



# **Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

*Sampling report (revised version)*

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

**Prepared by the Institute of Food Research**

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## Executive summary

The aim of this particular survey was to provide up-to-date nutrient composition data for a range of foods to reflect recent product reformulations by the food industry to lower the *trans* fatty acid content of manufactured products. Artificial *trans* fats can be produced by the industrial hydrogenation of vegetable oils to produce the semi-solid and solid fats that are widely used in food manufacture (e.g. fat spreads, biscuits) and catering outlets. Natural *trans* fats occur at low levels in dairy products and meats from ruminant animals.

The results from this analytical survey will update the information currently held by providing composition data on foods considered to be potential sources of *trans* fats in manufactured foods and also extend the range of data we hold (e.g. providing separate data for savoury snacks produced using different types of oils). The results will be incorporated into the Food Standards Agency's<sup>1</sup> nutrient databank that supports dietary surveys and will be also disseminated via the authoritative UK food composition tables, *McCance and Widdowson's The Composition of Foods*.

This project reports analysis of 65 composite samples that were made up of between 5 and 16 sub-samples that were representative of products consumed in the UK. A sampling report and analytical report providing results from the analysis of macronutrients and individual fatty acids were published previously in 2011. However, this sampling report supersedes this earlier publication as it includes sampling information for all composites analysed (including confectionery composites 48, 52 and 53 which have not been previously published). Results from the survey are contained in a separate analytical report and results for individual fatty acids are reported separately in electronic format.

# Sampling notes

1. Samples were purchased according to a sample protocol produced in agreement with the Food Standards Agency. Some samples were not available and were substituted according to the sample protocol.
2. The sub-samples were agreed based on a review of available products, market shares and nutrient content.
3. All samples were purchased and prepared for analysis between January and April 2010, with the exception of some confectionery samples (samples 48, 52 and 53) that were purchased and prepared between January and February 2012.
4. Sub-samples were stored at an appropriate temperature before being combined in equal weights to form a composite sample for analysis.
5. Cooked samples were prepared according to manufacturer instructions before preparation of the composite sample.

## Composite sample list

Sample Number	Sample Name	Description
1	Cheese and tomato pizza, retail, all bases, not stuffed crust	11 samples, 10 products, frozen and chilled
2	Garlic and herb baguette, baked	10 samples, 10 products, frozen and chilled
3	Crunchy clusters type breakfast cereal without nuts	7 samples, 6 products
4	Crunchy/crispy muesli type cereal with nuts	7 samples, 5 products
5	Quiche lorraine with shortcrust pastry, retail	10 samples, 7 products
6	Low fat spread (26-39%), not polyunsaturated (including dairy type)	7 samples, 5 products
7	Low fat spread (26-39%), not polyunsaturated, with olive oil	8 samples, 4 products
8	Low fat spread (26-39%), polyunsaturated	10 samples, 5 products
9	Hard block margarine	10 samples, 4 products
10	Compound cooking fat, not polyunsaturated	6 samples, 3 products
11	Ghee made from vegetable oil	5 samples, 3 products
12	Reduced fat spread (41-62%), polyunsaturated	12 samples, 7 products



**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

<b>Sample Number</b>	<b>Sample Name</b>	<b>Description</b>
13	Reduced fat spread (41-62%), not polyunsaturated	11 samples, 8 products
14	Reduced fat spread (41-62%), not polyunsaturated, with olive oil	10 samples, 6 products
15	Reduced fat spread (62-75%), not polyunsaturated	10 samples, 5 products
16	Takeaway chicken pieces, coated, deep fried	6 samples from fast food chains including KFC
17	Coated chicken pieces, takeaway	8 samples, 7 products
18	Chicken/turkey burger, coated, baked	10 samples, 7 products
19	Breaded/battered chicken/turkey pieces, cooked	9 samples, 9 products, includes battered and breaded
20	Chicken breast/steak, coated, baked	8 samples, 7 products, breaded and battered
21	Beef pie, purchased, puff or shortcrust pastry, family size	8 samples, 8 products, including steak and mushroom and steak and ale
22	Beef pie, purchased, individual, puff or shortcrust pastry	9 samples, 9 products, including beef and onion
23	Cornish pasty, purchased	11 samples, 10 products
24	Pork pie, individual	10 samples, 10 products
25	Sausage roll, purchased, ready-to-eat, flaky pastry	10 samples, 10 products, mini and large, ready to eat
26	Chicken/turkey pasties/slices, puff pastry	10 samples, 10 products, including chicken and mushroom and chicken and bacon

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

<b>Sample Number</b>	<b>Sample Name</b>	<b>Description</b>
27	Cod in batter, fried in commercial oil, from takeaway fish and chip shops	10 samples, vegetable oil, palm oil and beef dripping
28	Cod in batter, frozen/chilled, baked	10 samples, 8 products
29	Cod in breadcrumbs, oven baked	10 samples, 8 products
30	Fish fingers, pollock, grilled	10 samples, 6 products
31	Coleslaw, purchased, not low calorie	8 samples, 7 products
32	Chips, fried in commercial oil, from takeaway fish and chip shops	10 samples, vegetable oil, palm oil and beef dripping
33	Chips, fine cut, from fast food outlets	5 samples, 4 products, including McDonalds, Burger King, Wimpy, KFC
34	Potato chips, oven ready, baked	11 samples, 10 products, straight cut and crinkle cut
35	Potato chips, oven ready, with batter, baked	10 samples, 8 products
36	Potato crisps, fried in vegetable oil, not Walkers, not premium crisps, not fried in sunflower oil	5 samples, 5 products, including Pringles
37 <sup>2</sup>	Potato crisps, fried in sunflower oil, including premium, not Walkers	8 samples, 8 products, including premium and value
38	Potato crisps, fried in high oleic sunflower oil	11 samples, 8 products, assorted flavours
39	Potato rings (e.g. Hula Hoops)	10 samples, 7 products, including Hula Hoops

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

<b>Sample Number</b>	<b>Sample Name</b>	<b>Description</b>
41	Tortilla chips in sunseed or high oleic sunflower oil (e.g. Doritos)	7 samples, 6 products, including Doritos
42	Corn snacks (e.g. Monster Munch, Wotsits)	6 samples, 4 products, including Wotsits and Monster Munch
43	Mixed toffees (including liquorice toffees), not premium	8 samples, 8 products, including liquorice and mint
44	Chew sweets (e.g. Starburst, Chewits, Blackjacks)	9 samples, 8 products
45	Milk chocolate bar	11 samples, 11 products
46	Chocolate covered caramels (e.g. Cadburys caramel)	10 samples, 8 products
47	Dark chocolate with crème or mint fondant centre	10 samples, 8 products, including After Eights
48	Mars bars (and own brand equivalents)	16 samples, 3 brands, including standard, snack and fun size
49	Maltesers (and similar products)	9 samples, 3 products, including Maltesers
50	Milk chocolate covered caramel and biscuit fingers	9 samples, 7 products, including Twix
51	Chocolate-covered bar with caramel and cereal	6 samples, 6 products
52	Milky Way bars (and own brand equivalents)	16 samples, 3 brands, including standard and fun size
53	Snickers bars (and own brand equivalents)	16 samples, 3 brands, including standard, snack and fun size
54	Chocolate spread	7 samples, 5 products
55	Cream of tomato soup, canned	10 samples, 5 products

