.09.15
Place of Purchase: Sainsbury's, Longwater Retail Park, Norwich
Display Until Date:
Best before Date: 02.10.15
Batch Number: 6610672 09.13 CO482A
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 36.8

Sub-sample Name: Sainsbury's Basics aubergine

Ingredients: No information

Label claim(s):
The Netherlands

Nutrient information:

Nutrient	Unit	100g (raw) contains
Energy	kJ	84
Energy	kcal	20
Fat	g	<0.5
Saturates	g	<0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	2.2
Sugars	g	2
Starch	g	N/A
Fibre	g	2
Protein	g	0.9
Salt	g	<0.5

Composite Sample Number: 36
Composite Sample Name: Aubergine, boiled, flesh and skin
Sub-sample Number: 36.9
Sub-sample Name: The Co-operative Loved by Us aubergine
Brand: The Co-operative Loved by Us
Pack size:
Purchase Date: 16.11.15
Place of Purchase: The Co-operative, Long Stratton, Norfolk
Display Until Date:
Best before Date: 19.11.15
Batch Number: Supplied by: MO38SS
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 36.9

Sub-sample Name: The Co-operative Loved by Us aubergine

Ingredients: No information

Label claim(s):
Produce of: Spain
Packed in the UK

Nutrient information: No information

Composite Sample Number: 36
Composite Sample Name: Aubergine, flesh and skin, boiled
Sub-sample Number: 36.10
Sub-sample Name: Greengrocer's aubergine
Brand:
Pack size:
Purchase Date: 30.09.15
Place of Purchase: Independent greengrocer, Gloucester Street, Norwich
Display Until Date:
Best before Date:
Batch Number:
Packaging: Loose
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 36.10

Sub-sample Name: Greengrocer's aubergine

Ingredients: No information

Label claim(s):

Dutch

Nutrient information: No information

Composite Sample Number: 36
Composite Sample Name: Aubergine, boiled, flesh and skin
Sub-sample Number: 36.11
Sub-sample Name: Farm Fresh aubergine
Brand: Farm Fresh
Pack size: 300-400g, count x 2
Purchase Date: 28.09.15
Place of Purchase: Booker, Norwich
Display Until Date:
Best before Date:
Batch Number: Nr. 3441741 274 B 3631 CW Verp.KCB:879
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 36.11

Sub-sample Name: Farm Fresh aubergine

Ingredients: No information

Label claim(s):

Country of origin: Holland

Class 1

Nutrient information: No information

Sample 37: Aubergine, roasted in rapeseed oil, flesh and skin

Composite Sample Number: 37

Composite Sample Name: Aubergine, roasted in rapeseed oil, flesh and skin

Sub-sample Number: 37.1

Sub-sample Name: Tesco aubergine

Brand: Tesco

Pack size:

Purchase Date: 28.09.15

Place of Purchase: Tesco, Harford Bridges, Norwich

Display Until Date:

Best before Date:

Batch Number:

Packaging: Loose

Sample Condition As Purchased: Ambient

Post Purchase Storage: Chilled

Sub-sample Number: 37.1

Sub-sample Name: Tesco aubergine

Ingredients: No information

Label claim(s):
Netherlands

Nutrient information: No information

Composite Sample Number: 37

Composite Sample Name: Aubergine, roasted in rapeseed oil, flesh and skin

Sub-sample Number: 37.2

Sub-sample Name: Tesco aubergine

Brand: Tesco

Pack size:

Purchase Date: 16.11.15

Place of Purchase: Tesco Extra, Blue Boar Road, Norwich

Display Until Date:

Best before Date:

Batch Number:

Packaging: Loose

Sample Condition As Purchased: Ambient

Post Purchase Storage: Chilled

Sub-sample Number: 37.2

Sub-sample Name: Tesco aubergine

Ingredients: No information

Label claim(s):
Spain

Nutrient information: No information

Composite Sample Number: 37
Composite Sample Name: Aubergine, roasted in rapeseed oil, flesh and skin
Sub-sample Number: 37.3
Sub-sample Name: Asda aubergine
Brand: Asda
Pack size:
Purchase Date: 10.12.15
Place of Purchase: Asda, Boundary Road, Norwich
Display Until Date:
Best before Date:
Batch Number:
Packaging: Loose
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 37.3

Sub-sample Name: Asda aubergine

Ingredients: No information

Label claim(s):

Spain

Thelma

Nutrient information: No information

Composite Sample Number: 37

Composite Sample Name: Aubergine, roasted in rapeseed oil, flesh and skin

Sub-sample Number: 37.4

Sub-sample Name: Sainsbury's aubergine

Brand: Sainsbury's

Pack size:

Purchase Date: 05.10.15

Place of Purchase: Sainsbury's, Longwater Retail Park, Norwich

Display Until Date:

Best before Date: Consume within 2-3 days of purchase

Batch Number: C0482

Packaging: Loose

Sample Condition As Purchased: Ambient

Post Purchase Storage: Chilled

Sub-sample Number: 37.4

Sub-sample Name: Sainsbury's aubergine

Ingredients: No information

Label claim(s):
UK

Nutrient information: No information

Composite Sample Number: 37

Composite Sample Name: Aubergine, roasted in rapeseed oil, flesh and skin

Sub-sample Number: 37.5

Sub-sample Name: Morrisons aubergine

Brand: Morrisons

Pack size:

Purchase Date: 17.11.15

Place of Purchase: Morrisons, Albion Way, Norwich

Display Until Date:

Best before Date:

Batch Number:

Packaging: Loose

Sample Condition As Purchased: Ambient

Post Purchase Storage: Chilled

Sub-sample Number: 37.5

Sub-sample Name: Morrisons aubergine

Ingredients: No information

Label claim(s):
Spain

Nutrient information: No information

Composite Sample Number: 37

Composite Sample Name: Aubergine, roasted in rapeseed oil, flesh and skin

Sub-sample Number: 37.6

Sub-sample Name: Waitrose aubergine

Brand: Waitrose

Pack size:

Purchase Date: 18.11.15

Place of Purchase: Waitrose, Wymondham, Norfolk

Display Until Date:

Best before Date:

Batch Number:

Packaging: Loose

Sample Condition As Purchased: Ambient

Post Purchase Storage: Chilled

Sub-sample Number: 37.6

Sub-sample Name: Waitrose aubergine

Ingredients: No information

Label claim(s):
Spain

Nutrient information: No information

Composite Sample Number: 37
Composite Sample Name: Aubergine, roasted in rapeseed oil, flesh and skin
Sub-sample Number: 37.7
Sub-sample Name: Lidl aubergine
Brand: Lidl
Pack size:
Purchase Date: 28.09.15
Place of Purchase: Lidl, Drayton Road, Norwich
Display Until Date:
Best before Date:
Batch Number:
Packaging: Loose
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 37.7

Sub-sample Name: Lidl aubergine

Ingredients: No information

Label claim(s):
Holland

Nutrient information: No information

Composite Sample Number: 37

Composite Sample Name: Aubergine, roasted in rapeseed oil, flesh and skin

Sub-sample Number: 37.8

Sub-sample Name: Sainsbury's Basics aubergine

Brand: Sainsbury's Basics

Pack size: 500g

Purchase Date: 28.09.15

Place of Purchase: Sainsbury's, Longwater Retail Park, Norwich

Display Until Date:

Best before Date: 02.10.15

Batch Number: 6610672 09.13CO482A

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Chilled

Sub-sample Number: 37.8

Sub-sample Name: Sainsbury's Basics aubergine

Ingredients: No information

Label claim(s):
The Netherlands

Nutrient information:

Nutrient	Unit	100g (raw) contains
Energy	kJ	84
Energy	kcal	20
Fat	g	<0.5
Saturates	g	<0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	2.2
Sugars	g	2
Starch	g	N/A
Fibre	g	2
Protein	g	0.9
Salt	g	<0.5

Composite Sample Number: 37

Composite Sample Name: Aubergine, roasted in rapeseed oil, flesh and skin

Sub-sample Number: 37.9

Sub-sample Name: The Co-operative Loved by Us aubergine

Brand: The Co-operative Loved by Us

Pack size:

Purchase Date: 16.11.15

Place of Purchase: The Co-operative, Long Stratton, Norfolk

Display Until Date:

Best before Date: 19.11.15

Batch Number: Supplied by: MO38SS

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Sub-sample Number: 37.9

Sub-sample Name: The Co-operative Loved by Us aubergine

Ingredients: No information

Label claim(s):
Produce of: Spain
Packed in the UK

Nutrient information: No information

Composite Sample Number: 37

Composite Sample Name: Aubergine, roasted in rapeseed oil, flesh and skin

Sub-sample Number: 37.10

Sub-sample Name: Greengrocer's aubergine

Brand:

Pack size:

Purchase Date: 30.09.15

Place of Purchase: Independent greengrocer, Gloucester Street, Norwich

Display Until Date:

Best before Date:

Batch Number:

Packaging: Loose

Sample Condition As Purchased: Ambient

Post Purchase Storage: Chilled

Sub-sample Number: 37.10

Sub-sample Name: Greengrocer's aubergine

Ingredients: No information

Label claim(s):

Dutch

Nutrient information: No information

Composite Sample Number: 37

Composite Sample Name: Aubergine, roasted in rapeseed oil, flesh and skin

Sub-sample Number: 37.11

Sub-sample Name: Farm Fresh aubergine

Brand: Farm Fresh

Pack size: 300-400g, count x 2

Purchase Date: 28.09.15

Place of Purchase: Booker, Norwich

Display Until Date:

Best before Date:

Batch Number: Nr. 3441741 274 B 3631 CW Verp.KCB:879

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Sub-sample Number: 37.11

Sub-sample Name: Farm Fresh aubergine

Ingredients: No information

Label claim(s):

Country of origin: Holland

Class 1

Nutrient information: No information

Sample 38: Okra, boiled

Composite Sample Number: 38
Composite Sample Name: Okra, boiled
Sub-sample Number: 38.1
Sub-sample Name: Tesco okra
Brand: Tesco
Pack size: 175g
Purchase Date: 28.09.15
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Best before Date: 01.10.15
Batch Number: Supplier code: SC:WD02
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 38.1

Sub-sample Name: Tesco okra

Ingredients: No information

Label claim(s):

Grown in: India

Nutrient information:

Nutrient	Unit	100g contains
Energy	kJ	168
Energy	kcal	40
Fat	g	0.1
Saturates	g	0.3
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	3.0
Sugars	g	2.5
Starch	g	N/A
Fibre	g	4.0
Protein	g	2.8
Salt	g	<0.01

Composite Sample Number: 38
Composite Sample Name: Okra, boiled
Sub-sample Number: 38.2
Sub-sample Name: Tesco okra
Brand: Tesco
Pack size: 175g
Purchase Date: 05.10.15
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Best before Date: 05.10.15
Batch Number: Supplier code: SC:WD02
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 38.2

Sub-sample Name: Tesco okra

Ingredients: Okra

Label claim(s):

Grown in: India

Nutrient information:

Nutrient	Unit	100g contains
Energy	kJ	168
Energy	kcal	40
Fat	g	0.1
Saturates	g	0.3
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	3.0
Sugars	g	2.5
Starch	g	N/A
Fibre	g	4.0
Protein	g	2.8
Salt	g	<0.01

Composite Sample Number: 38
Composite Sample Name: Okra, boiled
Sub-sample Number: 38.3
Sub-sample Name: Asda okra
Brand: Asda
Pack size:
Purchase Date: 28.09.15
Place of Purchase: Asda, Boundary Road, Norwich
Display Until Date:
Best before Date:
Batch Number:
Packaging: Loose
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 38.3

Sub-sample Name: Asda okra

Ingredients: No information

Label claim(s):
Thailand

Nutrient information: No information

Composite Sample Number: 38
Composite Sample Name: Okra, boiled
Sub-sample Number: 38.4
Sub-sample Name: Sainsbury's okra
Brand: Sainsbury's
Pack size:
Purchase Date: 28.09.15
Place of Purchase: Sainsbury's, Longwater Retail Park, Norwich
Display Until Date:
Best before Date:
Batch Number:
Packaging: Loose
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 38.4

Sub-sample Name: Sainsbury's okra

Ingredients: No information

Label claim(s): No information

Nutrient information: No information

Composite Sample Number: 38
Composite Sample Name: Okra, boiled
Sub-sample Number: 38.5
Sub-sample Name: Morrisons okra
Brand: Morrisons
Pack size: 200g
Purchase Date: 05.10.15
Place of Purchase: Morrisons, Albion Way, Norwich
Display Until Date:
Best before Date: 08.10.15
Batch Number: 1360/MWW
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 38.5

Sub-sample Name: Morrisons okra

Ingredients: No information

Label claim(s):

Thailand

Class I

Nutrient information: No information

Composite Sample Number: 38
Composite Sample Name: Okra, boiled
Sub-sample Number: 38.6
Sub-sample Name: Waitrose okra
Brand: Waitrose
Pack size: 175g
Purchase Date: 28.09.15
Place of Purchase: Waitrose, Eaton, Norwich
Display Until Date:
Best before Date: 01.10.15
Batch Number: Supplier 284GKB 10.14
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 38.6

Sub-sample Name: Waitrose okra

Ingredients: No information

Label claim(s):

Origin: India

Nutrient information: No information

Composite Sample Number: 38
Composite Sample Name: Okra, boiled
Sub-sample Number: 38.7
Sub-sample Name: Tesco okra
Brand: Tesco
Pack size: 175g
Purchase Date: 19.10.15
Place of Purchase: Tesco Extra, Blue Boar Road, Norwich
Display Until Date:
Best before Date: 23.10.15
Batch Number: Supplier code: SC:WD02
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 38.7

Sub-sample Name: Tesco okra

Ingredients: Okra

Label claim(s):
Grown in: Thailand

Nutrient information:

Nutrient	Unit	100g contains
Energy	kJ	168
Energy	kcal	40
Fat	g	0.1
Saturates	g	0.3
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	3.0
Sugars	g	2.5
Starch	g	N/A
Fibre	g	4.0
Protein	g	2.8
Salt	g	<0.01

Composite Sample Number: 38
Composite Sample Name: Okra, boiled
Sub-sample Number: 38.8
Sub-sample Name: Sainsbury's okra
Brand: Sainsbury's
Pack size: 175g
Purchase Date: 19.10.15
Place of Purchase: Sainsbury's, Longwater Retail Park, Norwich
Display Until Date:
Best before Date: 23.10.15
Batch Number: 422185 15.14 W0710G
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 38.8

Sub-sample Name: Sainsbury's okra

Ingredients: No information

Label claim(s):

Grown by: Agrifresh, Thailand

Nutrient information: No information

Composite Sample Number: 38
Composite Sample Name: Okra, boiled
Sub-sample Number: 38.9
Sub-sample Name: Sainsbury's okra
Brand: Sainsbury's
Pack size: 175g
Purchase Date: 19.10.15
Place of Purchase: Sainsbury's, Longwater Retail Park, Norwich
Display Until Date:
Best before Date: 20.10.15
Batch Number: W0710G
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 38.9

Sub-sample Name: Sainsbury's okra

Ingredients: No information

Label claim(s):

Grown by: Agrifresh, Thailand

Nutrient information: No information

Composite Sample Number: 38
Composite Sample Name: Okra, boiled
Sub-sample Number: 38.10
Sub-sample Name: Asda okra
Brand: Asda
Pack size:
Purchase Date: 19.10.15
Place of Purchase: Asda, Boundary Road, Norwich
Display Until Date:
Best before Date:
Batch Number:
Packaging: Loose
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 38.10

Sub-sample Name: Asda okra

Ingredients: No information

Label claim(s): No information

Nutrient information: No information

Composite Sample Number: 38
Composite Sample Name: Okra, boiled
Sub-sample Number: 38.11
Sub-sample Name: Zenith okra
Brand: Zenith International Produce Ltd
Pack size: 1-1.8kg
Purchase Date: 19.10.15
Place of Purchase: Bidvest Foodservice delivery
Display Until Date:
Best before Date:
Batch Number: 74977 203629-23 X847 bin no. B13B2
Packaging: Loose in cardboard
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 38.11

Sub-sample Name: Zenith okra

Ingredients: No information

Label claim(s):

Country of origin: Thailand

Nutrient information: No information

Sample 39: Watercress, raw

Composite Sample Number: 39
Composite Sample Name: Watercress, raw
Sub-sample Number: 39.1
Sub-sample Name: Tesco Wessex watercress
Brand: Tesco
Pack size: 85g
Purchase Date: 28.09.15
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Best before Date: 01.10.15
Batch Number: L6 21:30 UKHCW 0988
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 39.1

Sub-sample Name: Tesco Wessex watercress

Ingredients: Watercress

Label claim(s):

Produce of the UK

Source of vitamin C

Grown and packed in the UK

Nutrient information:

Nutrient	Unit	100g contains	Half of a pack (42.5g) contains
Energy	kJ	107	46
Energy	kcal	26	11
Fat	g	1.0	0.4
Saturates	g	0.3	0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	0.4	0.2
Sugars	g	0.4	0.2
Starch	g	N/A	N/A
Fibre	g	1.5	0.6
Protein	g	3.0	1.3
Salt	g	0.0	0.0
Vitamin C	mg	62	26.4

Composite Sample Number: 39
Composite Sample Name: Watercress, raw
Sub-sample Number: 39.2
Sub-sample Name: Tesco watercress
Brand: Tesco
Pack size: 85g
Purchase Date: 16.11.15
Place of Purchase: Tesco Extra, Blue Boar Road, Norwich
Display Until Date:
Use By Date: 17.11.15
Batch Number: L4 11:27 USACW 1003
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 39.2

Sub-sample Name: Tesco watercress

Ingredients: Watercress

Label claim(s):

Produce of USA

Packed in the UK

Source of vitamin C

Nutrient information:

Nutrient	Unit	100g contains	Half of a pack (42.5g) contains
Energy	kJ	107	46
Energy	kcal	26	11
Fat	g	1.0	0.4
Saturates	g	0.3	0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	0.4	0.2
Sugars	g	0.4	0.2
Starch	g	N/A	N/A
Fibre	g	1.5	0.6
Protein	g	3.0	1.3
Salt	g	0.0	0.0
Vitamin C	mg	62	26.4

Composite Sample Number: 39
Composite Sample Name: Watercress, raw
Sub-sample Number: 39.3
Sub-sample Name: Asda Grower's Selection watercress
Brand: Asda Grower's Selection
Pack size: 85g
Purchase Date: 16.11.15
Place of Purchase: Asda, Boundary Road, Norwich
Display Until Date:
Use By Date: 17.11.15
Batch Number: L3 15:18 127B ASP1418850
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 39.3

Sub-sample Name: Asda Grower's Selection watercress

Ingredients: Watercress

Label claim(s):

Spain

Packed in the UK

Washed and ready to eat

Nutrient information:

Nutrient	Unit	100g contains
Energy	kJ	88
Energy	kcal	21
Fat	g	0.5
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/a
Carbohydrate	g	0.6
Sugars	g	0.1
Starch	g	N/A
Fibre	g	1.4
Protein	g	2.8
Salt	g	0.23

Composite Sample Number: 39
Composite Sample Name: Watercress, raw
Sub-sample Number: 39.4
Sub-sample Name: Sainsbury's baby leaf watercress
Brand: Sainsbury's
Pack size: 80g
Purchase Date: 28.09.15
Place of Purchase: Sainsbury's, Longwater Retail Park, Norwich
Display Until Date:
Best before Date: 01.10.15
Batch Number: 05 1500 266 H0604 7745699 04.15
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 39.4

Sub-sample Name: Sainsbury's baby leaf watercress

Ingredients: Watercress (100%)

Label claim(s):

Grown by: M.Newton

Hampshire, UK

Packed in the UK

Nutrient information:

Nutrient	Unit	100g contains	Per ½ pack
Energy	kJ	88	35
Energy	kcal	21	8
Fat	g	<0.5	<0.5
Saturates	g	<0.1	<0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	0.6	<0.5
Sugars	g	<0.5	<0.5
Starch	g	N/A	N/A
Fibre	g	1.4	0.6
Protein	g	2.8	1.1
Salt	g	0.22	0.09

Composite Sample Number: 39
Composite Sample Name: Watercress, raw
Sub-sample Number: 39.5
Sub-sample Name: Morrisons watercress
Brand: Morrisons
Pack size: 85g
Purchase Date: 28.09.15
Place of Purchase: Morrisons, Albion Way, Norwich
Display Until Date:
Use By Date: 01.10.15
Batch Number: 1424/1 20:30 G 1424 T47734/0514
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 39.5

Sub-sample Name: Morrisons watercress

Ingredients: Watercress

Label claim(s):

Produce of the UK

Washed and prepared

Nutrient information:

Nutrient	Unit	100g contains	Per ½ pack (approx. 42g)
Energy	kJ	107	46
Energy	kcal	26	11
Fat	g	1	0.4
Saturates	g	0.3	0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	0.4	0.2
Sugars	g	0.4	0.2
Starch	g	N/A	N/A
Fibre	g	1.5	0.6
Protein	g	3	1.3
Salt	g	0.1	Tr

Composite Sample Number: 39
Composite Sample Name: Watercress, raw
Sub-sample Number: 39.6
Sub-sample Name: Waitrose hot & peppery watercress
Brand: Waitrose
Pack size: 100g
Purchase Date: 06.10.15
Place of Purchase: Waitrose, Eaton, Norwich
Display Until Date:
Best before Date: 10.10.15
Batch Number: 165A 08:27L5 UKHCW0995 389757/109 01:15
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 39.6

Sub-sample Name: Waitrose hot & peppery watercress

Ingredients: Watercress

Label claim(s):

Country of origin: UK

Washed and ready to dress

Nutrient information:

Nutrient	Unit	100g (as sold) contains	Per 25g serving (as sold)
Energy	kJ	107	27
Energy	kcal	26	6
Fat	g	1.0	0.3
Saturates	g	0.3	0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	0.4	0.1
Sugars	g	0.4	0.1
Starch	g	N/A	N/A
Fibre	g	1.5	0.4
Protein	g	3.0	0.8
Salt	g	0.03	Tr
Vitamin C	mg	62.0	15.5

Composite Sample Number: 39
Composite Sample Name: Watercress, raw
Sub-sample Number: 39.7
Sub-sample Name: Tesco watercress
Brand: Tesco
Pack size: 85g
Purchase Date: 19.10.15
Place of Purchase: Tesco Extra, Blue Boar Road, Norwich
Display Until Date:
Use By Date: 20.10.15
Batch Number: ESPCW 1292 L6 19:34
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 39.7

Sub-sample Name: Tesco watercress

Ingredients: Watercress

Label claim(s):

Produce of: Spain

Source of vitamin C

Packed in the UK

Nutrient information:

Nutrient	Unit	100g contains	Half of a pack (42.5) contains
Energy	kJ	107	46
Energy	kcal	26	11
Fat	g	1.0	0.4
Saturates	g	0.3	0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	0.4	0.2
Sugars	g	0.4	0.2
Starch	g	N/A	N/A
Fibre	g	1.5	0.6
Protein	g	3.0	1.3
Salt	g	0.0	0.0
Vitamin C	mg	62	26.4

Composite Sample Number: 39
Composite Sample Name: Watercress, raw
Sub-sample Number: 39.8
Sub-sample Name: Morrisons watercress
Brand: Morrisons
Pack size: 85g
Purchase Date: 16.11.15
Place of Purchase: Morrisons, Albion Way, Norwich
Display Until Date:
Best before Date: 19.11.15
Batch Number: 1424/1 18:27 G 1424 T47734/0514
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 39.8

Sub-sample Name: Morrisons watercress

Ingredients: Watercress

Label claim(s):

Produce of: Spain

Washed and prepared

Nutrient information:

Nutrient	Unit	100g contains	Per ½ pack (approx. 42g)
Energy	kJ	107	46
Energy	kcal	26	11
Fat	g	1	0.4
Saturates	g	0.3	0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	0.4	0.2
Sugars	g	0.4	0.2
Starch	g	N/A	N/A
Fibre	g	1.5	0.6
Protein	g	3	1.3
Salt	g	0.1	Tr

Composite Sample Number: 39
Composite Sample Name: Watercress, raw
Sub-sample Number: 39.9
Sub-sample Name: Morrisons watercress
Brand: Morrisons
Pack size: 85g
Purchase Date: 19.10.15
Place of Purchase: Morrisons, Albion Way, Norwich
Display Until Date:
Use By Date: 23.10.15
Batch Number: 1424/1 14:09A 1424 T47734/0514
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 39.9

Sub-sample Name: Morrisons watercress

Ingredients: Watercress

Label claim(s):

Produce of: Spain

Washed and prepared

Nutrient information:

Nutrient	Unit	100g contains	Per ½ pack (approx. 42g)
Energy	kJ	107	46
Energy	kcal	26	11
Fat	g	1	0.4
Saturates	g	0.3	0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	0.4	0.2
Sugars	g	0.4	0.2
Starch	g	N/A	N/A
Fibre	g	1.5	0.6
Protein	g	3	1.3
Salt	g	0.1	Tr

Composite Sample Number: 39
Composite Sample Name: Watercress, raw
Sub-sample Number: 39.10
Sub-sample Name: Hairspring watercress
Brand: Hairspring Watercress Ltd
Pack size:
Purchase Date: 30.10.15
Place of Purchase: Independent greengrocers, Gloucester Street, Norwich
Display Until Date:
Best before Date:
Batch Number:
Packaging: Loose/bunch
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 39.10

Sub-sample Name: Hairspring watercress

Ingredients: Traditional English watercress

Label claim(s):

Grown near Chichester, Sussex

Grown without use of pesticides

Nutrient information: No information

Composite Sample Number: 39
Composite Sample Name: Watercress, raw
Sub-sample Number: 39.11
Sub-sample Name: Fresha water cress
Brand: Fresha
Pack size: 100g
Purchase Date: 16.10.15
Place of Purchase: Bidvest Foodservice delivery
Display Until Date:
Best before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 39.11

Sub-sample Name: Fresha water cress

Ingredients: No information

Label claim(s):
Great Eccleston, Lancs
Duerden Bros Ltd

Nutrient information: No information

Sample 40: Runner beans, fresh, boiled

Composite Sample Number: 40
Composite Sample Name: Runner beans, fresh, boiled
Sub-sample Number: 40.1
Sub-sample Name: Tesco British runner beans
Brand: Tesco
Pack size: 255g
Purchase Date: 11.08.15
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Best before Date: 15.08.15
Batch Number: SC:WD03
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 40.1

Sub-sample Name: Tesco British runner beans

Ingredients: Runner beans

Label claim(s):

Produce of: Worcestershire, UK

Nutrient information: No information

Composite Sample Number: 40
Composite Sample Name: Runner beans, fresh, boiled
Sub-sample Number: 40.2
Sub-sample Name: Tesco runner beans
Brand: Tesco
Pack size: 255g
Purchase Date: 09.11.15
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Best before Date: 12.11.15
Batch Number: SC:HM3T
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 40.2

Sub-sample Name: Tesco runner beans

Ingredients: Runner beans

Label claim(s):
Produce of: Kenya

Nutrient information: No information

Composite Sample Number: 40
Composite Sample Name: Runner beans, fresh, boiled
Sub-sample Number: 40.3
Sub-sample Name: Asda Grower's Selection runner beans
Brand: Asda Grower's Selection
Pack size: 190g
Purchase Date: 09.11.15
Place of Purchase: Asda, Boundary Road, Norwich
Display Until Date:
Best before Date: 12.11.15
Batch Number: Site: 550121 ASP1508525
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 40.3

Sub-sample Name: Asda Grower's Selection runner beans

Ingredients: No information

Label claim(s):

Country: Kenya

Source of folic acid

Nutrient information:

Nutrient	Unit	100g (boiled in unsalted water) contains
Energy	kJ	91
Energy	kcal	22
Fat	g	0.5
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	2.3
Sugars	g	2.0
Starch	g	N/A
Fibre	g	1.9
Protein	g	1.2
Salt	g	<0.01
Folic acid	µg	42

Composite Sample Number: 40
Composite Sample Name: Runner beans, fresh, boiled
Sub-sample Number: 40.4
Sub-sample Name: Sainsbury's runner beans
Brand: Sainsbury's
Pack size: 225g
Purchase Date: 09.11.15
Place of Purchase: Sainsbury's, Longwater Retail Park, Norwich
Display Until Date:
Best before Date: 13.11.15
Batch Number: P0698V 1043365 10.14
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 40.4

Sub-sample Name: Sainsbury's runner beans

Ingredients: No information

Label claim(s):

Grown by: Vepro, Kenya

Nutrient information:

Nutrient	Unit	100g (cooked as per instructions) contains
Energy	kJ	93
Energy	kcal	22
Fat	g	<0.5
Saturates	g	<0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	2.3
Sugars	g	2.0
Starch	g	N/A
Fibre	g	1.9
Protein	g	1.2
Salt	g	<0.01

Composite Sample Number: 40
Composite Sample Name: Runner beans, fresh, boiled
Sub-sample Number: 40.5
Sub-sample Name: Morrisons runner beans
Brand: Morrisons
Pack size: 180g
Purchase Date: 30.11.15
Place of Purchase: Morrisons, Albion Way, Norwich
Display Until Date:
Best before Date: 03.12.15
Batch Number: T47571/0514 1360/MWW
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 40.5

Sub-sample Name: Morrisons runner beans

Ingredients: No information

Label claim(s):

Kenya

Class I

Nutrient information: No information

Composite Sample Number: 40
Composite Sample Name: Runner beans, fresh, boiled
Sub-sample Number: 40.6
Sub-sample Name: Simply M&S runner beans
Brand: Simply M&S
Pack size: 300g
Purchase Date: 09.11.15
Place of Purchase: Marks & Spencer, Sweet Briar Retail Park, Norwich
Display Until Date:
Best before Date: 15.11.15
Batch Number: 4848D
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 40.6

Sub-sample Name: Simply M&S runner beans

Ingredients: No information

Label claim(s):

Country of origin: Kenya

Young and tender

Air freighted

Nutrient information:

Nutrient	Unit	100g contains
Energy	kJ	112
Energy	kcal	27
Fat	g	0.4
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	3.2
Sugars	g	2.8
Starch	g	N/A
Fibre	g	2.0
Protein	g	1.6
Salt	g	<0.10
Vitamin C	mg	18
Folic acid (B ₉)	µg	60

Composite Sample Number: 40
Composite Sample Name: Runner beans, fresh, boiled
Sub-sample Number: 40.7
Sub-sample Name: Wood Farm runner beans
Brand: Wood Farm
Pack size: 250g
Purchase Date: 11.08.15
Place of Purchase: Aldi, Larkman Lane, Norwich
Display Until Date:
Best before Date: 15.11.15
Batch Number: Lot code: 3303 (3305C) supplier code: 03107\MLS
ALR1500600 25340570
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 40.7

Sub-sample Name: Wood Farm runner beans

Ingredients: Runner beans

Label claim(s):

Produce of the UK

A natural source of vitamin C

A natural source of folic acid

Grown in rich fertile soils

Nutrient information:

Nutrient	Unit	100g (as sold) contains
Energy	kJ	112
Energy	kcal	27
Fat	g	<0.5
Saturates	g	<0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	3.2
Sugars	g	2.8
Starch	g	N/A
Fibre	g	2.0
Protein	g	1.6
Salt	g	<0.01
Vitamin C	mg	18
Folic acid	µg	60

Composite Sample Number: 40
Composite Sample Name: Runner beans, fresh, boiled
Sub-sample Number: 40.8
Sub-sample Name: Asda Grower's Selection runner beans
Brand: Asda Grower's Selection
Pack size: 190g
Purchase Date: 16.11.15
Place of Purchase: Asda, Boundary Road, Norwich
Display Until Date:
Best before Date: 19.11.15
Batch Number: Site: 550121 ASP1508525
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 40.8

Sub-sample Name: Asda Grower's Selection runner beans

Ingredients: No information

Label claim(s):

Country: Kenya

Source of folic acid

Nutrient information:

Nutrient	Unit	100g contains (boiled in unsalted water)
Energy	kJ	91
Energy	kcal	22
Fat	g	0.5
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	2.3
Sugars	g	2.0
Starch	g	N/A
Fibre	g	1.9
Protein	g	1.2
Salt	g	<0.01
Folic acid	µg	42

Composite Sample Number: 40
Composite Sample Name: Runner beans, fresh, boiled
Sub-sample Number: 40.9
Sub-sample Name: The Co-operative Loved by Us runner beans
Brand: The Co-operative Loved by Us
Pack size: 180g
Purchase Date: 09.11.15
Place of Purchase: The Co-operative, Long Stratton, Norfolk
Display Until Date:
Best before Date: 12.11.15
Batch Number: Supplied by M262B
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 40.9

Sub-sample Name: The Co-operative Loved by Us runner beans

Ingredients: No information

Label claim(s):

Produce of Kenya

Packed in the UK

Nutrient information:

Nutrient	Unit	100g contains	Per three heaped tablespoons (approx. 80g)
Energy	kJ	120	90
Energy	kcal	30	20
Fat	g	0.4	0.3
Saturates	g	0.1	0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	3.2	2.6
Sugars	g	2.8	2.2
Starch	g	N/A	N/A
Fibre	g	2.6	2.1
Protein	g	1.6	1.3
Salt	g	Tr	Tr

Composite Sample Number: 40
Composite Sample Name: Runner beans, fresh, boiled
Sub-sample Number: 40.10
Sub-sample Name: Greengrocer runner beans
Brand:
Pack size:
Purchase Date: 11.08.15
Place of Purchase: Independent greengrocer, Gloucester Street, Norwich
Display Until Date:
Best before Date:
Batch Number:
Packaging: Loose
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 40.10

Sub-sample Name: Greengrocer runner beans

Ingredients: No information

Label claim(s):
Produce of Toftwood

Nutrient information: No information

Composite Sample Number: 40
Composite Sample Name: Runner beans, fresh, boiled
Sub-sample Number: 40.11
Sub-sample Name: Morrisons runner beans
Brand: Morrisons
Pack size: 180g
Purchase Date: 09.11.15
Place of Purchase: Morrisons, Albion Way, Norwich
Display Until Date:
Best before Date: 13.11.15
Batch Number: T47571/0514 1360/MWW
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 40.11

Sub-sample Name: Morrisons runner beans

Ingredients: No information

Label claim(s):

Kenya

Class I

Nutrient information: No information

Sample 41: Yam, fresh, boiled

Composite Sample Number: 41
Composite Sample Name: Yam, fresh, boiled
Sub-sample Number: 41.1
Sub-sample Name: Tesco yam
Brand: Tesco
Pack size:
Purchase Date: 30.10.15
Place of Purchase: Tesco Superstore, Lewisham, London
Display Until Date:
Best before Date: 13.11.15
Batch Number: 8855
Packaging: Loose
Sample Condition As Purchased: Ambient
Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 41.1

Sub-sample Name: Tesco yam

Ingredients: No information

Label claim(s):
Ghana

Nutrient information: No information

Composite Sample Number: 41
Composite Sample Name: Yam, fresh, boiled
Sub-sample Number: 41.2
Sub-sample Name: Tesco yam
Brand: Tesco
Pack size:
Purchase Date: 19.11.15
Place of Purchase: Tesco, South Tottenham, London
Display Until Date:
Best before Date: 28.11.15
Batch Number: 8855
Packaging: Loose
Sample Condition As Purchased: Ambient
Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 41.2

Sub-sample Name: Tesco yam

Ingredients: No information

Label claim(s):
Ghana

Nutrient information: No information

Composite Sample Number: 41
Composite Sample Name: Yam, fresh, boiled
Sub-sample Number: 41.3
Sub-sample Name: Tesco yam
Brand: Tesco
Pack size:
Purchase Date: 19.11.15
Place of Purchase: Tesco South Tottenham, London
Display Until Date:
Best before Date: 02.12.15
Batch Number: 8855
Packaging: Loose
Sample Condition As Purchased: Ambient
Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 41.3

Sub-sample Name: Tesco yam

Ingredients: No information

Label claim(s):
Ghana

Nutrient information: No information

Composite Sample Number: 41
Composite Sample Name: Yam, fresh, boiled
Sub-sample Number: 41.4
Sub-sample Name: Spiceland yam
Brand: Spiceland
Pack size:
Purchase Date: 19.10.15
Place of Purchase: Spiceland, Magdalen Street, Norwich
Display Until Date:
Best before Date:
Batch Number:
Packaging: Loose
Sample Condition As Purchased: Ambient
Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 41.4

Sub-sample Name: Spiceland Yam

Ingredients: No information

Label claim(s):
Ghana

Nutrient information: No information

Composite Sample Number: 41
Composite Sample Name: Yam, fresh, boiled
Sub-sample Number: 41.5
Sub-sample Name: Foodland yam
Brand: Foodland
Pack size:
Purchase Date: 30.10.15
Place of Purchase: Foodland, Brixton Market, London
Display Until Date:
Best before Date:
Batch Number:
Packaging: Loose
Sample Condition As Purchased: Ambient
Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 41.5

Sub-sample Name: Foodland yam

Ingredients: No information

Label claim(s): No information

Nutrient information: No information

Composite Sample Number: 41
Composite Sample Name: Yam, fresh, boiled
Sub-sample Number: 41.6
Sub-sample Name: Aziz Cash & Carry yam
Brand: Aziz Cash & Carry
Pack size:
Purchase Date: 30.10.15
Place of Purchase: Aziz Cash & Carry, Electric Avenue, Brixton
Display Until Date:
Best before Date:
Batch Number:
Packaging: Loose
Sample Condition As Purchased: Ambient
Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 41.6