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

<b>Sample Number</b>	<b>Sample Name</b>	<b>Description</b>
56	Instant soup, as purchased	11 samples, 11 products, powder only, not including croutons
57	Mayonnaise, retail, standard	11 samples, 7 products
58	Baby rusks	8 samples, 8 products
59	Ice cream, non dairy, vanilla, soft scoop	10 samples, 8 products
60	Ice cream, dairy, vanilla, soft scoop	10 samples, 7 products
61	Chocolate/choc mint and nut cone (e.g. Cornetto)	7 samples, 5 products
62	Ice cream, luxury, dairy, with chocolate/caramel	10 samples, 7 products
63	Luxury choc ices (e.g. Walls Dream, Bounty, Magnum)	11 samples, 5 products
64	Butter, spreadable (75-80% fat)	9 samples, 7 products
65	Butter, spreadable, light (60% fat)	11 samples, 7 products
66	Coleslaw, purchased, economy products only	8 samples, 4 products

Sample 1: Cheese and tomato pizza, retail, all bases, not stuffed crust

Composite Sample Number:	1
Composite Sample Name:	Cheese and tomato pizza, retail, all bases, not stuffed crust
Sub-sample Number:	1.1
Sub-sample Name:	Tesco Italian Margherita Pizza
Full Product Name:	Tesco Italian Margherita Pizza
Brand:	Tesco
Pack size:	342g
Purchase Date:	27.01.10
Place of Purchase:	Tesco, Harford Bridges, Norwich
Sell by Date:	
Use by Date/Best Before Date:	02.02.10
Batch Number:	04:26
Packaging:	Plastic wrapper with a cardboard sleeve
Sample Condition As Purchased:	Chilled
Post Purchase Storage:	Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 1.1

Sub-sample Name: Tesco Italian Margherita Pizza

**Ingredients:** Wheat Flour, Mozzarella Cheese (16%), Tomato Purée, Tomato (8%), Cheddar Cheese (5%), Water, Rapeseed Oil, Sugar, Cornflour, Yeast, Salt, Parsley, Oregano, Basil, Black Pepper.

### Label claim(s):

No added artificial preservatives, flavours, colours or hydrogenated fat

Contains milk, wheat, gluten

Cannot guarantee nut free

Suitable for vegetarians

Produced in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per ½ pizza (171g)
Energy	kJ	975	1665
Energy	kcal	235	395
Protein	g	11.7	20
Carbohydrate	g	29.9	51.1
Sugars	g	3.5	6
Starch	g	N/A	N/A
Fat	g	7.2	12.3
Saturates	g	3.7	6.3
Monounsaturates	g	2.3	3.9
Polyunsaturates	g	0.8	1.4
Fibre	g	1.2	2.1
Salt	g	0.6	1.1
Sodium	g	0.3	0.4

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 1

Composite Sample Name: Cheese and tomato pizza, retail, all bases, not stuffed crust

Sub-sample Number: 1.2

Sub-sample Name: Dr Oetker Ristorante Pizza Mozzarella

Full Product Name: Dr Oetker Ristorante Pizza Mozzarella

Brand: Dr Oetker

Pack size: 335g

Purchase Date: 27.01.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date:

Use by Date/Best Before Date: 09.10

Batch Number: 207

Packaging: Plastic wrapper in a cardboard box

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 1.2

Sub-sample Name: Dr Oetker Ristorante Pizza Mozzarella

**Ingredients:** Wheat Flour, 26% Chopped Tomatoes, 21% Firmed Mozzarella Cheese, Water, Vegetable Oil, Edam Cheese, Vegetable Fat, Yeast, Iodised Salt, Basil, Sugar, Spinach, Parsley, Modified Starch, Garlic, Lemon Juice, Hydrolysed Soya Protein, Yeast Extract, Cayenne Pepper, Caramelised Sugar, Dextrose, Onion Powder, Carrot Powder, Pepper, Acid (Lactic Acid), Maltodextrin, Lactose

### Label claim(s):

Thin, crispy base

Product of Germany

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 1 pizza (335g)
Energy	kJ	1098	3679
Energy	kcal	262	879
Protein	g	10.5	35.3
Carbohydrate	g	24.3	81.2
Sugars	g	2	6.8
Starch	g	N/A	N/A
Fat	g	13.6	45.6
Saturates	g	4.7	15.7
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.7	5.6
Salt	g	N/A	N/A
Sodium	g	0.48	1.61



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 1

Composite Sample Name: Cheese and tomato pizza, retail, all bases, not stuffed crust

Sub-sample Number: 1.3

Sub-sample Name: Tesco Value Cheese & Tomato Pizza

Full Product Name: Tesco Value Cheese & Tomato Pizza

Brand: Tesco Value

Pack size: 268g

Purchase Date: 27.01.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date:

Use by Date/Best Before Date: Nov 2010

Batch Number: L93142B 16:14

Packaging: Plastic wrapper in a cardboard box

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 1.3

Sub-sample Name: Tesco Value Cheese & Tomato Pizza

**Ingredients:** Wheat Flour, Tomato Purée (27%), Mozzarella Cheese (14%), Water, Vegetable Oil, Yeast, Sugar, Salt, Starches (Potato Starch, Wheat Starch), Spices, Herbs.

### Label claim(s):

Contains milk, wheat, gluten

Cannot guarantee nut free

No artificial preservatives, flavours or colours

Suitable for vegetarians

Produced in Germany

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per ½ pizza (126g)
Energy	kJ	1055	1330
Energy	kcal	250	315
Protein	g	10.7	13.5
Carbohydrate	g	35.8	45.1
Sugars	g	3.9	4.9
Starch	g	N/A	N/A
Fat	g	7.1	8.9
Saturates	g	2.4	3.0
Monounsaturates	g	3.6	4.5
Polyunsaturates	g	1.0	1.3
Fibre	g	2.5	3.1
Salt	g	0.8	1.0
Sodium	g	0.3	0.4

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 1

Composite Sample Name: Cheese and tomato pizza, retail, all bases, not stuffed crust

Sub-sample Number: 1.4

Sub-sample Name: Tesco Value Cheese & Tomato Pizza

Full Product Name: Tesco Value Cheese & Tomato Pizza

Brand: Tesco Value

Pack size: 480g

Purchase Date: 27.01.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date:

Use by Date/Best Before Date: 29<sup>th</sup> Jan 2010

Batch Number: IB 15:29

Packaging: Plastic wrapper

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 1.4

Sub-sample Name: Tesco Value Cheese & Tomato Pizza

**Ingredients:** Wheat Flour, Tomato Puree (16%), Water, Mozzarella Cheese (12%), Cheddar Cheese (8%), Vegetable Oil, Yeast, Semolina, Sugar, Thickener (Cornflour), Salt, Basil, Oregano, Garlic Powder, Chilli Powder, Onion Powder, Flour Treatment Agent (Ascorbic Acid), Cayenne Pepper.

### Label claim(s):

No artificial preservatives, flavours or colours

Contains milk, wheat, gluten, soya

Cannot guarantee nut free

Produced in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 1/3 pizza (160g)
Energy	kJ	1085	1736
Energy	kcal	258	412
Protein	g	9.3	14.9
Carbohydrate	g	38.2	61.1
Sugars	g	7.7	12.3
Starch	g	N/A	N/A
Fat	g	7.5	12
Saturates	g	3.2	5.1
Monounsaturates	g	2.9	4.6
Polyunsaturates	g	1.0	1.6
Fibre	g	2.4	3.8
Salt	g	0.7	1.1
Sodium	g	0.3	0.4

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 1

Composite Sample Name: Cheese and tomato pizza, retail, all bases, not stuffed crust

Sub-sample Number: 1.5

Sub-sample Name: Primafresco Margherita Pizza

Full Product Name: Primafresco Margherita Pizza

Brand: Primafresco

Pack size: 411g

Purchase Date: 28.01.10

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

Sell by Date:

Use by Date/Best Before Date: 3<sup>rd</sup> Feb 2010

Batch Number: 025 12:45

Packaging: Plastic wrapper in a cardboard box

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 1.5

Sub-sample Name: Primafresco Margherita Pizza

**Ingredients:** Wheat Flour, Tomato (14%), Mozzarella Cheese (11%), Water, Mild White Cheese (5%), Mature Cheddar Cheese (5%), Vegetable Oil, Yeast, Tomato Puree, Olive Pomace Oil (1%), Sugar, Salt, Parsley, Dextrose, Garlic Puree, Basil, Black Pepper, Oregano.

Mild White Cheese contains: Preservative (Sodium Nitrate).

### Label claim(s):

Contains Milk, Wheat, Gluten

Suitable for vegetarians

May contain nut traces

Produced in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per ½ pizza
Energy	kJ	1115	2290
Energy	kcal	265	545
Protein	g	11.3	23.2
Carbohydrate	g	29.6	60.8
Sugars	g	3.4	7
Starch	g	N/A	N/A
Fat	g	11.3	23.2
Saturates	g	4.4	9
Monounsaturates	g	4.7	9.7
Polyunsaturates	g	1.5	3.1
Fibre	g	2.4	4.9
Salt	g	1	2
Sodium	g	0.4	0.8

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 1

Composite Sample Name: Cheese and tomato pizza, retail, all bases, not stuffed crust

Sub-sample Number: 1.6

Sub-sample Name: Goodfella's Delicia Margherita

Full Product Name: Goodfella's Delicia Margherita

Brand: Goodfella's

Pack size: 315g

Purchase Date: 27.01.10

Place of Purchase: Sainsbury's, Longwater, Norwich

Sell by Date:

Use by Date/Best Before Date: Jan 2011

Batch Number: 0008 17:15 AN

Packaging: Plastic wrapper in a cardboard box

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 1.6

Sub-sample Name: Goodfella's Delicia Margherita

**Ingredients:** Wheat flour, Water, Mozzarella Cheese (18%) (with added starch), Cheddar Cheese (12%), Tomato Crush, Vegetable Oils, Tomato Puree, Yeast, Onion Puree, Salt, Sugar, Starch, Basil, Black Pepper, Garlic Puree, Garlic Powder, Flour Treatment Agent: ascorbic acid.

### Label claim(s):

Thin base

No artificial flavours or colours

Contains milk, wheat and gluten

This product may contain traces of nuts

Produced in Ireland

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per half pizza
Energy	kJ	1110	1743
Energy	kcal	264	415
Protein	g	14.9	23.4
Carbohydrate	g	27.7	43.5
Sugars	g	3.2	5
Starch	g	N/A	N/A
Fat	g	10.4	16.4
Saturates	g	4.8	7.6
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.4	3.8
Salt	g	1.2	1.9
Sodium	g	0.5	0.8



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 1

Composite Sample Name: Cheese and tomato pizza, retail, all bases, not stuffed crust

Sub-sample Number: 1.7

Sub-sample Name: Asda Smart Price 2 Cheese and Tomato Pizzas

Full Product Name: Asda Smart Price Cheese and Tomato Pizzas

Brand: Asda Smart Price

Pack size: 772g

Purchase Date: 27.01.10

Place of Purchase: Asda, Norwich

Sell by Date:

Use by Date/Best Before Date: 4<sup>th</sup> Feb 2010

Batch Number: 12A

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 1.7

Sub-sample Name: Asda Smart Price 2 Cheese and Tomato Pizzas

**Ingredients:** Pizza Base (63%) [Wheat Flour, Water, Vegetable Oil, Yeast, Salt, Sugar, Flour Treatment Agent (L-Cysteine Hydrochloride)], Mozzarella Cheese (21%) (Milk), Tomato sauce (15%) [Tomato, Tomato Purée, Cornflour, Vegetable Oil, Sugar, Acidity Regulator (Citric Acid), Garlic, Oregano, Black Pepper]

### Label claim(s):

Suitable for vegetarians

Contains gluten, milk and wheat

No artificial colours, flavours or preservatives

No hydrogenated fat

Produced in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per ½ pizza
Energy	kJ	1083	2144
Energy	kcal	257	509
Protein	g	12.5	24.8
Carbohydrate	g	33.8	66.9
Sugars	g	2.3	4.6
Starch	g	N/A	N/A
Fat	g	8.0	15.8
Saturates	g	3.7	7.3
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	3.2	6.3
Salt	g	1.0	1.9
Sodium	g	0.39	0.77

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 1

Composite Sample Name: Cheese and tomato pizza, all bases, not stuffed crust

Sub-sample Number: 1.8

Sub-sample Name: Sainsbury's Basics Cheese and Tomato Pizza

Full Product Name: Sainsbury's Basics Cheese and Tomato Pizza

Brand: Sainsbury's Basics

Pack size: 243g

Purchase Date: 27.01.10

Place of Purchase: Sainsbury's, Longwater, Norwich

Sell by Date:

Use by Date/Best Before Date: Dec 2010

Batch Number: 9342 08:47 D

Packaging: Plastic wrapper in a cardboard box

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 1.8

Sub-sample Name: Sainsbury's Basics Cheese and Tomato Pizza

**Ingredients:** Pizza Base; Tomato Sauce; Mozzarella Cheese (from Cows' Milk) (18%).

Pizza Base contains: Wheat Flour, Water, Rapeseed Oil, Yeast, Dextrose, Salt, Flour Treatment Agent: Ascorbic Acid.

Tomato Sauce contains: Water, Tomato Purée, Maize Starch, Basil, Sugar, Garlic Purée, Black Pepper, Cheese Powder (from Cows' Milk).