Sub-sample Name: Aziz Cash & Carry yam

Ingredients: No information

Label claim(s):
Ghana

Nutrient information: No information

Composite Sample Number: 41
Composite Sample Name: Yam, fresh, boiled
Sub-sample Number: 41.7
Sub-sample Name: Asian Bazaar yam
Brand: Asian Bazaar
Pack size:
Purchase Date: 26.01.16
Place of Purchase: Asian Bazaar, Magdalen Street, Norwich
Display Until Date:
Best before Date:
Batch Number:
Packaging: Loose
Sample Condition As Purchased: Ambient
Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 41.7

Sub-sample Name: Asian Bazaar yam

Ingredients: No information

Label claim(s): No information

Nutrient information: No information

Composite Sample Number: 41
Composite Sample Name: Yam, fresh, boiled
Sub-sample Number: 41.8
Sub-sample Name: Spice Land yam
Brand: Spice Land
Pack size:
Purchase Date: 26.01.16
Place of Purchase: Spice Land, Dereham Road, Norwich
Display Until Date:
Best before Date:
Batch Number:
Packaging: Loose
Sample Condition As Purchased: Ambient
Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 41.8

Sub-sample Name: Spice Land yam

Ingredients: No information

Label claim(s):
Ghana

Nutrient information: No information

Sample 42: Blackberries, raw

Composite Sample Number: 42
Composite Sample Name: Blackberries, raw
Sub-sample Number: 42.1
Sub-sample Name: Tesco British blackberries
Brand: Tesco
Pack size: 350g
Purchase Date: 26.08.15
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Best before Date: 28.08.15
Batch Number: SC:BY 12/H
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 42.1

Sub-sample Name: Tesco British blackberries

Ingredients: No information

Label claim(s):

Grown in: Berks, UK

Grown by: Hall Hunter

Variety: Lochness

Nutrient information: No information

Composite Sample Number: 42
Composite Sample Name: Blackberries, raw
Sub-sample Number: 42.2
Sub-sample Name: Tesco British supersweet blackberries
Brand: Tesco
Pack size: 225g
Purchase Date: 26.08.15
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Best before Date: 27.08.15
Batch Number: SC:KG54
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 42.2

Sub-sample Name: Tesco British supersweet blackberries

Ingredients: No information

Label claim(s):

Grown in: Herefordshire, UK

Grown by: Angus Davidson

Variety: Driscoll's Victoria TM

Nutrient information: No information

Composite Sample Number: 42
Composite Sample Name: Blackberries, raw
Sub-sample Number: 42.3
Sub-sample Name: Asda Grower's Selection blackberries
Brand: Asda Grower's Selection
Pack size: 150g
Purchase Date: 16.11.15
Place of Purchase: Asda, Boundary Road, Norwich
Display Until Date:
Best before Date: 19.11.15
Batch Number: Site: 423026 Batch: 31176
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 42.3

Sub-sample Name: Asda Grower's Selection blackberries

Ingredients: No information

Label claim(s):

Mexico

Tupi

Nutrient information: No information

Composite Sample Number: 42
Composite Sample Name: Blackberries, raw
Sub-sample Number: 42.4
Sub-sample Name: Sainsbury's blackberries
Brand: Sainsbury's
Pack size: 150g
Purchase Date: 02.11.15
Place of Purchase: Sainsbury's, Longwater Retail Park, Norwich
Display Until Date:
Best before Date: 04.11.15
Batch Number: A0800 L36 11.14
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 42.4

Sub-sample Name: Sainsbury's blackberries

Ingredients: No information

Label claim(s):

Tangy recipe variety
Grown in: Guatemala
Grown by: Total Fresh
Variety: Tupi

Nutrient information:

Nutrient	Unit	100g contains
Energy	kJ	134
Energy	kcal	32
Fat	g	<0.5
Saturates	g	<0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	5.1
Sugars	g	5.1
Starch	g	N/A
Fibre	g	3.1
Protein	g	0.9
Salt	g	<0.01

Composite Sample Number: 42
Composite Sample Name: Blackberries, raw
Sub-sample Number: 42.5
Sub-sample Name: Morrisons blackberries
Brand: Morrisons
Pack size: 150g
Purchase Date: 02.11.15
Place of Purchase: Morrisons, Albion Way, Norwich
Display Until Date:
Best before Date: 04.11.15
Batch Number: 1126BGP135
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 42.5

Sub-sample Name: Morrisons blackberries

Ingredients: No information

Label claim(s):

Guatemala

Tupi

Class I

Nutrient information: No information

Composite Sample Number: 42
Composite Sample Name: Blackberries, raw
Sub-sample Number: 42.6
Sub-sample Name: M&S blackberries
Brand: Marks & Spencer
Pack size: 150g
Purchase Date: 09.11.15
Place of Purchase: Marks & Spencer, Sweet Briar Retail Park, Norwich
Display Until Date:
Best before Date: 09.11.15
Batch Number: 4016M
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 42.6

Sub-sample Name: M&S blackberries

Ingredients: No information

Label claim(s):

Country of origin: Mexico

Variety: Tupi

Nutrient information:

Nutrient	Unit	100g contains
Energy	kJ	134
Energy	kcal	32
Fat	g	0.2
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	5.1
Sugars	g	5.1
Starch	g	N/A
Fibre	g	3.1
Protein	g	0.9
Salt	g	<0.1

Composite Sample Number: 42
Composite Sample Name: Blackberries, raw
Sub-sample Number: 42.7
Sub-sample Name: Driscoll's blackberries
Brand: Driscoll's of Europe
Pack size: 125g
Purchase Date: 26.08.15
Place of Purchase: Lidl, Drayton Road, Norwich
Display Until Date:
Best before Date: 27.08.15
Batch Number: L34-06 KG19
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 42.7

Sub-sample Name: Driscoll's blackberries

Ingredients: No information

Label claim(s):

Origin: UK

Class I

Produce of the UK

Nutrient information: No information

Composite Sample Number: 42
Composite Sample Name: Blackberries, raw
Sub-sample Number: 42.8
Sub-sample Name: Sainsbury's blackberries
Brand: Sainsbury's
Pack size: 150g
Purchase Date: 02.11.15
Place of Purchase: Sainsbury's, Longwater Retail Park, Norwich
Display Until Date:
Best before Date: 04.11.15
Batch Number: A0800 L9
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 42.8

Sub-sample Name: Sainsbury's blackberries

Ingredients: No information

Label claim(s):

Sweet snacking variety

Grown in: Portugal

Grown by: Driscoll's

Variety: Driscoll's Victoria TM

Nutrient information: No information

Composite Sample Number: 42
Composite Sample Name: Blackberries, raw
Sub-sample Number: 42.9
Sub-sample Name: Tesco British blackberries
Brand: Tesco
Pack size: 150g
Purchase Date: 28.08.15
Place of Purchase: Tesco Express, Westlegate, Norwich
Display Until Date:
Best before Date: 30.08.15
Batch Number: SC:BY 12/H
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 42.9

Sub-sample Name: Tesco British blackberries

Ingredients: No information

Label claim(s):

Grown in: Berks, UK

Grown by: Hall Hunter

Variety: Lochness

Nutrient information: No information

Composite Sample Number: 42
Composite Sample Name: Blackberries, raw
Sub-sample Number: 42.10
Sub-sample Name: Market blackberries
Brand:
Pack size:
Purchase Date: 28.08.15
Place of Purchase: Independent Market Stall, Norwich Market
Display Until Date:
Best before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 42.10

Sub-sample Name: Market blackberries

Ingredients: No information

Label claim(s):
Norfolk

Nutrient information: No information

Composite Sample Number: 42
Composite Sample Name: Blackberries, raw
Sub-sample Number: 42.11
Sub-sample Name: Bidvest Foodservice blackberries
Brand: Bidvest Foodservice
Pack size:
Purchase Date: 24.08.15
Place of Purchase: Bidvest Foodservice delivery
Display Until Date:
Best before Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 42.11

Sub-sample Name: Bidvest Foodservice blackberries

Ingredients: No information

Label claim(s): No information

Nutrient information: No information

Sample 43: Rhubarb, stewed without sugar

Composite Sample Number: 43
Composite Sample Name: Rhubarb, stewed without sugar
Sub-sample Number: 43.1
Sub-sample Name: Tesco British rhubarb
Brand: Tesco
Pack size: 400g
Purchase Date: 17.08.15
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Best before Date: 19.08.15
Batch Number: SC: BOB01
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 43.1

Sub-sample Name: Tesco British rhubarb

Ingredients: No information

Label claim(s):

Variety: Timperley

Grown in: Hampshire, UK

Grown by: Peter Barfoot

Nutrient information: No information

Composite Sample Number: 43
Composite Sample Name: Rhubarb, stewed without sugar
Sub-sample Number: 43.2
Sub-sample Name: Tesco British rhubarb
Brand: Tesco
Pack size: 400g
Purchase Date: 16.10.15
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Best before Date: 19.10.15
Batch Number: SC: BOB01
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 43.2

Sub-sample Name: Tesco British rhubarb

Ingredients: No information

Label claim(s):

Grown in: Hampshire, UK

Grown by: Peter Barfoot

Variety: Timperley

Nutrient information: No information

Composite Sample Number: 43
Composite Sample Name: Rhubarb, stewed without sugar
Sub-sample Number: 43.3
Sub-sample Name: Asda Grower's Selection British rhubarb
Brand: Asda Grower's Selection
Pack size: 400g
Purchase Date: 17.08.15
Place of Purchase: Asda, Boundary Road, Norwich
Display Until Date:
Best before Date: 19.08.15
Batch Number: ASP1419268 batch: 3403
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 43.3

Sub-sample Name: Asda Grower's Selection British rhubarb

Ingredients: No information

Label claim(s):

Class II

Site: 428000

Batch: 3403

Timperley

T.Chambers

Kent, UK

Nutrient information:

Nutrient	Unit	100g contains
Energy	kJ	213
Energy	kcal	50
Fat	g	0.1
Saturates	g	<0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	11.5
Sugars	g	11.5
Starch	g	N/A
Fibre	g	1.2
Protein	g	0.9
Salt	g	0

Composite Sample Number: 43
Composite Sample Name: Rhubarb, stewed without sugar
Sub-sample Number: 43.4
Sub-sample Name: Sainsbury's British rhubarb
Brand: Sainsbury's
Pack size: 400g
Purchase Date: 17.08.15
Place of Purchase: Sainsbury's, Longwater Retail Park, Norwich
Display Until Date:
Best before Date: 20.08.15
Batch Number: A0433M
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 43.4

Sub-sample Name: Sainsbury's British rhubarb

Ingredients: No information

Label claim(s):

Grown in: Yorkshire, UK

Grown by: E.Oldroyd

Variety: Timperley

Produced in the UK

Nutrient information:

Nutrient	Unit	100g (cooked on the hob as per instructions) contains
Energy	kJ	221
Energy	kcal	52
Fat	g	<0.5
Saturates	g	<0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	11.6
Sugars	g	11.6
Starch	g	<0.5
Fibre	g	1.0
Protein	g	0.9
Salt	g	<0.01

Composite Sample Number: 43
Composite Sample Name: Rhubarb, stewed without sugar
Sub-sample Number: 43.5
Sub-sample Name: Sainsbury's British rhubarb
Brand: Sainsbury's
Pack size: 400g
Purchase Date: 13.01.16
Place of Purchase: Sainsbury's, Longwater Retail Park, Norwich
Display Until Date:
Best before Date: 15.01.16
Batch Number: A0433M
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 43.5

Sub-sample Name: Sainsbury's British rhubarb

Ingredients: No information

Label claim(s):

Produced in the UK
 Grown in: Yorkshire, UK
 Grown by: E.Oldroyd
 Variety: Timperley

Nutrient information:

Nutrient	Unit	100g (cooked on the hob as per instructions) contains
Energy	kJ	221
Energy	kcal	52
Fat	g	<0.5
Saturates	g	<0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	11.6
Sugars	g	11.6
Starch	g	<0.5
Fibre	g	1.0
Protein	g	0.9
Salt	g	<0.01

Composite Sample Number: 43
Composite Sample Name: Rhubarb, stewed without sugar
Sub-sample Number: 43.6
Sub-sample Name: Morrisons Yorkshire rhubarb
Brand: Morrisons
Pack size: 450g
Purchase Date: 17.08.15
Place of Purchase: Morrisons, Albion Way, Norwich
Display Until Date:
Best before Date: 18.08.15
Batch Number: 2230/DWE T50992/0215
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 43.6

Sub-sample Name: Morrisons Yorkshire rhubarb

Ingredients: No information

Label claim(s):

Grower: D Westwood & Son
UK, Yorkshire

Nutrient information: No information

Composite Sample Number: 43

Composite Sample Name: Rhubarb, stewed without sugar

Sub-sample Number: 43.7

Sub-sample Name: Waitrose Cooks' Ingredients particularly pink forced rhubarb

Brand: Waitrose Cooks' Ingredients

Pack size: 400g

Purchase Date: 05.01.16

Place of Purchase: Waitrose, Eaton, Norwich

Display Until Date: 08.01.16

Best before Date:

Batch Number: 5096/101 06.15 111AAJ

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Chilled

Sub-sample Number: 43.7

Sub-sample Name: Waitrose Cooks' Ingredients particularly pink forced
rhubarb

Ingredients: No information

Label claim(s):

Origin: Holland

Variety: Mira

Nutrient information: No information

Composite Sample Number: 43
Composite Sample Name: Rhubarb, stewed without sugar
Sub-sample Number: 43.8
Sub-sample Name: Swithenbank rhubarb
Brand: Swithenbank
Pack size: 1kg
Purchase Date: 24.08.15
Place of Purchase: Bidvest Foodservice delivery
Display Until Date:
Best before Date:
Batch Number: Product code: 75295; trace code: H084421
Packaging: Loose in paper
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 43.8

Sub-sample Name: Swithenbank rhubarb

Ingredients: No information

Label claim(s):

Class 1

Country of origin: Holland

Nutrient information: No information

Composite Sample Number: 43
Composite Sample Name: Rhubarb, stewed without sugar
Sub-sample Number: 43.9
Sub-sample Name: Tesco British rhubarb
Brand: Tesco
Pack size: 400g
Purchase Date: 05.01.16
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Best before Date: 08.01.16
Batch Number: SC:SFC04
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 43.9

Sub-sample Name: Tesco British rhubarb

Ingredients: No information

Label claim(s):

Grown in: Kent, UK

Grown by: John Myatt

Variety: Timperley

Nutrient information: No information

Composite Sample Number: 43
Composite Sample Name: Rhubarb, stewed without sugar
Sub-sample Number: 43.10
Sub-sample Name: Tesco rhubarb
Brand: Tesco
Pack size: 400g
Purchase Date: 05.01.16
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Best before Date: 05.01.16
Batch Number: SC: SFC02
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 43.10

Sub-sample Name: Tesco rhubarb

Ingredients: No information

Label claim(s):
Produce of: Netherlands
Variety: Mira

Nutrient information: No information

Composite Sample Number: 43
Composite Sample Name: Rhubarb, stewed without sugar
Sub-sample Number: 43.11
Sub-sample Name: Morrisons Yorkshire rhubarb
Brand: Morrisons
Pack size: 400g
Purchase Date: 02.02.16
Place of Purchase: Morrisons, Wymondham, Norfolk
Display Until Date:
Best before Date: 06.02.16
Batch Number: 2230/DWE T50992/0215
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 43.11

Sub-sample Name: Morrisons Yorkshire rhubarb

Ingredients: No information

Label claim(s):

UK, Yorkshire

Grower: D Westwood & Son

Nutrient information: No information

Sample 44: Papaya, ripe, raw, flesh only

Composite Sample Number: 44
Composite Sample Name: Papaya, ripe, raw, flesh only
Sub-sample Number: 44.1
Sub-sample Name: Tesco perfectly ripe papaya
Brand: Tesco
Pack size:
Purchase Date: 05.10.15
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Best before Date: 09.10.15
Batch Number: SC:WD03
Packaging: Loose
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 44.1

Sub-sample Name: Tesco perfectly ripe papaya

Ingredients: No information

Label claim(s):
Produce of: Brazil
Golden

Nutrient information: No information

Composite Sample Number: 44
Composite Sample Name: Papaya, ripe, raw, flesh only
Sub-sample Number: 44.2
Sub-sample Name: Tesco papaya
Brand: Tesco
Pack size:
Purchase Date: 19.10.15
Place of Purchase: Tesco Extra, Blue Boar Road, Norwich
Display Until Date:
Best before Date: 23.10.15
Batch Number: SC:WD03
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 44.2

Sub-sample Name: Tesco papaya

Ingredients: Papaya

Label claim(s):

Produce of: Brazil

Variety: Golden

Nutrient information:

Nutrient	Unit	100g contains	A typical papaya serving (230g) contains
Energy	kJ	179	415
Energy	kcal	43	100
Fat	g	0.1	0.2
Saturates	g	0.0	0.0
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	8.8	20.2
Sugars	g	8.8	20.2
Starch	g	N/A	N/A
Fibre	g	2.2	5.1
Protein	g	0.5	1.2
Salt	g	<0.01	<0.01

Composite Sample Number: 44
Composite Sample Name: Papaya, ripe, raw, flesh only
Sub-sample Number: 44.3
Sub-sample Name: Asda Grower's Selection papaya
Brand: Asda Grower's Selection
Pack size: 2 fruits
Purchase Date: 07.12.15
Place of Purchase: Asda, Boundary Road, Norwich
Display Until Date:
Best before Date: 10.12.15
Batch Number: 56046 grower code: 500056 ASP1508521
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 44.3

Sub-sample Name: Asda Grower's Selection papaya

Ingredients: Papaya

Label claim(s):

Country of origin: Brazil

Variety: Golden

Class I

High in vitamin C

Nutrient information:

Nutrient	Unit	100g contains
Energy	kJ	171
Energy	kcal	40
Fat	g	0.1
Saturates	g	<0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	8.8
Sugars	g	8.8
Starch	g	N/A
Fibre	g	2.2
Protein	g	0.5
Salt	g	<0.01
Vitamin C	mg	60

Composite Sample Number: 44
Composite Sample Name: Papaya, ripe, raw, flesh only
Sub-sample Number: 44.4
Sub-sample Name: Sainsbury's ripe and ready papaya
Brand: Sainsbury's
Pack size:
Purchase Date: 05.10.15
Place of Purchase: Sainsbury's, Longwater Retail Park, Norwich
Display Until Date:
Best before Date: 08.10.15
Batch Number: W0710S 7567239 12.14
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 44.4

Sub-sample Name: Sainsbury's ripe and ready papaya

Ingredients: Papaya

Label claim(s):

Grown by: Caliman, Brazil

Packed in the UK

Nutrient information:

Nutrient	Unit	100g (as sold) contains	80g (as sold) contains
Energy	kJ	179	144
Energy	kcal	43	34
Fat	g	<0.5	<0.5
Saturates	g	<0.1	<0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	8.8	7.0
Sugars	g	8.8	7.0
Starch	g	N/A	N/A
Fibre	g	2.2	1.8
Protein	g	<0.5	<0.5
Salt	g	<0.01	<0.01

Composite Sample Number: 44
Composite Sample Name: Papaya, ripe, raw, flesh only
Sub-sample Number: 44.5
Sub-sample Name: Morrisons papaya
Brand: Morrisons
Pack size:
Purchase Date: 05.10.15
Place of Purchase: Morrisons, Albion Way, Norwich
Display Until Date:
Best before Date:
Batch Number: 35422
Packaging: Loose
Sample Condition As Purchased: Chilled
Post Purchase Storage: 21°C controlled temperature room

Sub-sample Number: 44.5

Sub-sample Name: Morrisons papaya

Ingredients: No information

Label claim(s):
Brazil

Nutrient information: No information

Composite Sample Number: 44
Composite Sample Name: Papaya, ripe, raw, flesh only
Sub-sample Number: 44.6
Sub-sample Name: Waitrose papaya
Brand: Waitrose
Pack size:
Purchase Date: 19.10.15
Place of Purchase: Waitrose, Eaton, Norwich
Display Until Date: 22.10.15
Best before Date:
Batch Number: 0119 1653
Packaging: Loose
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 44.6

Sub-sample Name: Waitrose papaya

Ingredients: No information

Label claim(s):
Brazil

Nutrient information: No information

Composite Sample Number: 44
Composite Sample Name: Papaya, ripe, raw, flesh only
Sub-sample Number: 44.7
Sub-sample Name: Tesco perfectly ripe papaya
Brand: Tesco
Pack size:
Purchase Date: 07.12.15
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Best before Date: 09.12.15
Batch Number: SC:WD03
Packaging: Loose
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 44.7

Sub-sample Name: Tesco perfectly ripe papaya

Ingredients: No information

Label claim(s):
Produce of: Brazil
Golden

Nutrient information: No information

Composite Sample Number: 44
Composite Sample Name: Papaya, ripe, raw, flesh only
Sub-sample Number: 44.8
Sub-sample Name: Tesco perfectly ripe papaya
Brand: Tesco
Pack size:
Purchase Date: 07.12.15
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Best before Date: 10.12.15
Batch Number: SC:WD03
Packaging: Loose
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 44.9

Sub-sample Name: Tesco perfectly ripe papaya

Ingredients: No information

Label claim(s):
Produce of: Brazil
Golden

Nutrient information: No information

Composite Sample Number: 44
Composite Sample Name: Papaya, ripe, raw, flesh only
Sub-sample Number: 44.9
Sub-sample Name: Papaya Coribe papaya
Brand: Papaya Coribe
Pack size:
Purchase Date: 19.10.15
Place of Purchase: Asian Store, Magdalen Street, Norwich
Display Until Date:
Best before Date:
Batch Number: PLU3112
Packaging: Loose
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 44.9

Sub-sample Name: Papaya Coribe papaya

Ingredients: No information

Label claim(s):
Produce of: Brazil

Nutrient information: No information

Composite Sample Number: 44
Composite Sample Name: Papaya, ripe, raw, flesh only
Sub-sample Number: 44.10
Sub-sample Name: Tesco perfectly ripe papaya
Brand: Tesco
Pack size:
Purchase Date: 05.01.15
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Best before Date: 08.01.16
Batch Number: SC:WD03
Packaging: Loose
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 44.10

Sub-sample Name: Tesco perfectly ripe papaya

Ingredients: No information

Label claim(s):
Produce of: Ghana
Solo

Nutrient information: No information

Composite Sample Number: 44
Composite Sample Name: Papaya, ripe, raw, flesh only
Sub-sample Number: 44.11
Sub-sample Name: Sainsbury's giant papaya
Brand: Sainsbury's
Pack size:
Purchase Date: 07.12.15
Place of Purchase: Sainsbury's, Longwater Retail Park, Norwich
Display Until Date:
Best before Date: 09.12.15
Batch Number: W0710S 9089
Packaging: Loose
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 44.11

Sub-sample Name: Sainsbury's giant papaya

Ingredients: Papaya

Label claim(s):

Grown in: Brazil

Jumbo

Nutrient information: No information

Sample 45: Radish, raw

Composite Sample Number: 45
Composite Sample Name: Radish, raw
Sub-sample Number: 45.1
Sub-sample Name: Tesco British radish
Brand: Tesco
Pack size: 240g
Purchase Date: 19.10.15
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date:
Best before Date: 22.10.15
Batch Number: SC:GS01
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 45.1

Sub-sample Name: Tesco British radish

Ingredients: Radish

Label claim(s):

Grown in: Norfolk, UK

Grown by: Scott Watson

Packed in the UK

Nutrient information:

Nutrient	Unit	100g contains	Seven typical radishes (80g) contains
Energy	kJ	59	47
Energy	kcal	14	11
Fat	g	0.2	0.2
Saturates	g	0.1	<0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	1.9	1.5
Sugars	g	1.9	1.5
Starch	g	N/A	N/A
Fibre	g	0.9	0.7
Protein	g	0.7	0.6
Salt	g	0.1	0.1

Composite Sample Number: 45
Composite Sample Name: Radish, raw
Sub-sample Number: 45.2
Sub-sample Name: Tesco radish
Brand: Tesco
Pack size: 240g
Purchase Date: 07.12.15
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Best before Date: 11.12.15
Batch Number: SC:GS01
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 45.2

Sub-sample Name: Tesco radish

Ingredients: Radish

Label claim(s):
Produce of: Morocco

Nutrient information:

Nutrient	Unit	100g contains	Seven typical radishes (80g) contains
Energy	kJ	59	47
Energy	kcal	14	11
Fat	g	0.2	0.2
Saturates	g	0.1	<0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	1.9	1.5
Sugars	g	1.9	1.5
Starch	g	N/A	N/A
Fibre	g	0.9	0.7
Protein	g	0.7	0.6
Salt	g	0.1	0.1

Composite Sample Number: 45
Composite Sample Name: Radish, raw
Sub-sample Number: 45.3
Sub-sample Name: Asda Grower's Selection British radishes
Brand: Asda Grower's Selection
Pack size: 200g
Purchase Date: 19.10.15
Place of Purchase: Asda, Boundary Road, Norwich
Display Until Date:
Best before Date: 24.10.15
Batch Number: Site:350000 ASP1418585
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 45.3

Sub-sample Name: Asda Grower's Selection British radishes

Ingredients: No information

Label claim(s):

GIROX

Lancs, UK

Class I

Source of folic acid

Source of vitamin C

Nutrient information:

Nutrient	Unit	100g contains
Energy	kJ	56
Energy	kcal	14
Fat	g	0.2
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	1.9
Sugars	g	1.9
Starch	g	N/A
Fibre	g	0.9
Protein	g	0.7
Salt	g	0.03
Folic acid	µg	38
Vitamin C	mg	17

Composite Sample Number: 45
Composite Sample Name: Radish, raw
Sub-sample Number: 45.4
Sub-sample Name: Sainsbury's British radishes
Brand: Sainsbury's
Pack size: 200g
Purchase Date: 19.10.15
Place of Purchase: Sainsbury's, Longwater Retail Park, Norwich
Display Until Date:
Best before Date: 22.10.15
Batch Number: G0630 A 6773856 08.14
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 45.4

Sub-sample Name: Sainsbury's British radishes

Ingredients: No information

Label claim(s):

Norfolk, UK

Grown by: Scott Watson

Produced in the UK

Nutrient information:

Nutrient	Unit	100g (as sold) contains
Energy	kJ	57
Energy	kcal	14
Fat	g	<0.5
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	1.8
Sugars	g	1.8
Starch	g	N/A
Fibre	g	0.9
Protein	g	0.7
Salt	g	0.03

Composite Sample Number: 45
Composite Sample Name: Radish, raw
Sub-sample Number: 45.5
Sub-sample Name: Morrisons radishes
Brand: Morrisons
Pack size: 200g
Purchase Date: 07.12.15
Place of Purchase: Morrisons, Albion Way, Norwich
Display Until Date:
Best before Date: 11.12.15
Batch Number: 184751A GB1 RAD07 33915 PV 0258 T53810/0215
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 45.5

Sub-sample Name: Morrisons radishes

Ingredients: Radish

Label claim(s):
Produce of: Morocco
Class I

Nutrient information: No information

Composite Sample Number: 45
Composite Sample Name: Radish, raw
Sub-sample Number: 45.6
Sub-sample Name: Simply M&S British radishes
Brand: Simply M&S
Pack size: 200g
Purchase Date: 19.10.15
Place of Purchase: Marks & Spencer, Sweet Briar Retail Park, Norwich
Display Until Date:
Best before Date: 25.10.15
Batch Number: SC1816
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 45.6

Sub-sample Name: Simply M&S British radishes

Ingredients: No information

Label claim(s):

County: Norfolk, UK

Grower's Name: Scott Watson

Nutrient information:

Nutrient	Unit	100g contains
Energy	kJ	59
Energy	kcal	14
Fat	g	0.2
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	1.9
Sugars	g	1.9
Starch	g	N/A
Fibre	g	0.9
Protein	g	0.7
Salt	g	0.03
Folic acid (B ₉)	µg	38
Vitamin C	mg	17

Composite Sample Number: 45
Composite Sample Name: Radish, raw
Sub-sample Number: 45.7
Sub-sample Name: Oaklands British radish
Brand: Oaklands
Pack size: 250g
Purchase Date: 19.10.15
Place of Purchase: Lidl, Drayton Road, Norwich
Display Until Date:
Best before Date: 22.10.15
Batch Number: 4204 W1922
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 45.7

Sub-sample Name: Oaklands British radish

Ingredients: No information

Label claim(s):

Origin: Norfolk, UK

Class I

Nutrient information:

Nutrient	Unit	100g contains	Per 10 typical radishes (approx. 80g)
Energy	kJ	49	39
Energy	kcal	12	10
Fat	g	<0.5	<0.5
Saturates	g	0.1	<0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	1.9	1.5
Sugars	g	1.9	1.5
Starch	g	N/A	N/A
Fibre	g	0.9	0.7
Protein	g	0.7	0.6
Salt	g	0.03	0.02

Composite Sample Number: 45
Composite Sample Name: Radish, raw
Sub-sample Number: 45.8
Sub-sample Name: Asda Grower's Selection radishes
Brand: Asda Grower's Selection
Pack size: 200g
Purchase Date: 07.12.15
Place of Purchase: Asda, Boundary Road, Norwich
Display Until Date:
Best before Date: 12.12.15
Batch Number: Site:350001 ASP1418702
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 45.8

Sub-sample Name: Asda Grower's Selection radishes

Ingredients: No information

Label claim(s):

Israel

Gloriette

Class I

Source of folic acid

Source of vitamin C

Nutrient information:

Nutrient	Unit	100g contains
Energy	kJ	56
Energy	kcal	14
Fat	g	0.2
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	1.9
Sugars	g	1.9
Starch	g	N/A
Fibre	g	0.9
Protein	g	0.7
Salt	g	0.01
Folic acid	µg	38
Vitamin C	mg	17

Composite Sample Number: 45
Composite Sample Name: Radish, raw
Sub-sample Number: 45.9
Sub-sample Name: The Co-operative Loved by Us radish
Brand: The Co-operative Loved by Us
Pack size: 200g
Purchase Date: 09.11.15
Place of Purchase: The Co-operative, Long Stratton, Norfolk
Display Until Date:
Best before Date: 13.11.15
Batch Number: Supplied by: M060J DKCM113
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Sub-sample Number: 45.9

Sub-sample Name: The Co-operative Loved by Us radish

Ingredients: No Information

Label claim(s):

Produce of: The Netherlands

Class I

Nutrient information: No Information

Composite Sample Number: 45
Composite Sample Name: Radish, raw
Sub-sample Number: 45.10
Sub-sample Name: Farm Shop radishes
Brand:
Pack size:
Purchase Date: 13.10.15
Place of Purchase: Independent Farm Shop, Mulbarton, Norfolk
Display Until Date:
Best before Date:
Batch Number:
Packaging: Loose/bunch
Sample Condition As Purchased: Ambient
Post Purchase Storage: Chilled

Sub-sample Number: 45.10

Sub-sample Name: Farm Shop radishes

Ingredients: No information

Label claim(s):
Holland

Nutrient information: No information

Sample 46: Prunes, ready to eat, semi-dried

Composite Sample Number: 46
Composite Sample Name: Prunes, ready to eat, semi-dried
Sub-sample Number: 46.1
Sub-sample Name: Tesco ready to eat pitted prunes
Brand: Tesco
Pack size: 500g
Purchase Date: 26.10.15
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Best before Date: Jul 2016
Batch Number: L5292 740 1 16:49
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 46.1

Sub-sample Name: Tesco ready to eat pitted prunes

Ingredients: Partially rehydrated prunes, preservative (potassium sorbate)

Label claim(s):

Produce of: Chile

Packed in the UK

Nutrient information:

Nutrient	Unit	100g contains	30g contains
Energy	kJ	677	203
Energy	kcal	160	48
Fat	g	0.4	0.1
Saturates	g	0.1	<0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	33.8	10.1
Sugars	g	33.8	10.1
Starch	g	N/A	N/A
Fibre	g	5.7	1.7
Protein	g	2.5	0.8
Salt	g	0.1	<0.01

Composite Sample Number: 46
Composite Sample Name: Prunes, ready to eat, semi-dried
Sub-sample Number: 46.2
Sub-sample Name: Tesco Whole Foods soft prunes
Brand: Tesco Whole Foods
Pack size: 250g
Purchase Date: 27.11.15
Place of Purchase: Tesco, online delivery
Display Until Date:
Best before Date: 17.02.16
Batch Number: L15294L403 08:09
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 46.2

Sub-sample Name: Tesco wholefoods soft prunes

Ingredients:

Partially rehydrated prunes (100%)

Label claim(s):

A source of fibre

Small pieces of stone may remain

Contains naturally occurring sugars

Produced and packed in France

Nutrient information:

Nutrient	Unit	100g contains	Six prunes (30g) contain
Energy	kJ	1072	319
Energy	kcal	253	75
Fat	g	0.3	<0.1
Saturates	g	0.3	<0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	56.0	16.7
Sugars	g	35.0	10.6
Starch	g	N/A	N/A
Fibre	g	5.2	1.6
Protein	g	2.0	0.6
Salt	g	<0.01	<0.01

Composite Sample Number: 46
Composite Sample Name: Prunes, ready to eat, semi-dried
Sub-sample Number: 46.3
Sub-sample Name: Asda good & balanced prunes
Brand: Asda good & balanced
Pack size: 250g
Purchase Date: 09.11.15
Place of Purchase: Asda, Boundary Road, Norwich
Display Until Date:
Best before Date: Aug 2016
Batch Number: L5 246 H1 62 14:46 ASP1409400 MQE
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 46.3

Sub-sample Name: Asda good & balanced prunes

Ingredients: Prunes (94%), water, preservative (potassium sorbate)

Label claim(s):

Produce of: Chile

Source of fibre

Nutrient information:

Nutrient	Unit	100g contains	30g contains
Energy	kJ	681	202
Energy	kcal	161	48
Fat	g	<0.5	<0.5
Saturates	g	<0.1	<0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	34	10
Sugars	g	34	10
Starch	g	N/A	N/A
Fibre	g	5.7	1.7
Protein	g	2.5	0.8
Salt	g	0.10	0.03

Composite Sample Number: 46
Composite Sample Name: Prunes, ready to eat, semi-dried
Sub-sample Number: 46.4
Sub-sample Name: Sainsbury's prunes
Brand: Sainsbury's
Pack size: 500g
Purchase Date: 16.11.15
Place of Purchase: Sainsbury's, Longwater Retail Park, Norwich
Display Until Date:
Best before Date: July 2016
Batch Number: L5294 770 1 13:12 07614700 W0299 08.14
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 46.4

Sub-sample Name: Sainsbury's prunes

Ingredients: Partially rehydrated dried prunes (99%), preservative: potassium sorbate

Label claim(s):

Produce of: Chile

Packed in the UK

High fibre

Contains naturally occurring sugars

Some stones may remain

Nutrient information:

Nutrient	Unit	100g contains	30g contains
Energy	kJ	677	203
Energy	kcal	160	48
Fat	g	<0.5	<0.5
Saturates	g	<0.1	<0.1
Monounsaturates	g	0.2	<0.1
Polyunsaturates	g	<0.1	<0.1
Carbohydrate	g	33.8	10.1
Sugars	g	33.8	10.1
Starch	g	<0.5	<0.5
Fibre	g	5.7	1.7
Protein	g	2.5	0.8
Salt	g	0.03	<0.01

Composite Sample Number: 46
Composite Sample Name: Prunes, ready to eat, semi-dried
Sub-sample Number: 46.5
Sub-sample Name: Morrisons, dried pitted prunes
Brand: Morrisons
Pack size: 500g
Purchase Date: 16.11.15
Place of Purchase: Morrisons, Albion Way, Norwich
Display Until Date:
Best before Date: Sep 2016
Batch Number: Lot:17435 5246 N9 11092 P06/14 .0212
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 46.5

Sub-sample Name: Morrisons, dried pitted prunes

Ingredients: Partially rehydrated dried prunes, preservative: potassium sorbate

Label claim(s):

Produce of more than one country

Packed in Turkey

Some stones may remain

Nutrient information:

Nutrient	Unit	100g contains	30g serving contains
Energy	kJ	970	291
Energy	kcal	229	69
Fat	g	Tr	Tr
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	50.8	15.2
Sugars	g	39.3	11.8
Starch	g	N/A	N/A
Fibre	g	9.1	2.7
Protein	g	1.9	0.6
Salt	g	0.1	Tr

Composite Sample Number: 46
Composite Sample Name: Prunes, ready to eat, semi-dried
Sub-sample Number: 46.6
Sub-sample Name: Cook with M&S Agen prunes
Brand: Cook with M&S
Pack size: 250g
Purchase Date: 09.11.15
Place of Purchase: Marks & Spencer, Sweet Briar Retail Park, Norwich
Display Until Date:
Best before Date: 06.2016
Batch Number: L5258 520 1 09:52 SC6419
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 46.6

Sub-sample Name: Cook with M&S Agen prunes

Ingredients: Agen prunes, preservative: potassium sorbate

Label claim(s):

Produce of: France

Packed in the UK

These prunes contain naturally occurring sugars

Nutrient information:

Nutrient	Unit	100g contains
Energy	kJ	678
Energy	kcal	160
Fat	g	0.4
Saturates	g	<0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	33.8
Sugars	g	33.8
Starch	g	N/A
Fibre	g	5.7
Protein	g	2.5
Salt	g	0.03

Composite Sample Number: 46
Composite Sample Name: Prunes, ready to eat, semi-dried
Sub-sample Number: 46.7
Sub-sample Name: The Co-operative Loved by Us dried prunes
Brand: The Co-operative Loved by Us
Pack size: 250g
Purchase Date: 09.11.15
Place of Purchase: The Co-operative, Long Stratton, Norfolk
Display Until Date:
Best before Date: 31.05.16
Batch Number: 15224 86872 GE13900/1/1
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 46.7

Sub-sample Name: The Co-operative Loved by Us dried prunes

Ingredients: Partially rehydrated pitted prunes (99%), preservative (potassium sorbate)

Label claim(s):

Produce of: Chile

Packed in the UK

May contain nuts, peanuts, sesame

Contains naturally occurring sugars

Ready to eat

May contain stones

Nutrient information:

Nutrient	Unit	100g contains	Per 40g serving
Energy	kJ	690	270
Energy	kcal	160	65
Fat	g	0.4	0.2
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	34.0	13.6
Sugars	g	34.0	13.6
Starch	g	N/A	N/A
Fibre	g	6.3	2.5
Protein	g	2.5	1.0
Salt	g	Tr	Tr

Composite Sample Number: 46
Composite Sample Name: Prunes, ready to eat, semi-dried
Sub-sample Number: 46.8
Sub-sample Name: Whitworths juicy prunes
Brand: Whitworths
Pack size: 200g
Purchase Date: 30.11.15
Place of Purchase: Sainsbury's online delivery
Display Until Date:
Best before Date: Jun 2016
Batch Number: L5258 7451
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 46.8

Sub-sample Name: Whitworths juicy prunes

Ingredients: Partially rehydrated prunes, preservative: potassium sorbate

Label claim(s):

Product of more than one country

Packed in the UK

Source of fibre

Contains naturally occurring sugars

Some stones may remain

Nutrient information:

Nutrient	Unit	100g contains	A typical serving (30g) contains
Energy	kJ	678	203
Energy	kcal	160	48
Fat	g	0.4	0.1
Saturates	g	0.1	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	33.8	10.1
Sugars	g	33.8	10.1
Starch	g	N/A	N/A
Fibre	g	5.7	1.7
Protein	g	2.5	0.8
Salt	g	Tr	Tr
Iron	mg	2.6	0.8

Composite Sample Number: 46
Composite Sample Name: Prunes, ready to eat, semi-dried
Sub-sample Number: 46.9
Sub-sample Name: Whitworths snack on Chilean orchard prunes
Brand: Whitworths
Pack size: 200g
Purchase Date: 05.01.16
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Best before Date: 30.09.16
Batch Number: L5364 7453
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 46.9

Sub-sample Name: Whitworths snack on Chilean orchard prunes

Ingredients: Partially rehydrated prunes (98%), preservatives: potassium sorbate

Label claim(s):

Product of more than one country
 Packed in the UK
 Contains naturally occurring sugars
 Source of fibre
 High in potassium
 Some stones may remain

Nutrient information:

Nutrient	Unit	100g contains	Per 30g serving
Energy	kJ	679	204
Energy	kcal	161	48
Fat	g	0.4	0.1
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	33.9	10.2
Sugars	g	33.9	10.2
Starch	g	N/A	N/A
Fibre	g	5.7	1.7
Protein	g	2.5	0.8
Salt	g	Tr	Tr
Potassium	mg	760.0	228.0

Composite Sample Number: 46
Composite Sample Name: Prunes, ready to eat, semi-dried
Sub-sample Number: 46.10
Sub-sample Name: Whitworths snack on Chilean orchard prunes
Brand: Whitworths
Pack size: 200g
Purchase Date: 13.01.16
Place of Purchase: Sainsbury's, Longwater Retail Park, Norwich
Display Until Date:
Best before Date: Sep 2016
Batch Number: L5364 7453
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 46.10

Sub-sample Name: Whitworths snack on Chilean orchard prunes

Ingredients: Partially rehydrated prunes (98%), preservatives: potassium sorbate

Label claim(s):

Product of more than one country
 Packed in the UK
 Contains naturally occurring sugars
 Source of fibre
 High in potassium
 May contain stones

Nutrient information:

Nutrient	Unit	100g contains	Per 30g serving
Energy	kJ	679	204
Energy	kcal	161	48
Fat	g	0.4	0.1
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	33.9	10.2
Sugars	g	33.9	10.2
Starch	g	N/A	N/A
Fibre	g	5.7	1.7
Protein	g	2.5	0.8
Salt	g	Tr	Tr
Potassium	mg	760.0	228.0

Sample 47: Apricots, ready to eat, semi-dried

Composite Sample Number: 47

Composite Sample Name: Apricots, ready to eat, semi-dried

Sub-sample Number: 47.1

Sub-sample Name: Tesco Whole Foods ready to eat apricots

Brand: Tesco Whole Foods

Pack size: 500g

Purchase Date: 28.01.16

Place of Purchase: Tesco, Harford Bridges, Norwich

Display Until Date:

Best before Date: Oct 2016

Batch Number: L6015 765 2 14:43

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Sub-sample Number: 47.1

Sub-sample Name: Tesco Whole Foods ready to eat apricots

Ingredients: Partially rehydrated apricots (99%), preservatives (potassium sorbate, sulphur dioxide)

Label claim(s):

Produce of: Turkey

Added sulphites to preserve golden colour

Added potassium sorbate to maintain quality

Packed in the UK

Some stones may remain

Nutrient information:

Nutrient	Unit	100g contains	30g contains
Energy	kJ	753	226
Energy	kcal	178	53
Fat	g	0.6	0.2
Saturates	g	0.2	<0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	36.0	10.8
Sugars	g	36.0	10.8
Starch	g	N/A	N/A
Fibre	g	6.3	1.9
Protein	g	4.0	1.2
Salt	g	0.1	0.1

Composite Sample Number: 47
Composite Sample Name: Apricots, ready to eat, semi-dried
Sub-sample Number: 47.2
Sub-sample Name: Tesco ready to eat apricots
Brand: Tesco
Pack size: 500g
Purchase Date: 30.11.15
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Best before Date: Aug 2016
Batch Number: 5273 N8 Lot: 2881
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 47.2

Sub-sample Name: Tesco ready to eat apricots

Ingredients: Partially rehydrated apricots, preservatives (sulphur dioxide, potassium sorbate), acidity regulators (citric acid, malic acid)

Label claim(s):

Produced in: Turkey

Some stones may remain

Nutrient information:

Nutrient	Unit	100g contains	30g contains
Energy	kJ	885	266
Energy	kcal	209	63
Fat	g	<0.1	<0.1
Saturates	g	<0.1	<0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	46.7	14.0
Sugars	g	37.7	11.3
Starch	g	N/A	N/A
Fibre	g	6.2	1.9
Protein	g	2.4	0.7
Salt	g	0.1	0.1

Composite Sample Number: 47
Composite Sample Name: Apricots, ready to eat, semi-dried
Sub-sample Number: 47.3
Sub-sample Name: Asda Good & Balanced apricots
Brand: Asda Good & Balanced
Pack size: 250g
Purchase Date: 09.11.15
Place of Purchase: Asda, Boundary Road, Norwich
Display Until Date:
Best before Date: Jun 2016
Batch Number: 5174 N9 Lot: 2837 ASP1409407
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 47.3

Sub-sample Name: Asda Good & Balanced apricots

Ingredients: Stoned dried apricots (90%), water, acidity regulators (citric acid, malic acid), preservative (sulphur dioxide)

Label claim(s):

Produced in: Turkey

Contains naturally occurring sugars

High in fibre

Some stones may remain

Nutrient information:

Nutrient	Unit	100g contains	30g contains
Energy	kJ	770	230
Energy	kcal	182	54
Fat	g	0.6	<0.5
Saturates	g	0	0
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	37	11
Sugars	g	37	11
Starch	g	N/A	N/A
Fibre	g	6.3	1.9
Protein	g	4.0	1.2
Salt	g	0.10	0.03

Composite Sample Number: 47
Composite Sample Name: Apricots, ready to eat, semi-dried
Sub-sample Number: 47.4
Sub-sample Name: Sainsbury's apricots
Brand: Sainsbury's
Pack size: 500g
Purchase Date: 16.11.15
Place of Purchase: Sainsbury's, Longwater Retail Park, Norwich
Display Until Date:
Best before Date: Aug 2016
Batch Number: L5307 765 2 18:18 07614709 W0299 14.15
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 47.4

Sub-sample Name: Sainsbury's apricots

Ingredients: Partially rehydrated dried apricots (99%), preservatives (potassium sorbate, sulphur dioxide)

Label claim(s):

Produce of: Turkey

Packed in the UK

Contains naturally occurring sugars

Naturally high in fibre

Some stones may remain

Nutrient information:

Nutrient	Unit	100g contains	Per 30g serving
Energy	kJ	753	226
Energy	kcal	178	53
Fat	g	0.6	<0.5
Saturates	g	0.2	<0.1
Monounsaturates	g	0.2	<0.1
Polyunsaturates	g	0.2	<0.1
Carbohydrate	g	36.0	10.8
Sugars	g	36.0	10.8
Starch	g	<0.5	<0.5
Fibre	g	6.3	1.9
Protein	g	4.0	1.2
Salt	g	0.04	<0.01

Composite Sample Number: 47
Composite Sample Name: Apricots, ready to eat, semi-dried
Sub-sample Number: 47.5
Sub-sample Name: Morrisons Wholefoods soft apricots
Brand: Morrisons Wholefoods
Pack size: 500g
Purchase Date: 30.11.15
Place of Purchase: Morrisons, Albion Way, Norwich
Display Until Date:
Best before Date: Aug 2016
Batch Number: 5225 N9 Lot: 2863 11092-0003 P05/14 101765
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 47.5

Sub-sample Name: Morrisons Wholefoods soft apricots

Ingredients: Partially rehydrated dried apricots (99%), preservatives (potassium sorbate, sulphur dioxide), acidity regulators (citric acid, malic acid)

Label claim(s):

Produce of: Turkey

Ready to eat

May contain stones

Nutrient information:

Nutrient	Unit	100g contains	Per 50g portion
Energy	kJ	885	443
Energy	kcal	209	104
Fat	g	Tr	Tr
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	46.7	23.4
Sugars	g	37.7	18.9
Starch	g	N/A	N/A
Fibre	g	6.2	3.1
Protein	g	2.4	1.2
Salt	g	0.1	Tr

Composite Sample Number: 47
Composite Sample Name: Apricots, ready to eat, semi-dried
Sub-sample Number: 47.6
Sub-sample Name: Marks & Spencer soft apricots
Brand: Marks & Spencer
Pack size: 425g
Purchase Date: 03.02.16
Place of Purchase: Marks & Spencer, Longwater Retail Park, Norwich
Display Until Date:
Best before Date: 29.03.16
Batch Number: 05:02 SC4808
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 47.6

Sub-sample Name: Marks & Spencer soft apricots

Ingredients: Partially rehydrated dried apricots, antioxidant: E220 (sulphites), preservative: E202

Label claim(s):

Product of: Turkey

Packed in France

Some stones may still remain

Ready to eat

Nutrient information:

Nutrient	Unit	100g contains
Energy	kJ	870
Energy	kcal	206
Fat	g	0.4
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	45.4
Sugars	g	23.0
Starch	g	N/A
Fibre	g	5.8
Protein	g	2.2
Salt	g	<0.1

Composite Sample Number: 47
Composite Sample Name: Apricots, ready to eat, semi-dried
Sub-sample Number: 47.7
Sub-sample Name: Neal's Yard Wholefoods ready to eat apricots
Brand: Neal's Yard Wholefoods
Pack size: 250g
Purchase Date: 18.01.16
Place of Purchase: Holland and Barrett delivery
Display Until Date:
Best before Date: May 2016
Batch Number: L5237 H1 63 08:34
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 47.7

Sub-sample Name: Neal's Yard Wholefoods ready to eat apricots

Ingredients: Dried apricots (90%), water, acidity regulators: (citric acid, malic acid), preservatives: (sulphur dioxide, potassium sorbate)

Label claim(s):

Produce of: Turkey

Packed in the UK

Nutrient information:

Nutrient	Unit	100g contains
Energy	kJ	1076
Energy	kcal	254
Fat	g	0.5
Saturates	g	<0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	55.3
Sugars	g	53.4
Starch	g	N/A
Fibre	g	7.3
Protein	g	3.4
Salt	g	0.03

Composite Sample Number: 47
Composite Sample Name: Apricots, ready to eat, semi-dried
Sub-sample Number: 47.8
Sub-sample Name: Whitworths soft apricots
Brand: Whitworths
Pack size: 140g
Purchase Date: 26.10.15
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Best before Date: Jul 2016
Batch Number: L5294 7451
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 47.8

Sub-sample Name: Whitworths soft apricots

Ingredients: Partially Rehydrated Dried Apricots, Preservatives: Potassium Sorbate, Sulphur Dioxide

Label claim(s):

Product of more than one country

Packed in the UK

High in fibre

High in vitamin A

High in copper

Contains naturally occurring sugars

Some stones may remain

Nutrient information:

Nutrient	Unit	100g contains	Per 30g serving
Energy	kJ	753	226
Energy	kcal	178	53
Fat	g	0.6	0.2
Saturates	g	0.2	0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	36.0	10.8
Sugars	g	36.0	10.8
Starch	g	N/A	N/A
Fibre	g	6.3	1.9
Protein	g	4.0	1.2
Salt	g	Tr	Tr
Vitamin A	µg	545	163
Copper	mg	0.4	0.1

Composite Sample Number: 47
Composite Sample Name: Apricots, ready to eat, semi-dried
Sub-sample Number: 47.9
Sub-sample Name: Whitworths snack on golden Malatya apricots
Brand: Whitworths
Pack size: 140g
Purchase Date: 30.11.15
Place of Purchase: Sainsbury's online delivery
Display Until Date:
Best before Date: Aug 2016
Batch Number: L5316 7451
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 47.9

Sub-sample Name: Whitworths snack on golden Malatya apricots

Ingredients: Partially rehydrated dried apricots (99%), preservatives: potassium sorbate, sulphur dioxide

Label claim(s):

Product of more than one country
 Packed in the UK
 High in fibre
 High in vitamin A
 High in copper
 Contains naturally occurring sugars
 Some stones may remain

Nutrient information:

Nutrient	Unit	100g contains	A typical serving (30g) contains
Energy	kJ	753	226
Energy	kcal	178	53
Fat	g	0.6	0.2
Saturates	g	0.1	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	36.0	10.8
Sugars	g	36.0	10.8
Starch	g	N/A	N/A
Fibre	g	6.3	1.9
Protein	g	4.0	1.2
Salt	g	Tr	Tr
Vitamin A	µg	545.0	163.5
Copper	mg	0.4	0.1

Composite Sample Number: 47
Composite Sample Name: Apricots, ready to eat, semi-dried
Sub-sample Number: 47.10
Sub-sample Name: Whitworths snack on golden Malatya apricots
Brand: Whitworths
Pack size: 140g
Purchase Date: 05.01.16
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Best before Date: Aug 2016
Batch Number: L5323 00:11 51925/A
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 47.10

Sub-sample Name: Whitworths snack on golden Malatya apricots

Ingredients: Partially rehydrated dried apricots (99%), preservatives: potassium sorbate, sulphur dioxide

Label claim(s):

Product of more than one country
 Packed in Turkey
 High in fibre
 High in vitamin A
 High in copper
 Contains naturally occurring sugars
 Some stones may remain

Nutrient information:

Nutrient	Unit	100g contains	Per 30g serving
Energy	kJ	753	226
Energy	kcal	178	53
Fat	g	0.6	0.2
Saturates	g	0.1	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	36.0	10.8
Sugars	g	36.0	10.8
Starch	g	N/A	N/A
Fibre	g	6.3	1.9
Protein	g	4.0	1.2
Salt	g	Tr	Tr
Vitamin A	µg	545.0	163.5
Copper	mg	0.4	0.1

Sample 48: Raisins, dried

Composite Sample Number: 48
Composite Sample Name: Raisins, dried
Sub-sample Number: 48.1
Sub-sample Name: Tesco Californian seedless raisins
Brand: Tesco
Pack size: 500g
Purchase Date: 26.10.15
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Best before Date: Sep 2016
Batch Number: L5265 737 1 05:44
Packaging: Mixed material
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 48.1

Sub-sample Name: Tesco Californian seedless raisins

Ingredients: Raisins, sunflower oil

Label claim(s):

Produce of: the USA

Packed in the UK

Nutrient information:

Nutrient	Unit	100g contains	30g contains
Energy	kJ	1245	373
Energy	kcal	293	88
Fat	g	0.4	0.1
Saturates	g	0.2	<0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	69.3	N/A
Sugars	g	69.3	20.8
Starch	g	N/A	N/A
Fibre	g	2.0	N/A
Protein	g	2.1	N/A
Salt	g	0.2	0.1

Composite Sample Number: 48
Composite Sample Name: Raisins, dried
Sub-sample Number: 48.2
Sub-sample Name: Tesco Whole Foods thompson raisins
Brand: Tesco Whole Foods
Pack size: 150g
Purchase Date: 27.11.15
Place of Purchase: Tesco online delivery
Display Until Date:
Best before Date: Apr 2016
Batch Number: L5019014 12:04
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 48.2

Sub-sample Name: Tesco Whole Foods thompson raisins

Ingredients: Raisins (100%). Raisins contain: raisins, glazing agent (sunflower oil)

Label claim(s):

Produce of more than one country

May contain nuts and sesame

Packaged in a protective environment

Packed in Italy

Nutrient information:

Nutrient	Unit	100g contains	A typical 25g serving contains
Energy	kJ	1245	311
Energy	kcal	293	73
Fat	g	0.4	0.1
Saturates	g	0.0	0.0
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	69.3	17.3
Sugars	g	69.3	17.3
Starch	g	N/A	N/A
Fibre	g	2.0	0.5
Protein	g	2.1	0.5
Salt	g	0.1	<0.01

Composite Sample Number: 48
Composite Sample Name: Raisins, dried
Sub-sample Number: 48.3
Sub-sample Name: Asda Chosen by Kids 12 mini raisin snack boxes
Brand: Asda Chosen by Kids
Pack size: 168g (12x14g)
Purchase Date: 30.11.15
Place of Purchase: Asda, Boundary Road, Norwich
Display Until Date:
Best before Date: 27.06.16
Batch Number: 51189/G 5237 ASP1218237
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 48.3

Sub-sample Name: Asda Chosen by Kids 12 mini raisin snack boxes

Ingredients: Raisins (100%)

Label claim(s):

Source of fibre

No artificial colours or flavours

Produce of: Turkey

Packed in Turkey

Nutrient information:

Nutrient	Unit	100g contains	Per 14g serving
Energy	kJ	1314	185
Energy	kcal	310	44
Fat	g	0.4	0.1
Saturates	g	0.1	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	72.0	10.1
Sugars	g	70.3	9.8
Starch	g	N/A	N/A
Fibre	g	4.1	0.6
Protein	g	2.5	0.3
Salt	g	Tr	Tr

Composite Sample Number: 48
Composite Sample Name: Raisins, dried
Sub-sample Number: 48.4
Sub-sample Name: Sainsbury's jumbo raisin mix
Brand: Sainsbury's
Pack size: 250g
Purchase Date: 16.11.15
Place of Purchase: Sainsbury's, Longwater Retail Park, Norwich
Display Until Date:
Best before Date: Jul 2016
Batch Number: L5275 770 3 19:42 079614390 W0299 08.14
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 48.4

Sub-sample Name: Sainsbury's jumbo raisin mix

Ingredients: Flame raisins (34%), crimson raisins (33%), golden jumbo raisins (33%), sunflower oil, preservative: sulphur dioxide

Label claim(s):

Packed in the UK

Packaged in a protective atmosphere

Produce of more than one country

Nutrient information:

Nutrient	Unit	100g contains	A 30g serving contains
Energy	kJ	1245	373
Energy	kcal	293	88
Fat	g	<0.5	<0.5
Saturates	g	<0.1	<0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	69.3	20.8
Sugars	g	69.3	20.8
Starch	g	<0.5	<0.5
Fibre	g	2.0	0.6
Protein	g	2.1	0.6
Salt	g	0.15	0.05

Composite Sample Number: 48
Composite Sample Name: Raisins, dried
Sub-sample Number: 48.5
Sub-sample Name: Morrisons raisins
Brand: Morrisons
Pack size: 500g
Purchase Date: 16.11.15
Place of Purchase: Morrisons, Albion Way, Norwich
Display Until Date:
Best before Date: Aug 2016
Batch Number: 14-302 2185 11092 P06/14 102119
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 48.5

Sub-sample Name: Morrisons raisins

Ingredients: Raisins, cottonseed oil

Label claim(s):

Some pips and stems may remain

Nutrient information:

Nutrient	Unit	100g contains	Per 30g portion
Energy	kJ	1294	388
Energy	kcal	305	92
Fat	g	0.4	0.1
Saturates	g	0.2	0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	69.4	20.8
Sugars	g	59	17.7
Starch	g	N/A	N/A
Fibre	g	5.2	1.6
Protein	g	3.4	1
Salt	g	0.2	0.1

Composite Sample Number: 48
Composite Sample Name: Raisins, dried
Sub-sample Number: 48.6
Sub-sample Name: Belbake Californian seedless raisins
Brand: Belbake
Pack size: 500g
Purchase Date: 09.11.15
Place of Purchase: Lidl, Drayton Road, Norwich
Display Until Date:
Best before Date: Oct 2016
Batch Number: 5299
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 48.6

Sub-sample Name: Belbake Californian seedless raisins

Ingredients: Californian raisins, sunflower oil

Label claim(s):

Produced in the USA

Some small pieces of stalk may remain

May contain sulphites and cereals containing gluten

Nutrient information:

Nutrient	Unit	100g contains	Per 30g serving
Energy	kJ	1260	391
Energy	kcal	297	92
Fat	g	<0.5	<0.5
Saturates	g	0	0
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	70	21
Sugars	g	70	21
Starch	g	N/A	N/A
Fibre	g	2.0	0.6
Protein	g	2.1	0.6
Salt	g	0.15	0.05

Composite Sample Number: 48
Composite Sample Name: Raisins, dried
Sub-sample Number: 48.7
Sub-sample Name: Holland & Barrett genius seedless raisins
Brand: Holland & Barrett
Pack size: 250g
Purchase Date: 19.12.15
Place of Purchase: Holland & Barrett, Camberwell Green, London
Display Until Date:
Best before Date: Aug 16
Batch Number: 15265 11:09 5 95171 29284/01
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 48.7

Sub-sample Name: Holland & Barrett, genius seedless raisins

Ingredients: Raisins, sunflower oil

Label claim(s):

May contain nuts, peanuts, sesame seeds

Produce of the USA

Nutrient information:

Nutrient	Unit	100g contains
Energy	kJ	1159
Energy	kcal	272
Fat	g	0.4
Saturates	g	0.0
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	69.0
Sugars	g	69.0
Starch	g	N/A
Fibre	g	2.0
Protein	g	2.1
Salt	mg	0.15

Composite Sample Number: 48
Composite Sample Name: Raisins, dried
Sub-sample Number: 48.8
Sub-sample Name: Curtis raisins
Brand: Curtis
Pack size: 2kg
Purchase Date: 16.11.15
Place of Purchase: Booker, Norwich
Display Until Date:
Best before Date: August 2016
Batch Number: 15224 L4
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 48.8

Sub-sample Name: Curtis raisins

Ingredients: Raisins (99.9%), sunflower oil

Label claim(s):

Some fruit stalks may remain

Packed in the UK

Nutrient information:

Nutrient	Unit	100g contains
Energy	kJ	1227
Energy	kcal	293
Fat	g	0.4
Saturates	g	0.0
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	69.3
Sugars	g	69.3
Starch	g	N/A
Fibre	g	2.0
Protein	g	2.1
Salt	g	0.15

Composite Sample Number: 48
Composite Sample Name: Raisins, dried
Sub-sample Number: 48.9
Sub-sample Name: Whitworths sunny raisin
Brand: Whitworths
Pack size: 112g (8x14g)
Purchase Date: 16.11.15
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date:
Best before Date: Sep 2016
Batch Number: 51498/B L5271AT
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 48.9

Sub-sample Name: Whitworths sunny raisin

Ingredients: Raisins, sunflower oil

Label claim(s):

Product of more than one country

Contains naturally occurring sugars

Nutrient information:

Nutrient	Unit	100g contains	Per 14g serving
Energy	kJ	1245	174
Energy	kcal	293	41
Fat	g	0.4	Tr
Saturates	g	0.1	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	69.3	9.7
Sugars	g	69.3	9.7
Starch	g	N/A	N/A
Fibre	g	2.0	0.3
Protein	g	2.1	0.3
Salt	g	0.2	Tr

Composite Sample Number: 48
Composite Sample Name: Raisins, dried
Sub-sample Number: 48.10
Sub-sample Name: Sun Maid natural California raisins
Brand: Sun Maid
Pack size: 500g
Purchase Date: 16.11.15
Place of Purchase: Tesco Extra, Blue Boar Road, Norwich
Display Until Date:
Best before Date: 23.08.16
Batch Number: 2790 09 804
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 48.10

Sub-sample Name: Sun Maid natural California raisins

Ingredients: California seedless raisins

Label claim(s):

Product of California, USA

May contain an occasional grape stem or wood piece

No added oils, glazing agents or preservatives

Nutrient information:

Nutrient	Unit	100g contains
Energy	kJ	1322
Energy	kcal	316
Fat	g	0.7
Saturates	g	0.0
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	76.9
Sugars	g	71.4
Starch	g	N/A
Fibre	g	5.8
Protein	g	3.0
Salt	g	0.02

Sample 49: Lentils, split, dried, raw

Composite Sample Number: 49
Composite Sample Name: Lentils, split, dried, raw
Sub-sample Number: 49.1
Sub-sample Name: Tesco Whole Foods red split lentils
Brand: Tesco Whole Foods
Pack size: 500g
Purchase Date: 26.10.15
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Best before Date: Apr 2017
Batch Number: L5282 8651
Packaging: Mixed material
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 49.1

Sub-sample Name: Tesco Whole Foods red split lentils

Ingredients: Dried red split lentils

Label claim(s):

May contain wheat
Produce of Canada
Packed in the UK

Nutrient information:

Nutrient	Unit	100g cooked contains	80g cooked contains
Energy	kJ	431	345
Energy	kcal	102	81
Fat	g	0.4	0.3
Saturates	g	0	0
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	16.0	12.8
Sugars	g	0.8	0.6
Starch	g	N/A	N/A
Fibre	g	1.9	1.5
Protein	g	7.6	6.1
Salt	g	0.1	0.1

Composite Sample Number: 49
Composite Sample Name: Lentils, split, dried, raw
Sub-sample Number: 49.2
Sub-sample Name: Tesco Aasani red split lentils
Brand: Tesco
Pack size: 2kg
Purchase Date: 16.11.15
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date:
Best before Date: Nov 2016
Batch Number: L5131 8501
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 49.2

Sub-sample Name: Tesco Aasani red split lentils

Ingredients: Dried red split lentils

Label claim(s):

May contain wheat

Packed in the UK

Produce of Canada

Nutrient information:

Nutrient	Unit	100g cooked contains	Each cooked serving (80g) contains
Energy	kJ	448	359
Energy	kcal	106	85
Fat	g	0.4	0.3
Saturates	g	0.0	0.0
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	17.0	13.6
Sugars	g	0.8	0.6
Starch	g	N/A	N/A
Fibre	g	1.9	1.5
Protein	g	7.6	6.1
Salt	g	0.1	0.1

Composite Sample Number: 49
Composite Sample Name: Lentils, split, dried, raw
Sub-sample Number: 49.3
Sub-sample Name: Asda Good & Balanced red lentils
Brand: Asda Good & Balanced
Pack size: 500g
Purchase Date: 09.11.15
Place of Purchase: Asda, Boundary Road, Norwich
Display Until Date:
Best before Date: Jan 2017
Batch Number: Lot 5285 C3 11:23 ASP1410189
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 49.3

Sub-sample Name: Asda Good & Balanced red lentils

Ingredients: Dried red split lentils

Label claim(s):

High in fibre

High in protein

Packed in the UK

Nutrient information:

Nutrient	Unit	Per 100g (made up as directed)	Per 1/12 pack (made up as directed)
Energy	kJ	385	154
Energy	kcal	92	37
Fat	g	0.8	<0.5
Saturates	g	0.2	<0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	8.0	3.0
Sugars	g	<0.5	<0.5
Starch	g	N/A	N/A
Fibre	g	10	4.2
Protein	g	8.2	3.4
Salt	g	0.05	0.02

Composite Sample Number: 49
Composite Sample Name: Lentils, split, dried, raw
Sub-sample Number: 49.4
Sub-sample Name: Sainsbury's red lentils
Brand: Sainsbury's
Pack size: 500g
Purchase Date: 16.11.15
Place of Purchase: Sainsbury's, Longwater Retail Park, Norwich
Display Until Date:
Best before Date: Sep 2018
Batch Number: 5275-N 01135817 51071 06.14
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 49.4

Sub-sample Name: Sainsbury's red lentils

Ingredients: Red split lentils

Label claim(s):

Source of fibre

Produce of more than one country

Packed in France

Nutrient information:

Nutrient	Unit	Per 100g (cooked as per instructions)	Per 80g serving (cooked as per instructions)
Energy	kJ	360	288
Energy	kcal	86	68
Fat	g	0.9	0.7
Saturates	g	0.3	0.3
Monounsaturates	g	0.3	0.3
Polyunsaturates	g	0.2	0.2
Carbohydrate	g	9.6	7.7
Sugars	g	<0.5	<0.5
Starch	g	9.4	7.5
Fibre	g	4.5	3.6
Protein	g	7.5	6.0
Salt	g	<0.01	<0.01

Composite Sample Number: 49
Composite Sample Name: Lentils, split, dried, raw
Sub-sample Number: 49.5
Sub-sample Name: Morrisons Wholefoods red split lentils
Brand: Morrisons Wholefoods
Pack size: 500g
Purchase Date: 30.11.15
Place of Purchase: Morrisons, Albion Way, Norwich
Display Until Date:
Best before Date: Nov 2016
Batch Number: L5323 8701 9905 T53410/0115
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 49.5

Sub-sample Name: Morrisons Wholefoods red split lentils

Ingredients: Dried red split lentils

Label claim(s):

High in protein

Produce of: Canada

May contain cereals containing gluten

Nutrient information:

Nutrient	Unit	Per 100g as consumed	80g serving (as consumed) contains
Energy	kJ	448	359
Energy	kcal	106	85
Fat	g	0.4	0.3
Saturates	g	0	0
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	17	N/A
Sugars	g	0.8	0.6
Starch	g	N/A	N/A
Fibre	g	1.9	N/A
Protein	g	7.6	N/A
Salt	g	Tr	Tr

Composite Sample Number: 49
Composite Sample Name: Lentils, split, dried, raw
Sub-sample Number: 49.6
Sub-sample Name: Simply M&S red split lentils
Brand: Simply M&S
Pack size: 500g
Purchase Date: 30.11.15
Place of Purchase: Marks & Spencer, Sweet Briar Retail Park, Norwich
Display Until Date:
Best before Date: 03.2017
Batch Number: L5257 8701
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 49.6

Sub-sample Name: Simply M&S red split lentils

Ingredients: Red split lentils

Label claim(s):

Produce of more than one country

Packed in the UK

Produce of: Canada

Not suitable for wheat allergy sufferers and coeliacs due to manufacturing methods

Source of protein

Nutrient information:

Nutrient	Unit	100g as consumed contains
Energy	kJ	423
Energy	kcal	100
Fat	g	0.4
Saturates	g	<0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	15.5
Sugars	g	0.8
Starch	g	N/A
Fibre	g	1.9
Protein	g	7.6
Salt	g	0.03

Composite Sample Number: 49
Composite Sample Name: Lentils, split, dried, raw
Sub-sample Number: 49.7
Sub-sample Name: Natco red lentils
Brand: Natco
Pack size: 1kg
Purchase Date: 27.11.15
Place of Purchase: Tesco online delivery
Display Until Date:
Best before Date: Nov 2017
Batch Number: Prod: Nov 2015 151112-BN0004
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 49.7

Sub-sample Name: Natco red lentils

Ingredients: No information

Label claim(s):

Packed in a factory that handles nuts in a separate area

Low in fat, rich in protein

Produce of more than one country

Nutrient information:

Nutrient	Unit	100g (uncooked) contains
Energy	kJ	1477
Energy	kcal	353
Fat	g	1.1
Saturates	g	0.3
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	60.1
Sugars	g	2.03
Starch	g	N/A
Fibre	g	N/A
Protein	g	25.8
Salt	g	0.1

Composite Sample Number: 49
Composite Sample Name: Lentils, split, dried, raw
Sub-sample Number: 49.8
Sub-sample Name: KTC red lentils
Brand: KTC
Pack size: 2kg
Purchase Date: 16.11.15
Place of Purchase: Booker, Norwich
Display Until Date:
Best before Date: Oct 2017
Batch Number: GRN 2812 N320151P
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 49.8

Sub-sample Name: KTC red lentils

Ingredients: No information

Label claim(s):

Produce of several countries

Packed in the UK

Packed in a factory that handles nuts, mustard, sesame, soya and wheat products

Naturally low in fat, high in fibre and rich in protein

Nutrient information:

Nutrient	Unit	100g uncooked contains
Energy	kJ	1477
Energy	kcal	353
Fat	g	1.1
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	60
Sugars	g	2.0
Starch	g	N/A
Fibre	g	30.5
Protein	g	25.8
Salt	g	0.02

Composite Sample Number: 49
Composite Sample Name: Lentils, split, dried, raw
Sub-sample Number: 49.9
Sub-sample Name: Great Scot red split lentils
Brand: Great Scot
Pack size: 500g
Purchase Date: 16.11.15
Place of Purchase: Tesco Extra, Blue Boar Lane, Norwich
Display Until Date:
Best before Date: Jul 2017
Batch Number: L5302 8122
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 49.9

Sub-sample Name: Great Scot red split lentils

Ingredients: Dried red split lentils

Label claim(s):

Fat free

High in protein

Source of copper

Source of iron

Product of more than one country

Packed in the UK

May contain cereals containing gluten and soya

Nutrient information:

Nutrient	Unit	100g as consumed contains	Per 80g serving as consumed
Energy	kJ	448	358
Energy	kcal	106	85
Fat	g	0.4	0.3
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	17.0	13.6
Sugars	g	0.8	0.6
Starch	g	N/A	N/A
Fibre	g	1.9	1.5
Protein	g	7.6	6.1
Salt	g	Tr	Tr
Copper	mg	0.2	0.2
Iron	mg	2.4	1.9

Composite Sample Number: 49
Composite Sample Name: Lentils, split, dried, raw
Sub-sample Number: 49.10
Sub-sample Name: East End red split lentils
Brand: East End
Pack size: 500g
Purchase Date: 27.11.15
Place of Purchase: Tesco online delivery
Display Until Date:
Best before Date: Apr 2018
Batch Number: 5300 brick pack
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 49.10

Sub-sample Name: East End red split lentils

Ingredients: No information

Label claim(s):

UK polished

Re-cleaned in the UK

This product may contain nuts

Foreign produce

Packed in the UK

Nutrient information:

Nutrient	Unit	100g contains
Energy	kJ	1449
Energy	kcal	342
Fat	g	1.3
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	56.3
Sugars	g	2.4
Starch	g	N/A
Fibre	g	4.9
Protein	g	23.8
Salt	g	0.09

Sample 50: Lentils, split, dried, boiled

Composite Sample Number: 50
Composite Sample Name: Lentils, split, dried, boiled
Sub-sample Number: 50.1
Sub-sample Name: Tesco Whole Foods red split lentils
Brand: Tesco Whole Foods
Pack size: 500g
Purchase Date: 26.10.15
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Best before Date: Apr 2017
Batch Number: L5282 8651
Packaging: Mixed material
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 50.1

Sub-sample Name: Tesco Whole Foods red split lentils

Ingredients: Dried red split lentils

Label claim(s):

May contain wheat
Produce of Canada
Packed in the UK

Nutrient information:

Nutrient	Unit	100g cooked contains	80g cooked contains
Energy	kJ	431	345
Energy	kcal	102	81
Fat	g	0.4	0.3
Saturates	g	0	0
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	16.0	12.8
Sugars	g	0.8	0.6
Starch	g	N/A	N/A
Fibre	g	1.9	1.5
Protein	g	7.6	6.1
Salt	g	0.1	0.1

Composite Sample Number: 50
Composite Sample Name: Lentils, split, dried, boiled
Sub-sample Number: 50.2
Sub-sample Name: Tesco Aasani red split lentils
Brand: Tesco
Pack size: 2kg
Purchase Date: 16.11.15
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date:
Best before Date: Nov 2016
Batch Number: L5131 8501
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 50.2

Sub-sample Name: Tesco Aasani red split lentils

Ingredients: Dried red split lentils

Label claim(s):

May contain wheat

Packed in the UK

Produce of Canada

Nutrient information:

Nutrient	Unit	100g cooked contains	Each cooked serving (80g) contains
Energy	kJ	448	359
Energy	kcal	106	85
Fat	g	0.4	0.3
Saturates	g	0.0	0.0
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	17.0	13.6
Sugars	g	0.8	0.6
Starch	g	N/A	N/A
Fibre	g	1.9	1.5
Protein	g	7.6	6.1
Salt	g	0.1	0.1

Composite Sample Number: 50
Composite Sample Name: Lentils, split, dried, boiled
Sub-sample Number: 50.3
Sub-sample Name: Asda Good & Balanced red lentils
Brand: Asda Good & Balanced
Pack size: 500g
Purchase Date: 09.11.15
Place of Purchase: Asda, Boundary Road, Norwich
Display Until Date:
Best before Date: Jan 2017
Batch Number: Lot 5285 C3 11:23 ASP1410189
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 50.3

Sub-sample Name: Asda Good & Balanced red lentils

Ingredients: Dried red split lentils

Label claim(s):

High in fibre

High in protein

Packed in the UK

Nutrient information:

Nutrient	Unit	Per 100g (made up as directed)	Per 1/12 pack (made up as directed)
Energy	kJ	385	154
Energy	kcal	92	37
Fat	g	0.8	<0.5
Saturates	g	0.2	<0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	8.0	3.0
Sugars	g	<0.5	<0.5
Starch	g	N/A	N/A
Fibre	g	10	4.2
Protein	g	8.2	3.4
Salt	g	0.05	0.02

Composite Sample Number: 50
Composite Sample Name: Lentils, split, dried, boiled
Sub-sample Number: 50.4
Sub-sample Name: Sainsbury's red lentils
Brand: Sainsbury's
Pack size: 500g
Purchase Date: 16.11.15
Place of Purchase: Sainsbury's, Longwater Retail Park, Norwich
Display Until Date:
Best before Date: Sep 2018
Batch Number: 5275-N 01135817 51071 06.14
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 50.4

Sub-sample Name: Sainsbury's red lentils

Ingredients: Red split lentils

Label claim(s):

Source of fibre

Produce of more than one country

Packed in France

Nutrient information:

Nutrient	Unit	Per 100g (cooked as per instructions)	Per 80g serving (cooked as per instructions)
Energy	kJ	360	288
Energy	kcal	86	68
Fat	g	0.9	0.7
Saturates	g	0.3	0.3
Monounsaturates	g	0.3	0.3
Polyunsaturates	g	0.2	0.2
Carbohydrate	g	9.6	7.7
Sugars	g	<0.5	<0.5
Starch	g	9.4	7.5
Fibre	g	4.5	3.6
Protein	g	7.5	6.0
Salt	g	<0.01	<0.01

Composite Sample Number: 50
Composite Sample Name: Lentils, split, dried, boiled
Sub-sample Number: 50.5
Sub-sample Name: Morrisons Wholefoods red split lentils
Brand: Morrisons Wholefoods
Pack size: 500g
Purchase Date: 30.11.15
Place of Purchase: Morrisons, Albion Way, Norwich
Display Until Date:
Best before Date: Nov 2016
Batch Number: L5323 8701 9905 T53410/0115
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 50.5

Sub-sample Name: Morrisons Wholefoods red split lentils

Ingredients: Dried red split lentils

Label claim(s):

High in protein

Produce of: Canada

May contain cereals containing gluten

Nutrient information:

Nutrient	Unit	Per 100g as consumed	80g serving (as consumed) contains
Energy	kJ	448	359
Energy	kcal	106	85
Fat	g	0.4	0.3
Saturates	g	0	0
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	17	N/A
Sugars	g	0.8	0.6
Starch	g	N/A	N/A
Fibre	g	1.9	N/A
Protein	g	7.6	N/A
Salt	g	Tr	Tr

Composite Sample Number: 50
Composite Sample Name: Lentils, split, dried, boiled
Sub-sample Number: 50.6
Sub-sample Name: Simply M&S red split lentils
Brand: Simply M&S
Pack size: 500g
Purchase Date: 30.11.15
Place of Purchase: Marks & Spencer, Sweet Briar Retail Park, Norwich
Display Until Date:
Best before Date: 03.2017
Batch Number: L5257 8701
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 50.6

Sub-sample Name: Simply M&S red split lentils

Ingredients: Red split lentils

Label claim(s):

Produce of more than one country

Packed in the UK

Produce of: Canada

Not suitable for wheat allergy sufferers and coeliacs due to manufacturing methods

Source of protein

Nutrient information:

Nutrient	Unit	100g as consumed contains
Energy	kJ	423
Energy	kcal	100
Fat	g	0.4
Saturates	g	<0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	15.5
Sugars	g	0.8
Starch	g	N/A
Fibre	g	1.9
Protein	g	7.6
Salt	g	0.03

Composite Sample Number: 50
Composite Sample Name: Lentils, split, dried, boiled
Sub-sample Number: 50.7
Sub-sample Name: Natco red lentils
Brand: Natco
Pack size: 1kg
Purchase Date: 27.11.15
Place of Purchase: Tesco online delivery
Display Until Date:
Best before Date: Nov 2017
Batch Number: Prod: Nov 2015 151112-BN0004
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 50.7

Sub-sample Name: Natco red lentils

Ingredients: No information

Label claim(s):

Packed in a factory that handles nuts in a separate area

Low in fat, rich in protein

Produce of more than one country

Nutrient information:

Nutrient	Unit	100g (uncooked) contains
Energy	kJ	1477
Energy	kcal	353
Fat	g	1.1
Saturates	g	0.3
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	60.1
Sugars	g	2.03
Starch	g	N/A
Fibre	g	N/A
Protein	g	25.8
Salt	g	0.1

Composite Sample Number: 50
Composite Sample Name: Lentils, split, dried, boiled
Sub-sample Number: 50.8
Sub-sample Name: KTC red lentils
Brand: KTC
Pack size: 2kg
Purchase Date: 16.11.15
Place of Purchase: Booker, Norwich
Display Until Date:
Best before Date: Oct 2017
Batch Number: GRN 2812 N320151P
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 50.8

Sub-sample Name: KTC red lentils

Ingredients: No information

Label claim(s):

Produce of several countries

Packed in the UK

Packed in a factory that handles nuts, mustard, sesame, soya and wheat products

Naturally low in fat, high in fibre and rich in protein

Nutrient information:

Nutrient	Unit	100g uncooked contains
Energy	kJ	1477
Energy	kcal	353
Fat	g	1.1
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	60
Sugars	g	2.0
Starch	g	N/A
Fibre	g	30.5
Protein	g	25.8
Salt	g	0.02

Composite Sample Number: 50
Composite Sample Name: Lentils, split, dried, boiled
Sub-sample Number: 50.9
Sub-sample Name: Great Scot red split lentils
Brand: Great Scot
Pack size: 500g
Purchase Date: 16.11.15
Place of Purchase: Tesco Extra, Blue Boar Lane, Norwich
Display Until Date:
Best before Date: Jul 2017
Batch Number: L5302 8122
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 50.9

Sub-sample Name: Great Scot red split lentils

Ingredients: Dried red split lentils

Label claim(s):

Fat free

High in protein

Source of copper

Source of iron

Product of more than one country

Packed in the UK

May contain cereals containing gluten and soya

Nutrient information:

Nutrient	Unit	100g as consumed contains	Per 80g serving as consumed
Energy	kJ	448	358
Energy	kcal	106	85
Fat	g	0.4	0.3
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	17.0	13.6
Sugars	g	0.8	0.6
Starch	g	N/A	N/A
Fibre	g	1.9	1.5
Protein	g	7.6	6.1
Salt	g	Tr	Tr
Copper	mg	0.2	0.2
Iron	mg	2.4	1.9

Composite Sample Number: 50
Composite Sample Name: Lentils, split, dried, boiled
Sub-sample Number: 50.10
Sub-sample Name: East End red split lentils
Brand: East End
Pack size: 500g
Purchase Date: 27.11.15
Place of Purchase: Tesco online delivery
Display Until Date:
Best before Date: Apr 2018
Batch Number: 5300 brick pack
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 50.10

Sub-sample Name: East End red split lentils

Ingredients: No information

Label claim(s):

UK polished

Re-cleaned in the UK

This product may contain nuts

Foreign produce

Packed in the UK

Nutrient information:

Nutrient	Unit	100g contains
Energy	kJ	1449
Energy	kcal	342
Fat	g	1.3
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	56.3
Sugars	g	2.4
Starch	g	N/A
Fibre	g	4.9
Protein	g	23.8
Salt	g	0.09

Sample 51: Red kidney beans, dried, boiled

Composite Sample Number: 51

Composite Sample Name: Red kidney beans, dried, boiled

Sub-sample Number: 51.1

Sub-sample Name: Tesco Whole Foods kidney beans

Brand: Tesco Whole Foods

Pack size: 500g

Purchase Date: 26.10.15

Place of Purchase: Tesco, Harford Bridges, Norwich

Display Until Date:

Best before Date: Oct 2016

Batch Number: L5282 8121

Packaging: Mixed material

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Sub-sample Number: 51.1

Sub-sample Name: Tesco Whole Foods kidney beans

Ingredients: No information

Label claim(s):

Produce of: China

Packed in the UK

May contain wheat

Nutrient information:

Nutrient	Unit	100g cooked contains	80g cooked contains
Energy	kJ	454	363
Energy	kcal	108	86
Fat	g	0.5	0.4
Saturates	g	0.1	<0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	14.0	11.2
Sugars	g	0.9	0.7
Starch	g	N/A	N/A
Fibre	g	6.7	5.4
Protein	g	8.4	6.7
Salt	g	<0.01	<0.01

Composite Sample Number: 51
Composite Sample Name: Red kidney beans, dried, boiled
Sub-sample Number: 51.2
Sub-sample Name: Tesco Whole Foods kidney beans
Brand: Tesco Whole Foods
Pack size: 500g
Purchase Date: 16.11.15
Place of Purchase: Tesco Extra, Blue Boar Road, Norwich
Display Until Date:
Best before Date: Sep 2016
Batch Number: L5253 8653
Packaging: Mixed material
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 51.2

Sub-sample Name: Tesco Whole Foods kidney beans

Ingredients: No information

Label claim(s):

Produce of: China
Packed in the UK
May contain wheat

Nutrient information:

Nutrient	Unit	100g cooked contains	80g cooked contains
Energy	kJ	454	363
Energy	kcal	108	86
Fat	g	0.5	0.4
Saturates	g	0.1	<0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	14.0	11.2
Sugars	g	0.9	0.7
Starch	g	N/A	N/A
Fibre	g	6.7	5.4
Protein	g	8.4	6.7
Salt	g	<0.01	<0.01

Composite Sample Number: 51
Composite Sample Name: Red kidney beans, dried, boiled
Sub-sample Number: 51.3
Sub-sample Name: Asda Good & Balanced kidney beans
Brand: Asda Good & Balanced
Pack size: 500g
Purchase Date: 09.11.15
Place of Purchase: Asda, Boundary Road, Norwich
Display Until Date:
Best before Date: Mar 2017
Batch Number: Lot 5258 C3 06:45 ASP1410186
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 51.3

Sub-sample Name: Asda Good & Balanced kidney beans

Ingredients: Dried red kidney beans

Label claim(s):

High in fibre

High in protein

Packed in the UK

Nutrient information:

Nutrient	Unit	100g (made up as directed) contains	Per serving (made up as directed)
Energy	kJ	507	229
Energy	kcal	121	55
Fat	g	1.0	<0.5
Saturates	g	0.4	0.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	11	5.0
Sugars	g	0.9	0.5
Starch	g	N/A	N/A
Fibre	g	12	5.3
Protein	g	11	4.9
Salt	g	0.05	0.02

Composite Sample Number: 51
Composite Sample Name: Red kidney beans, dried, boiled
Sub-sample Number: 51.4
Sub-sample Name: Sainsbury's red kidney beans
Brand: Sainsbury's
Pack size: 500g
Purchase Date: 16.11.15
Place of Purchase: Sainsbury's, Longwater Retail Park, Norwich
Display Until Date:
Best before Date: Jun 2018
Batch Number: 5194-N 00039857 S1071 05.14
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 51.4

Sub-sample Name: Sainsbury's red kidney beans

Ingredients: Red kidney beans

Label claim(s):

High fibre

Produce of more than one country

Packed in France

Nutrient information:

Nutrient	Unit	100g (cooked as per instructions) contains	Per 80g serving (cooked as per instructions)
Energy	kJ	632	506
Energy	kcal	150	120
Fat	g	<0.5	<0.5
Saturates	g	0.1	<0.1
Monounsaturates	g	<0.1	<0.1
Polyunsaturates	g	<0.1	<0.1
Carbohydrate	g	21.7	17.4
Sugars	g	0.9	0.7
Starch	g	20.8	16.6
Fibre	g	10.3	8.2
Protein	g	10.2	8.2
Salt	g	0.02	0.02

Composite Sample Number: 51
Composite Sample Name: Red kidney beans, dried, boiled
Sub-sample Number: 51.5
Sub-sample Name: Morrisons Wholefoods red kidney beans
Brand: Morrisons Wholefoods
Pack size: 500g
Purchase Date: 16.11.15
Place of Purchase: Morrisons, Albion Way, Norwich
Display Until Date:
Best before Date: Mar 2018
Batch Number: 5062-M 1182 P06/13 97428
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 51.5

Sub-sample Name: Morrisons Wholefoods red kidney beans

Ingredients: Dried red kidney beans

Label claim(s): No information

Nutrient information:

Nutrient	Unit	Per 100g (boiled) as consumed	Per 80g (boiled) as consumed
Energy	kJ	454	363
Energy	kcal	109	87
Fat	g	1	0.8
Saturates	g	0.2	0.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	9.7	7.7
Sugars	g	0.6	0.5
Starch	g	N/A	N/A
Fibre	g	13.2	10.6
Protein	g	8.7	6.9
Salt	g	Tr	Tr

Composite Sample Number: 51
Composite Sample Name: Red kidney beans, dried, boiled
Sub-sample Number: 51.6
Sub-sample Name: Waitrose Love Life red kidney beans
Brand: Waitrose Love Life
Pack size: 500g
Purchase Date: 18.11.15
Place of Purchase: Waitrose, Eaton, Norwich
Display Until Date:
Best before Date: Nov 2016
Batch Number: 5309B 0352461/101
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 51.6

Sub-sample Name: Waitrose Love Life red kidney beans

Ingredients: No information

Label claim(s):

High in fibre

Nutrient information:

Nutrient	Unit	Per cooked 100g	Per cooked 80g serving
Energy	kJ	467	374
Energy	kcal	112	90
Fat	g	0.9	0.7
Saturates	g	0.2	0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	9.0	7.2
Sugars	g	0.2	0.2
Starch	g	N/A	N/A
Fibre	g	15.5	12.4
Protein	g	9.3	7.4
Salt	g	0.03	0.03

Composite Sample Number: 51
Composite Sample Name: Red kidney beans, dried, boiled
Sub-sample Number: 51.7
Sub-sample Name: TRS red kidney beans
Brand: TRS
Pack size: 500g
Purchase Date: 30.11.15
Place of Purchase: Asda, Boundary Road, Norwich
Display Until Date:
Best before Date: 30.09.17
Batch Number: P150921
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 51.7

Sub-sample Name: TRS red kidney beans

Ingredients: No information

Label claim(s):

Machine cleaned

Product of: Thailand

Nutrient information: No information

Composite Sample Number: 51
Composite Sample Name: Red kidney beans, dried, boiled
Sub-sample Number: 51.8
Sub-sample Name: KTC red kidney beans
Brand: KTC
Pack size: 2kg
Purchase Date: 16.11.15
Place of Purchase: Booker, Norwich
Display Until Date:
Best before Date: Aug 2016
Batch Number: GRN 2124 N408041P
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 51.8

Sub-sample Name: KTC red kidney beans

Ingredients: No information

Label claim(s):

Naturally low in fat and rich in protein

Re-cleaned in the United Kingdom

Foreign produce

Packed in the UK

May contain traces of nuts

Nutrient information:

Nutrient	Unit	100g (uncooked) contains
Energy	kJ	1430
Energy	kcal	337
Fat	g	1.1
Saturates	g	N/A
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	57.3
Sugars	g	N/A
Starch	g	N/A
Fibre	g	N/A
Protein	g	24.7
Salt	g	N/A

Composite Sample Number: 51
Composite Sample Name: Red kidney beans, dried, boiled
Sub-sample Number: 51.9
Sub-sample Name: East End dark red kidney beans
Brand: East End
Pack size: 500g
Purchase Date: 02.12.15
Place of Purchase: East End online order
Display Until Date:
Best before Date: Feb 2018
Batch Number: 4342 Brick pack
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 51.9

Sub-sample Name: East End dark red kidney beans

Ingredients: No information

Label claim(s):

May contain traces of nuts

Foreign produce

Packed in the UK

Re-cleaned in the UK

Nutrient information:

Nutrient	Unit	100g (uncooked) contains
Energy	kJ	1133
Energy	kcal	266
Fat	g	1.5
Saturates	g	N/A
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	45.0
Sugars	g	N/A
Starch	g	N/A
Fibre	g	N/A
Protein	g	22.0
Salt	g	N/A

Composite Sample Number: 51
Composite Sample Name: Red kidney beans, dried, boiled
Sub-sample Number: 51.10
Sub-sample Name: Island Sun red kidney beans
Brand: Island Sun
Pack size: 500g
Purchase Date: 27.11.15
Place of Purchase: Tesco online delivery
Display Until Date:
Best before Date: Nov 2017
Batch Number: 041115
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 51.10

Sub-sample Name: Island Sun red kidney beans

Ingredients: No information

Label claim(s):

Produce of several countries

Nutrient information:

Nutrient	Unit	Per 100g of product as sold
Energy	kJ	1133
Energy	kcal	266
Fat	g	1.4
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	44.1
Sugars	g	2.5
Starch	g	N/A
Fibre	g	N/A
Protein	g	22.1
Salt	g	0.05

Sample 52: Red kidney beans, canned, reheated

Composite Sample Number: 52

Composite Sample Name: Red kidney beans, canned, reheated

Sub-sample Number: 52.1

Sub-sample Name: Tesco red kidney beans in water

Brand: Tesco

Pack size: Net weight: 400g; drained weight: 240g

Purchase Date: 26.10.15

Place of Purchase: Tesco, Harford Bridges, Norwich

Display Until Date:

Best before Date: Sep 2019

Batch Number: L- HKS V4 5259 17:18 12.8

Packaging: Metal

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Sub-sample Number: 52.1

Sub-sample Name: Tesco red kidney beans in water

Ingredients: Red kidney beans, water, firming agent (calcium chloride)

Label claim(s):
Packed in the UK

Nutrient information:

Nutrient	Unit	100g drained contains	Half of a drained can (120g) contains
Energy	kJ	492	590
Energy	kcal	117	140
Fat	g	0.6	0.7
Saturates	g	0.1	0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	17.8	21.4
Sugars	g	3.6	4.3
Starch	g	N/A	N/A
Fibre	g	6.2	7.4
Protein	g	6.9	8.3
Salt	g	0.1	0.1

Composite Sample Number: 52
Composite Sample Name: Red kidney beans, canned, reheated
Sub-sample Number: 52.2
Sub-sample Name: Tesco Everyday Value red kidney beans in water
Brand: Tesco Everyday Value
Pack size: Net weight: 400g; drained weight: 240g
Purchase Date: 26.10.15
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Best before Date: Sep 2019
Batch Number: W- H5TV 5260 12:57 01
Packaging: Metal
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 52.2

Sub-sample Name: Tesco Everyday Value red kidney beans in water

Ingredients: Red kidney beans, water, firming agent (calcium chloride)

Label claim(s):

No artificial preservatives, flavours or colours

Produced in the UK

Nutrient information:

Nutrient	Unit	100g drained contains	Half a drained can (120g) contains
Energy	kJ	438	526
Energy	kcal	104	125
Fat	g	0.6	0.7
Saturates	g	0.1	0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	12.8	15.4
Sugars	g	0.5	0.6
Starch	g	N/A	N/A
Fibre	g	7.8	9.4
Protein	g	8.1	9.7
Salt	g	0.1	0.1

Composite Sample Number: 52

Composite Sample Name: Red kidney beans, canned, reheated

Sub-sample Number: 52.3

Sub-sample Name: Asda Good & Balanced red kidney beans in water

Brand: Asda Good & Balanced

Pack size: 400g; drained weight: 240g

Purchase Date: 16.11.15

Place of Purchase: Asda, Boundary Road, Norwich

Display Until Date:

Best before Date: Sep 2019

Batch Number: W- H5ZW 5259 19:25 01 ASP1409438

Packaging: Metal

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Sub-sample Number: 52.3

Sub-sample Name: Asda Good & Balanced red kidney beans in water

Ingredients: Red kidney beans, water, firming agent (calcium chloride)

Label claim(s):

High in fibre

Produced in the UK

Nutrient information:

Nutrient	Unit	100g (hob heated and drained) contains	80g (hob heated and drained) contains
Energy	kJ	440	352
Energy	kcal	105	84
Fat	g	0.6	0.5
Saturates	g	0.1	0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	12.8	10.2
Sugars	g	0.5	0.4
Starch	g	N/A	N/A
Fibre	g	7.8	6.2
Protein	g	8.1	6.5
Salt	g	Tr	Tr

Composite Sample Number: 52
Composite Sample Name: Red kidney beans, canned, reheated
Sub-sample Number: 52.4
Sub-sample Name: Sainsbury's red kidney beans in water
Brand: Sainsbury's
Pack size: 400g; drained weight: 240g
Purchase Date: 16.11.15
Place of Purchase: Sainsbury's, Longwater Retail Park, Norwich
Display Until Date:
Best before Date: Oct 2019
Batch Number: W- H5SW 5287 07:09 01 01162615 P0175 08.14
Packaging: Metal
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 52.4

Sub-sample Name: Sainsbury's red kidney beans in water

Ingredients: Red kidney beans, water, firming agent: calcium chloride

Label claim(s):

High fibre

Produce of more than one country

Packed in the UK

Nutrient information:

Nutrient	Unit	100g drained contains	Per ½ can drained
Energy	kJ	440	528
Energy	kcal	105	126
Fat	g	0.6	0.7
Saturates	g	<0.1	0.1
Monounsaturates	g	<0.1	<0.1
Polyunsaturates	g	0.4	0.5
Carbohydrate	g	12.8	15.4
Sugars	g	<0.5	0.6
Starch	g	12.3	14.8
Fibre	g	7.8	9.4
Protein	g	8.1	9.7
Salt	g	0.03	0.03

Composite Sample Number: 52
Composite Sample Name: Red kidney beans, canned, reheated
Sub-sample Number: 52.5
Sub-sample Name: Morrisons red kidney beans
Brand: Morrisons
Pack size: 400g; drained weight: 240g
Purchase Date: 16.11.15
Place of Purchase: Morrisons, Albion Way, Norwich
Display Until Date:
Best before Date: 30.06.18
Batch Number: SI LS 166 G34 3844 S11\14 581108-01
Packaging: Metal
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 52.5

Sub-sample Name: Morrisons red kidney beans

Ingredients: Red kidney beans, water

Label claim(s):

High protein

High fibre

Nutrient information:

Nutrient	Unit	100g drained contains	Per 1/3 can (80g)
Energy	kJ	409	327
Energy	kcal	97	78
Fat	g	0.6	0.5
Saturates	g	0	0
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	14.6	11.7
Sugars	g	1.1	0.9
Starch	g	N/A	N/A
Fibre	g	4.8	3.8
Protein	g	5.9	4.7
Salt	g	Tr	Tr

Composite Sample Number: 52
Composite Sample Name: Red kidney beans, canned, reheated
Sub-sample Number: 52.6
Sub-sample Name: Campo Largo red kidney beans in water
Brand: Campo Largo
Pack size: Net weight: 420g; drained weight: 240g
Purchase Date: 09.11.15
Place of Purchase: Lidl, Drayton Road, Norwich
Display Until Date:
Best before Date: 28.04.2018
Batch Number: L1850CB 2A F02 FR21
Packaging: Metal
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 52.6

Sub-sample Name: Campo Largo red kidney beans in water

Ingredients: Red kidney beans, water, firming agent: calcium chloride

Label claim(s):

Made in: Italy

No added salt

No added sugar

Nutrient information:

Nutrient	Unit	100g drained contains
Energy	kJ	395
Energy	kcal	95
Fat	g	0.6
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	15
Sugars	g	1.0
Starch	g	N/A
Fibre	g	6.2
Protein	g	6.9
Sodium	g	Tr
Salt	g	Tr

Composite Sample Number: 52
Composite Sample Name: Red kidney beans, canned, reheated
Sub-sample Number: 52.7
Sub-sample Name: Essential Waitrose red kidney beans in water
Brand: Essential Waitrose essential
Pack size: 400g; net drained weight: 240g
Purchase Date: 18.11.15
Place of Purchase: Waitrose, Wymondham, Norfolk
Display Until Date:
Best before Date: Oct 2019
Batch Number: W- H5KW 5289 12:11 01 21148/152 03.14
Packaging: Metal
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 52.7

Sub-sample Name: Essential Waitrose red kidney beans in water

Ingredients: Red kidney beans, water, firming agent calcium chloride

Label claim(s):

Rich in fibre

Nutrient information:

Nutrient	Unit	100g as drained contains	Per drained 80g serving
Energy	kJ	465	372
Energy	kcal	111	88
Fat	g	0.7	0.6
Saturates	g	0.1	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	14.6	11.7
Sugars	g	0.3	0.2
Starch	g	N/A	N/A
Fibre	g	7.5	6.0
Protein	g	7.7	6.2
Salt	g	0.03	0.02

Composite Sample Number: 52
Composite Sample Name: Red kidney beans, canned, reheated
Sub-sample Number: 52.8
Sub-sample Name: Chef's Larder red kidney beans in water
Brand: Chef's Larder
Pack size: Net weight: 800g; drained weight: 480g
Purchase Date: 16.11.15
Place of Purchase: Booker, Norwich
Display Until Date:
Best before Date: June 2017
Batch Number: MA 49 LT202 11:27
Packaging: Steel
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 52.8

Sub-sample Name: Chef's Larder red kidney beans in water

Ingredients: Red kidney beans, water, firming agent (calcium chloride)

Label claim(s):

FSA 2012 salt target compliant

Produced in Italy

Nutrient information:

Nutrient	Unit	100g contains
Energy	kJ	448
Energy	kcal	107
Fat	g	0.7
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	14
Sugars	g	0.6
Starch	g	N/A
Fibre	g	8.1
Protein	g	7.2
Salt	g	0.03

Composite Sample Number: 52
Composite Sample Name: Red kidney beans, canned, reheated
Sub-sample Number: 52.9
Sub-sample Name: Napolina red kidney beans in water
Brand: Napolina
Pack size: Net weight: 400g; drained weight: 240g
Purchase Date: 26.10.15
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Best before Date: Oct 2017
Batch Number: PIA1 LS113 RED 01 14:43
Packaging: Metal
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 52.9

Sub-sample Name: Napolina red kidney beans in water

Ingredients: Red kidney beans (60%), water, firming agent: calcium chloride, acidity regulator: citric acid

Label claim(s):

Produced with red kidney beans from more than one country

Prepared and packed in Italy

Nutrient information:

Nutrient	Unit	100g drained contains
Energy	kJ	445
Energy	kcal	106
Fat	g	0.5
Saturates	g	0.0
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	13.8
Sugars	g	0.0
Starch	g	N/A
Fibre	g	8.5
Protein	g	7.3
Salt	g	0.03

Composite Sample Number: 52
Composite Sample Name: Red kidney beans, canned, reheated
Sub-sample Number: 52.10
Sub-sample Name: Napolina red kidney beans in water
Brand: Napolina
Pack size: Net weight: 800g; drained weight: 480g
Purchase Date: 16.11.15
Place of Purchase: Booker, Norwich
Display Until Date:
Best before Date: Nov 2016
Batch Number: VAP22 LT339K RED 11:12
Packaging: Metal
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 52.10

Sub-sample Name: Napolina red kidney beans in water

Ingredients: Red kidney beans, water

Label claim(s):

Prepared and packed in Italy

Nutrient information:

Nutrient	Unit	100g drained contains
Energy	kJ	636
Energy	kcal	150
Fat	g	0.5
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	26.5
Sugars	g	0.5
Starch	g	N/A
Fibre	g	4.9
Protein	g	7.5
Sodium	g	Tr
Salt	g	N/A

Sample 53: Lentils, brown/green, dried, boiled

Composite Sample Number: 53
Composite Sample Name: Lentils, brown/green, dried, boiled
Sub-sample Number: 53.1
Sub-sample Name: Tesco Whole Foods lentilles vertes
Brand: Tesco Whole Foods
Pack size: 500g
Purchase Date: 26.10.15
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Best before Date: Mar 2017
Batch Number: L5266 8123
Packaging: Mixed material
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 53.1

Sub-sample Name: Tesco Whole Foods lentilles vertes

Ingredients: Dried green speckled lentils

Label claim(s):

May contain wheat

Packed in the UK

Produce of: Canada

Nutrient information:

Nutrient	Unit	100g cooked contains	80g cooked contains
Energy	kJ	468	375
Energy	kcal	111	89
Fat	g	0.7	0.6
Saturates	g	0.1	<0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	15.4	12.4
Sugars	g	0.4	0.3
Starch	g	N/A	N/A
Fibre	g	3.8	3.0
Protein	g	8.8	7.0
Salt	g	<0.01	<0.01

Composite Sample Number: 53
Composite Sample Name: Lentils, brown/green, dried, boiled
Sub-sample Number: 53.2
Sub-sample Name: KTC brown lentils
Brand: KTC
Pack size: 500g
Purchase Date: 13.01.16
Place of Purchase: Sainsbury's, Longwater Retail Park, Norwich
Display Until Date:
Best before Date: July 2017
Batch Number: GRN 2546 N027051P
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 53.2

Sub-sample Name: KTC brown lentils

Ingredients: No information

Label claim(s):

Naturally low in fat

High in fibre

Rich in protein

Packed in a factory that handles nuts, mustard, sesame, soya and wheat products

Produce of several countries

Packed in the UK

Nutrient information:

Nutrient	Unit	100g (uncooked) contains
Energy	kJ	1477
Energy	kcal	353
Fat	g	1.1
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	60
Sugars	g	2.0
Starch	g	N/A
Fibre	g	30.5
Protein	g	25.8
Salt	g	Tr

Composite Sample Number: 53
Composite Sample Name: Lentils, brown/green, dried, boiled
Sub-sample Number: 53.3
Sub-sample Name: Asda Good & Balanced green lentils
Brand: Asda Good & Balanced
Pack size: 500g
Purchase Date: 09.11.15
Place of Purchase: Asda, Boundary Road, Norwich
Display Until Date:
Best before Date: Mar 2017
Batch Number: Lot 5269 C3 03:45 ASP1410845
Packaging: Mixed material
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 53.3

Sub-sample Name: Asda Good & Balanced green lentils

Ingredients: Dried green lentils

Label claim(s):

High in fibre

High in protein

Packed in the UK

Nutrient information:

Nutrient	Unit	100g (cooked as directed) contains	Per 1/11 pack (cooked as directed)
Energy	kJ	446	196
Energy	kcal	106	47
Fat	g	0.8	<0.5
Saturates	g	0.3	<0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	12	5.0
Sugars	g	<0.5	<0.5
Starch	g	N/A	N/A
Fibre	g	9.3	4.2
Protein	g	8.1	3.7
Salt	g	0.05	0.02

Composite Sample Number: 53
Composite Sample Name: Lentils, brown/green, dried, boiled
Sub-sample Number: 53.4
Sub-sample Name: Sainsbury's green lentils
Brand: Sainsbury's
Pack size: 500g
Purchase Date: 16.11.15
Place of Purchase: Sainsbury's, Longwater Retail Park, Norwich
Display Until Date:
Best before Date: Sep 2018
Batch Number: 5273-A 00391870 S1071 05.14
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 53.4

Sub-sample Name: Sainsbury's green lentils

Ingredients: Green lentils

Label claim(s):

Source of fibre

Produce of: Canada

Packed in: France

Nutrient information:

Nutrient	Unit	100g (cooked as per instructions)	80g serving (cooked as per instructions)
Energy	kJ	435	348
Energy	kcal	104	83
Fat	g	2.2	1.8
Saturates	g	0.8	0.6
Monounsaturates	g	0.8	0.6
Polyunsaturates	g	0.6	0.5
Carbohydrate	g	10.5	8.4
Sugars	g	<0.5	<0.5
Starch	g	10.2	8.2
Fibre	g	6.2	5.0
Protein	g	7.4	5.9
Salt	g	<0.01	>0.01

Composite Sample Number: 53
Composite Sample Name: Lentils, brown/green, dried, boiled
Sub-sample Number: 53.5
Sub-sample Name: Gama for Goodness Sake green lentils
Brand: Gama for Goodness Sake
Pack size: 500g
Purchase Date: 19.12.15
Place of Purchase: Morrisons, Camberwell, London
Display Until Date:
Best before Date: 24.11.2016
Batch Number: Lot number: L151124
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 53.5

Sub-sample Name: Gama for Goodness Sake green lentils

Ingredients: Green lentils

Label claim(s):

Produce of: Canada

Packed in the UK

May also contain nuts, peanut, sesame

Nutrient information:

Nutrient	Unit	100g contains
Energy	kJ	1478
Energy	kcal	352
Fat	g	1.1
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	63.4
Sugars	g	2.03
Starch	g	N/A
Fibre	g	10.7
Protein	g	24.6
Salt	g	0.02

Composite Sample Number: 53
Composite Sample Name: Lentils, brown/green, dried, boiled
Sub-sample Number: 53.6
Sub-sample Name: Waitrose Love Life lentils
Brand: Waitrose Love Life
Pack size: 500g
Purchase Date: 16.11.15
Place of Purchase: Waitrose, Wymondham, Norfolk
Display Until Date:
Best before Date: Nov 2018
Batch Number: 53168 0352461/101 11.14
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 53.6

Sub-sample Name: Waitrose Love Life lentils

Ingredients: No information

Label claim(s):

Rich in fibre

Nutrient information:

Nutrient	Unit	Per cooked 100g	Per cooked 80g serving
Energy	kJ	254	203
Energy	kcal	60	48
Fat	g	0.8	0.6
Saturates	g	0.1	0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	3.7	3.0
Sugars	g	0.2	0.2
Starch	g	N/A	N/A
Fibre	g	19.1	15.3
Protein	g	9.5	7.6
Salt	g	0.03	0.02

Composite Sample Number: 53
Composite Sample Name: Lentils, brown/green, dried, boiled
Sub-sample Number: 53.7
Sub-sample Name: Holland and Barrett ooh la la lentils
Brand: Holland and Barrett
Pack size: 500g
Purchase Date: 19.12.15
Place of Purchase: Holland and Barrett, Camberwell Green, London
Display Until Date:
Best before Date: Nov 16
Batch Number: 83894/01 15317 15:03 2 96766
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 53.7

Sub-sample Name: Holland and Barrett ooh la la lentils

Ingredients: Lentils

Label claim(s):

French style lentils

May also contain nuts, peanuts, sesame seeds

Produce of Canada

Nutrient information:

Nutrient	Unit	100g contains
Energy	kJ	1305
Energy	kcal	310
Fat	g	1.2
Saturates	g	0.0
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	53.0
Sugars	g	0.0
Starch	g	N/A
Fibre	g	12.0
Protein	g	24.0
Salt	g	0.09

Composite Sample Number: 53
Composite Sample Name: Lentils, brown/green, dried, boiled
Sub-sample Number: 53.8
Sub-sample Name: KTC green lentils
Brand: KTC
Pack size: 2 kg
Purchase Date: 16.11.15
Place of Purchase: Booker, Norwich
Display Until Date:
Best before Date: Sep 2016
Batch Number: N509041P GRN 2220
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 53.8

Sub-sample Name: KTC green lentils

Ingredients: No information

Label claim(s):

Finest premium quality

Re-cleaned in the United Kingdom

Packed in the UK

Naturally low in fat, high in fibre and high in protein

Nutrient information: No information

Composite Sample Number: 53
Composite Sample Name: Lentils, brown/green, dried, boiled
Sub-sample Number: 53.9
Sub-sample Name: TRS brown lentils
Brand: TRS
Pack size: 500g
Purchase Date: 16.11.15
Place of Purchase: Asda, Boundary Road, Norwich
Display Until Date:
Best before Date: 31.10.2017
Batch Number: P151019
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 53.9

Sub-sample Name: TRS brown lentils

Ingredients: No information

Label claim(s):

Machine cleaned

Product of: Australia

Nutrient information: No information

Composite Sample Number: 53
Composite Sample Name: Lentils, brown/green, dried, boiled
Sub-sample Number: 53.10
Sub-sample Name: Natco green lentils
Brand: Natco
Pack size: 1kg
Purchase Date: 27.11.15
Place of Purchase: Tesco online delivery
Display Until Date:
Best before Date: Oct 2017
Batch Number: 151022 – BN0003 Prod: Oct 2015
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 53.10

Sub-sample Name: Natco green lentils

Ingredients: No information

Label claim(s):

Produce of: Canada

A source of protein

Packed in a factory that handles nuts in a separate area

Nutrient information:

Nutrient	Unit	100g contains
Energy	kJ	1545
Energy	kcal	365
Fat	g	0.5
Saturates	g	0.08
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	58.9
Sugars	g	1.5
Starch	g	N/A
Fibre	g	14.2
Protein	g	26.1
Salt	g	0.1

Composite Sample Number: 53
Composite Sample Name: Lentils, brown/green, dried, boiled
Sub-sample Number: 53.11
Sub-sample Name: TRS brown lentils
Brand: TRS
Pack size: 500g
Purchase Date: 05.01.16
Place of Purchase: Asda, Hall Road, Norwich
Display Until Date:
Best before Date: 31.10.2017
Batch Number: P151019
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 53.11

Sub-sample Name: TRS brown lentils

Ingredients: No information

Label claim(s):

Machine cleaned

Product of: Australia

Nutrient information: No information

Sample 54: Chickpeas, dried, boiled

Composite Sample Number: 54
Composite Sample Name: Chickpeas, dried, boiled
Sub-sample Number: 54.1
Sub-sample Name: Tesco Whole Foods chickpeas
Brand: Tesco Whole Foods
Pack size: 500g
Purchase Date: 26.10.15
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Best before Date: Sep 2016
Batch Number: L5252 8651
Packaging: Mixed material
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 54.1

Sub-sample Name: Tesco Whole Foods chickpeas

Ingredients: Dried chickpeas

Label claim(s):

May contain wheat
Produce of: Canada
Packed in the UK

Nutrient information:

Nutrient	Unit	100g cooked contains	80g cooked contains
Energy	kJ	540	432
Energy	kcal	128	102
Fat	g	2.1	1.7
Saturates	g	0.2	0.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	16.8	13.4
Sugars	g	1.0	0.8
Starch	g	N/A	N/A
Fibre	g	4.3	3.4
Protein	g	8.4	6.7
Salt	g	0.1	<0.01

Composite Sample Number: 54
Composite Sample Name: Chickpeas, dried, boiled
Sub-sample Number: 54.2
Sub-sample Name: Tesco Aasani chickpeas
Brand: Tesco
Pack size: 2kg
Purchase Date: 27.11.15
Place of Purchase: Tesco online delivery
Display Until Date:
Best before Date: May 2016
Batch Number: L5142 850 1 17:30
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 54.2

Sub-sample Name: Tesco Aasani chickpeas

Ingredients: Dried chickpeas

Label claim(s):

May contain wheat

Packed in the UK

Produce of: Russia

Nutrient information:

Nutrient	Unit	100g cooked contains	Each cooked serving (80g) contains
Energy	kJ	554	443
Energy	kcal	132	105
Fat	g	2.1	1.7
Saturates	g	0.2	0.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	17.6	14.1
Sugars	g	1.0	0.8
Starch	g	N/A	N/A
Fibre	g	4.3	3.4
Protein	g	8.4	6.7
Salt	g	0.1	<0.01

Composite Sample Number: 54
Composite Sample Name: Chickpeas, dried, boiled
Sub-sample Number: 54.3
Sub-sample Name: Asda Good & Balanced chickpeas
Brand: Asda Good & Balanced
Pack size: 500g
Purchase Date: 09.11.15
Place of Purchase: Asda, Boundary Road, Norwich
Display Until Date:
Best before Date: Mar 2017
Batch Number: Lot 5272 C3 11:27 ASP1410184
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 54.3

Sub-sample Name: Asda Good & Balanced chickpeas

Ingredients: Dried chickpeas

Label claim(s):

High in fibre

High in protein

Packed in the UK

Nutrient information:

Nutrient	Unit	100g (cooked as directed) contains	Per 1/11 pack (cooked as directed)
Energy	kJ	556	253
Energy	kcal	133	61
Fat	g	2.9	1.3
Saturates	g	0.6	0.3
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	11	5.0
Sugars	g	0.7	<0.5
Starch	g	N/A	N/A
Fibre	g	14	6.5
Protein	g	8.8	4.0
Salt	g	0.05	0.02

Composite Sample Number: 54
Composite Sample Name: Chickpeas, dried, boiled
Sub-sample Number: 54.4
Sub-sample Name: Sainsbury's chickpeas
Brand: Sainsbury's
Pack size: 500g
Purchase Date: 16.11.15
Place of Purchase: Sainsbury's, Longwater Retail Park, Norwich
Display Until Date:
Best before Date: Feb 2018
Batch Number: 5064-A 00442084 S1071 05.14
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 54.4

Sub-sample Name: Sainsbury's chickpeas

Ingredients: Chickpeas

Label claim(s):

High fibre

Produce of: France

Packed in France

Nutrient information:

Nutrient	Unit	100g (cooked as per instructions) contains	Per 80g serving (cooked as per instructions)
Energy	kJ	626	501
Energy	kcal	149	119
Fat	g	3.2	2.6
Saturates	g	0.6	0.5
Monounsaturates	g	1.0	0.8
Polyunsaturates	g	1.5	1.2
Carbohydrate	g	16.7	13.4
Sugars	g	0.9	0.7
Starch	g	15.8	12.6
Fibre	g	8.0	6.4
Protein	g	9.4	7.5
Salt	g	0.05	0.04

Composite Sample Number: 54
Composite Sample Name: Chickpeas, dried, boiled
Sub-sample Number: 54.5
Sub-sample Name: Morrisons Wholefoods chick peas
Brand: Morrisons Wholefoods
Pack size: 500g
Purchase Date: 16.11.15
Place of Purchase: Morrisons, Albion Way, Norwich
Display Until Date:
Best before Date: Jul 2018
Batch Number: 5194 – M 1182 PC6/13 97424
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 54.5

Sub-sample Name: Morrisons Wholefoods chick peas

Ingredients: Dried chick peas

Label claim(s): No information

Nutrient information:

Nutrient	Unit	100g (boiled) as consumed	Per 80g (boiled) as consumed
Energy	kJ	526	421
Energy	kcal	126	101
Fat	g	3.3	2.6
Saturates	g	0.5	0.4
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	11.1	8.8
Sugars	g	0.6	0.5
Starch	g	N/A	N/A
Fibre	g	13	10.4
Protein	g	6.7	5.3
Salt	g	Tr	Tr

Composite Sample Number: 54
Composite Sample Name: Chickpeas, dried, boiled
Sub-sample Number: 54.6
Sub-sample Name: Waitrose Love Life chick peas
Brand: Waitrose Love Life
Pack size: 500g
Purchase Date: 18.11.15
Place of Purchase: Waitrose, Wymondham, Norfolk
Display Until Date:
Best before Date: Oct 2016
Batch Number: 52888 0352461/101 09.14
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 54.6

Sub-sample Name: Waitrose Love Life chick peas

Ingredients: No information

Label claim(s): No information

Nutrient information:

Nutrient	Unit	Per cooked 100g as prepared	Per cooked 80g serving
Energy	kJ	564	451
Energy	kcal	136	109
Fat	g	3.5	2.8
Saturates	g	0.5	0.4
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	8.2	6.6
Sugars	g	0.1	Tr
Starch	g	N/A	N/A
Fibre	g	18.0	14.4
Protein	g	8.9	7.1
Salt	g	0.03	0.02

Composite Sample Number: 54
Composite Sample Name: Chickpeas, dried, boiled
Sub-sample Number: 54.7
Sub-sample Name: TRS chick peas
Brand: TRS
Pack size: 2kg
Purchase Date: 16.11.15
Place of Purchase: Asda, Boundary Road, Norwich
Display Until Date:
Best before Date: 25 SE 2017
Batch Number: Lot# 2685
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 54.7

Sub-sample Name: TRS chick peas

Ingredients: No information

Label claim(s):
Product of: Canada
Machine cleaned

Nutrient information: No information

Composite Sample Number: 54
Composite Sample Name: Chickpeas, dried, boiled
Sub-sample Number: 54.8
Sub-sample Name: KTC chick peas
Brand: KTC
Pack size: 2kg
Purchase Date: 16.11.15
Place of Purchase: Booker, Norwich
Display Until Date:
Best before Date: Aug 2017
Batch Number: GRN 2665 N508051P
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 54.8

Sub-sample Name: KTC chick peas

Ingredients: No information

Label claim(s):

Produce of several countries

Packed in the UK

Packed in a factory that handles nuts, mustard, sesame, soya and wheat products

Naturally high in fibre and rich in protein

Nutrient information:

Nutrient	Unit	100g uncooked contains
Energy	kJ	1546
Energy	kcal	365
Fat	g	4.6
Saturates	g	0.8
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	62.1
Sugars	g	5.4
Starch	g	N/A
Fibre	g	11.6
Protein	g	18.8
Sodium	mg	Tr
Salt	g	Tr

Composite Sample Number: 54
Composite Sample Name: Chickpeas, dried, boiled
Sub-sample Number: 54.9
Sub-sample Name: Cypressa chick peas
Brand: Cypressa
Pack size: 500g
Purchase Date: 16.11.15
Place of Purchase: Asda, Boundary Road, Norwich
Display Until Date:
Best before Date: Oct 2016
Batch Number: 15261
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 54.9

Sub-sample Name: Cypressa chick peas

Ingredients: Chick peas

Label claim(s):

Produce of more than one country

Packed in the UK

May contain nuts, peanuts and sesame seeds

Nutrient information:

Nutrient	Unit	100g contains
Energy	kJ	1345
Energy	kcal	318
Fat	g	4.1
Saturates	g	0.6
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	62.1
Sugars	g	5.5
Starch	g	N/A
Fibre	g	12.8
Protein	g	20.9
Salt	g	0.0

Composite Sample Number: 54
Composite Sample Name: Chickpeas, dried, boiled
Sub-sample Number: 54.10
Sub-sample Name: East End chick peas
Brand: East End
Pack size: 500g
Purchase Date: 02.12.15
Place of Purchase: East End online order
Display Until Date:
Best before Date: Nov 2016
Batch Number: 4308 Brick pack
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 54.10

Sub-sample Name: East End chick peas

Ingredients: No information

Label claim(s):

Re-cleaned in the UK

Foreign produce

Packed in the UK

May contain traces of nuts

Nutrient information:

Nutrient	Unit	100g uncooked contains
Energy	kJ	1355
Energy	kcal	320
Fat	g	5.4
Saturates	g	N/A
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	49.6
Sugars	g	N/A
Starch	g	N/A
Fibre	g	N/A
Protein	g	21.3
Salt	g	N/A

Sample 55: Chickpeas, canned, reheated

Composite Sample Number: 55
Composite Sample Name: Chickpeas, canned, reheated
Sub-sample Number: 55.1
Sub-sample Name: Tesco chickpeas in water
Brand: Tesco
Pack size: Net weight: 400g; drained weight: 240g
Purchase Date: 26.10.15
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Best before Date: OCT 2019
Batch Number: W R4TW 5280 20:47 01
Packaging: Metal
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 55.1

Sub-sample Name: Tesco chickpeas in water

Ingredients: Chickpeas, water, antioxidant (sodium metabisulphite)

Label claim(s):
Packed in the UK

Nutrient information:

Nutrient	Unit	100g drained contains	Half a drained can (120g) contains
Energy	kJ	536	643
Energy	kcal	128	153
Fat	g	2.9	3.5
Saturates	g	0.3	0.4
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	16.1	19.3
Sugars	g	0.4	0.5
Starch	g	N/A	N/A
Fibre	g	4.1	4.9
Protein	g	7.2	8.6
Salt	g	0.1	0.1

Composite Sample Number: 55
Composite Sample Name: Chickpeas, canned, reheated
Sub-sample Number: 55.2
Sub-sample Name: Tesco chickpeas in water
Brand: Tesco
Pack size: Net weight: 210g; drained weight: 130g
Purchase Date: 26.10.15
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Best before Date: Sep 2019
Batch Number: L R4T V2 5246 10:53 9.6
Packaging: Metal
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 55.2

Sub-sample Name: Tesco chickpeas in water

Ingredients: Chickpeas, water, antioxidant (sodium metabisulphite)

Label claim(s):
Packed in the UK

Nutrient information:

Nutrient	Unit	100g drained contains	Each drained can (130g) contains
Energy	kJ	536	697
Energy	kcal	128	166
Fat	g	2.9	3.8
Saturates	g	0.3	0.4
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	16.1	20.9
Sugars	g	0.4	0.5
Starch	g	N/A	N/A
Fibre	g	4.1	5.3
Protein	g	7.2	9.4
Salt	g	0.1	0.1

Composite Sample Number: 55
Composite Sample Name: Chickpeas, canned, reheated
Sub-sample Number: 55.3
Sub-sample Name: Asda Good & Balanced chickpeas in water
Brand: Asda Good & Balanced
Pack size: 400g; net drained weight: 240g
Purchase Date: 09.11.15
Place of Purchase: Asda, Boundary Road, Norwich
Display Until Date:
Best before Date: Sep 2019
Batch Number: W- R4ZW 5251 03:59 01
Packaging: Metal
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 55.3

Sub-sample Name: Asda Good & Balanced chickpeas in water

Ingredients: Chickpeas, water, antioxidant (sodium metabisulphite)

Label claim(s):

Produced in the UK

High in fibre

Nutrient information:

Nutrient	Unit	100g (hob heated and drained) contains	Per ½ can (hob heated and drained)
Energy	kJ	519	417
Energy	kcal	124	99
Fat	g	2.6	2.1
Saturates	g	0.6	0.5
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	15.5	12.4
Sugars	g	0.3	0.2
Starch	g	N/A	N/A
Fibre	g	6.7	5.4
Protein	g	6.2	5.0
Salt	g	Tr	Tr

Composite Sample Number: 55
Composite Sample Name: Chickpeas, canned, reheated
Sub-sample Number: 55.4
Sub-sample Name: Sainsbury's chickpeas in water
Brand: Sainsbury's
Pack size: 400g; drained weight: 240g
Purchase Date: 16.11.15
Place of Purchase: Sainsbury's, Longwater Retail Park, Norwich
Display Until Date:
Best before Date: Sep 2019
Batch Number: W- R4SW 5252 12:53 01 01162622 P0175 08.14
Packaging: Metal
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 55.4

Sub-sample Name: Sainsbury's chickpeas in water

Ingredients: Chickpeas, water, antioxidant: sodium metabisulphite (sulphites)

Label claim(s):

Produced in the UK

High fibre

Nutrient information:

Nutrient	Unit	100g (drained) contains	Per ½ of a can (drained)
Energy	kJ	512	614
Energy	kcal	122	146
Fat	g	1.4	1.7
Saturates	g	0.2	0.2
Monounsaturates	g	0.4	0.5
Polyunsaturates	g	0.7	0.8
Carbohydrate	g	16.5	19.8
Sugars	g	<0.5	0.6
Starch	g	16.0	19.2
Fibre	g	6.1	7.3
Protein	g	7.7	9.2
Salt	g	0.03	0.03

Composite Sample Number: 55
Composite Sample Name: Chickpeas, canned, reheated
Sub-sample Number: 55.5
Sub-sample Name: Morrisons chickpeas
Brand: Morrisons
Pack size: 300g; drained weight: 180g
Purchase Date: 16.11.15
Place of Purchase: Morrisons, Albion Way, Norwich
Display Until Date:
Best before Date: 09.2018
Batch Number: FD1 CC22 G LS271 09:32 24130 S11/14 575617-01
Packaging: Metal
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 55.5

Sub-sample Name: Morrisons chickpeas

Ingredients: Chickpeas, water

Label claim(s):

High fibre

Nutrient information:

Nutrient	Unit	100g (drained) contains	Per ½ can (drained)
Energy	kJ	507	456
Energy	kcal	121	109
Fat	g	2.7	2.5
Saturates	g	0.4	0.3
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	13.6	12.2
Sugars	g	0.5	0.4
Starch	g	N/A	N/A
Fibre	g	8.1	7.3
Protein	g	6.4	5.8
Salt	g	Tr	Tr

Composite Sample Number: 55
Composite Sample Name: Chickpeas, canned, reheated
Sub-sample Number: 55.6
Sub-sample Name: Aldi Sweet Harvest chick peas
Brand: Sweet Harvest
Pack size: 400g; drained weight: 240g
Purchase Date: 16.11.15
Place of Purchase: Aldi, Sprowston Road, Norwich
Display Until Date:
Best before Date: 07.10.18
Batch Number: V1 S280 03:22 4 ALR1306249
Packaging: Metal
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 55.6

Sub-sample Name: Aldi Sweet Harvest chick peas

Ingredients: Chickpeas, water, antioxidant: ascorbic acid

Label claim(s): No information

Nutrient information:

Nutrient	Unit	100g (drained) contains	Per ½ can (80g) (drained)
Energy	kJ	302	242
Energy	kcal	72	58
Fat	g	1.3	1.0
Saturates	g	<0.1	<0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	8.6	6.9
Sugars	g	<0.5	<0.5
Starch	g	N/A	N/A
Fibre	g	4.5	3.6
Protein	g	4.3	3.4
Salt	g	0.05	0.04

Composite Sample Number: 55
Composite Sample Name: Chickpeas, canned, reheated
Sub-sample Number: 55.7
Sub-sample Name: Essential Waitrose chick peas in water
Brand: Essential Waitrose
Pack size: 400g; net drained weight: 240g
Purchase Date: 18.11.15
Place of Purchase: Waitrose, Wymondham, Norfolk
Display Until Date:
Best before Date: Oct 2019
Batch Number: W- R4KW 5281 17:17 01 22148/152 03.14
Packaging: Metal
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 55.7

Sub-sample Name: Essential Waitrose chick peas in water

Ingredients: Chickpeas, water, antioxidant: sodium metabisulphite

Label claim(s):

Produced in the UK

Rich in fibre

Nutrient information:

Nutrient	Unit	100g (drained) contains	Per drained 80g serving
Energy	kJ	512	410
Energy	kcal	122	97
Fat	g	1.4	1.1
Saturates	g	0.2	0.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	16.5	13.2
Sugars	g	0.5	0.4
Starch	g	N/A	N/A
Fibre	g	6.1	4.9
Protein	g	7.7	6.2
Salt	g	0.03	0.02

Composite Sample Number: 55
Composite Sample Name: Chickpeas, canned, reheated
Sub-sample Number: 55.8
Sub-sample Name: Napolina classic chick peas in water
Brand: Napolina
Pack size: Net weight: 800g; drained weight: 480g
Purchase Date: 16.11.15
Place of Purchase: Booker, Norwich
Display Until Date:
Best before Date: Apr 2017
Batch Number: VAP22 LS0099Z CHP 11:46
Packaging: Metal
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 55.8

Sub-sample Name: Napolina classic chick peas in water

Ingredients: Chick peas, water, antioxidant: sodium metabisulphite

Label claim(s):

Prepared and packed in Italy

Nutrient information:

Nutrient	Unit	100g (drained) contains	Per 80g (drained)
Energy	kJ	536	430
Energy	kcal	127	102
Fat	g	1.7	1.4
Saturates	g	0.3	0.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	19.0	15.2
Sugars	g	0.3	0.2
Starch	g	N/A	N/A
Fibre	g	3.0	2.4
Protein	g	7.4	5.9
Salt	g	0.18	0.14

Composite Sample Number: 55
Composite Sample Name: Chickpeas, canned, reheated
Sub-sample Number: 55.9
Sub-sample Name: Napolina chick peas in water
Brand: Napolina
Pack size: Net weight: 400g; drained weight: 240g
Purchase Date: 26.10.15
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Best before Date: Oct 2017
Batch Number: PIA1 LS114 CHP 01 13:42
Packaging: Metal
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 55.9

Sub-sample Name: Napolina chick peas in water

Ingredients: Chick peas, water, antioxidant: sodium metabisuphite

Label claim(s):

Prepared and packed in Italy

Produced with chick peas from more than one country

Nutrient information:

Nutrient	Unit	100g (drained) contains
Energy	kJ	530
Energy	kcal	126
Fat	g	2.2
Saturates	g	0.3
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	15.7
Sugars	g	0.0
Starch	g	N/A
Fibre	g	7.4
Protein	g	7.2
Salt	g	0.02

Composite Sample Number: 55
Composite Sample Name: Chickpeas, canned, reheated
Sub-sample Number: 55.10
Sub-sample Name: Napolina chick peas in water
Brand: Napolina
Pack size: Net weight: 220g; drained weight: 110g
Purchase Date: 09.11.15
Place of Purchase: Asda, Boundary Road, Norwich
Display Until Date:
Best before Date: May 2017
Batch Number: VAP22 LS119Z CHP 14:28
Packaging: Metal
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 55.10

Sub-sample Name: Napolina chick peas in water

Ingredients: Chick peas, water, antioxidant: sodium metabisulphite

Label claim(s):

Prepared and packed in Italy

Nutrient information:

Nutrient	Unit	100g (drained) contains
Energy	kJ	536
Energy	kcal	127
Fat	g	1.7
Saturates	g	0.3
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	19.0
Sugars	g	0.3
Starch	g	N/A
Fibre	g	3.0
Protein	g	7.4
Salt	g	0.18

Sample 56: Butter beans, dried, boiled

Composite Sample Number: 56
Composite Sample Name: Butter beans, dried, boiled
Sub-sample Number: 56.1
Sub-sample Name: Tesco Whole Foods butter beans
Brand: Tesco Whole Foods
Pack size: 375g
Purchase Date: 26.10.15
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Best before Date: Sep 2016
Batch Number: L52578111
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 56.1

Sub-sample Name: Tesco Whole Foods butter beans

Ingredients: Dried butter beans

Label claim(s):

Produce of: USA

Packed in the UK

May contain wheat

Nutrient information:

Nutrient	Unit	100g (cooked) contains	80g (cooked) contains
Energy	kJ	482	386
Energy	kcal	114	91
Fat	g	0.3	0.3
Saturates	g	<0.1	<0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	18.3	N/A
Sugars	g	1.6	1.3
Starch	g	N/A	N/A
Fibre	g	5.3	N/A
Protein	g	6.8	N/A
Salt	g	0.1	0.1

Composite Sample Number: 56
Composite Sample Name: Butter beans, dried, boiled
Sub-sample Number: 56.2
Sub-sample Name: Tesco Wholefoods butter beans
Brand: Tesco Wholefoods
Pack size: 375g
Purchase Date: 16.11.15
Place of Purchase: Tesco, Blue Boar, Norwich
Display Until Date:
Best before Date: Oct 2016
Batch Number: L5279 8112
Packaging: Mixed material
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 56.2

Sub-sample Name: Tesco Wholefoods butter beans

Ingredients: Dried butter beans

Label claim(s):

Produce of: USA

Packed in the UK

Nutrient information:

Nutrient	Unit	100g contains (cooked)	80g (cooked) contains
Energy	kJ	482	386
Energy	kcal	114	91
Fat	g	0.3	0.3
Saturates	g	<0.1	<0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	18.3	14.7
Sugars	g	1.6	1.3
Starch	g	N/A	N/A
Fibre	g	5.3	4.2
Protein	g	6.8	5.4
Salt	g	0.1	0.1

Composite Sample Number: 56
Composite Sample Name: Butter beans, dried, boiled
Sub-sample Number: 56.3
Sub-sample Name: Asda Good & Balanced butter beans
Brand: Asda Good & Balanced
Pack size: 375g
Purchase Date: 09.11.15
Place of Purchase: Asda, Boundary Road, Norwich
Display Until Date:
Best before Date: Mar 2017
Batch Number: 5278 C3 20:15 ASP1410182
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 56.3

Sub-sample Name: Asda Good & Balanced butter beans

Ingredients: Dried butter beans

Label claim(s):

Packed in the UK

High in fibre

High in protein

Nutrient information:

Nutrient	Unit	100g (hob heated and drained) contains	Per 1/10 pack (hob heated and drained)
Energy	kJ	454	178
Energy	kcal	108	42
Fat	g	1.0	<0.5
Saturates	g	0.3	<0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	15	6.0
Sugars	g	0.8	<0.5
Starch	g	N/A	N/A
Fibre	g	6.8	2.6
Protein	g	6.3	2.4
Salt	g	0.05	0.03

Composite Sample Number: 56
Composite Sample Name: Butter beans, dried, boiled
Sub-sample Number: 56.4
Sub-sample Name: Sainsbury's butter beans
Brand: Sainsbury's
Pack size: 500g
Purchase Date: 16.11.15
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date:
Best before Date: Mar 2018
Batch Number: 5089-M 00031585 S1071 05.14
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 56.4

Sub-sample Name: Sainsbury's butter beans

Ingredients: Butter beans

Label claim(s):

Produce of: Madagascar

Packed in France

High fibre

Nutrient information:

Nutrient	Unit	100g (cooked at per instructions) contains	Per 80g serving (cooked as per instructions)
Energy	kJ	440	352
Energy	kcal	105	84
Fat	g	0.7	0.6
Saturates	g	<0.1	<0.1
Monounsaturates	g	<0.1	<0.1
Polyunsaturates	g	<0.1	<0.1
Carbohydrate	g	13.3	10.6
Sugars	g	0.6	<0.5
Starch	g	12.7	10.2
Fibre	g	7.5	6.0
Protein	g	7.5	6.0
Salt	g	0.03	0.02

Composite Sample Number: 56
Composite Sample Name: Butter beans, dried, boiled
Sub-sample Number: 56.5
Sub-sample Name: Morrisons Wholefoods butter beans
Brand: Morrisons wholefoods
Pack size: 500g
Purchase Date: 16.11.15
Place of Purchase: Morrisons, Albion Way, Norwich
Display Until Date:
Best before Date: Oct 2016
Batch Number: L5285 8112 9905 T53409/0115
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 56.5

Sub-sample Name: Morrisons Wholefoods butter beans

Ingredients: Dried butter beans

Label claim(s):

Produce of: USA

High in protein

Source of fibre

May contain cereals containing gluten

Nutrient information:

Nutrient	Unit	100g (as prepared) contains	A typical serving (80g as prepared) contains
Energy	kJ	481	385
Energy	kcal	114	91
Fat	g	0.3	0.3
Saturates	g	0.1	0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	18.3	N/A
Sugars	g	1.6	1.3
Starch	g	N/A	N/A
Fibre	g	5.3	N/A
Protein	g	6.8	N/A
Salt	g	Tr	Tr

Composite Sample Number: 56
Composite Sample Name: Butter beans, dried, boiled
Sub-sample Number: 56.6
Sub-sample Name: Sainsbury's butter beans
Brand: Sainsbury's
Pack size: 500g
Purchase Date: 13.01.16
Place of Purchase: Sainsbury's, Longwater Retail Park, Norwich
Display Until Date:
Best before Date: Dec 2018
Batch Number: 5364-A 00031585 S1070 11.15
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 56.6

Sub-sample Name: Sainsbury's butter beans

Ingredients: Butter beans

Label claim(s):

Produce of more than one country

Packed in France

High fibre

Nutrient information:

Nutrient	Unit	100g (cooked at per instructions) contains	Typical values per 80g serving (cooked as per instructions)
Energy	kJ	440	352
Energy	kcal	105	84
Fat	g	0.7	0.6
Saturates	g	<0.1	<0.1
Monounsaturates	g	<0.1	<0.1
Polyunsaturates	g	<0.1	<0.1
Carbohydrate	g	13.3	10.6
Sugars	g	0.6	<0.5
Starch	g	12.7	10.2
Fibre	g	7.5	6.0
Protein	g	7.5	6.0
Salt	g	0.03	0.02

Composite Sample Number: 56
Composite Sample Name: Butter beans, dried, boiled
Sub-sample Number: 56.7
Sub-sample Name: Island Sun butter beans
Brand: Island Sun
Pack size: 500g
Purchase Date: 19.12.15
Place of Purchase: Tesco, Lewisham, London
Display Until Date:
Best before Date: Apr 2017
Batch Number: 280416
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 56.7

Sub-sample Name: Island Sun butter beans

Ingredients: Butter beans

Label claim(s):
Produce of several countries

Nutrient information: No information

Sample 57: Dates, dried, flesh only

Composite Sample Number: 57

Composite Sample Name: Dates, dried, flesh only

Sub-sample Number: 57.1

Sub-sample Name: Tesco Whole Foods deglet nour dates

Brand: Tesco Whole Foods

Pack size: 450g

Purchase Date: 27.11.15

Place of Purchase: Tesco, online delivery

Display Until Date:

Best before Date: Aug 2016

Batch Number: L5309 765 1 11:26

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Sub-sample Number: 57.1

Sub-sample Name: Tesco Whole Foods deglet nour dates

Ingredients: Dates, preservative (potassium sorbate)

Label claim(s):

Produce of: Tunisia

Packed in the UK

Some stones may remain

Nutrient information:

Nutrient	Unit	100g contains	30g contains
Energy	kJ	1260	378
Energy	kcal	297	89
Fat	g	0.4	0.1
Saturates	g	<0.1	<0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	67.0	20.1
Sugars	g	63.4	19.0
Starch	g	N/A	N/A
Fibre	g	8.0	2.4
Protein	g	2.5	0.7
Salt	g	<0.01	<0.01

Composite Sample Number: 57
Composite Sample Name: Dates, dried, flesh only
Sub-sample Number: 57.2
Sub-sample Name: Tesco Whole Foods deglet nour dates
Brand: Tesco Whole Foods
Pack size: 450g
Purchase Date: 02.02.16
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Best before Date: Oct 2016
Batch Number: L6010 770 1 12:45
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 57.2

Sub-sample Name: Tesco Whole Foods deglet nour dates

Ingredients: Dates, preservative (potassium sorbate)

Label claim(s):

Produce of: Tunisia

Packed in the UK

Some stones may remain

Nutrient information:

Nutrient	Unit	100g contains	30g contains
Energy	kJ	1260	378
Energy	kcal	297	89
Fat	g	0.4	0.1
Saturates	g	<0.1	<0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	67.0	20.1
Sugars	g	63.4	19.0
Starch	g	N/A	N/A
Fibre	g	8.0	2.4
Protein	g	2.5	0.7
Salt	g	<0.01	<0.01

Composite Sample Number: 57
Composite Sample Name: Dates, dried, flesh only
Sub-sample Number: 57.3
Sub-sample Name: Asda Good & Balanced dates
Brand: Asda Good & Balanced
Pack size: 500g
Purchase Date: 09.11.15
Place of Purchase: Asda, Boundary Road, Norwich
Display Until Date:
Best before Date: 27.06.16
Batch Number: 51192/D 5237
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 57.3

Sub-sample Name: Asda Good & Balanced dates

Ingredients: Dates (99%), cotton seed oil

Label claim(s):

Packed in Turkey

Source of fibre

Contains naturally occurring sugars

Some stones may remain

Nutrient information:

Nutrient	Unit	100g contains	30g contains
Energy	kJ	1396	427
Energy	kcal	330	101
Fat	g	<0.5	<0.5
Saturates	g	<0.1	<0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	75	23
Sugars	g	75	23
Starch	g	N/A	N/A
Fibre	g	8.0	2.4
Protein	g	2.5	0.7
Salt	g	0.05	0.03

Composite Sample Number: 57
Composite Sample Name: Dates, dried, flesh only
Sub-sample Number: 57.4
Sub-sample Name: Sainsbury's dates
Brand: Sainsbury's
Pack size: 250g
Purchase Date: 30.11.15
Place of Purchase: Sainsbury's online delivery
Display Until Date:
Best before Date: July 2016
Batch Number: L5285 770 2 22:11 01385090 W0299 09.14
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 57.4

Sub-sample Name: Sainsbury's dates

Ingredients: Dates, preservative: potassium sorbate

Label claim(s):

Packed in the UK

Produce of: Tunisia

Some stones may remain

Nutrient information:

Nutrient	Unit	100g contains	30g contains
Energy	kJ	1252	375
Energy	kcal	295	89
Fat	g	<0.5	<0.5
Saturates	g	<0.1	<0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	68.0	20.4
Sugars	g	68.0	20.4
Starch	g	<0.5	<0.5
Fibre	g	4.0	1.2
Protein	g	3.3	1.0
Salt	g	0.03	<0.01

Composite Sample Number: 57
Composite Sample Name: Dates, dried, flesh only
Sub-sample Number: 57.5
Sub-sample Name: Morrisons Wholefoods chopped dates
Brand: Morrisons
Pack size: 150g
Purchase Date: 16.11.15
Place of Purchase: Morrisons, Albion Way, Norwich
Display Until Date:
Best before Date: July 2016
Batch Number: 15189 L5 10434 T48736/0714
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 57.5

Sub-sample Name: Morrisons Wholefoods chopped dates

Ingredients: Dates (97%), rice flour, cottonseed oil

Label claim(s):

Source of fibre

Some stones may remain

Nutrient information:

Nutrient	Unit	100g contains	Per 50g portion
Energy	kJ	1252	626
Energy	kcal	295	148
Fat	g	0.2	0.1
Saturates	g	0	0
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	68	34
Sugars	g	68	34
Starch	g	N/A	N/A
Fibre	g	4	2
Protein	g	3.3	1.7
Salt	g	Tr	Tr

Composite Sample Number: 57
Composite Sample Name: Dates, dried, flesh only
Sub-sample Number: 57.6
Sub-sample Name: Waitrose Love Life dried pitted Deglet Nour dates
Brand: Waitrose Love Life
Pack size: 500g
Purchase Date: 18.11.15
Place of Purchase: Waitrose, Wymondham, Norfolk
Display Until Date:
Best before Date: Apr 2016
Batch Number: L5299 520 1 14:44 142751/101 03.15
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 57.6

Sub-sample Name: Waitrose Love Life dried pitted Deglet Nour dates

Ingredients: Dates, preservative: potassium sorbate

Label claim(s):

Produce of: Tunisia

Source of fibre

Some stones may remain

Nutrient information:

Nutrient	Unit	100g (as sold) contains	Per 30g serving
Energy	kJ	1252	375
Energy	kcal	295	89
Fat	g	0.2	0.1
Saturates	g	0.1	0.0
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	68.0	20.4
Sugars	g	68.0	20.4
Starch	g	N/A	N/A
Fibre	g	4.0	1.2
Protein	g	3.3	1.0
Salt	g	0.03	Tr

Composite Sample Number: 57
Composite Sample Name: Dates, dried, flesh only
Sub-sample Number: 57.7
Sub-sample Name: Holland & Barrett chunky chopped dates
Brand: Holland & Barrett
Pack size: 250g
Purchase Date: 18.01.16
Place of Purchase: Holland & Barrett delivery
Display Until Date:
Best before Date: Sep 2016
Batch Number: 20549/02 97300 15342 09:24 5
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 57.7

Sub-sample Name: Holland & Barrett chunky chopped dates

Ingredients: Dates (97%), rice flour (3%)

Label claim(s):

Produce of: Pakistan

May contain nuts, peanuts, sesame seeds

Nutrient information:

Nutrient	Unit	100g contains
Energy	kJ	1151
Energy	kcal	270
Fat	g	0.2
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	68.0
Sugars	g	68.0
Starch	g	N/A
Fibre	g	4.0
Protein	g	3.3
Salt	g	0.03

Composite Sample Number: 57
Composite Sample Name: Dates, dried, flesh only
Sub-sample Number: 57.8
Sub-sample Name: Curtis pitted dates
Brand: Curtis
Pack size: 2kg
Purchase Date: 16.11.15
Place of Purchase: Booker, Norwich
Display Until Date:
Best before Date: Sep 2016
Batch Number: 51316/C 15244 L4
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 57.8

Sub-sample Name: Curtis pitted dates

Ingredients: Dates (99%), cottonseed oil

Label claim(s):

Packed in Turkey

Some stones may remain

Nutrient information:

Nutrient	Unit	100g contains
Energy	kJ	1252
Energy	kcal	295
Fat	g	0.2
Saturates	g	0.0
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	68.0
Sugars	g	68.0
Starch	g	N/A
Fibre	g	4.0
Protein	g	3.3
Salt	g	0.03

Composite Sample Number: 57
Composite Sample Name: Dates, dried, flesh only
Sub-sample Number: 57.9
Sub-sample Name: Whitworths snack on stoned Sayer dates
Brand: Whitworths
Pack size: 300g
Purchase Date: 27.11.15
Place of Purchase: Tesco online delivery
Display Until Date:
Best before Date: Jul 2016
Batch Number: L5281 7452
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 57.9

Sub-sample Name: Whitworths snack on stoned Sayer dates

Ingredients: Dates (99%), sunflower oil

Label claim(s):

Product of more than one country
 Packed in the UK
 Contains naturally occurring sugars
 Some stones may remain
 Source of copper
 High in potassium

Nutrient information:

Nutrient	Unit	100g contains	Per 30g serving
Energy	kJ	1252	375
Energy	kcal	295	89
Fat	g	0.2	0.1
Saturates	g	0.1	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	68.0	20.4
Sugars	g	68.0	20.4
Starch	g	N/A	N/A
Fibre	g	4.0	1.2
Protein	g	3.3	1.0
Salt	g	Tr	Tr
Potassium	mg	700	210
Copper	mg	0.3	0.1

Composite Sample Number: 57
Composite Sample Name: Dates, dried, flesh only
Sub-sample Number: 57.10
Sub-sample Name: Whitworths chopped Sayer dates
Brand: Whitworths
Pack size: 250g
Purchase Date: 27.11.15
Place of Purchase: Tesco online delivery
Display Until Date:
Best before Date: Jul 2016
Batch Number: L5288 7751
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 57.10

Sub-sample Name: Whitworths chopped Sayer dates

Ingredients: Dates (93%), rice flour

Label claim(s):

Product of more than one country

Packed in the UK

Contains naturally occurring sugars

Some stones may remain

Nutrient information:

Nutrient	Unit	100g contains	Per 30g serving
Energy	kJ	1252	375
Energy	kcal	295	89
Fat	g	0.2	0.1
Saturates	g	0.1	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	68.0	20.4
Sugars	g	68.0	20.4
Starch	g	N/A	N/A
Fibre	g	4.0	1.2
Protein	g	3.3	1.0
Salt	g	Tr	Tr

Sample 58: Mung beans, dried, boiled

Composite Sample Number: 58

Composite Sample Name: Mung beans, dried, boiled

Sub-sample Number: 58.1

Sub-sample Name: Tesco Whole Foods mung beans

Brand: Tesco Whole Foods

Pack size: 500g

Purchase Date: 26.10.15

Place of Purchase: Tesco, Harford Bridges, Norwich

Display Until Date:

Best before Date: Sep 2016

Batch Number: L5261 8112

Packaging: Mixed material

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Sub-sample Number: 58.1

Sub-sample Name: Tesco Whole Foods mung beans

Ingredients: Dried mung beans

Label claim(s):

Produce of: Australia

Packed in the UK

May contain wheat

Nutrient information:

Nutrient	Unit	100g (cooked) contains	80g (cooked) contains
Energy	kJ	406	325
Energy	kcal	96	77
Fat	g	0.4	0.3
Saturates	g	0.1	<0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	14.0	11.2
Sugars	g	0.5	0.4
Starch	g	N/A	N/A
Fibre	g	3.0	2.4
Protein	g	7.6	6.1
Salt	g	<0.01	<0.01