### Label claim(s):

Contains milk and wheat gluten

Produced in the Republic of Ireland

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per ½ pizza
Energy	kJ	1093	1257
Energy	kcal	259	298
Protein	g	8.8	10.1
Carbohydrate	g	39.6	45.5
Sugars	g	3.4	3.9
Starch	g	36.2	41.6
Fat	g	7.3	8.4
Saturates	g	3.3	3.8
Monounsaturates	g	2.8	3.2
Polyunsaturates	g	1.0	1.2
Fibre	g	2.8	3.2
Salt	g	0.91	1.04
Sodium	g	0.36	0.42

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 1

Composite Sample Name: Cheese and tomato pizza, retail, all bases, not stuffed crust

Sub-sample Number: 1.9

Sub-sample Name: Morrisons Thin and Crispy Cheese and Tomato Pizza

Full Product Name: Morrisons Thin and Crispy Cheese and Tomato Pizza

Brand: Morrisons

Pack size: 280g

Purchase Date: 28.01.10

Place of Purchase: Morrisons, Norwich

Sell by Date:

Use by Date/Best Before Date: 31<sup>st</sup> Jan 2010

Batch Number: L6 06:44

Packaging: Plastic wrapper in a cardboard box

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 1.9

Sub-sample Name: Morrisons Thin and Crispy Cheese and Tomato Pizza

**Ingredients:** Pizza base [wheat flour, water, yeast, extra virgin olive oil (0.8%), salt, bread improver (wheat flour, enzymes, calcium sulphate)], Mozzarella cheese (24%) (contains potato starch), Sundried tomato sauce (14%) [tomato sauce (tomato, onion powder, sunflower oil, sugar, salt, garlic powder, citric acid, parsley, black pepper, chives, basil), sundried tomato paste (1.4%) (water, tomato puree, sundried tomato puree (sundried tomato, sunflower oil, salt, oregano, garlic, white wine vinegar, black pepper), sugar, cornflour)], Cherry tomatoes (9.5%), Cheddar cheese (4.4%), Parsley.

### Label claim(s):

Thin, crispy base

Contains gluten and milk

Vegetarian

Produced in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per ½ pizza
Energy	kJ	1149	1813
Energy	kcal	274	432
Protein	g	12.5	19.7
Carbohydrate	g	30.5	48.1
Sugars	g	2.7	4.3
Starch	g	N/A	N/A
Fat	g	11.3	17.8
Saturates	g	5.4	8.5
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.9	4.6
Salt	g	1.0	1.5
Sodium	g	0.4	0.6

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 1

Composite Sample Name: Cheese and tomato pizza, retail, all bases, not stuffed crust

Sub-sample Number: 1.10

Sub-sample Name: Sainsbury's Italian Margherita

Full Product Name: Sainsbury's Italian Margherita

Brand: Sainsbury's

Pack size: 340g

Purchase Date: 27.01.10

Place of Purchase: Sainsbury's, Longwater, Norwich

Sell by Date:

Use by Date/Best Before Date: 29<sup>th</sup> Jan 2010

Batch Number: 07:18

Packaging: Plastic wrapper in a cardboard box

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 1.10

Sub-sample Name: Sainsbury's Italian Margherita

**Ingredients:** Pizza Base; Mozzarella Cheese (20%) (from Cows' Milk, made using Vegetarian Rennet); Tomato & Oregano Sauce; Marinated Tomato (6%); Mature Cheddar Cheese (3%) (from Cows' Milk, made using Vegetarian Rennet); Parsley.

Pizza Base contains: Wheat Flour, Water, Rapeseed Oil, Tomato Purée, Yeast, Salt, Sugar, Flour Treatment Agent: Ascorbic Acid; Acidity Regulator: Citric Acid.

Tomato & Oregano Sauce contains: Tomato, Water, Tomato Purée, Sugar, Oregano, Acidity Regulator: Citric Acid.

Marinated Tomato contains: Tomato (94%), Salt, Sugar, Oregano, Extra Virgin Olive Oil (1%), Firming Agent: Calcium Chloride; Acidity Regulator: Citric Acid; Black Pepper.

### Label claim(s):

Vegetarian

Produced in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per ½ pizza
Energy	kJ	1136	2056
Energy	kcal	270	489
Protein	g	12.0	21.7
Carbohydrate	g	32.4	58.6
Sugars	g	3.4	6.2
Starch	g	29.0	52.5
Fat	g	10.3	18.6
Saturates	g	3.7	6.7
Monounsaturates	g	4.4	8.0
Polyunsaturates	g	1.6	2.9
Fibre	g	2.4	4.3
Salt	g	0.84	1.52
Sodium	g	0.34	0.61



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 1

Composite Sample Name: Cheese and tomato pizza, retail, all bases, not stuffed crust

Sub-sample Number: 1.11

Sub-sample Name: Trattoria Verdi Margherita Pizza

Full Product Name: Trattoria Verdi Margherita Pizza

Brand: Trattoria Verdi

Pack size: 330g

Purchase Date: 27.01.10

Place of Purchase: Tesco, Harford Bridges

Sell by Date:

Use by Date/Best Before Date: 29<sup>th</sup> Jan 2010

Batch Number: 020 12:22

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 1.11

Sub-sample Name: Trattoria Verdi Margherita Pizza

**Ingredients:** Wheat Flour, Mozzarella Cheese (28%), Tomato (19%), Water, Yeast, Semolina, Vegetable Oil, Salt, Sugar, Cornflour, Oregano, Black Pepper.

### Label claim(s):

Thin and crispy base

Contains milk, wheat, gluten

Cannot guarantee nut free

No artificial preservatives, flavours or colours

Suitable for vegetarians

Produced in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per ½ pizza (165g)
Energy	kJ	900	1480
Energy	kcal	215	355
Protein	g	12.8	21.1
Carbohydrate	g	26.9	44.4
Sugars	g	2.3	3.8
Starch	g	N/A	N/A
Fat	g	6.0	9.9
Saturates	g	3.4	5.6
Monounsaturates	g	1.8	3.0
Polyunsaturates	g	0.4	0.7
Fibre	g	2.5	4.1
Salt	g	0.7	1.1
Sodium	g	0.3	0.4

Sample 2: Garlic and herb baguette, baked

Composite Sample Number: 2

Composite Sample Name: Garlic and herb baguette, baked

Sub-sample Number: 2.1

Sub-sample Name: Tesco Italian Garlic Baguette

Full Product Name: Tesco Italian Garlic Baguette

Brand: Tesco

Pack size: 210g

Purchase Date: 27.01.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date:

Use by Date/Best Before Date: 2<sup>nd</sup> Feb 2010

Batch Number: B2L1 16:41 017

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 2.1

Sub-sample Name: Tesco Italian Garlic Baguette

**Ingredients:** Wheat Flour, Water, Butter (19%), Garlic (2.5%), Salt, Yeast, Dried Parsley, Concentrated Lemon Juice, Flour Treatment Agent (Ascorbic Acid).