Composite Sample Number: 58
Composite Sample Name: Mung beans, dried, boiled
Sub-sample Number: 58.2
Sub-sample Name: Tesco Aasani whole mung beans
Brand: Tesco
Pack size: 2kg
Purchase Date: 19.12.15
Place of Purchase: Tesco, Lewisham, London
Display Until Date:
Best before Date: Feb 2017
Batch Number: Prod: Sep 2015 150903-BN0009
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 58.2

Sub-sample Name: Tesco Aasani whole mung beans

Ingredients: Mung beans

Label claim(s):

May contain wheat

Packed in the UK

Nutrient information:

Nutrient	Unit	100g (cooked) contains	Each cooked serving (62.5g) contains
Energy	kJ	367	229
Energy	kcal	87	54
Fat	g	0.4	0.3
Saturates	g	0.2	0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	11.4	7.1
Sugars	g	0.8	0.5
Starch	g	N/A	N/A
Fibre	g	5.1	3.2
Protein	g	6.9	4.3
Salt	g	0.1	0.1

Composite Sample Number: 58
Composite Sample Name: Mung beans, dried, boiled
Sub-sample Number: 58.3
Sub-sample Name: Morrisons Wholefoods mung beans
Brand: Morrisons Wholefoods
Pack size: 500g
Purchase Date: 16.11.15
Place of Purchase: Morrisons, Albion Way, Norwich
Display Until Date:
Best before Date: Sep 2016
Batch Number: L5261 8111 9905 T48769/0814
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 58.3

Sub-sample Name: Morrisons Wholefoods mung beans

Ingredients: Dried mung beans

Label claim(s):

Source of fibre

High in protein

Produce of: China

May contain cereals containing gluten

Nutrient information:

Nutrient	Unit	100g boiled contains	80g serving (boiled) contains
Energy	kJ	406	325
Energy	kcal	96	77
Fat	g	0.4	0.3
Saturates	g	0.1	0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	14	N/A
Sugars	g	0.5	0.4
Starch	g	N/A	N/A
Fibre	g	3	N/A
Protein	g	7.6	N/A
Salt	g	Tr	Tr

Composite Sample Number: 58
Composite Sample Name: Mung beans, dried, boiled
Sub-sample Number: 58.4
Sub-sample Name: TRS mung beans
Brand: TRS
Pack size: 500g
Purchase Date: 16.11.15
Place of Purchase: Asda, Boundary Road, Norwich
Display Until Date:
Best before Date: 31.10.17
Batch Number: Batch no: P151016
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 58.4

Sub-sample Name: TRS mung beans

Ingredients: No information

Label claim(s):
Machine cleaned
Produce of: Myanmar

Nutrient information: No information

Composite Sample Number: 58
Composite Sample Name: Mung beans, dried, boiled
Sub-sample Number: 58.5
Sub-sample Name: Natco mung beans
Brand: Natco
Pack size: 1kg
Purchase Date: 27.11.15
Place of Purchase: Tesco online delivery
Display Until Date:
Best before Date: Oct 2017
Batch Number: Prod: Oct 2015 151008-BN0010 INL4155
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 58.5

Sub-sample Name: Natco mung beans

Ingredients: No information

Label claim(s):

Packed in a factory that handles nuts in a separate area

Low in fat, high in fibre, rich in protein

Produce of several countries

Nutrient information:

Nutrient	Unit	100g (uncooked) contains
Energy	kJ	1452
Energy	kcal	347
Fat	g	1.1
Saturates	g	0.3
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	62.6
Sugars	g	6.6
Starch	g	N/A
Fibre	g	16.3
Protein	g	23.8
Salt	g	Tr

Composite Sample Number: 58
Composite Sample Name: Mung beans, dried, boiled
Sub-sample Number: 58.6
Sub-sample Name: KTC mung beans
Brand: KTC
Pack size: 2kg
Purchase Date: 16.11.15
Place of Purchase: Booker, Norwich
Display Until Date:
Best before Date: Sep 2016
Batch Number: GRN 2217 N219041P
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 58.6

Sub-sample Name: KTC mung beans

Ingredients: No information

Label claim(s):

Naturally low in fat and rich in protein
Re-cleaned in the United Kingdom
The product may contain traces of nuts
Foreign produce
Packed in the UK

Nutrient information:

Nutrient	Unit	100g (uncooked) contains
Energy	kJ	1327
Energy	kcal	313
Fat	g	1.6
Saturates	g	N/A
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	51.0
Sugars	g	N/A
Starch	g	N/A
Fibre	g	N/A
Protein	g	23.8
Salt	g	N/A

Sample 59: Haricot beans, canned, reheated

Composite Sample Number: 59

Composite Sample Name: Haricot beans, canned, reheated

Sub-sample Number: 59.1

Sub-sample Name: Tesco haricot beans in water

Brand: Tesco

Pack size: Net weight: 400g; drained weight: 235g

Purchase Date: 26.10.15

Place of Purchase: Tesco, Harford Bridges, Norwich

Display Until Date:

Best before Date: Sep 2019

Batch Number: W- R5TW 5244 03:07 01

Packaging: Metal

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Sub-sample Number: 59.1

Sub-sample Name: Tesco haricot beans in water

Ingredients: Haricot beans, water, firming agent (calcium chloride)

Label claim(s):
Produced in the UK

Nutrient information:

Nutrient	Unit	100g drained contains	Half of a drained can (118g) contains
Energy	kJ	331	391
Energy	kcal	79	93
Fat	g	0.5	0.6
Saturates	g	0.3	0.3
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	9.0	10.6
Sugars	g	0.5	0.6
Starch	g	N/A	N/A
Fibre	g	7.8	9.2
Protein	g	5.7	6.7
Salt	g	0.1	0.1

Composite Sample Number: 59
Composite Sample Name: Haricot beans, canned, reheated
Sub-sample Number: 59.2
Sub-sample Name: Tesco haricot beans in water
Brand: Tesco
Pack size: Net weight: 400g; drained weight: 235g
Purchase Date: 16.11.15
Place of Purchase: Tesco Extra, Blue Boar Road, Norwich
Display Until Date:
Best before Date: Nov 2019
Batch Number: W- R5TW 5307 15:06 01
Packaging: Metal
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 59.2

Sub-sample Name: Tesco haricot beans in water

Ingredients: Haricot beans, water, firming agent (calcium chloride)

Label claim(s):
Produced in the UK

Nutrient information:

Nutrient	Unit	100g drained contains	Half of a drained can (118g) contains
Energy	kJ	331	391
Energy	kcal	79	93
Fat	g	0.5	0.6
Saturates	g	0.3	0.3
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	9.0	10.6
Sugars	g	0.5	0.6
Starch	g	N/A	N/A
Fibre	g	7.8	9.2
Protein	g	5.7	6.7
Salt	g	0.1	0.1

Composite Sample Number: 59
Composite Sample Name: Haricot beans, canned, reheated
Sub-sample Number: 59.3
Sub-sample Name: Asda Good & Balanced haricot beans in water
Brand: Asda Good & Balanced
Pack size: 300g; drained weight: 195g
Purchase Date: 09.11.15
Place of Purchase: Asda, Boundary Road, Norwich
Display Until Date:
Best before Date: Sep 2019
Batch Number: L- R5Z V1 5257 21:19 04 ASP1409436
Packaging: Metal
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 59.3

Sub-sample Name: Asda Good & Balanced haricot beans in water

Ingredients: Haricot beans, water, firming agent (calcium chloride)

Label claim(s):

High in fibre

Produced in the UK

Nutrient information:

Nutrient	Unit	100g (hob heated and drained) contains	Per ½ can (hob heated and drained)
Energy	kJ	425	415
Energy	kcal	101	99
Fat	g	0.7	0.7
Saturates	g	0.1	0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	12.1	11.8
Sugars	g	0.4	0.4
Starch	g	N/A	N/A
Fibre	g	7.2	7.0
Protein	g	8.0	7.8
Salt	g	Tr	Tr

Composite Sample Number: 59
Composite Sample Name: Haricot beans, canned, reheated
Sub-sample Number: 59.4
Sub-sample Name: Asda Good & Balanced haricot beans in water
Brand: Asda Good & Balanced
Pack size: 300g; drained weight: 195g
Purchase Date: 09.11.15
Place of Purchase: Asda, Boundary Road, Norwich
Display Until Date:
Best before Date: Sep 2019
Batch Number: L- R5Z V1 5257 22:24 04 ASP1409436
Packaging: Metal
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 59.4

Sub-sample Name: Asda Good & Balanced haricot beans in water

Ingredients: Haricot beans, water, firming agent (calcium chloride)

Label claim(s):

High in fibre

Produced in the UK

Nutrient information:

Nutrient	Unit	100g (hob heated and drained) contains	Per ½ can (hob heated and drained)
Energy	kJ	425	415
Energy	kcal	101	99
Fat	g	0.7	0.7
Saturates	g	0.1	0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	12.1	11.8
Sugars	g	0.4	0.4
Starch	g	N/A	N/A
Fibre	g	7.2	7.0
Protein	g	8.0	7.8
Salt	g	Tr	Tr

Composite Sample Number: 59
Composite Sample Name: Haricot beans, canned, reheated
Sub-sample Number: 59.5
Sub-sample Name: Sainsbury's haricot beans in water
Brand: Sainsbury's
Pack size: 400g; drained weight: 265g
Purchase Date: 16.11.15
Place of Purchase: Sainsbury's, Longwater Retail Park, Norwich
Display Until Date:
Best before Date: Sep 2019
Batch Number: W- R5SW 5250 23:15 01 06298242 P0175 08.14
Packaging: Metal
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 59.5

Sub-sample Name: Sainsbury's haricot beans in water

Ingredients: Haricot beans, water, firming agent: calcium chloride

Label claim(s):

High fibre

Produced in the UK

Nutrient information:

Nutrient	Unit	100g (drained) contains	Per ½ can (drained)
Energy	kJ	425	563
Energy	kcal	101	134
Fat	g	0.7	0.9
Saturates	g	<0.1	0.1
Monounsaturates	g	<0.1	<0.1
Polyunsaturates	g	0.5	0.7
Carbohydrate	g	12.1	16.0
Sugars	g	<0.5	0.5
Starch	g	11.7	15.5
Fibre	g	7.2	9.5
Protein	g	8.0	10.6
Salt	g	0.03	0.03

Composite Sample Number: 59
Composite Sample Name: Haricot beans, canned, reheated
Sub-sample Number: 59.6
Sub-sample Name: Morrisons haricot beans
Brand: Morrions
Pack size: 300g; drained weight: 195g
Purchase Date: 16.11.15
Place of Purchase: Morrisons, Albion Way, Norwich
Display Until Date:
Best before Date: 04.2018
Batch Number: FD1 BB61 G LS118 05:10 24130 S11/14 575616-01
Packaging: Metal
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 59.6

Sub-sample Name: Morrisons haricot beans

Ingredients: Haricot beans, water

Label claim(s):

High fibre

Nutrient information:

Nutrient	Unit	100g (drained) contains	Per ½ can (approx. 98g) drained
Energy	kJ	419	408
Energy	kcal	100	87
Fat	g	0.9	0.9
Saturates	g	0.2	0.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	11.5	11.2
Sugars	g	0.5	0.5
Starch	g	N/A	N/A
Fibre	g	8.1	7.9
Protein	g	7.4	7.2
Salt	g	Tr	Tr

Sample 60: Cannellini beans, canned, reheated

Composite Sample Number: 60

Composite Sample Name: Cannellini beans, canned, reheated

Sub-sample Number: 60.1

Sub-sample Name: Tesco cannellini beans in water

Brand: Tesco

Pack size: Net weight: 400g; drained weight: 246g

Purchase Date: 26.10.15

Place of Purchase: Tesco, Harford Bridges, Norwich

Display Until Date:

Best before Date: Oct 2019

Batch Number: W- R3TW 5279 01:04 61

Packaging: Metal

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Sub-sample Number: 60.1

Sub-sample Name: Tesco cannellini beans in water

Ingredients: Cannellini beans, water, antioxidant (sodium metabisulphite), firming agent (calcium chloride)

Label claim(s):
Packed in the UK

Nutrient information:

Nutrient	Unit	100g drained contains	Half a drained can (123g) contains
Energy	kJ	406	500
Energy	kcal	96	119
Fat	g	0.6	0.7
Saturates	g	0.2	0.3
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	12.5	15.4
Sugars	g	0.8	1.0
Starch	g	N/A	N/A
Fibre	g	6.3	7.7
Protein	g	7.1	8.7
Salt	g	0.1	0.1

Composite Sample Number: 60
Composite Sample Name: Cannellini beans, canned, reheated
Sub-sample Number: 60.2
Sub-sample Name: Tesco cannellini beans in water
Brand: Tesco
Pack size: Net weight: 400g; drained weight: 246g
Purchase Date: 16.11.15
Place of Purchase: Tesco, Blue Boar Road, Norwich
Display Until Date:
Best before Date: Oct 2019
Batch Number: W- R4TW 5280 20:47 01
Packaging: Metal
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 60.2

Sub-sample Name: Tesco cannellini beans in water

Ingredients: Cannellini beans, water, antioxidant (sodium metabisulphite), firming agent (calcium chloride)

Label claim(s):
Packed in the UK

Nutrient information:

Nutrient	Unit	100g drained contains	Half a drained can (123g) contains
Energy	kJ	406	500
Energy	kcal	96	119
Fat	g	0.6	0.7
Saturates	g	0.2	0.3
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	12.5	15.4
Sugars	g	0.8	1.0
Starch	g	N/A	N/A
Fibre	g	6.3	7.7
Protein	g	7.1	8.7
Salt	g	0.1	0.1

Composite Sample Number: 60
Composite Sample Name: Cannellini beans, canned, reheated
Sub-sample Number: 60.3
Sub-sample Name: Asda Good & Balanced cannellini beans
Brand: Asda Good & Balanced
Pack size: 300g; net drained weight: 175g
Purchase Date: 09.11.15
Place of Purchase: Asda, Boundary Road, Norwich
Display Until Date:
Best before Date: Aug 2019
Batch Number: L- R3Z V1 5231 13:40 04
Packaging: Metal
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 60.3

Sub-sample Name: Asda Good & Balanced cannellini beans

Ingredients: Cannellini beans, water, firming agent (calcium chloride), antioxidant (sodium metabisulphite)

Label claim(s):

High in fibre

Produced in the UK

Nutrient information:

Nutrient	Unit	100g (hob heated and drained) contains	Per ½ can (hob heated and drained)
Energy	kJ	413	362
Energy	kcal	98	86
Fat	g	0.9	0.8
Saturates	g	0.2	0.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	10.9	9.5
Sugars	g	0.6	0.5
Starch	g	N/A	N/A
Fibre	g	6.7	5.9
Protein	g	8.3	7.3
Salt	g	Tr	Tr

Composite Sample Number: 60
Composite Sample Name: Cannellini beans, canned, reheated
Sub-sample Number: 60.4
Sub-sample Name: Sainsbury's cannellini beans in water
Brand: Sainsbury's
Pack size: 400g; drained weight: 235g
Purchase Date: 16.11.15
Place of Purchase: Sainsbury's, Longwater Retail Park, Norwich
Display Until Date:
Best before Date: Sep 2019
Batch Number: W- R3SW 5251 10:21 01
Packaging: Metal
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 60.4

Sub-sample Name: Sainsbury's cannellini beans in water

Ingredients: Cannellini beans, water, firming agent: calcium chloride, antioxidant: sodium metabisulphite

Label claim(s):

High fibre

Produced in the UK

Nutrient information:

Nutrient	Unit	100g (drained) contains	Per ½ can (drained)
Energy	kJ	427	502
Energy	kcal	101	119
Fat	g	0.6	0.7
Saturates	g	<0.1	<0.1
Monounsaturates	g	<0.1	<0.1
Polyunsaturates	g	0.2	0.3
Carbohydrate	g	13.3	15.6
Sugars	g	<0.5	<0.5
Starch	g	13.1	15.4
Fibre	g	6.4	7.5
Protein	g	7.5	8.8
Salt	g	0.03	0.03

Composite Sample Number: 60
Composite Sample Name: Cannellini beans, canned, reheated
Sub-sample Number: 60.5
Sub-sample Name: Morrisons cannellini beans
Brand: Morrisons
Pack size: 300g; drained weight: 175g
Purchase Date: 16.11.15
Place of Purchase: Morrisons, Albion Way, Norwich
Display Until Date:
Best before Date: 09.2018
Batch Number: FD1 FC11 G LS27
Packaging: Metal
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 60.5

Sub-sample Name: Morrisons cannellini beans

Ingredients: Cannellini beans (58%), water

Label claim(s):

High fibre

Nutrient information:

Nutrient	Unit	100g (drained) contains	Per ½ can, approx. 88g (drained)
Energy	kJ	360	315
Energy	kcal	86	75
Fat	g	0.7	0.6
Saturates	g	0.2	0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	10.5	9.2
Sugars	g	0.4	0.4
Starch	g	N/A	N/A
Fibre	g	6.2	5.5
Protein	g	6.3	5.5
Salt	g	0.1	Tr

Composite Sample Number: 60
Composite Sample Name: Cannellini beans, canned, reheated
Sub-sample Number: 60.6
Sub-sample Name: Waitrose essential cannellini beans in water
Brand: Waitrose essential
Pack size: 400g; net drained weight: 235g
Purchase Date: 05.01.16
Place of Purchase: Waitrose, Eaton, Norwich
Display Until Date:
Best before Date: Nov 2019
Batch Number: W- R3KW 5307 20:53 01
Packaging: Metal
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 60.6

Sub-sample Name: Waitrose essential cannellini beans in water

Ingredients: Cannellini beans, water, firming agent calcium chloride, antioxidant sodium metabisulphite

Label claim(s):

Rich in fibre

Nutrient information:

Nutrient	Unit	100g as drained contains	Per drained 80g serving
Energy	kJ	427	342
Energy	kcal	101	81
Fat	g	0.6	0.5
Saturates	g	0.1	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	13.3	10.6
Sugars	g	0.2	0.2
Starch	g	N/A	N/A
Fibre	g	6.4	5.1
Protein	g	7.5	6.0
Salt	g	0.03	0.02

Composite Sample Number: 60
Composite Sample Name: Cannellini beans, canned, reheated
Sub-sample Number: 60.7
Sub-sample Name: Simply M&S cannellini beans in water
Brand: Simply M&S
Pack size: Net weight: 400g; drained weight: 235g
Purchase Date: 16.11.15
Place of Purchase: Marks & Spencer, Sweet Briar Retail Park, Norwich
Display Until Date:
Best before Date: 02.2018
Batch Number: W 16:38 5054- R3MS 01
Packaging: Metal
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 60.7

Sub-sample Name: Simply M&S cannellini beans in water

Ingredients: Cannellini beans, water, firming agent: E509

Label claim(s):

Source of protein

Made in the UK

Nutrient information:

Nutrient	Unit	100g (drained) contains
Energy	kJ	462
Energy	kcal	110
Fat	g	0.6
Saturates	g	<0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	15.3
Sugars	g	0.4
Starch	g	N/A
Fibre	g	7.0
Protein	g	7.3
Salt	g	0.03

Composite Sample Number: 60
Composite Sample Name: Cannellini beans, canned, reheated
Sub-sample Number: 60.8
Sub-sample Name: Napolina cannellini beans in water
Brand: Napolina
Pack size: Net weight: 800g; drained weight: 480g
Purchase Date: 16.11.15
Place of Purchase: Booker, Norwich
Display Until Date:
Best before Date: Apr 2017
Batch Number: VAP22 LS099C 09:49
Packaging: Metal
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 60.8

Sub-sample Name: Napolina cannellini beans in water

Ingredients: Cannellini beans, water, antioxidant: sodium metabisulphite

Label claim(s):

Packed and prepared in Italy

Nutrient information:

Nutrient	Unit	100g drained contains	Per 80g drained
Energy	kJ	627	502
Energy	kcal	148	119
Fat	g	0.5	0.4
Saturates	g	0.1	0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	27.3	24.8
Sugars	g	0.4	0.3
Starch	g	N/A	N/A
Fibre	g	5.1	4.1
Protein	g	6.1	4.9
Salt	g	0.05	0.04

Composite Sample Number: 60
Composite Sample Name: Cannellini beans, canned, reheated
Sub-sample Number: 60.9
Sub-sample Name: Napolina cannellini beans in water
Brand: Napolina
Pack size: Net weight: 220g; drained weight: 110g
Purchase Date: 09.11.15
Place of Purchase: Asda, Boundary Road, Norwich
Display Until Date:
Best before Date: May 2017
Batch Number: VAP22 LS120C 10:10
Packaging: Metal
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 60.9

Sub-sample Name: Napolina cannellini beans in water

Ingredients: Cannellini beans, water, antioxidant: sodium metabisulphite

Label claim(s):

Packed and prepared in Italy

Nutrient information:

Nutrient	Unit	100g drained contains
Energy	kJ	627
Energy	kcal	148
Fat	g	0.5
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	27.3
Sugars	g	0.4
Starch	g	N/A
Fibre	g	5.1
Protein	g	6.1
Salt	g	0.05

Composite Sample Number: 60
Composite Sample Name: Cannellini beans, canned, reheated
Sub-sample Number: 60.10
Sub-sample Name: Napolina cannellini beans in water
Brand: Napolina
Pack size: Net weight: 400g; drained weight: 240g
Purchase Date: 16.11.15
Place of Purchase: Tesco Extra, Blue Boar Road, Norwich
Display Until Date:
Best before Date: Mar 2017
Batch Number: PIA1 LS076 CAN 01 15:08
Packaging: Metal
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 60.10

Sub-sample Name: Napolina cannellini beans in water

Ingredients: Cannellini beans, water, firming agent: calcium chloride; antioxidant: sodium metabisulphite

Label claim(s):

Produced with cannellini beans from more than one country

Prepared and packed in Italy

Nutrient information:

Nutrient	Unit	100g drained contains
Energy	kJ	456
Energy	kcal	108
Fat	g	0.4
Saturates	g	0.0
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	15.2
Sugars	g	0.0
Starch	g	N/A
Fibre	g	8.0
Protein	g	7.0
Salt	g	0.05

Sample 61: Edamame, frozen, boiled

Composite Sample Number: 61
Composite Sample Name: Edamame, frozen, boiled
Sub-sample Number: 61.1
Sub-sample Name: Tesco edamame beans
Brand: Tesco
Pack size: 500g
Purchase Date: 30.11.15
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Best before Date: May 2017
Batch Number: 5329TFKL5 01:54 2161015
Packaging: Plastic
Sample Condition As Purchased: Frozen
Post Purchase Storage: Frozen

Sub-sample Number: 61.1

Sub-sample Name: Tesco edamame beans

Ingredients: Edamame soya beans

Label claim(s):

Freshly frozen

May also contain nuts

Harvested early while the beans are still immature

Produce of China

Packed in the UK

Nutrient information:

Nutrient	Unit	100g contains	One fifth of a pack cooked and shelled (40g) contains
Energy	kJ	622	249
Energy	kcal	149	60
Fat	g	6.8	2.7
Saturates	g	0.8	0.3
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	6.9	2.8
Sugars	g	0	0
Starch	g	N/A	N/A
Fibre	g	4.2	1.7
Protein	g	12.9	5.2
Salt	g	0.1	0.1

Composite Sample Number: 61
Composite Sample Name: Edamame, frozen, boiled
Sub-sample Number: 61.2
Sub-sample Name: Tesco edamame beans
Brand: Tesco
Pack size: 500g
Purchase Date: 30.11.15
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Best before Date: Apr 2017
Batch Number: 5274TFKL5 02:08 2160515
Packaging: Plastic
Sample Condition As Purchased: Frozen
Post Purchase Storage: Frozen

Sub-sample Number: 61.2

Sub-sample Name: Tesco edamame beans

Ingredients: Edamame soya beans

Label claim(s):

Freshly frozen

May also contain nuts

Harvested early while the beans are still immature

Produce of: China

Packed in the UK

Nutrient information:

Nutrient	Unit	100g contains	One fifth of a pack cooked and shelled (40g) contains
Energy	kJ	622	249
Energy	kcal	149	60
Fat	g	6.8	2.7
Saturates	g	0.8	0.3
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	6.9	2.8
Sugars	g	0	0
Starch	g	N/A	N/A
Fibre	g	4.2	1.7
Protein	g	12.9	5.2
Salt	g	0.1	0.1

Composite Sample Number: 61
Composite Sample Name: Edamame, frozen, boiled
Sub-sample Number: 61.3
Sub-sample Name: Tesco soya beans
Brand: Tesco
Pack size: 600g
Purchase Date: 30.11.15
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Best before Date: Apr 2017
Batch Number: 5280TFK 19:30 L8 2160815
Packaging: Plastic
Sample Condition As Purchased: Frozen
Post Purchase Storage: Frozen

Sub-sample Number: 61.3

Sub-sample Name: Tesco soya beans

Ingredients: Soya beans

Label claim(s):

Freshly frozen
Source of fibre
Contains soya
Produced in China
Packed in the UK

Nutrient information:

Nutrient	Unit	100g (cooked according to instructions) contains	3 heaped tablespoons (80g) boiled in unsalted water contains
Energy	kJ	638	510
Energy	kcal	153	122
Fat	g	7.3	5.8
Saturates	g	0.9	0.7
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	4.8	3.8
Sugars	g	2.0	1.6
Starch	g	N/A	N/A
Fibre	g	6.0	4.8
Protein	g	14.0	11.2
Salt	g	0	0

Composite Sample Number: 61
Composite Sample Name: Edamame, frozen, boiled
Sub-sample Number: 61.4
Sub-sample Name: Yutaka edamame soybeans with pods
Brand: Yutaka
Pack size: 500g
Purchase Date: 30.11.15
Place of Purchase: Waitrose, Eaton, Norwich
Display Until Date:
Best before Date: 25.01.17
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Frozen
Post Purchase Storage: Frozen

Sub-sample Number: 61.4

Sub-sample Name: Yutaka edamame soybeans with pods

Ingredients: Soybeans

Label claim(s):
Product of: China

Nutrient information:

Nutrient	Unit	100g contains	50g serving contains
Energy	kJ	380	N/A
Energy	kcal	91	46
Fat	g	3.3	1.7
Saturates	g	0.5	0.3
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	5.8	N/A
Sugars	g	1.8	0.9
Starch	g	N/A	N/A
Fibre	g	N/A	N/A
Protein	g	5.7	N/A
Salt	g	<0.1	<0.01

Composite Sample Number: 61
Composite Sample Name: Edamame, frozen, boiled
Sub-sample Number: 61.5
Sub-sample Name: Yutaka edamame shelled soybeans
Brand: Yutaka
Pack size: 500g
Purchase Date: 30.11.15
Place of Purchase: Waitrose, Eaton, Norwich
Display Until Date:
Best before Date: 16.01.17
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Frozen
Post Purchase Storage: Frozen

Sub-sample Number: 61.5

Sub-sample Name: Yutaka edamame shelled soybeans

Ingredients: Soybeans

Label claim(s):
Product of: China

Nutrient information:

Nutrient	Unit	100g contains	50g serving contains
Energy	kJ	532	N/A
Energy	kcal	128	64
Fat	g	6.3	3.2
Saturates	g	1	0.5
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	4.5	N/A
Sugars	g	2.3	1.2
Starch	g	N/A	N/A
Fibre	g	N/A	N/A
Protein	g	10.8	N/A
Salt	g	<0.1	<0.01

Composite Sample Number: 61
Composite Sample Name: Edamame, frozen, boiled
Sub-sample Number: 61.6
Sub-sample Name: Birds Eye soya beans
Brand: Birds Eye
Pack size: 480g
Purchase Date: 30.11.15
Place of Purchase: Sainsbury's, Longwater Retail Park, Norwich
Display Until Date:
Best before Date: 01 2017
Batch Number: L5282NH124 12:57 87708791
Packaging: Plastic
Sample Condition As Purchased: Frozen
Post Purchase Storage: Frozen

Sub-sample Number: 61.6

Sub-sample Name: Birds Eye soya beans

Ingredients: No information

Label claim(s):

Picked and frozen within hours

No artificial colours, flavours or preservatives

Tender little soya beans

Nutrient information:

Nutrient	Unit	100g as sold contains	Per portion (80g) boiled contains
Energy	kJ	549	440
Energy	kcal	132	105
Fat	g	6.4	5.1
Saturates	g	0.7	0.6
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	4.0	3.2
Sugars	g	0.9	0.7
Starch	g	N/A	N/A
Fibre	g	4.2	3.4
Protein	g	12.4	9.9
Salt	g	0.03	0.03
Vitamin C	mg	17	14
Vitamin B1 (Thiamin)	mg	0.26	0.21
Folic acid	µg	111	90

Composite Sample Number: 61
Composite Sample Name: Edamame, frozen, boiled
Sub-sample Number: 61.7
Sub-sample Name: Birds Eye soya beans
Brand: Birds Eye
Pack size: 480g
Purchase Date: 30.11.15
Place of Purchase: Sainsbury's, Longwater Retail Park, Norwich
Display Until Date:
Best before Date: 09.2016
Batch Number: L5169QH124 14:41 87708791
Packaging: Plastic
Sample Condition As Purchased: Frozen
Post Purchase Storage: Frozen

Sub-sample Number: 61.7

Sub-sample Name: Birds Eye soya beans

Ingredients: No information

Label claim(s):

Picked and frozen within hours

No artificial colour, flavours or preservatives

Tender little soya beans

Nutrient information:

Nutrient	Unit	100g as sold contains	Per portion (80g) boiled contains
Energy	kJ	549	440
Energy	kcal	132	105
Fat	g	6.4	5.1
Saturates	g	0.7	0.6
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	4.0	3.2
Sugars	g	0.9	0.7
Starch	g	N/A	N/A
Fibre	g	4.2	3.4
Protein	g	12.4	9.9
Salt	g	0.03	0.03
Vitamin C	mg	17	14
Vitamin B1 (Thiamin)	mg	0.26	0.21
Folic acid	µg	111	90

Sample 62: Figs, ready to eat, semi-dried

Composite Sample Number: 62
Composite Sample Name: Figs, ready to eat, semi-dried
Sub-sample Number: 62.1
Sub-sample Name: Tesco ready to eat figs
Brand: Tesco
Pack size: 250g
Purchase Date: 27.01.16
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Best before Date: Oct 2016
Batch Number: L6005 7751
Packaging: Mixed material
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 62.1

Sub-sample Name: Tesco ready to eat figs

Ingredients:

Partially rehydrated dried figs, preservative (potassium sorbate)

Label claim(s):

Produce of Turkey

Packed in the UK

Nutrient information:

Nutrient	Unit	100g contains	30g contains
Energy	kJ	990	297
Energy	kcal	234	70
Fat	g	1.5	0.5
Saturates	g	0.5	0.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	48.4	14.5
Sugars	g	48.4	14.5
Starch	g	N/A	N/A
Fibre	g	6.9	2.1
Protein	g	3.3	1.0
Salt	g	0.3	0.1

Composite Sample Number: 62
Composite Sample Name: Figs, ready to eat, semi-dried
Sub-sample Number: 62.2
Sub-sample Name: Tesco Whole Foods ready to eat figs
Brand: Tesco Whole Foods
Pack size: 440g
Purchase Date: 27.01.16
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Best before Date: Oct 2016
Batch Number: L6005 770 2 03:21
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 62.2

Sub-sample Name: Tesco Whole Foods ready to eat figs

Ingredients:

Partially rehydrated dried figs, preservative (potassium sorbate)

Label claim(s):

Produce of Turkey

Packed in the UK

Nutrient information:

Nutrient	Unit	100g contains	30g contains
Energy	kJ	990	297
Energy	kcal	234	70
Fat	g	1.5	0.5
Saturates	g	0.0	0.0
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	48.4	14.5
Sugars	g	48.4	14.5
Starch	g	N/A	N/A
Fibre	g	6.9	2.1
Protein	g	3.3	1.0
Salt	g	0.1	0.1

Composite Sample Number: 62
Composite Sample Name: Figs, ready to eat, semi-dried
Sub-sample Number: 62.3
Sub-sample Name: Asda Good & Balanced figs
Brand: Asda Good & Balanced
Pack size: 500g
Purchase Date: 27.01.16
Place of Purchase: Asda, Boundary Road, Norwich
Display Until Date:
Best before Date: Nov 2016
Batch Number: 5314 N9 Lot:4335 LQK ASP1409406
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 62.3

Sub-sample Name: Asda Good & Balanced figs

Ingredients:

Figs (90%), water, preservative (potassium sorbate)

Label claim(s):

Produced in Turkey

High in fibre

Nutrient information:

Nutrient	Unit	100g contains	30g contains
Energy	kJ	1000	307
Energy	kcal	237	73
Fat	g	1.5	<0.5
Saturates	g	<0.1	<0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	49	15
Sugars	g	49	15
Starch	g	N/A	N/A
Fibre	g	6.9	2.1
Protein	g	3.3	1.0
Salt	g	0.10	0.03

Composite Sample Number: 62
Composite Sample Name: Figs, ready to eat, semi-dried
Sub-sample Number: 62.4
Sub-sample Name: Sainsbury's figs
Brand: Sainsbury's
Pack size: 500g
Purchase Date: 13.01.16
Place of Purchase: Sainsbury's, Longwater Retail Park, Norwich
Display Until Date:
Best before Date: Jun 2016
Batch Number: L5253 7702 01385106 W0299 08.14
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 62.4

Sub-sample Name: Sainsbury's figs

Ingredients:

Partially rehydrated dried figs (99%), preservative (potassium sorbate)

Label claim(s):

Produce of Turkey

Packed in the UK

Contains naturally occurring sugars

Source of fibre

Nutrient information:

Nutrient	Unit	100g contains	30g contains
Energy	kJ	990	297
Energy	kcal	234	70
Fat	g	1.5	<0.5
Saturates	g	0.5	0.2
Monounsaturates	g	0.5	0.2
Polyunsaturates	g	0.5	0.2
Carbohydrate	g	48.4	14.5
Sugars	g	48.4	14.5
Starch	g	<0.5	<0.5
Fibre	g	6.9	2.1
Protein	g	3.3	1.0
Salt	g	0.14	0.04

Composite Sample Number: 62
Composite Sample Name: Figs, ready to eat, semi-dried
Sub-sample Number: 62.5
Sub-sample Name: Waitrose Love Life soft smyrna figs
Brand: Waitrose
Pack size: 250g
Purchase Date: 16.01.16
Place of Purchase: Waitrose, Wymondham, Norfolk
Display Until Date:
Best before Date: Jun 2016
Batch Number: L5355 765 1 08:08 142751/101 03.15
Packaging: Mixed material
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 62.5

Sub-sample Name: Waitrose Love Life soft smyrna figs

Ingredients:

Partially rehydrated dried figs, preservative (potassium sorbate)

Label claim(s):

Produce of Turkey

High in fibre

Nutrient information:

Nutrient	Unit	100g contains	30g contains
Energy	kJ	990	297
Energy	kcal	234	70
Fat	g	1.5	0.5
Saturates	g	0.0	0.0
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	48.4	14.5
Sugars	g	48.4	14.5
Starch	g	N/A	N/A
Fibre	g	6.9	2.1
Protein	g	3.3	1.0
Salt	g	0.14	0.04

Composite Sample Number: 62
Composite Sample Name: Figs, ready to eat, semi-dried
Sub-sample Number: 62.6
Sub-sample Name: Morrisons Wholefoods soft figs
Brand: Morrisons Wholefoods
Pack size: 500g
Purchase Date: 04.02.16
Place of Purchase: Morrisons, Wymondham, Norfolk
Display Until Date:
Best before Date: Oct 2016
Batch Number: 5272 N9 Lot:4323
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 62.6

Sub-sample Name: Morrisons Wholefoods soft figs

Ingredients:

Partially rehydrated dried figs (99%), preservative (potassium sorbate)

Label claim(s):

Produced and packed in Turkey

Nutrient information:

Nutrient	Unit	100g contains	50g contains
Energy	kJ	970	485
Energy	kcal	229	115
Fat	g	Tr	Tr
Saturates	g	Tr	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	49.2	24.6
Sugars	g	42.9	21.5
Starch	g	N/A	N/A
Fibre	g	10.3	5.2
Protein	g	2.9	1.5
Salt	g	0.2	0.1

Composite Sample Number: 62
Composite Sample Name: Figs, ready to eat, semi-dried
Sub-sample Number: 62.7
Sub-sample Name: The Co-operative Loved by Us dried figs
Brand: The Co-operative Loved by Us
Pack size: 250g
Purchase Date: 18.01.16
Place of Purchase: The Co-operative, Wymondham
Display Until Date:
Best before Date: Aug 2016
Batch Number: L-2-1842 3271 GE13795/1/1
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 62.7

Sub-sample Name: The Co-operative Loved by Us dried figs

Ingredients:

Partially rehydrated dried figs (99%), acidity regulator (citric acid), preservative (potassium sorbate)

Label claim(s):

Produce of Turkey

Packed in Turkey

Ready to eat

Contains naturally occurring sugars

Nutrient information:

Nutrient	Unit	100g contains	40g contains
Energy	kJ	1190	480
Energy	kcal	285	115
Fat	g	1.3	0.5
Saturates	g	0.2	0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	59.2	23.7
Sugars	g	44.7	17.9
Starch	g	N/A	N/A
Fibre	g	12.0	4.8
Protein	g	2.6	1.0
Salt	g	0.1	Tr

Composite Sample Number: 62
Composite Sample Name: Figs, ready to eat, semi-dried
Sub-sample Number: 62.8
Sub-sample Name: Neal's Yard Wholefoods ready to eat figs
Brand: Neal's Yard Wholefoods
Pack size: 250g
Purchase Date: 18.01.16
Place of Purchase: Holland & Barrett delivery
Display Until Date:
Best before Date: Aug 2016
Batch Number: L5 308 H1 61 11:10
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 62.8

Sub-sample Name: Neal's Yard Wholefoods ready to eat figs

Ingredients:

Dried figs (90%), water, preservative (potassium sorbate)

Label claim(s):

Produce of Turkey

Packed in the UK

Packed in a factory where nuts, peanuts and sesame seeds are handled

Nutrient information:

Nutrient	Unit	100g contains
Energy	kJ	989
Energy	kcal	234
Fat	g	2.9
Saturates	g	1.3
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Carbohydrate	g	46.0
Sugars	g	42.4
Starch	g	N/A
Fibre	g	7.2
Protein	g	2.6
Salt	g	0.08

Composite Sample Number: 62
Composite Sample Name: Figs, ready to eat, semi-dried
Sub-sample Number: 62.9
Sub-sample Name: Whitworths snack on soft Smyrna figs
Brand: Whitworths
Pack size: 175g
Purchase Date: 13.01.16
Place of Purchase: Sainsbury's, Longwater Retail Park, Norwich
Display Until Date:
Best before Date: Sep 2016
Batch Number: L5353 7751
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 62.9

Sub-sample Name: Whitworths snack on soft Smyrna figs

Ingredients:

Partially rehydrated figs (99%), preservatives (potassium sorbate)

Label claim(s):

Product of more than one country

Packed in the UK

Nazlli, Western Turkey

Sun dried

High in fibre

Source of iron

Contains naturally occurring sugars

Nutrient information:

Nutrient	Unit	100g contains	30g contains
Energy	kJ	990	297
Energy	kcal	234	70
Fat	g	1.5	0.5
Saturates	g	0.1	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	48.4	14.5
Sugars	g	48.4	14.5
Starch	g	N/A	N/A
Fibre	g	6.9	2.1
Protein	g	3.3	1.0
Salt	g	0.1	Tr
Iron	mg	3.9	1.2

Composite Sample Number: 62
Composite Sample Name: Figs, ready to eat, semi-dried
Sub-sample Number: 62.10
Sub-sample Name: Whitworths snack on soft Smyrna figs
Brand: Whitworths
Pack size: 175g
Purchase Date: 13.01.16
Place of Purchase: Sainsbury's, Longwater Retail Park, Norwich
Display Until Date:
Best before Date: Jul 2016
Batch Number: L5230 7752
Packaging: Plastic
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Sub-sample Number: 62.10

Sub-sample Name: Whitworths snack on soft Smyrna figs

Ingredients:

Partially rehydrated figs (99%), preservative (potassium sorbate)

Label claim(s):

Product of more than one country

Packed in the UK

Nazlli, Western Turkey

Sun dried

High in fibre

Source of iron

Nutrient information:

Nutrient	Unit	100g contains	30g contains
Energy	kJ	990	297
Energy	kcal	234	70
Fat	g	1.5	0.5
Saturates	g	0.1	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Carbohydrate	g	48.4	14.5
Sugars	g	48.4	14.5
Starch	g	N/A	N/A
Fibre	g	6.9	2.1
Protein	g	3.3	1.0
Salt	g	0.1	Tr
Iron	mg	3.9	1.2

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 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 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 could be 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 samples were purchased over several weeks, sub-samples were prepared and stored whole and frozen at -40°C until all sub-samples were available. Once all sub-samples had been collected, they were partially thawed and mixed in equal proportions to produce the final composite sample for analysis of all nutrients.

Details for each sample are given below, including weight changes on cooking and edible portion measurements.

Sample 1: Kiwi fruit, raw, flesh only

Kiwis were peeled and the ends removed before sampling. Each sub-sample was taken from eight kiwis.

Average weight of kiwi fruit = 83.8g

Average edible portion = 0.73

Edible portion weights

Sub-sample number	Average weight of a whole kiwi fruit (g)	Average weight of skin (g)	Average weight of ends (g)	Edible portion
1.1	77.3	13.0	8.3	0.72
1.2	95.8	16.0	9.1	0.74
1.3	85.1	14.7	9.1	0.72

1.4	75.3	11.7	7.5	0.75
1.5	72.6	10.9	4.0	0.79
1.6	110.7	16.5	9.0	0.77
1.7	97.1	16.9	11.4	0.71
1.8	69.3	11.9	12.0	0.65
1.9	83.4	14.3	8.5	0.73
1.10	80.4	13.1	12.1	0.69
1.11	68.5	10.3	7.0	0.75

Sample 2: Plums, dessert, raw, flesh and skin

Plums were rinsed in Analar water and dried. Stones were removed before sampling. Each sub-sample was randomly taken from 4-8 plums.

Average weight of a plum and stone: 76.8g

Average edible portion: 1.0

Edible portion weights

Sub-sample number	Average weight of a whole plum (g)	Average weight of stone (g)	Edible portion
2.1	129.0	1.8	0.99
2.2	76.7	1.1	0.99
2.3	70.7	1.0	0.99
2.4	77.5	3.7	0.95
2.5	83.0	2.8	0.97
2.6	77.7	2.4	0.97
2.7	77.0	1.4	0.98
2.8	54.6	2.6	0.95
2.9	69.1	1.6	0.98
2.10	39.3	1.7	0.96
2.11	90.7	2.0	0.98

Sample 3: Raspberries, raw

Raspberries were sampled as purchased and not rinsed. Experimentation showed that, when rinsed, they were difficult to dry and had a tendency to disintegrate. Each sub-sample consisted of 20-30 randomly selected raspberries.

Average weight of a raspberry = 4.9g

Edible portion weights

Sub-sample number	Average weight of a raspberry (g)
3.1	3.9
3.2	4.9

3.3	3.1
3.4	7.3
3.5	3.7
3.6	3.8
3.7	5.7
3.8	5.7
3.9	5.4
3.10	6.5
3.11	3.8

Sample 4: Pineapple, fresh, raw, flesh only

The top, bottom, core and skin were removed from whole pineapples. Each sub-sample was taken from quarters of two pineapples.

Average weight of a pineapple = 1198.4g

Average edible portion = 0.43

Edible portion weights

Sub-sample number	Average weight of a whole pineapple(g)	Average weight of top (g)	Average weight of bottom (g)	Average weight of skin (g)	Average weight of core (g)	Average weight of slice/chunk (g)	Edible portion
4.1	N/A	N/A	N/A	N/A	N/A	11.3	N/A
4.2	1265.6	287.7	49.5	265.4	68.7	N/A	0.47
4.3	N/A	N/A	N/A	N/A	N/A	10.0	N/A
4.4	N/A	N/A	N/A	N/A	N/A	34.2	N/A
4.5	N/A	N/A	N/A	N/A	N/A	13.5	N/A
4.6	1537.0	228.2	55.3	355.7	90.6	N/A	0.53
4.7	1182.6	344.8	52.2	255.1	120.5	N/A	0.35
4.8	885.1	51.5	50.8	285.9	102.3	N/A	0.45
4.9	1130.8	232.6	57.2	309.7	98.2	N/A	0.38
4.10	1157.8	224.5	58.3	298.1	137.8	N/A	0.38
4.11	1229.9	246.5	86.8	271.4	73.6	N/A	0.45

Sample 5: Mangoes, ripe, raw, flesh only

Whole mangoes were peeled and the flesh cut off until the stone was reached. Each sub-sample was taken from 2-3 mangoes.

Average weight of a mango = 375.2g

Average edible portion = 0.63

Edible portion weights

Sub-sample number	Average weight of a	Average weight of	Average weight of	Average weight of a	Edible portion
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	whole mango (g)	skin (g)	stone (g)	chunk (g)	
5.1	321.7	67.6	49.1	N/A	0.64
5.2	N/A	N/A	N/A	20.48	N/A
5.3	280.9	56.5	35.4	N/A	0.67
5.4	308.2	75.9	42.0	N/A	0.62
5.5	285.0	52.6	43.5	N/A	0.66
5.6	528.5	110.4	72.8	N/A	0.65
5.7	517.9	121.3	67.3	N/A	0.64
5.8	385.5	80.5	74.0	N/A	0.60
5.9	N/A	N/A	N/A	28.16	N/A
5.10	292.5	45.8	76.6	N/A	0.58
5.11	456.9	86.1	82.0	N/A	0.63

Sample 6: Nectarines, yellow flesh, raw, flesh only

Nectarines were rinsed in Analar water, dried and the flesh removed from the stone. Each sub-sample was taken from quarters of four nectarines.

Average weight of a nectarine = 131.6g

Average edible portion = 0.92

Edible portion weights

Sub-sample number	Average weight of a whole nectarine (g)	Average weight of stone (g)	Edible portion
6.1	118.4	12.3	0.90
6.2	92.0	8.8	0.90
6.3	227.1	15.5	0.93
6.4	130.8	10.4	0.92
6.5	144.0	11.2	0.92
6.6	118.7	11.2	0.91
6.7	153.4	8.4	0.95
6.8	119.5	5.1	0.96
6.9	156.7	9.9	0.94
6.10	96.7	6.4	0.93
6.11	90.0	8.3	0.91

Sample 7: Cherries, raw

Cherries were rinsed in Analar water, dried and the stones (and stalks where present) removed. Each sub-sample consisted of 30-40 halves or whole cherries.

Average weight of a cherry = 9.8g

Average edible portion = 0.92

Edible portion weights

Sub-sample number	Average weight of a whole cherry (g)	Average weight of stalk (g)	Average weight of stone (g)	Edible portion
7.1	10.7	0.1	0.7	0.92
7.2	14.9	0.2	0.8	0.94
7.3	8.8	0.1	0.8	0.90
7.4	8.7	0.0	0.8	0.90
7.5	9.6	0.1	0.8	0.91
7.6	7.6	0.0	0.7	0.90
7.7	13.0	0.1	0.7	0.94
7.8	7.6	0.1	0.6	0.91
7.9	9.0	0.0	0.7	0.92
7.10	9.8	0.1	0.8	0.91
7.11	8.4	0.1	0.5	0.92

Sample 8: Grapefruit, raw, flesh only

Grapefruit skin was removed either by peeling by hand and then removing the majority of the pith or more usually, cutting the peel off. All pips were removed. Each sub-sample was taken from eighths of three grapefruits.

Average weight of a grapefruit = 331.7g

Average edible portion = 0.71

Edible portion weights

Sub-sample number	Average weight of a whole grapefruit (g)	Average weight of skin (g)	Average weight of pips (g)	Edible portion
8.1	357.0	126.7	0.7	0.64
8.2	330.3	95.1	0.3	0.71
8.3	324.9	109.9	0.4	0.66
8.4	326.7	74.8	1.2	0.77
8.5	291.6	69.6	0.8	0.76
8.6	318.5	92.4	0.3	0.71
8.7	331.9	118.7	0.0	0.64
8.8	338.9	122.5	0.1	0.64
8.9	329.3	76.7	1.4	0.76
8.10	313.7	79.4	1.1	0.74
8.11	385.7	97.1	0.2	0.75

Sample 9: Leeks, fresh, raw

The root and dark green top, as well as the outer leaf if damaged, was removed from each leek. Trimmed leeks were then rinsed in Analar water and dried. Each sub-sample was taken from lengthways eighths of 3-4 leeks.

Average weight of a leek = 254.2g

Average edible portion = 0.66

Edible portion weights

Sub-sample number	Average weight of a whole leek (g)	Average weight of bottom (g)	Average weight of top (g)	Average weight of discarded outer leaves (g)	Edible portion
9.1	271.7	9.3	60.3	11.0	0.70
9.2	254.7	9.7	99.9	0.0	0.57
9.3	172.2	6.8	9.9	27.1	0.75
9.4	353.0	11.5	106.5	16.0	0.62
9.5	295.7	13.4	106.9	9.5	0.56
9.6	145.3	6.4	0.0	0.0	0.96
9.7	189.3	10.7	31.0	12.0	0.72
9.8	111.4	20.7	5.4	0.0	0.77
9.9	146.2	5.1	42.6	7.0	0.63
9.10	378.2	7.1	147.4	40.5	0.48
9.11	478.7	15.1	206.7	28.4	0.48

Sample 10: Leeks, fresh, boiled

The root and dark green top, as well as the outer leaf if damaged, was removed from each leek. Trimmed leeks were then rinsed, sliced, boiled for 5-8 minutes and drained before sampling. Each sub-sample was taken from random boiled slices from 3-4 leeks.

Average weight change on cooking = -0.1%

Weight changes on cooking

Sub-sample number	Boiling time (minutes)	Weight before cooking (g)	Weight after cooking (g)	Weight change (%)
10.1	6	551.0	532.2	-3.5
10.2	6	383.0	396.4	3.4
10.3	5	388.5	386.9	-0.4
10.4	8	386.0	411.2	6.1
10.5	8	546.0	551.6	1.0
10.6	5	564.0	539.8	-4.5
10.7	7	497.0	491.7	-1.1
10.8	6	462.0	446.1	-3.6
10.9	5	357.2	368.7	3.1
10.10	7	485.0	500.0	3.0

10.11	8	600.0	576.0	-4.2
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Sample 11: Leeks, fresh, roasted in rapeseed oil

The root and dark green top, as well as the outer leaf if damaged, was removed from each leek. Trimmed leeks were then rinsed, dried and either left whole, halved lengthways or cut into chunks. 1-2 tbsps of rapeseed oil was added to the leeks before roasting in a foil 'parcel' which was then opened for the final 10 minutes of roasting for 25-40 minutes. Each sub-sample was taken from lengthways slices of 3-4 roasted leeks.

Average weight change on cooking = -18.5

Weight changes on cooking

Sub-sample number	Preparation	Cooking details	Weight before cooking (g)	Weight after cooking (g)	Weight change (%)
11.1	Halves	180°C fan; 30 minutes; add 1 tbsp oil	394.0	324.0	-17.8
11.2	Whole	180°C fan; 28 minutes; add 1 tbsp oil	317.1	276.5	-12.8
11.3	Halves	180°C fan; 30 minutes; add 1 tbsp oil	488.0	365.0	-25.2
11.4	Chunks	180°C fan; 30 minutes; add 1 tbsp oil	380.3	311.9	-18.0
11.5	Halves	180°C fan; 25 minutes; add 1 tbsp oil	387.8	271.2	-30.1
11.6	Whole	180°C fan; 30 minutes; add 1 tbsp oil	502.2	421.4	-16.1
11.7	Chunks	180°C fan; 28 minutes; add 2 tbsp oil	548.5	467.2	-14.8
11.8	Chunks	180°C fan; 30 minutes; add 1 tbsp oil	380.3	311.9	-18.0
11.9	Whole	180°C fan; 40 minutes; add 1 tbsp oil	504.4	389.6	-22.8
11.10	Chunks	180°C fan; 30 minutes; add 1.5 tbsp oil	264.3	222.2	-15.9
11.11	Chunks	180°C fan; 30 minutes; add 2 tbsp oil	414.3	364.1	-12.1

Sample 12: Courgettes, fresh, raw

Courgettes were rinsed in Analar water, dried and the end(s) removed. Each sub-sample was taken from lengthways quarters of four courgettes.

Average weight of a courgette = 224.8g

Average edible portion = 0.92

Edible portion weights

Sub-sample number	Average weight of a whole courgette (g)	Average weight of ends (g)	Edible portion
12.1	179.4	12.1	0.93

12.2	325.4	16.8	0.95
12.3	214.4	15.6	0.93
12.4	234.1	22.4	0.90
12.5	320.9	20.2	0.94
12.6	177.9	11.7	0.93
12.7	168.3	13.2	0.92
12.8	225.1	18.6	0.92
12.9	185.4	18.5	0.90
12.10	249.3	23.9	0.90
12.11	193.3	15.8	0.92

Sample 13: Courgettes, fresh, boiled

Courgettes were rinsed in Analar water, dried and the end(s) removed. Halves of courgettes were then cut into either slices or chunks before being boiled for 3-8 minutes and drained. Each sub-sample was taken randomly from the boiled courgette pieces from five half courgettes.

Average weight change on cooking = -8.4%

Weight changes on cooking

Sub-sample number	Preparation	Boiling time (minutes)	Weight before cooking (g)	Weight after cooking (g)	Weight change (%)
13.1	Slices	4	377.4	351.2	-6.9
13.2	Chunks	8	397.8	353.7	-11.1
13.3	Slices	3	387.0	365.3	-5.6
13.4	Chunks	5	428.2	396.7	-7.4
13.5	Chunks	6	367.6	334.1	-9.1
13.6	Slices	7	342.2	316.2	-7.6
13.7	Slices	4	443.6	389.4	-12.2
13.8	Chunks	7	445.6	406.0	-8.9
13.9	Slices	6	340.0	314.3	-7.6
13.10	Slices	5	524.7	489.1	-6.8
13.11	Chunks	5	388.7	351.0	-9.7

Sample 14: Courgette, fresh, roasted in rapeseed oil

Courgettes were rinsed in Analar water, dried and the end(s) removed. Halves of courgettes were then cut into either slices or chunks before coating with ½ -1 tbsp of rapeseed oil and roasting for 20 minutes, turning halfway. Each sub-sample was taken randomly from the roasted courgette pieces from five half courgettes.

Average weight change on cooking = -39.4%

Weight changes on cooking

Sub-sample	Preparation	Cooking details	Added oil	Weight before	Weight after	Weight change
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number				cooking (g)	cooking (g)	(%)
14.1	Chunks	180°C fan oven; 20 minutes turned half way through	½ tbsp	611.0	394.1	-35.5
14.2	Chunks		½ tbsp	575.0	367.9	-36.0
14.3	Sliced		1 tbsp	436.1	258.5	-40.7
14.4	Chunks		½ tbsp	491.2	313.6	-36.2
14.5	Chunks		½ tbsp	582.0	397.1	-31.8
14.7	Sliced		½ tbsp	411.8	213.8	-48.1
14.8	Chunks		1 tbsp	500.7	284.7	-43.1
14.9	Sliced		½ tbsp	431.4	240.6	-44.2
14.10	Chunks		1 tbsp	501.2	315.2	-37.1
14.11	Chunks		1 tbsp	523.0	309.5	-40.8

Sample 15: Brussels sprouts, boiled

The bottom and any outer leaves were removed from each Brussels sprout. A cross was cut into the bottom before rinsing, boiling for 4-10 minutes and draining. Each sub-sample was taken from about 20 halves or whole boiled sprouts.

Average weight of a whole sprout = 17.0g

Average edible portion = 0.80

Average weight change on cooking = 5.3%

Edible portion weights

Sub-sample number	Average weight of a whole sprout (g)	Average weight of ends (g)	Average weight of removed leaves (g)	Edible portion
15.1	29.4	2.5	4.5	0.76
15.2	14.7	N/A	N/A	N/A
15.3	15.6	1.4	1.3	0.83
15.4	16.0	1.1	2.4	0.78
15.5	22.7	1.5	4.3	0.74
15.6	6.1	0.4	0.7	0.82
15.7	10.1	1.1	1.1	0.79
15.8	20.9	2.4	1.9	0.80
15.9	9.4	1.3	0.6	0.80
15.10	21.8	2.0	3.8	0.74
15.11	20.5	1.4	2.6	0.80

Weight changes on cooking

Sub-sample number	Boiling time (minutes)	Weight before cooking (g)	Weight after cooking (g)	Weight change (%)
15.1	10	430.8	449.9	4.4
15.2	8	515.6	528.5	2.5
15.3	6	393.4	423.3	7.6
15.4	7	318.5	338.8	6.7

15.5	15	447.5	476.4	6.5
15.6	4	425.6	433.8	1.9
15.7	9	437.0	457.2	4.6
15.8	7	401.8	431.7	7.4
15.9	7	406.4	429.7	5.7
15.10	8	413.0	432.0	4.6
15.11	7	389.9	412.4	5.8

Sample 16: Parsnips, boiled

Parsnips were rinsed in Analar water and dried before removing the top and peel. Trimmed parsnips were cut into chunks or slices before boiling for 8-12 minutes and draining. Each sub-sample was taken randomly from the boiled pieces from 2-3 parsnips.

Average weight of a parsnip = 145.4

Average edible portion = 0.75

Average weight change on cooking = -0.9%

Edible portion weights

Sub-sample number	Average weight of a whole parsnip (g)	Average weight of top and bottom (g)	Average weight of peel (g)	Edible portion
16.1	148.7	19.0	18.1	0.75
16.2	116.8	12.7	18.7	0.73
16.3	85.8	8.8	18.5	0.68
16.4	132.1	14.7	16.3	0.77
16.5	136.6	14.9	23.4	0.72
16.6	144.3	23.6	15.8	0.73
16.7	102.8	10.9	15.5	0.74
16.8	147.3	14.2	18.1	0.78
16.9	225.5	22.5	22.6	0.80
16.10	164.0	15.7	19.2	0.79
16.11	194.9	22.4	21.9	0.77

Weight changes on cooking

Sub-sample number	Preparation	Boiling time (minutes)	Weight before cooking (g)	Weight after cooking (g)	Weight change (%)
16.1	Slices	8	334.2	326.2	-2.4
16.2	Slices	9	436.2	437.6	0.3
16.3	Chunks	12	339.9	341.2	0.4
16.4	Slices	10	300.1	289.0	-3.7
16.5	Chunks	10	404.7	398.2	-1.6
16.6	Slices	9	314.5	302.8	-3.7
16.7	Chunks	11	422.6	426.3	0.9
16.8	Chunks	12	432.2	435.4	0.7
16.9	Chunks	12	540.6	530.3	-1.9

16.10	Chunks	12	387.1	395.3	2.1
16.11	Slices	8	415.7	413.0	-0.6

Sample 17: Parsnips, roasted in rapeseed oil

Parsnips were rinsed in Analar water and dried before removing the top and peel. Trimmed parsnips were cut into quarters (or halves if small) and coated with 1tbsp rapeseed oil before roasting for 35-55 minutes. Each sub-sample was taken from the roasted quarters/halves of 3-4 parsnips.

Average weight change on cooking = -41.1%

Weight changes on cooking

Sub-sample number	Cooking details	Weight before cooking (g)	Weight after cooking (g)	Weight change (%)
17.1	200°C; 45 minutes; add 1 tbsp oil	405.2	272.4	-32.8
17.2	200°C; 35 minutes; add 1 tbsp oil	358.7	252.2	-29.7
17.3	200°C; 45 minutes; add 1 tbsp oil	371.2	227.7	-38.7
17.4	200°C; 45 minutes; add 1 tbsp oil	311.9	184.2	-40.9
17.5	200°C; 38 minutes; add 1 tbsp oil	374.2	210.9	-43.6
17.6	200°C; 45 minutes; add 1 tbsp oil	359.2	204.8	-43.0
17.7	200°C; 37 minutes; add 1 tbsp oil	625	337.6	-46.0
17.8	200°C; 45 minutes; add 1 tbsp oil	352.6	173.6	-50.8
17.9	200°C; 55 minutes; add 1 tbsp oil	370.0	235.3	-36.4
17.10	200°C; 38 minutes; add 1 tbsp oil	372.2	218.3	-41.3
17.11	200°C; 45 minutes; add 1 tbsp oil	355.3	180	-49.3

Sample 18: Beetroot, cooked

The top and root was removed from raw beetroot samples before boiling for 1-2 hours. The skin removed after boiling. Each sub-sample was taken from quarters of 3-5 cooked beetroot.

Average weight of a raw beetroot with leaves = 134.9g

Average edible portion of a raw beetroot (skin not removed) = 0.75

Average weight change on cooking = -9.5%

Average edible portion of cooked beetroot = 0.96

Average weight of a cooked beetroot = 84.3g

Edible portion weights

Sub-sample number	Average weight of a whole raw beetroot (g)	Average weight of raw ends (g)	Average weight of raw leaves (g)	Edible portion
18.3	116.8	16.3	1.4	0.85
18.4	133.2	25.6	0.7	0.80

18.5	107.6	N/A	N/A	N/A
18.10	181.8	72.2	1.0	0.60

Weight changes and edible portions on cooking

Sub-sample number	Boiling time	Weight before cooking (g)	Weight after cooking (g)	Weight change (%)	Average weight of skin after cooking (g)	Edible portion of cooked beetroot	Average weight of cooked beetroot (g)
18.1	N/A	N/A	N/A	N/A	N/A	N/A	69.3
18.2	N/A	N/A	N/A	N/A	N/A	N/A	88.0
18.3	2 hours	522.7	476.6	-8.8	2.7	0.97	75.0
18.4	1 hour	519.0	480.2	-7.5	4.0	0.96	101.0
18.5	N/A	N/A	N/A	N/A	N/A	N/A	107.7
18.6	N/A	N/A	N/A	N/A	N/A	N/A	63.6
18.7	N/A	N/A	N/A	N/A	N/A	N/A	81.3
18.8	2 hours	522.7	476.6	-12.1	5.4	0.94	85.9
18.9	N/A	N/A	N/A	N/A	N/A	N/A	84.0
18.10	45 minutes	592.4	534.5	-9.8	4.7	0.96	103.8
18.11	N/A	N/A	N/A	N/A	N/A	N/A	56.1

Sample 19: Sweetcorn, baby, fresh, boiled

Baby sweetcorn were rinsed in Analar water before boiling for 4-13 minutes and draining. Each sub-sample consisted of 10-15 whole baby sweetcorn.

Average weight of a cooked baby sweetcorn = 12.7g

Average weight change on cooking = -3.5%

Edible portion weights

Sub-sample number	Average weight of a cooked baby sweetcorn (g)
19.1	14.3
19.2	7.9
19.3	11.8
19.4	10.4
19.5	12.1
19.6	10.0
19.7	15.2
19.8	15.0
19.9	19.6
19.10	11.5
19.11	12.3

Weight changes on cooking

Sub-sample number	Boiling time (minutes)	Weight before cooking (g)	Weight after cooking (g)	Weight change (%)
19.1	5	401.7	381.9	-4.9
19.2	8	414.9	397.3	-4.2
19.3	7	379.5	364.5	-4.0
19.4	4	340.8	334.9	-1.7
19.5	6	405.5	392.1	-3.3
19.6	7	374.8	351.5	-6.2
19.7	5	360.0	353.0	-1.9
19.8	6	375.0	368.0	-1.9
19.9	13	415.9	400.0	-3.8
19.10	8	367.2	355.3	-3.2
19.11	4	410.0	396.0	-3.4

Sample 20: Sweetcorn, baby, fresh, stir-fried in rapeseed oil

Baby sweetcorn were rinsed in Analar water, dried and either left whole or cut lengthways into strips of 1/4 or 1/2 s before stir frying in 1 1/2-4 tbsps rapeseed oil for 3-5 minutes. Each sub-sample was randomly taken from the stir-fried whole or strips of around 20 baby sweetcorn.

Average weight change on cooking = -4.9%

Weight changes on cooking

Sub-sample number	Preparation	Oil added	Cooking time (minutes)	Weight before cooking (g)	Weight after cooking (g)	Weight change (%)
20.1	Strips	1.5 tbsp	4	306.5	279.2	-8.9
20.2	Whole	1.5 tbsp	5	354.0	333.0	-5.9
20.3	Strips	2 tbsp	4	337.1	315.4	-6.4
20.4	Strips	2 tbsp	5	340.2	322.4	-5.2
20.5	Strips	2 tbsp	3	269.4	251.1	-6.8
20.6	Whole	2 tbsp	4	367.0	350.4	-4.5
20.7	Whole	2 tbsp	4	335.0	322.2	-3.8
20.8	Whole	2 tbsp	5	345.0	318.4	-7.7
20.9	Whole	1.5 tbsp	3	237.3	234.1	-1.3
20.10	Strips	2 tbsp	3	330.6	321.6	-2.7
20.11	Whole	4 tbsp	5	571.6	567.0	-0.8

Sample 21: Celery, raw

The bottom and leaves were removed from celery bunches. Trimmed sticks for each sub-sample were then rinsed in Analar water and dried. Each sub-sample was taken from lengthways strips or half stems from 8-10 inner and outer stems.

Average celery bunch = 515.1g

Average edible portion of a bunch = 0.24

Average celery stick without leaves = 40.6g

Edible portion weights

Sub-sample number	Average weight of a celery bunch (g)	Edible parts of a bunch (g)	Average whole stem without leaves (g)	Edible portion of a bunch
21.1	N/A	N/A	34.8	N/A
21.2	N/A	N/A	42.9	N/A
21.3	216.7	166.9	23.9	0.23
21.4	611.6	441.7	38.9	0.28
21.5	679.7	500.8	49.9	0.26
21.6	506.4	385.7	41.6	0.24
21.7	528.2	421.7	33.7	0.20
21.8	N/A	N/A	47.6	N/A
21.9	598.9	456.9	54.8	0.24
21.10	531.3	416.6	39.9	0.22
21.11	448.0	N/A	39.1	N/A

Sample 22: Celery, boiled

The bottom and leaves were removed from celery bunches. Trimmed sticks for each sub-sample were then rinsed in Analar water, dried and sliced before being boiled for 5-10 minutes and drained. Each sub-sample was randomly taken from the boiled, drained celery of around 10 stems.

Average weight change on cooking = -12.7%

Weight changes on cooking

Sub-sample number	Boiling time (minutes)	Weight before cooking (g)	Weight after cooking (g)	Weight change (%)
22.1	7	350.4	304.9	-13.0
22.2	9	344.5	294.6	-14.5
22.3	7	353.6	311.4	-11.9
22.4	8	336.6	286.4	-14.9
22.5	5	338.3	299.8	-11.4
22.6	9	385.3	334.3	-13.2
22.7	10	342.0	299.0	-12.6
22.8	10	363.3	310.6	-14.5
22.9	6	350.3	311.1	-11.2
22.10	8	351.4	312.5	-11.1
22.11	5	511.4	451.5	-11.7

Sample 23: Asparagus, fresh, steamed

Asparagus was not rinsed. Experimentation showed that, when rinsed, the spear tips were susceptible to damage. Spears were trimmed and extra-large ones cut in half before steaming for 3-18 minutes. Each sub-sample was randomly taken from the steamed asparagus of 12-25 spears.

Average weight of an asparagus spear = 16.6g

Average edible portion = 0.81

Average weight change on cooking = -6.3%

Edible portion weights

Sub-sample number	Average weight of an asparagus bunch (g)	Average weight of a spear (g)	Average weight of the end (g)	Edible portion
23.1	254	28.8	3.3	0.89
23.2	N/A	10.3	N/A	N/A
23.3	272.0	16.3	2.0	0.88
23.4	121.5	8.4	1.3	0.85
23.5	283	27.0	6.0	0.78
23.6	245.3	18.9	2.2	0.83
23.7	107.2	6.3	1.3	0.80
23.8	N/A	9.8	1.8	0.82
23.9	N/A	8.0	N/A	N/A
23.10	285.9	20.9	8.0	0.62
23.11	363.6	25.6	5.1	0.80

Weight changes on cooking

Sub-sample number	Boiling time (minutes)	Weight before cooking (g)	Weight after cooking (g)	Weight change (%)
23.1	18	400.0	371.0	-7.3
23.2	5	250.0	235.0	-6.0
23.3	5	437.0	412.0	-5.7
23.4	4	275.9	266.4	-3.4
23.5	11	440.0	398.0	-9.5
23.6	3	317.7	297.6	-6.3
23.7	4	324.5	310.4	-4.3
23.8	6	255.0	238.0	-6.7
23.9	3	228.0	213.0	-6.6
23.10	4.5	258.3	238.1	-7.8
23.11	6	408.8	387.0	-5.3

Sample 24: Asparagus, fresh, grilled

Asparagus was not rinsed. Experimentation showed that, when rinsed, the spear tips were susceptible to damage. Spears were grilled for 4-6 min. Each sub-sample was randomly taken from 12-50 grilled asparagus spears.

Average weight change on cooking = -20.2%

Weight changes on cooking

Sub-sample number	Cooking time (minutes)	Weight before cooking (g)	Weight after cooking (g)	Weight change (%)
24.1	6	409.0	343.0	-16.1
24.2	5	295.0	241.0	-18.3
24.3	4	329.0	278.0	-15.5
24.4	6	484.0	400.0	-17.4
24.5	5	295.0	220.0	-25.4
24.6	4	260.0	193.0	-25.8
24.7	6	381.2	293.5	-23.0

Sample 25: Asparagus, fresh, roasted in rapeseed oil

Asparagus was not rinsed. Experimentation showed that, when rinsed, the spear tips were susceptible to damage. Spears were coated in ½ - 1 tbsp rapeseed oil and grilled for 10 minutes, turning halfway through the cooking time. Each sub-sample was randomly taken from 12-50 roasted asparagus spears.

Average weight change on cooking = -20.5%

Weight changes on cooking

Sub-sample number	Cooking details	Added oil	Weight before cooking (g)	Weight after cooking (g)	Weight change (%)
25.1	190°C fan; 10 mins	½ tbsp	446.2	365.6	-18.1
25.2		1 tbsp	367.2	273.6	-25.5
25.3		1 tbsp	395.0	320.0	-19.0
25.4		½ tbsp	227.0	196.0	-13.7
25.5		½ tbsp	351.1	266.0	-24.2
25.6		1 tbsp	324.3	246.8	-23.9
25.7		1 tbsp	426.0	345.5	-18.9

Sample 26: Mangetout, fresh, boiled

Mangetout were rinsed in Analar water, boiled for 3-6 minutes and drained. Each sub-sample was randomly taken from 75-150 boiled mangetout.

Average weight change on cooking = -2.7%

Weight changes on cooking

Sub-sample number	Boiling time (minutes)	Weight before cooking (g)	Weight after cooking (g)	Weight change (%)
26.1	6	390.0	376.0	-3.6
26.2	5	319.1	310.4	-2.7
26.3	3	402.0	387.0	-3.7
26.4	3	417.0	401.0	-3.8
26.5	4	441.0	423.7	-3.9
26.6	5	360.8	354.1	-1.9
26.7	4	402.0	397.0	-1.2
26.8	3	341.4	319.8	-6.3
26.9	6	306.9	313.7	2.2
26.10	4	387.7	380.1	-2.0
26.11	5	405.0	396.0	-2.2

Sample 27: Mangetout, fresh, stir-fried in rapeseed oil

Mangetout were rinsed in Analar water and dried before stir-frying in 1-2.5 tbsps rapeseed oil for 2-5 minutes. Each sub-sample was randomly taken from 75-150 stir-fried mangetout.

Average weight change on cooking = -2.2%

Weight changes on cooking

Sub-sample number	Oil added	Cooking time (minutes)	Weight before cooking (g)	Weight after cooking (g)	Weight change (%)
27.1	1 tbsp	5	390.0	367.6	-5.7
27.2	1½ tbsp	4	331.0	317.5	-4.1
27.3	2 tbsp	2	420.7	422	0.3
27.4	1 tbsp	4	409.8	385.2	-6.0
27.5	2 tbsp	3	301.1	296.9	-1.4
27.6	1½ tbsp	3	347.0	329.5	-5.0
27.7	2½ tbsp	4	413.7	408.5	-1.3
27.8	2 tbsp	2	323.0	319.4	-1.1
27.9	1 tbsp	2	309.5	313.9	1.4
27.10	2 tbsp	2	299.1	303.3	1.4
27.11	1 tbsp	3	401.0	391.1	-2.5

Sample 28: Butternut squash, boiled, flesh only

Butternut squashes were halved lengthways. The skin, ends and seeds/pulp were removed and the flesh was cut into chunks before boiling for 15-20 minutes and drained. Each sub-sample was randomly taken from boiled pieces from the halves of two butternut squashes.

Average weight of a butternut squash = 1026.4g

Average edible portion = 0.76

Average weight change on cooking = -11.6%

Edible portion weights

Sub-sample number	Average weight of a whole squash (g)	Average weight of skin (g)	Average weight of the ends (g)	Average weight of seeds (g)	Edible portion
28.1	1387.2	188.0	67.4	80.3	0.76
28.2	1014.1	153.1	13.7	51.8	0.78
28.3	1101.1	145.8	53.7	44.2	0.78
28.4	1017.8	135.3	24.7	40.5	0.80
28.5	588.9	86.2	16.6	37.2	0.76
28.6	1439.9	213.7	18.5	48.5	0.81
28.7	967.9	116.3	65.1	84.8	0.72
28.8	N/A	N/A	N/A	N/A	N/A
28.9	660.2	94.8	34.3	39.4	0.74
28.10	1319.4	210.9	42.4	72.4	0.75
28.11	767.8	105.3	40.1	97.7	0.68

Weight changes on cooking

Sub-sample number	Boiling time (minutes)	Weight before cooking (g)	Weight after cooking (g)	Weight change (%)
28.1	15	460.0	404.3	-12.1
28.2	17	388.0	341.0	-12.1
28.3	17	452.8	405.7	-10.4
28.4	19	404.8	375.0	-7.4
28.5	20	415.3	361.5	-13.0
28.6	18	591.7	554.9	-6.2
28.7	17	481.3	432.8	-10.1
28.8	18	474.0	410.2	-13.5
28.9	15	393.7	328.8	-16.5
28.10	15	490.2	442.9	-9.6
28.11	15	393.7	328.8	-16.5

Sample 29: Butternut squash, baked, flesh only

Butternut squashes were halved lengthways and the seeds/pulp removed. Halves were then baked for 36-60 minutes. Once cool enough to handle the skins were removed from the baked flesh. Each sub-sample was taken from baked quarters of two butternut squashes.