### Label claim(s):

Contains milk, wheat, gluten

Cannot guarantee nut free

Suitable for vegetarians

Produced in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per $\frac{1}{4}$ baguette (52.5g)
Energy	kJ	1430	750
Energy	kcal	340	180
Protein	g	7.9	4.2
Carbohydrate	g	39.8	20.9
Sugars	g	3.5	1.8
Starch	g	N/A	N/A
Fat	g	16.6	8.7
Saturates	g	10.9	5.7
Monounsaturates	g	3.9	2.1
Polyunsaturates	g	0.8	0.4
Fibre	g	2.8	1.5
Salt	g	1.1	0.6
Sodium	g	0.4	0.2

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 2

Composite Sample Name: Garlic and herb baguette, baked

Sub-sample Number: 2.2

Sub-sample Name: Tesco White Garlic Baguettes

Full Product Name: Tesco White Garlic Baguettes

Brand: Tesco

Pack size: 338g (2 baguettes)

Purchase Date: 28.01.10

Place of Purchase: Tesco Extra, Norwich

Sell by Date:

Use by Date/Best Before Date: 10<sup>th</sup> Jan 2011

Batch Number: SB0014

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 2.2

Sub-sample Name: Tesco White Garlic Baguettes

**Ingredients:** Wheat Flour, Garlic and Parsley Filling (26%), Water, Yeast, Salt, Calcium Sulphate, Vegetable Fat, Flour Treatment Agent (Ascorbic Acid)  
Garlic and Parsley Filling contains: Unsalted Butter, Margarine, Garlic Purée, Water, Garlic Powder, Parsley, Salt, Onion Powder, Garlic Oil  
Margarine contains: Vegetable Oil, Water, Colours (Annatto, Curcumin), Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Flavouring

### Label claim(s):

No artificial preservatives, flavours or colours

Suitable for vegetarians

Contains milk, wheat, gluten

Cannot guarantee nut free

Produced in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per ½ baguette (85g)
Energy	kJ	1455	1240
Energy	kcal	350	295
Protein	g	7.1	6.0
Carbohydrate	g	37.7	32
Sugars	g	2.5	2.1
Starch	g	N/A	N/A
Fat	g	18.7	15.9
Saturates	g	9.3	7.9
Monounsaturates	g	7.3	6.2
Polyunsaturates	g	2.0	1.7
Fibre	g	1.8	1.5
Salt	g	0.8	0.7
Sodium	g	0.3	0.3

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 2

Composite Sample Name: Garlic and herb baguette, baked

Sub-sample Number: 2.3

Sub-sample Name: Morrisons Value Garlic Baguette

Full Product Name: Morrisons Value Garlic Baguette

Brand: Morrisons

Pack size: 170g

Purchase Date: 28.01.10

Place of Purchase: Morrisons, Norwich

Sell by Date:

Use by Date/Best Before Date: 5<sup>th</sup> Feb 2010

Batch Number: 0024 09:39

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 2.3

Sub-sample Name: Morrisons Value Garlic Baguette

**Ingredients:** Wheat flour, Water, Vegetable margarine (16%) (vegetable oil, water, emulsifier (mono- and di-glycerides of fatty acids), flavouring, vitamin A, colour (beta-carotene), vitamin D), Garlic puree (1.5%), Yeast, Salt, Flour treatment agent (mono- and di-acetyltartaric esters of mono- and di-glycerides of fatty acids, ascorbic acid), Parsley.

**Label claim(s):**

Contains gluten

**Nutrient Information:** No information on packaging



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 2

Composite Sample Name: Garlic and herb baguette, baked

Sub-sample Number: 2.4

Sub-sample Name: Asda Extra Strong Garlic Petit Pains

Full Product Name: Asda Extra Strong Garlic Petit Pains

Brand: Asda

Pack size: 140g (2 baguettes)

Purchase Date: 27.01.10

Place of Purchase: Asda, Norwich

Sell by Date:

Use by Date/Best Before Date: 3<sup>rd</sup> Feb 2010

Batch Number: 0020 11:05

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 2.4

Sub-sample Name: Asda Extra Strong Garlic Petit Pains

**Ingredients:** Wheat Flour, Water, Unsalted Butter (9.7%), Vegetable Margarine [Oils and Fats [Coconut Oil, Palm Oil, Palm Stearin, Rapeseed Oil], Water, Emulsifier (Mono and Diglycerides of Fatty Acids), Colour (Carotenes), Natural Flavouring, Vitamin A, Vitamin D], Garlic Purée (5.2%), Yeast, Salt, Emulsifier (Mono and Diacetyl Tartaric Acid Esters of Mono and Diglycerides of Fatty Acids), Flour Treatment Agent (Ascorbic Acid), Dried Parsley.

### Label claim(s):

Contains gluten, milk and wheat

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 1 serving (50g)
Energy	kJ	1450	725
Energy	kcal	346	173
Protein	g	6.8	3.4
Carbohydrate	g	42.6	21.3
Sugars	g	3.1	1.6
Starch	g	N/A	N/A
Fat	g	15.7	7.9
Saturates	g	7.5	3.8
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	3.7	1.9
Salt	g	1.0	0.5
Sodium	g	0.4	0.2

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 2

Composite Sample Name: Garlic and herb baguette, baked

Sub-sample Number: 2.5

Sub-sample Name: Asda Smartprice Garlic Baguette

Full Product Name: Asda Smartprice Garlic Baguette

Brand: Asda

Pack size: 170g

Purchase Date: 27.01.10

Place of Purchase: Asda, Norwich

Sell by Date:

Use by Date/Best Before Date: 5<sup>th</sup> Feb 2010

Batch Number: B2L1 19:04 02210

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 2.5

Sub-sample Name: Asda Smartprice Garlic Baguette

**Ingredients:** Wheat Flour, Water, Margarine (16%) [Vegetable Oil, Water, Salt, Emulsifier (Mono and Diglycerides of Fatty Acids), Flavouring, Colour (Carotenes)], Garlic (1.7%), Yeast, Salt, Dried Parsley, Flour Treatment Agent (Ascorbic Acid)

### Label claim(s):

No artificial colours, flavours or preservatives

No hydrogenated fat

Suitable for vegetarians

Contains gluten and wheat

Produced in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per ¼ baguette
Energy	kJ	1422	605
Energy	kcal	339	144
Protein	g	8.5	3.6
Carbohydrate	g	44.0	18.7
Sugars	g	3.9	1.7
Starch	g	N/A	N/A
Fat	g	14.3	6.1
Saturates	g	4.1	1.7
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.9	1.2
Salt	g	0.9	0.4
Sodium	g	0.36	0.15

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 2

Composite Sample Name: Garlic and herb baguette, baked

Sub-sample Number: 2.6

Sub-sample Name: Sainsbury's Garlic Baguettes

Full Product Name: Sainsbury's Garlic Baguettes

Brand: Sainsbury's

Pack size: 420g (2 baguettes)

Purchase Date: 27.01.10

Place of Purchase: Sainsbury's, Longwater, Norwich

Sell by Date:

Use by Date/Best Before Date: 2<sup>nd</sup> Feb 2010

Batch Number: 18170022NS

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 2.6

Sub-sample Name: Sainsbury's Garlic Baguettes

**Ingredients:** White Baguette; Garlic & Parsley Butter (22%). White Baguette contains: Wheat Flour, Water, Yeast, Salt, Flour Treatment Agent: Ascorbic Acid.

Garlic & Parsley Butter contains: Unsalted Butter (from Cows' Milk), Garlic (9%), Parsley (3%), Salt, Concentrated Lemon Juice.