Average weight change on cooking = -31.9%

Average edible portion of cooked squash in skin = 0.87

Edible portion weights

Sub-sample number	Average weight half a cooked squash (g)	Average weight of cooked skin (g)	Edible portion
29.1	1058.0	124.0	0.88
29.2	612.1	107.3	0.82
29.3	784.0	150.1	0.81
29.4	693.2	85.6	0.88
29.5	400.0	38.8	0.90
29.6	1173.8	128.1	0.89
29.7	570.3	80.0	0.86
29.9	511.1	56.9	0.89
29.10	758.0	83.1	0.89
29.11	389.4	30.4	0.92

Weight changes on cooking

Sub-sample number	Cooking time (minutes)	Weight before cooking (g)	Weight after cooking (g)	Weight change (%)
29.1	50	1364	1058	-22.4
29.2	55	948.0	612.1	-35.4
29.3	60	1148.0	784.0	-31.7
29.4	50	961.4	693.2	-27.9
29.5	36	540.2	400.0	-26.0
29.6	50	1563.2	1173.8	-24.9
29.7	55	963.0	570.3	-40.8
29.9	30	761.4	511.1	-32.9
29.10	55	1178.0	758.0	-35.7
29.11	45	669.0	389.4	-41.8

Sample 30: Avocado pear, raw, flesh only

The skin and stone were removed from avocados before sampling. Each sub-sample was taken from the halves of 2-3 avocados.

Average weight of an avocado = 214.6g

Average edible portion = 0.69

Edible portion weights

Sub-sample number	Average weight of a whole avocado (g)	Average weight of skin (g)	Average weight of stone (g)	Edible portion
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30.1	142.2	32.6	11.5	0.69
30.2	209.0	26.2	37.3	0.70
30.3	172.9	25.5	16.5	0.76
30.4	283.5	31.7	56.4	0.69
30.5	286.4	37.8	36.3	0.74
30.6	185.5	29.9	29.0	0.68
30.7	264.3	47.8	39.3	0.67
30.8	169.1	23.8	30.5	0.68
30.9	179.6	26.9	24.7	0.71
31.10	223.5	22.9	58.1	0.64
31.11	244.5	24.3	55.6	0.67

Sample 31: Sweet potato, boiled, flesh only

Sweet potatoes were peeled, cut into chunks and rinsed in Analar water before boiling for 5-20 minutes and draining. Each sub-sample was randomly taken from boiled pieces from the halves of three sweet potatoes.

Average weight of a sweet potato = 249.3g

Average edible portion = 0.87

Average weight change on cooking = -8.3%

Edible portion weights

Sub-sample number	Average weight of a whole sweet potato (g)	Average weight of skin (g)	Edible portion
31.1	142.0	21.7	0.85
31.2	187.0	23.9	0.87
31.3	261.7	28.7	0.89
31.4	186.0	26.3	0.86
31.5	129.3	19.3	0.85
31.6	188.7	25.0	0.87
31.7	403.7	62.3	0.85
31.8	316.7	35.7	0.89
31.9	233.7	29.7	0.87
31.10	426.0	42.2	0.90
31.11	267.4	38.0	0.86

Weight changes on cooking

Sub-sample number	Cooking time (minutes)	Weight before cooking (g)	Weight after cooking (g)	Weight change (%)
31.1	15	360.0	326.0	-9.4
31.2	15	487.4	452.5	-7.2
31.3	12	399.0	363.0	-9.0
31.4	18	477.0	438.0	-8.2
31.5	5	466.0	416.0	-10.7

31.6	10	422.0	412.0	-2.4
31.7	20	486.0	422.0	-13.2
31.8	19	436.0	403.0	-7.6
31.9	16	352.0	326.0	-7.4
31.10	17	460.5	415.2	-9.8
31.11	15	592.0	554.0	-6.4

Sample 32: Sweet potato, wedges, baked in rapeseed oil, flesh and skin

Sweet potatoes were rubbed thoroughly under tap water before being rinsed in Analar water and dried. Clean potatoes were then cut into wedges of $\frac{1}{4}$ - $\frac{1}{8}$ depending on the size and coated with 1.5-2 tbsp rapeseed oil before roasting for 30-45 minutes. Each sub-sample was randomly taken from baked wedges from 3-6 sweet potatoes.

Average weight change on cooking = -43.0%

Weight changes on cooking

Sub-sample number	Cooking time (minutes)	Weight before cooking (g)	Weight after cooking (g)	Weight change (%)
32.1	40	653.0	381.6	-41.6
32.2	35	706.1	405.7	-42.5
32.3	35	699.5	431.6	-38.3
32.4	40	699.0	386.1	-44.8
32.5	40	663.0	306.2	-53.8
32.6	40	656.0	375.7	-42.7
32.7	30	704.4	481.2	-31.7
32.8	45	617.8	322.0	-47.9
32.9	30	688.7	512.0	-25.7
32.10	45	683.0	318.5	-53.4
32.11	39	678.5	332.0	-51.1

Sample 33: Broad beans, fresh, boiled

Broad beans were removed from their pods before being boiled for 3-10 minutes and drained. Each sub-sample was randomly taken from around 100 boiled beans.

Average weight of a broad bean (including pod and beans) = 42.3g

Average edible portion = 0.32

Average weight change on cooking = -5.8%

Edible portion weights

Sub-sample number	Average weight of a whole broad	Average weight of pod (g)	Average weight of raw bean	Edible portion
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	bean (g)		(g)	
33.1	39.2	29.4	2.3	0.25
33.2	47.6	33.9	3.4	0.29
33.3	74.7	37.6	2.6	0.50
33.4	32.0	22.5	2.4	0.30
33.5	32.0	20.0	2.6	0.37
33.6	29.3	19.8	3.1	0.32
33.7	45.1	31.9	3.8	0.29
33.8	42.0	32.2	2.8	0.23
33.9	42.3	30.3	2.6	0.28
33.10	45.0	29.6	3.5	0.34
33.11	36.1	21.8	2.9	0.40

Weight changes on cooking

Sub-sample number	Boiling time (minutes)	Weight before cooking (g)	Weight after cooking (g)	Weight change (%)
33.1	4	323.1	310.1	-4.0
33.2	3	319.4	312.2	-2.3
33.3	3	407.1	402.8	-1.1
33.4	4	272.8	264.2	-3.2
33.5	6	395.5	357.6	-9.6
33.6	8	421.1	388	-7.9
33.7	10	365.5	330.7	-9.5
33.8	4	300.0	281.8	-6.1
33.9	5	402.9	382.9	-5.0
33.10	4	499.8	466.2	-6.7
33.11	7	392.0	356.4	-9.1

Sample 34: Curly kale, fresh, boiled

The larger stem and tough ribs were removed from the curly kale and rinsed in Analar water before being boiled for 3-9 minutes and drained thoroughly. Each sub-sample was randomly taken from about nine boiled leaves

Average weight of a curly kale leaf = 42.3g

Average edible portion = 0.65

Average weight change on cooking = +27.2g

Edible portion weights

Sub-sample number	Average weight of a whole leaf (g)	Average weight of tough middle stalk(g)	Edible portion
34.10	46.2	18.6	0.60
34.11	38.4	11.4	0.70

Weight changes on cooking

Sub-sample number	Boiling time (minutes)	Weight before cooking (g)	Weight after cooking (g)	Weight change (%)
34.1	7	246.7	298.7	21.1
34.2	7	245.8	312.8	27.3
34.3	9	267.6	343.7	28.4
34.4	7	295.5	377.7	27.8
34.5	9	243.6	301.0	23.6
34.6	7	177.3	228.9	29.1
34.7	3	186.5	197.0	5.6
34.8	8	247.8	273.8	10.5
34.9	4	232.1	298.2	28.5
34.10	3	231.0	355.0	53.7
34.11	4	254.0	364.0	43.3

Sample 35: Swede, fresh, boiled

Swedes were peeled, diced, boiled for 13-20 minutes and drained. Each sub-sample was randomly taken from boiled pieces from the halves of two swedes.

Average weight of a swede = 789.4g

Average edible portion = 0.86

Average weight change on cooking = -13.6%

Edible portion weights

Sub-sample number	Average weight of a whole swede (g)	Average weight of ends (g)	Average weight of skin (g)	Edible portion
35.1	528.6	33.4	50.8	0.84
35.2	836.4	34.6	84.6	0.86
35.4	846.5	45.5	64.0	0.87
35.5	787.7	45.9	93.0	0.82
35.6	724.0	32.5	64.5	0.87
35.7	878.5	28.0	75.5	0.88
35.9	644.0	30.5	62.0	0.86
35.10	711.5	19.0	77.0	0.87
35.11	1147.4	29.1	102.4	0.89

Weight changes on cooking

Sub-sample number	Boiling time (minutes)	Weight before cooking (g)	Weight after cooking (g)	Weight change (%)
35.1	18	652.2	549.9	-15.7
35.2	20	691.0	563.8	-18.4

35.3	15	619.5	548.0	-11.5
35.4	19	664.0	580.9	-12.5
35.5	15	580.0	495.8	-14.5
35.6	17	598.0	488.5	-18.3
35.7	16	615.0	525.4	-14.6
35.8	15	570.7	498.2	-12.7
35.9	13	528.0	453.4	-14.1
35.10	17	574.0	519.0	-9.6
35.11	15	799.1	739.0	-7.5

Sample 36: Aubergine, boiled, flesh and skin

Aubergines were rinsed in Analar water, dried and cut into chunks before being boiled for 10-30 minutes and drained. Each sub-sample was randomly taken from boiled pieces from about 2-4 aubergines.

Average weight of a aubergine = 316.8g

Average edible portion = 0.93

Average weight change on cooking = -4.3%

Edible portion weights

Sub-sample number	Average weight of a whole aubergine (g)	Average weight of top (g)	Edible portion
36.1	265.0	19.2	0.93
36.2	364.1	23.3	0.94
36.3	324.3	29.9	0.91
36.4	297.0	15.0	0.95
36.5	295.2	22.8	0.92
36.6	291.1	19.4	0.93
36.7	340.4	23.0	0.93
36.8	218.7	17.5	0.92
36.9	290.2	27.7	0.90
36.10	456.4	29.2	0.94
36.11	342.2	20.6	0.94

Weight changes on cooking

Sub-sample number	Boiling time (minutes)	Weight before cooking (g)	Weight after cooking (g)	Weight change (%)
36.1	10	435.3	451.7	3.8
36.2	15	335.8	361.7	7.7
36.3	20	316.2	310.0	-2.0
36.4	25	436.0	414.0	-5.0
36.5	15	291.4	283.0	-2.9

36.6	10	325.5	344.3	5.8
36.7	15	455.6	460.2	1.0
36.8	20	423.9	368.5	-13.1
36.9	25	267.3	234.6	-12.2
36.10	30	436.5	365.9	-16.2
36.11	20	460.5	432.1	-6.2

Sample 37: Aubergine, roasted in rapeseed oil, flesh and skin

Aubergines were rinsed in Analar water, dried and cut into either chunks or slices. A little rapeseed oil was added and the pieces were then roasted for 20-30 minutes. Each sub-sample was randomly taken from roasted pieces from about 2-3 aubergines.

Average weight change on cooking = -44.9%

Weight changes on cooking

Sub-sample number	Preparation	Boiling time (minutes)	Weight before cooking (g)	Weight after cooking (g)	Weight change (%)
37.1	Chunks	20	352.6	223.3	-36.7
37.2	Slices	20	650.0	414.7	-36.2
37.3	Chunks	25	624.0	380.1	-39.1
37.4	Slices	25	419.0	191.7	-54.2
37.5	Chunks	30	441.0	202.4	-54.1
37.6	Slices	30	569.0	349.7	-38.5
37.7	Chunks	20	312.3	196.3	-37.1
37.8	Slices	20	363.2	211.4	-41.8
37.9	Chunks	25	516.0	277.9	-46.1
37.10	Slices	25	340.7	142.3	-58.2
37.11	Chunks	30	313.6	152.5	-51.4

Sample 38: Okra, boiled

The tops and tails were removed from the okra before being rinsed in Analar water, boiled for 4-6 minutes and drained. Each sub-sample was randomly taken from about 24 boiled okra.

Average weight of an okra = 10.6g

Average edible portion = 0.76

Average weight change on cooking = +18.2%

Edible portion weights

Sub-sample number	Average weight of a whole okra (g)	Average weight of top and tail (g)	Edible portion
38.1	9.5	1.8	0.82
38.2	11.3	2.0	0.82
38.3	9.1	2.0	0.78

38.4	11.8	2.8	0.76
38.5	8.0	1.3	0.84
38.6	10.0	2.2	0.78
38.7	9.6	2.8	0.71
38.8	10.3	2.8	0.73
38.9	11.0	3.5	0.68
38.10	11.3	2.5	0.78
38.11	14.3	4.3	0.70

Weight changes on cooking

Sub-sample number	Boiling time (minutes)	Weight before cooking (g)	Weight after cooking (g)	Weight change (%)
38.1	5	364.5	444.2	21.9
38.2	5	251.8	314.0	24.7
38.3	6	344.4	439.8	27.7
38.4	4	382.4	483.8	26.5
38.5	6	423.0	503.0	18.9
38.6	4	346.3	410.4	18.5
38.7	4	384.8	428.3	11.3
38.8	5	388.6	436.9	12.4
38.9	6	330.3	381.1	15.4
38.10	4	334.0	385.1	15.3
38.11	5	174.3	509.0	8.0

Sample 39: Watercress, raw

Watercress was rinsed in Analar water and carefully dried. Each sub-sample consisted of around 100 watercress stalks and leaves.

Average weight of a watercress stalk and leaves = 1.2g

Edible portion weights

Sub-sample number	Average weight of a stalk and leaves (g)
39.1	0.8
39.2	0.6
39.3	0.9
39.4	1.7
39.5	1.3
39.6	0.6
39.7	0.8
39.8	0.7
39.9	1.2
39.10	3.0
39.11	1.0

Sample 40: Runner beans, fresh, boiled

Runner beans were rinsed in Analar water and dried, before removing the tops, tails and strings. Trimmed beans were then sliced, boiled for 5-6 minutes and drained. Each sub-sample was randomly taken from boiled slices from about 15 runner beans.

Average weight of a whole runner bean pod = 23.8g

Average edible portion = 0.75

Average weight change on cooking = -5.9%

Edible portion weights

Sub-sample number	Average weight of a whole pod (g)	Average weight of top tail (g)	Average weight of edges/string (g)	Edible portion
40.1	30.4	1.3	6.5	0.74
40.2	24.6	2.0	4.5	0.73
40.3	22.5	1.5	5.2	0.70
40.4	26.3	1.4	4.5	0.77
40.5	24.2	1.6	5.0	0.73
40.6	22.8	1.0	4.2	0.77
40.7	21.7	0.9	3.9	0.78
40.8	22.3	1.0	4.2	0.77
40.9	21.4	0.8	4.9	0.73
40.10	21.7	0.8	4.2	0.77
40.11	24.3	1.3	4.3	0.77

Weight changes on cooking

Sub-sample number	Boiling time (minutes)	Weight before cooking (g)	Weight after cooking (g)	Weight change (%)
40.1	6	335.0	312.6	-6.7
40.2	5	384.9	355.5	-7.6
40.3	5	363.6	345.3	-5.0
40.4	5	342.4	316.3	-7.6
40.5	6	405.4	374.1	-7.7
40.6	6	372.8	336.9	-9.6
40.7	5	367.7	336.5	-8.5
40.8	6	361.1	N/A	N/A
40.9	6	335.6	326.0	-2.9
40.10	5	170.2	171.2	0.6
40.11	5	314.0	301.0	-4.1

Sample 41: Yam, fresh, boiled

Yams were peeled, cut into chunks and rinsed in Analar water before boiling for 20-30 minutes and draining. Each sub-sample was randomly taken from boiled pieces from two yams, any inedible pieces were not sampled.

Average weight of a yam = 1635.1g

Average edible portion = 0.90

Average weight change on cooking = -15.3%

Edible portion weights

Sub-sample number	Average weight of a whole yam (g)	Average weight of skin (g)	Average weight of ends (g)	Edible portion
41.1	1470.5	159.5	N/A	0.89
41.2	1719.9	148.8	20.4	0.90
41.3	1595.0	156.4	19.1	0.89
41.4	1279.5	153.9	N/A	0.88
41.5	1115.0	75.0	N/A	0.93
41.6	1679.0	175.5	N/A	0.90
41.7	1938.3	166.0	44.4	0.89
41.8	2284.0	176.1	34.7	0.91

Weight changes on cooking

Sub-sample number	Boiling time (minutes)	Weight before cooking (g)	Weight after cooking (g)	Weight change (%)
41.1	30	502.5	395.5	-21.3
41.2	27	992.1	628.2	-36.7
41.3	25	589.5	500.0	-15.2
41.4	30	550.8	517.1	-6.1
41.5	28	660.0	650.0	-1.5
41.6	30	700.0	650.0	-7.1
41.7	21	736.7	634.8	-13.8
41.8	20	798.5	636.2	-20.3

Sample 42: Blackberries, raw

Blackberries were rinsed in Analar water and 'patted' dry. Each sub-sample consisted of around 14 whole or half blackberries.

Average weight of a blackberry = 7.0g

Edible portion weights

Sub-sample number	Average weight of a blackberry (g)
42.1	9.3
42.2	6.0
42.3	5.3
42.4	6.0

42.5	5.9
42.6	9.1
42.7	10.1
42.8	5.7
42.9	7.0
42.10	7.0
42.11	5.9

Sample 43: Rhubarb, stewed without sugar

Rhubarb sticks were rinsed in Analar water, dried and the ends trimmed off. Trimmed stalks were cut into 2-3cm chunks and stewed in 1-4tbsps of Analar water for 7-11 minutes without draining. Each sub-sample was randomly taken from stewed material from around five rhubarb sticks.

Average weight of a rhubarb stick without leaf = 109.0g

Average edible portion = 0.90

Average weight change on cooking = -12.6%

Edible portion weights

Sub-sample number	Average weight of a rhubarb stick (g)	Average weight of ends (g)	Edible portion
43.1	205.2	37.1	0.82
43.2	109.6	17.3	0.84
43.3	130.5	7.2	0.94
43.4	97.6	14.4	0.85
43.5	117.6	8.9	0.92
43.6	63.4	5.0	0.92
43.7	63.4	5.0	0.92
43.8	120.1	15.0	0.88
43.9	55.7	3.3	0.94
43.10	115.4	7.0	0.94
43.11	120.1	15.0	0.88

Weight changes on cooking

Sub-sample number	Added water	Cooking time (minutes)	Weight before cooking (g)	Weight after cooking (g)	Weight change (%)
43.1	1 tbsp	11	495.9	413.9	-16.5
43.2	2 tbsp	9	551.7	444.3	-19.5
43.3	2 tbsp	10	492.5	417.6	-15.2
43.4	4 tbsp	8	611.5	546.5	-10.6
43.5	2 tbsp	9	366.9	346.4	-5.0
43.6	2 tbsp	9	486.1	461.6	-8.5
43.7	4 tbsp	10	408.4	373.5	-8.5
43.8	2 tbsp	8	451.3	363.2	-19.5

43.9	4 tbsp	10	441.9	408.2	-7.6
43.10	2½ tbsp	7	504.3	464.5	-7.9
43.11	2 tbsp	8	451.3	363.2	-19.5

Sample 44: Papaya, ripe, raw, flesh only

The skin and seeds were removed from the papayas before sampling. Each sub-sample was taken from quarters or halves of two papaya.

Average weight of a papaya = 550.9g

Average edible portion = 0.60

Edible portion weights

Sub-sample number	Average weight of a whole papaya (g)	Average weight of skin (g)	Average weight of seeds (g)	Edible portion
44.1	463.0	128.0	61.5	0.59
44.2	293.8	80.4	67.0	0.50
44.3	329.5	86.6	78.7	0.50
44.4	329.0	103.6	51.0	0.53
44.5	1089.9	213.4	156.3	0.66
44.6	369.0	95.5	43.0	0.62
44.7	383.8	77.6	68.8	0.62
44.8	351.1	86.1	79.2	0.53
44.9	1084.3	168.4	134.7	0.72
44.10	395.5	63.8	74.9	0.65
44.11	971.4	177.4	138.8	0.67

Sample 45: Radish, raw

The root and top (including leaves, where present) were removed from radishes. Trimmed radishes were then rinsed in Analar water and dried before sampling. Each sub-sample consisted of 7-14 whole radishes.

Average weight of a whole radish without leaf = 14.5g

Edible portion of a radish without leaf = 0.96

Average weight of a bunch = 248.8g

Edible portion of a bunch = 0.60

Edible portion weights

Sub-sample number	Average weight of a whole radish (g)	Average weight of top and root (g)	Average weight of bunch	Average weight of radish and leaf (g)	Average weight of leaves (g)	Average weight of top and root (g)	Edible portion
45.1	16.0	0.5	N/A	N/A	N/A	N/A	0.97

45.2	20.3	1.0	N/A	N/A	N/A	N/A	0.95
45.3	22.2	0.3	N/A	N/A	N/A	N/A	0.99
45.4	8.4	0.3	N/A	N/A	N/A	N/A	0.96
45.5	15.8	0.7	N/A	N/A	N/A	N/A	0.95
45.6	16.2	0.3	N/A	N/A	N/A	N/A	0.98
45.7	9.6	0.2	N/A	N/A	N/A	N/A	0.98
45.8	11.2	0.3	N/A	N/A	N/A	N/A	0.97
45.9	11.4	0.5	N/A	N/A	N/A	N/A	0.96
45.10	13.8	1.2	N/A	N/A	N/A	N/A	0.91
45.11	N/A	N/A	248.8	15.0	4.0	1.8	0.60

Sample 46: Prunes, ready to eat, semi-dried

Prunes were sampled as purchased. Each sub-sample consisted of 14-20 whole prunes.

Average weight of a stoned prune = 7.3g

Edible portion weights

Sub-sample number	Average weight of a stoned prune (g)
46.1	7.5
46.2	4.9
46.3	8.8
46.4	7.6
46.5	6.1
46.6	7.3
46.7	4.9
46.8	9.0
46.9	7.9
46.10	9.4

Sample 47: Apricots, ready to eat, semi-dried

Apricots were sampled as purchased. Each sub-sample consisted of 14-20 whole apricots.

Average weight of a dried apricot = 7.5g

Edible portion weights

Sub-sample number	Average weight of a dried apricot (g)
47.1	8.9
47.2	6.3
47.3	4.8
47.4	9.1
47.5	5.4

47.6	7.7
47.7	9.0
47.8	7.5
47.9	8.8
47.10	7.7

Sample 48: Raisins, dried

Raisins were sampled as purchased. Each sub-sample consisted of around 200 whole raisins.

Average weight of a raisin = 0.6g

Edible portion weights

Sub-sample number	Average weight of a raisin (g)
48.1	0.7
48.2	1.3
48.3	0.5
48.4	1.0
48.5	0.4
48.6	0.4
48.7	0.5
48.8	0.5
48.9	0.3
48.10	0.6

Sample 49: Lentils, split, dried, raw

Lentils were sampled as purchased.

Sample 50: Lentils, split, dried, boiled

Lentils were rinsed in Analar water before being added to cold Analar water at a ratio of 200g dry lentils to 1l water (except 50.6 which was added to boiling water as per pack instructions). Lentils were boiled/simmered for a total of 15-40 minutes and drained before sampling. Each sub-sample of boiled lentils was taken from an original 100-200g of dry lentils.

Average weight change on cooking = +148.8%

Weight changes on cooking

Sub-sample number	Boiling time (minutes)	Weight before cooking (g)	Weight after cooking (g)	Weight change (%)
50.1	25	200.0	556.3	178.2
50.2	20	200.0	473.9	137.0

50.3	28	100.0	288.6	188.6
50.4	30	100.0	232.2	132.2
50.5	23	200.0	520.9	160.5
50.6	40	100.0	257.2	157.2
50.7	15	100.0	273.9	173.9
50.8	20	100.0	232.2	132.2
50.9	23	100.0	194.4	94.4
50.10	40	200.0	469.5	134.8

Sample 51: Red kidney beans, dried, boiled

Red kidney beans were soaked overnight in Analar water at a ratio of 200g dry beans to 1l water. Beans were drained and the water replaced before being boiled/simmered (largely covered) for a total of 40-70 minutes and drained before sampling. Each sub-sample of boiled beans was taken from an original 100g of dry beans.

Average weight changes on soaking and cooking = +130.2%

Weight changes on cooking

Sub-sample number	Boiling time (minutes)	Weight before cooking and soaking (g)	Weight after soaking (g)	Weight after cooking (g)	Weight change on soaking and cooking (%)
51.1	70	100.0	206.8	237.4	137.4
51.2	70	100.0	203.2	231.6	131.6
51.3	70	99.7	196.8	221.2	121.9
51.4	40	100.0	195.0	204.7	104.7
51.5	70	100.0	200.0	227.4	127.4
51.6	70	100.0	201.3	234.9	134.9
51.7	55	100.3	210.2	222.1	121.4
51.8	55	100.2	218.9	266.0	165.5
51.9	70	99.9	203.3	230.9	131.1
51.10	60	99.9	205.3	225.5	125.7

Sample 52: Red kidney beans, canned, reheated

Canned beans were heated gently for 3-5 minutes once warming had started (which took 2 minutes). Heated beans were drained for 10 seconds in a sieve before sampling.

Average edible portion of canned kidney beans = 0.66

Average weight change of beans on heating in canned liquid = -9.2%

Edible portion weights

Sub-sample number	Average weight of	Average weight of	Edible portion
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	canned contents (g)	canned beans (g)	
52.1	376.4	256.4	0.68
52.2	373.6	253.6	0.68
52.3	382.3	265.3	0.69
52.4	382.0	269.0	0.70
52.5	404.4	251.4	0.62
52.6	395.1	248.1	0.63
52.7	391.2	239.2	0.61
52.8	801.1	497.1	0.62
52.9	803.4	556.4	0.69
52.10	385.2	241.2	0.63

Weight changes on cooking

Sub-sample number	Heating time (minutes)	Weight liquid before heating (g)	Weight beans before heating (g)	Weight liquid after heating (g)	Weight beans after heating (g)	Weight change of beans on heating (%)
52.1	5	120.0	256.4	115.2	229.9	-10.3
52.2	3	120.0	253.6	119.9	236.8	-6.6
52.3	4	117.0	265.3	114.1	235.6	-11.2
52.4	4	113.0	269.0	107.6	241.4	-10.3
52.5	4	153.0	251.4	148.1	225.4	-10.3
52.6	4	147.0	248.1	133.2	222.4	-10.4
52.7	5	152.0	239.2	145.7	218.8	-8.5
52.8	5	304.0	497.1	301.0	453.2	-8.8
52.9	3	247.0	556.4	249.6	513.8	-7.7
52.10	3	144.0	241.2	137.2	221.6	-8.1

Sample 53: Lentils, brown/green, dried, boiled

Lentils were soaked overnight, where indicated on pack instructions to do so, then drained. Dry sub-samples were rinsed before all sub-samples were added to fresh Analar water at a ratio of 200g dry lentils to 1l water. Lentils were boiled/simmered for a total of 15-50 minutes and drained before sampling. Each sub-sample of boiled lentils was taken from an original 100g of dry lentils.

Average weight changes on soaking and cooking = +186.8%

Weight changes on cooking

Sub-sample number	Boiling time (minutes)	Weight before cooking and soaking (g)	Weight after soaking (g)	Weight after cooking (g)	Weight change on soaking and cooking (%)
53.1	40	104.4	N/A	307.9	194.9

53.2	30	100	205.5	284.9	184.9
53.3	50	122.2	N/A	339.8	178.1
53.4	25	101.4	N/A	276.0	172.2
53.5	25	106.9	N/A	280.6	162.5
53.6	25	104.8	N/A	313.4	199.0
53.7	30	113.8	N/A	291.1	155.8
53.8	30	100	200.4	295.1	195.1
53.9	30	100	190.3	309.4	209.4
53.10	15	100	211.3	319.6	219.6
53.11	30	100	185.6	283.7	183.7

Sample 54: Chickpeas, dried, boiled

Chickpeas were soaked overnight in Analar water at a ratio of 200g dry chickpeas to 1l water. They were then drained and the water replaced before being boiled/simmered (largely covered) for a total of 45-100 minutes and drained before sampling. Each sub-sample of boiled chickpeas was taken from an original 100g of dry chickpeas.

Average weight change on soaking and boiling = +118.15%

Weight changes on cooking

Sub-sample number	Boiling time (minutes)	Weight before cooking and soaking (g)	Weight after soaking (g)	Weight after cooking (g)	Weight change on soaking and cooking (%)
54.1	95	100	195.4	220.0	120.0
54.2	50	100	205.6	211.7	111.7
54.3	85	100	198.5	215.0	115.0
54.4	100	100	209.7	208.8	108.8
54.5	85	100	210.5	218.8	118.8
54.6	45	100	216.7	220.3	120.3
54.7	70	100	191.8	220.8	120.8
54.8	75	100	198.3	218.7	118.7
54.9	45	100	195.1	210.0	110.0
54.10	85	100	207.4	237.4	137.4

Sample 55: Chickpeas, canned, reheated

Canned chickpeas were heated gently for 3-5 minutes once warming started (which took 2 minutes). Heated chickpeas were drained for 10 seconds in a sieve before sampling.

Average edible portion of canned chickpeas = 0.62

Average weight change of chickpeas on heating in canned liquid = -8.5%

Edible portion weights

Sub-sample number	Average weight of canned contents (g)	Average weight of canned chickpeas (g)	Edible portion
55.1	404.0	266.3	0.66
55.2	218.8	136.2	0.62
55.3	391.9	258.6	0.66
55.4	395.3	272.5	0.69
55.5	298.6	174.5	0.58
55.6	424.0	220.4	0.52
55.7	407.1	247.6	0.61
55.8	842.2	537.8	0.64
55.9	393.0	265.1	0.67
55.10	232.7	116.6	0.50

Weight changes on cooking

Sub-sample number	Heating time (minutes)	Weight liquid before heating (g)	Weight chickpeas before heating (g)	Weight liquid after heating (g)	Weight chickpeas after heating (g)	Weight change of chickpeas on heating (%)
55.1	4	137.8	266.3	143.2	239.3	-10.1
55.2	3	82.6	136.2	82.0	125.7	-7.7
55.3	4	133.3	258.6	135.7	234.7	-9.3
55.4	3	122.8	272.5	128.7	246.3	-9.6
55.5	3	124.2	174.5	117.2	160.3	-8.1
55.6	4	203.6	220.4	198.9	205.4	-6.8
55.7	5	159.5	247.6	150.9	225.9	-8.8
55.8	5	304.5	537.8	311.6	498.8	-7.2
55.9	5	127.9	265.1	128.4	241.5	-8.9
55.10	3	116.1	116.6	112.3	106.5	-8.7

Sample 56: Butter beans, dried, boiled

Butter beans were soaked overnight in Analar water at a ratio of 200g dry chickpeas to 1l water. They were then drained and the water replaced before being boiled/simmered (largely covered) for a total of 25-75 minutes and drained before sampling. Each sub-sample of boiled beans was taken from an original 100g of dry beans.

Average weight change on soaking and cooking = +121.9%

Weight changes on cooking

Sub-sample number	Boiling time (minutes)	Weight before cooking	Weight after soaking (g)	Weight after cooking (g)	Weight change on soaking
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		and soaking (g)			and cooking (%)
56.1	50	100.4	219.4	236.9	136.0
56.2	50	100.9	220.4	224.4	122.4
56.3	40	99.9	195.8	199.8	100.0
56.4	25	99.9	199.8	207.8	108.0
56.5	50	100.3	236.2	241.8	141.1
56.6	30	100.3	226.0	223.0	122.3
56.7	75	100.0	201.6	223.7	123.7

Sample 57: Dates, dried, flesh only

Dates were sampled as purchased. Each sub-sample was around 13-20 whole dates.

Average weight of a stoned date = 7.4g

Edible portion weights

Sub-sample number	Average weight of a stoned date (g)
57.1	7.3
57.2	8.7
57.3	6.9
57.4	8.7
57.5	N/A
57.6	8.9
57.7	N/A
57.8	6.6
57.9	4.4
57.10	N/A

Sample 58: Mung beans, dried, boiled

Mung beans were soaked overnight, where indicated on pack instructions to do so, then drained. Dry sub-samples were rinsed before all sub-samples were added to fresh Analar water at a ratio of 200g dry lentils to 1l water. Beans were boiled/simmered for a total of 30-45 minutes and drained before sampling. Each sub-sample of boiled beans was taken from an original 100g of dry beans.

Average weight change on soaking and cooking = +164.7%

Weight changes on cooking

Sub-sample number	Boiling time (minutes)	Weight before cooking	Weight after soaking (g)	Weight after cooking (g)	Weight change on soaking
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		and soaking (g)			and cooking (%)
58.1	30	109.2	N/A	283.4	159.5
58.2	45	100.0	146.5	306.5	206.5
58.3	30	109.4	N/A	262.5	139.9
58.4	35	102.7	N/A	269.8	162.7
58.5	40	100.0	121.3	279.8	179.8
58.6	40	106.4	N/A	255.2	139.8

Sample 59: Haricot beans, canned, reheated

Canned beans were heated gently for 2-5 minutes once warming started (which took 2 minutes). Heated beans were drained for 10 seconds in a sieve before sampling.

Average edible portion of canned beans = 0.74

Average weight change of beans on heating in canned liquid = -13.8%

Edible portion weights

Sub-sample number	Average weight of canned contents (g)	Average weight of canned beans (g)	Edible portion
59.1	379.0	260.6	0.69
59.2	380.9	265.0	0.70
59.3	301.3	234.4	0.78
59.4	313.8	222.4	0.71
59.5	384.3	301.0	0.78
59.6	294.7	225.5	0.77

Weight changes on cooking

Sub-sample number	Heating time (minutes)	Weight liquid before heating (g)	Weight beans before heating (g)	Weight liquid after heating (g)	Weight beans after heating (g)	Weight change of beans on heating (%)
59.1	4	118.5	260.6	127.1	229.9	-11.8
59.2	5	115.9	265.0	132.9	226.9	-14.4
59.3	3	66.9	234.4	81.7	201.6	-14.0
59.4	4	91.4	222.4	104.3	192.1	-13.6
59.5	4	83.4	301.0	106.2	262.4	-12.8
59.6	2	69.2	225.5	89.5	188.9	-16.2

Sample 60: Cannellini beans, canned, reheated

Canned beans were heated gently for 3-5 minutes once warming started (which took 2 minutes). Heated beans were drained for 10 seconds in a sieve before sampling.

Average edible portion of canned beans = 0.66

Average weight change of beans on heating in canned liquid = -9.3%

Edible portion weights

Sub-sample number	Average weight of canned contents (g)	Average weight of canned beans (g)	Edible portion
60.1	758.0	508.7	0.67
60.2	778.2	523.3	0.67
60.3	567.1	406.2	0.72
60.4	757.9	505.2	0.67
60.5	577.5	337.9	0.59
60.6	778.7	475.0	0.61
60.7	767.3	521.6	0.68
60.8	760.0	534.9	0.70
60.9	681.8	383.8	0.56
60.10	811.2	565.8	0.70

Weight changes on cooking

Sub-sample number	Heating time (minutes)	Weight liquid before heating (g)	Weight beans before heating (g)	Weight liquid after heating (g)	Weight beans after heating (g)	Weight change of beans on heating (%)
60.1	4	249.3	508.7	265.5	460.6	-9.5
60.2	5	254.9	523.3	242.8	467.7	-10.6
60.3	4	160.9	406.2	166.3	364.6	-10.2
60.4	3	252.7	505.2	262.6	466.1	-7.7
60.5	3	239.6	337.9	233.9	310.0	-8.3
60.6	5	303.7	475.0	307.1	439.1	-7.6
60.7	5	245.7	521.6	259.9	466.5	-10.6
60.8	4	225.1	534.9	238.8	477.8	-10.7
60.9	4	298.0	383.8	293.3	355.7	-7.3
60.10	3	245.4	565.8	261.2	508.2	-10.2

Sample 61: Edamame, frozen, boiled

Edamame were boiled for 3-6 minutes and drained. Beans were removed from the whole pods, where present, and pods discarded, before sampling.

Average edible portion of cooked edamame in pods = 0.51

Average weight change of beans in pods on cooking = -10.5%

Average weight change of beans on cooking = -7.6%

Edible portion weights

Sub-sample number	Average weight of cooked	Average weight of empty pods	Edible portion of cooked
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	Pods with beans (g)	(g)	Whole pods
61.1	3.5	1.7	0.51
61.2	3.8	1.8	0.51
61.5	3.7	1.8	0.51

Weight changes on cooking

Sub-sample number	Description	Boiling time (minutes)	Weight before cooking (g)	Weight after cooking (g)	Weight change on cooking (%)
61.1	In pods	5	462.9	414.9	-10.4
61.2	In pods	5	482.8	420.1	-13.0
61.3	Loose	6	390.9	359.6	-8.0
61.4	Loose	3	418.2	384.5	-8.1
61.5	In pods	5	497.7	457.3	-8.1
61.6	Loose	3	407.6	363.2	-10.9
61.7	Loose	3	401.3	387.9	-3.3

Sample 62: Figs, ready to eat, semi-dried

Where present, the top stalks of the figs were removed before sampling. Each sub-sample was about 6-9 of whole or half figs.

Average weight of a dried fig = 17.5g

Average edible portion = 0.99

Edible portion weights

Sub-sample number	Average weight of a dried fig (g)	Average weight of top stalk (g)	Edible portion
62.1	14.3	0.1	0.99
62.2	14.0	0.1	0.99
62.3	16.3	0.2	0.99
62.4	20.8	0.1	1.00
62.5	21.4	0.1	0.99
62.6	17.3	0.2	0.99
62.7	13.8	0.0	1.00
62.8	16.0	0.1	0.99
62.9	17.8	0.1	1.00
62.10	23.7	0.2	0.99

References

1. Department of Health, *Nutrient Analysis of Fruit and Vegetables*. 2013.
<https://www.gov.uk/government/publications/nutrient-analysis-of-fruit-and-vegetables>.