### Label claim(s):

Contains milk and wheat gluten

Vegetarian

Produced in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per ¼ baguette
Energy	kJ	1542	810
Energy	kcal	368	193
Protein	g	7.3	3.8
Carbohydrate	g	45.6	23.9
Sugars	g	2.2	1.2
Starch	g	42.4	22.2
Fat	g	17.4	9.1
Saturates	g	10.7	5.6
Monounsaturates	g	5.1	2.7
Polyunsaturates	g	1.5	0.8
Fibre	g	3.0	1.6
Salt	g	0.95	0.5
Sodium	g	0.38	0.2

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 2

Composite Sample Name: Garlic and herb baguette, baked

Sub-sample Number: 2.7

Sub-sample Name: Sainsbury's Basics Garlic Bread

Full Product Name: Sainsbury's Basics Garlic Bread

Brand: Sainsbury's

Pack size: 150g

Purchase Date: 27.01.10

Place of Purchase: Sainsbury's, Longwater, Norwich

Sell by Date:

Use by Date/Best Before Date: Jan 2011

Batch Number: SB 0012

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 2.7

Sub-sample Name: Sainsbury's Basics Garlic Bread

**Ingredients:** Baguette; Garlic Filling (22%).

Baguette contains: Wheat Flour, Water, Yeast, Salt, Anti-Caking Agent: Calcium Sulphate; Palm Fat, Flour Treatment Agent: Ascorbic Acid.

Garlic Filling contains: Margarine (Rapeseed Oil, Palm Oil, Water, Salt, Emulsifier: Mono- and Diglycerides of Fatty Acids; Natural Flavouring, Colour: Mixed Carotenes), Garlic Puree, Parsley.

### Label claim(s):

Contains wheat gluten

Not suitable for nut, milk or soya allergy sufferers

Vegetarian

Produced in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per ½ baguette
Energy	kJ	1480	1125
Energy	kcal	353	269
Protein	g	7.2	5.5
Carbohydrate	g	41.4	31.5
Sugars	g	2.8	2.2
Starch	g	38.6	29.3
Fat	g	17.7	13.4
Saturates	g	5.2	4.0
Monounsaturates	g	8.0	6.1
Polyunsaturates	g	4.5	3.4
Fibre	g	1.7	1.3
Salt	g	1.02	0.77
Sodium	g	0.41	0.31



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 2

Composite Sample Name: Garlic and herb baguette, baked

Sub-sample Number: 2.8

Sub-sample Name: Morrisons (Italian) Garlic Baguettes

Full Product Name: Morrisons (Italian) Garlic Baguettes

Brand: Morrisons

Pack size: 380g (2 baguettes)

Purchase Date: 28.01.10

Place of Purchase: Morrisons, Norwich

Sell by Date:

Use by Date/Best Before Date: 9<sup>th</sup> Feb 2010

Batch Number: B2L2 18:31 024 10

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 2.8

Sub-sample Name: Morrisons (Italian) Garlic Baguettes

**Ingredients:** White baguette (wheat flour, water, yeast, salt, flour treatment agent (ascorbic acid)), Garlic and parsley butter (22%) (butter, garlic, parsley, salt, concentrated lemon juice).

### Label claim(s):

Contains gluten and milk

Vegetarian

Produced in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per ½ baguette
Energy	kJ	1438	1367
Energy	kcal	343	326
Protein	g	8.0	7.6
Carbohydrate	g	40.7	38.7
Sugars	g	3.8	3.6
Starch	g	N/A	N/A
Fat	g	16.5	15.7
Saturates	g	10.0	9.5
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	3.3	3.1
Salt	g	1.0	1.0
Sodium	g	0.4	0.4

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 2

Composite Sample Name: Garlic and herb baguette, baked

Sub-sample Number: 2.9

Sub-sample Name: The Co-operative Garlic Baguettes

Full Product Name: The Co-operative Garlic Baguettes

Brand: Co-op

Pack size: 380g (2 baguettes)

Purchase Date: 01.02.10

Place of Purchase: Co-op, Earlham Road, Norwich

Sell by Date:

Use by Date/Best Before Date: 8<sup>th</sup> Feb, 2010

Batch Number: B2L2 14:08 027 10

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 2.9

Sub-sample Name: The Co-operative Garlic Baguettes

**Ingredients:** Wheat Flour, Water, Butter (17%), Garlic (1%), Salt, Yeast, Parsley, Emulsifier (Mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids – Vegetable), Lemon Juice Concentrate, Flour Treatment Agent (Ascorbic acid).

### Label claim(s):

Contains Gluten, Milk, Wheat  
Suitable for vegetarians

Made in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per ½ baguette (~95g)
Energy	kJ	1350	1280
Energy	kcal	320	305
Protein	g	7.2	6.8
Carbohydrate	g	40.7	38.6
Sugars	g	3.2	3.0
Starch	g	N/A	N/A
Fat	g	14.4	13.7
Saturates	g	8.3	7.9
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.7	2.6
Salt	g	1.3	1.2
Sodium	g	0.5	0.5

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 2

Composite Sample Name: Garlic and herb baguette, baked

Sub-sample Number: 2.10

Sub-sample Name: Trattoria Alfredo Garlic Baguettes (Lidl)

Full Product Name: Trattoria Alfredo Garlic Baguettes (Lidl)

Brand: Trattoria Alfredo

Pack size: 350g (2 baguettes)

Purchase Date: 27.01.10

Place of Purchase: Lidl, Norwich

Sell by Date:

Use by Date/Best Before Date: 7<sup>th</sup> Feb 2010

Batch Number: D10020

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 2.10

Sub-sample Name: Trattoria Alfredo Garlic Baguettes (Lidl)

**Ingredients:** Wheat Flour, Water, Unsalted Butter (19%), Garlic Puree (3%), Yeast, Salt, Parsley (0.5%), Concentrated Lemon Juice, Preservative: Calcium Propionate: Emulsifier: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids: Flour Treatment Agent: Ascorbic Acid.

### Label claim(s):

Contains Gluten, Milk and Wheat  
May contain traces of Sesame  
Vegetarian

Produced in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per ¼ baguette
Energy	kJ	1295	570
Energy	kcal	309	136
Protein	g	6.7	3.0
Carbohydrate	g	35.1	15.4
Sugars	g	0.9	0.4
Starch	g	N/A	N/A
Fat	g	15.8	7.0
Saturates	g	9.3	4.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.4	0.6
Salt	g	0.76	0.33
Sodium	g	0.3	0.1

Sample 3: Crunchy clusters type breakfast cereal without nuts

Composite Sample Number: 3

Composite Sample Name: Crunchy clusters type breakfast cereal without nuts

Sub-sample Number: 3.1

Sub-sample Name: Jordans Country Crisp Strawberry

Full Product Name: Jordans Country Crisp Strawberry

Brand: Jordans

Pack size: 500g

Purchase Date: 05.03.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date:

Use by Date/Best Before Date: 03.11.10

Batch Number: 0033 E20:48

Packaging: Plastic bag within a cardboard box

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 3.1

Sub-sample Name: Jordans Country Crisp Strawberry

**Ingredients:** British Conservation Grade™ Wholegrain Cereals (60%) (Oat Flakes, Barley Flakes, Oat Flour), Raw Cane Sugar, Vegetable Oil (Rapeseed Oil, Palm Oil), Rice Flour, Desiccated Coconut, Freeze Dried Strawberry Pieces (2.5%), Roasted Chopped Hazelnuts, Sea Salt, Natural Vanilla Flavouring.

### Label claim(s):

Suitable for vegetarians

Contains oats, barley, hazelnuts

May contain wheat, rye, other nuts, sesame seeds, milk

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 50g with 100ml semi-skimmed milk
Energy	kJ	1852	1125
Energy	kcal	440	268
Protein	g	7.5	7.2
Carbohydrate	g	67.5	38.3
Sugars	g	23.5	16.3
Starch	g	N/A	N/A
Fat	g	15.6	9.5
Saturates	g	4.8	3.5
Monounsaturates	g	7	3.9
Polyunsaturates	g	3.5	1.8
Fibre	g	6.2	3.1
Salt	g	Tr	0.12
Sodium	g	Tr	0.04



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 3

Composite Sample Name: Crunchy clusters type breakfast cereal without nuts

Sub-sample Number: 3.2

Sub-sample Name: Jordans Country Crisp Raisin

Full Product Name: Jordans Country Crisp Raisin

Brand: Jordans

Pack size: 500g

Purchase Date: 05.03.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date:

Use by Date/Best Before Date: 23.10.10

Batch Number: 0054 E01:36

Packaging: Plastic bag within a cardboard box

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 3.2

Sub-sample Name: Jordans Country Crisp Raisin

**Ingredients:** British Conservation Grade™ Wholegrain Cereals (50%) (Oat Flakes, Barley Flakes, Oat Flour), Raw Cane Sugar, Flame Raisins (18%), Vegetable Oil (Rapeseed Oil, Palm Oil), Rice Flour, Desiccated Coconut, Roasted Chopped Hazelnuts, Natural Vanilla Flavouring.

### Label claim(s):

Suitable for vegetarians

Contains oats, barley, hazelnuts

May contain wheat, rye, other nuts, sesame seeds, milk

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 50g with 100ml semi-skimmed milk
Energy	kJ	1773	1084
Energy	kcal	421	258
Protein	g	6.7	6.7
Carbohydrate	g	68.5	38.7
Sugars	g	32	20.5
Starch	g	N/A	N/A
Fat	g	13.4	8.4
Saturates	g	4.1	3.1
Monounsaturates	g	5.8	3.3
Polyunsaturates	g	3	1.5
Fibre	g	5.9	2.9
Salt	g	0.36	0.29
Sodium	g	0.14	0.11

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 3

Composite Sample Name: Crunchy clusters type breakfast cereal without nuts

Sub-sample Number: 3.3 & 3.4

Sub-sample Name: Quaker Oat Granola

Full Product Name: Quaker Oat Granola

Brand: Quaker

Pack size: 600g

Purchase Date: 08.03.10

Place of Purchase: 3.3 (Morrisons, Norwich), 3.4 (Tesco Extra, Norwich)

Sell by Date:

Use by Date/Best Before Date: 3.3 (20.11.10), 3.4 (11.12.10)

Batch Number: 3.3 (021 C01:19 2R), 3.4 (039 A23:49 2R)

Packaging: Plastic bag within a cardboard box

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 3.3 & 3.4

Sub-sample Name: Quaker Oat Granola

**Ingredients:** Rolled Oats (55%), Sugar, Softened Raisins (Raisin 9.8%, Humectant: Glycerol), Glucose Syrup, Vegetable Oil, Cereal Pieces (Rice Flour, Wheat Flour, Sugar), Honey, Colour (Plain Caramel), Natural Flavouring.

### Label claim(s):

May contain traces of nuts

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 50g
Energy	kJ	1738	869
Energy	kcal	411	205
Protein	g	8.6	4.3
Carbohydrate	g	73	36.5
Sugars	g	26	13
Starch	g	N/A	N/A
Fat	g	8.8	4.4
Saturates	g	2.8	1.4
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	5.2	2.6
(of which soluble)	g	2.2	1.1
(of which beta glucan)	g	1.98	1
(of which insoluble)	g	3	1.5
Salt	g	Tr	Tr
Sodium	g	Tr	Tr

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 3

Composite Sample Name: Crunchy clusters type breakfast cereal without nuts

Sub-sample Number: 3.5

Sub-sample Name: Tesco Strawberry Crisp

Full Product Name: Tesco Strawberry Crisp

Brand: Tesco

Pack size: 500g

Purchase Date: 05.03.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date:

Use by Date/Best Before Date: 29.01.11

Batch Number: LOT 10029 H2 06:01

Packaging: Plastic bag within a cardboard box

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 3.5

Sub-sample Name: Tesco Strawberry Crisp

**Ingredients:** Oat Flakes, Cane Sugar, Puffed Rice, Vegetable Oil, Wheat Flour, Glucose Syrup, Strawberry Freeze dried pieces (2%), Honey, Colouring (Plain Caramel), Flavouring, Cinnamon.

Puffed Rice contains: Rice Flour, Sugar, Wheat Flour, Barley Malt, Barley Malt Extract, Salt.

### Label claim(s):

Contains wheat, gluten

Cannot guarantee nut free

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 50g with 125ml semi-skimmed milk
Energy	kJ	1890	1205
Energy	kcal	450	290
Protein	g	8.3	8.7
Carbohydrate	g	69.5	40.8
Sugars	g	17.2	14.7
Starch	g	N/A	N/A
Fat	g	15.3	9.8
Saturates	g	6.5	4.7
Monounsaturates	g	6.2	3.6
Polyunsaturates	g	2.6	1.3
Fibre	g	5.3	2.7
Salt	g	Tr	0.2
Sodium	g	Tr	0.1

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 3

Composite Sample Name: Crunchy clusters type breakfast cereal without nuts

Sub-sample Number: 3.6

Sub-sample Name: Asda Apple, Raisin & Cinnamon Crisp Cereal

Full Product Name: Asda Apple, Raisin & Cinnamon Crisp Cereal

Brand: Asda

Pack size: 400g

Purchase Date: 16.03.10

Place of Purchase: Asda, Norwich

Sell by Date:

Use by Date/Best Before Date: 14.01.11

Batch Number: 10014 D2 13:35

Packaging: Plastic bag within a cardboard box

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 3.6

Sub-sample Name: Asda Apple, Raisin & Cinnamon Crisp Cereal

**Ingredients:** Oat Flakes (36%), Sugar, Cinnamon Flavoured Corn Flakes (10%) [Maize Flour, Sugar, Salt, Barley Malt Extract, Cinnamon, Wheat Starch, Emulsifier (Sunflower Lecithins)], Raisins (10%) [Raisins, Vegetable Oil], Rice Crisps (6.7%) [Maize Flour, Rice Flour, Wheat Flour, Sugar, Salt], Vegetable Oil, Dried Apple Flakes (5.0%) [contains Preservative (Sulphur Dioxide)], Wheat Flour, Corn Flakes (3.8%) [Maize Flour, Sugar, Salt, Barley Malt Extract, Emulsifier (Sunflower Lecithins)], Glucose Syrup, Barley Malt Extract, Honey, Natural Flavourings, Salt, Cinnamon.

### Label claim(s):

No artificial colours, flavours or hydrogenated fat

Source of fibre

Suitable of vegetarians

Contains gluten, wheat, barley, oats and sulphur dioxide

May contain traces of nuts and / or seeds

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 45g serving with 125ml semi- skimmed milk
Energy	kJ	1733	1038
Energy	kcal	411	246
Protein	g	7.6	7.9
Carbohydrate	g	70.4	37.7
Sugars	g	27.3	18.3
Starch	g	N/A	N/A
Fat	g	11	7.1
Saturates	g	3.8	3.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	4.3	1.9
Salt	g	0.5	0.4
Sodium	g	0.18	0.14



**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 3

Composite Sample Name: Crunchy clusters type breakfast cereal without nuts

Sub-sample Number: 3.7

Sub-sample Name: Sainsbury's Tropical Crunchy Cereal

Full Product Name: Sainsbury's Tropical Crunchy Cereal

Brand: Sainsbury's

Pack size: 1 kg

Purchase Date: 08.03.10

Place of Purchase: Sainsbury's, Queens Road, Norwich

Sell by Date:

Use by Date/Best Before Date: 12.2010

Batch Number: L0060 B1A 07:30

Packaging: Plastic bag within a cardboard box

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 3.7

Sub-sample Name: Sainsbury's Tropical Crunchy Cereal

**Ingredients:** Wholegrain Oat Flakes (58%); Raw Cane Sugar; Sweetened Dried Banana Chips (5%); Coconut (4.5%); Raisins (4%); Dried Diced Pineapple (3%); Palm Oil; Honey; Sunflower Seeds; Dried Diced Papaya (1.2%); Roasted Chopped Hazelnuts; Dried Diced Mango (0.4%); Natural Flavouring.

Banana Chips contain: Banana, Coconut Oil, Sugar, Natural Flavouring.

Raisin contains: Raisin, Sunflower Oil.

Pineapple contains: Sugar, Pineapple, Preservative: Citric Acid, Sulphur Dioxide.

Papaya contains: Papaya, Sugar, Preservative: Sulphur Dioxide.

Mango contains: Mango, Sugar, Preservative: Citric Acid, Sulphur Dioxide.

### Label claim(s):

No artificial colours or flavours

Contains wholegrain

High in fibre

No added salt (contains naturally occurring sodium)

Vegetarian

Contains nuts, oat gluten & sulphites

Not suitable for sesame, wheat gluten, rye gluten or barley gluten allergy sufferers

Produced in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 50g serving with 100ml semi- skimmed milk
Energy	kJ	1708	1058
Energy	kcal	406	252
Protein	g	8.7	7.9
Carbohydrate	g	60	35
Sugars	g	21.9	15.7
Starch	g	38.1	19.1
Fat	g	14.6	8.9
Saturates	g	6.8	4.5
Monounsaturates	g	4.8	2.8

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Polyunsaturates	g	2.9	1.5
Fibre	g	7.4	3.7
Salt	g	0.1	0.3
Sodium	g	Tr	0.12

Sample 4: Crunchy / crispy muesli type cereal with nuts

Composite Sample Number: 4

Composite Sample Name: Crunchy / crispy muesli type cereal with nuts

Sub-sample Number: 4.1 & 4.2

Sub-sample Name: Kelloggs Crunchy Nut Clusters

Full Product Name: Kelloggs Crunchy Nut Clusters

Brand: Kelloggs

Pack size: 500g

Purchase Date: 05.03.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date:

Use by Date/Best Before Date: 4.1 (02.11.10), 4.2 (20.10.10)

Batch Number: 4.1 (L04:05S), 4.2 (L17:56S)

Packaging: Plastic bag within a cardboard box

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 4.1 & 4.2

Sub-sample Name: Kelloggs Crunchy Nut Clusters

**Ingredients:** Rolled Oats, Sugar, Maize, Wheat Flour, Vegetable Oil, Peanuts (5%), Honey (4%), Invert Sugar Syrup, Dried Coconut, Salt, Barley Malt Flavouring, Glucose-Fructose Syrup, Niacin, Iron, Vitamin B6, Riboflavin (B2), Thiamin (B1), Folic Acid, Vitamin B12.

### Label claim(s):

Contains peanuts, wheat, oats and barley

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 40g with 125ml of semi-skimmed milk
Energy	kJ	1847	990
Energy	kcal	439	235
Protein	g	8	8
Carbohydrate	g	68	33
Sugars	g	25	16
Starch	g	43	17
Fat	g	15	8
Saturates	g	5	3.5
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	5	2
Salt	g	1	0.55
Sodium	g	0.4	0.2
Thiamin (B1)	mg	0.9	0.4
Riboflavin (B2)	mg	1	0.7
Niacin	mg	11.3	4.7
Vitamin B6	mg	1.3	0.6
Folic Acid	µg	250	180
Vitamin B12	µg	0.63	0.77
Iron	mg	6	2.4

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 4

Composite Sample Name: Crunchy / crispy muesli type cereal with nuts

Sub-sample Number: 4.3 & 4.4

Sub-sample Name: Jordans Country Crisp Four Nut

Full Product Name: Jordans Country Crisp Crunchy Chunky Nuts

Brand: Jordans

Pack size: 500g

Purchase Date: 4.3 (05.03.10), 4.4 (16.03.10)

Place of Purchase: 4.3 (Tesco, Harford Bridges, Norwich), 4.4 (Waitrose, Wymondham)

Sell by Date:

Use by Date/Best Before Date: 4.3 (26.09.10), 4.4 (26.09.10)

Batch Number: 4.3 (0027 E13:37), 4.4 (0027 E 17:47)

Packaging: Plastic bag within a cardboard box

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 4.3 & 4.4

Sub-sample Name: Jordans Country Crisp Crunchy Chunky Nuts

**Ingredients:** British Conservation Grade™ Wholegrain Cereals (49%) (Oat Flakes, Barley Flakes, Oat Flour), Raw Cane Sugar, Nuts (15%) (Flaked Almonds, Roasted Hazelnuts, Chopped Brazil Nuts, Chopped Pecan Nuts), Vegetable Oil (Rapeseed Oil, Palm Oil), Rice Flour, Desiccated Coconut, Hazelnut Paste.

### Label claim(s):

Contains oats, barley, almonds, hazelnuts, brazil nuts, pecan nuts

May contain wheat, rye, other nuts, sesame seeds, milk

Suitable for vegetarians

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 50g served with 100ml semi- skimmed milk
Energy	kJ	2011	1203
Energy	kcal	480	287
Protein	g	8.7	7.7
Carbohydrate	g	59.8	34.4
Sugars	g	21.9	15.5
Starch	g	N/A	N/A
Fat	g	22.9	13.1
Saturates	g	5.4	3.8
Monounsaturates	g	12	6.4
Polyunsaturates	g	5	2.5
Fibre	g	6.2	3.1
Salt	g	Tr	0.12
Sodium	g	Tr	0.04

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 4

Composite Sample Name: Crunchy / crispy muesli type cereal with nuts

Sub-sample Number: 4.5

Sub-sample Name: Tesco Maple and Pecan Crisp

Full Product Name: Tesco Maple and Pecan Crisp

Brand: Tesco

Pack size: 500g

Purchase Date: 05.03.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date:

Use by Date/Best Before Date: 02.02.11

Batch Number: LOT 1003342 12:22

Packaging: Plastic bag within a cardboard box

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 4.5

Sub-sample Name: Tesco Maple and Pecan Crisp

**Ingredients:** Oat Flakes, Cane Sugar, Puffed Rice, Vegetable Oil, Pecan Nuts (7%), Glucose Syrup, Wheat Flour, Maple Syrup (2%), Honey, Colour (Plain Caramel), Flavouring, Cinnamon.

Puffed Rice contains: Rice Flour, Sugar, Wheat Flour, Barley Malt, Barley Malt Extract, Salt.

### Label claim(s):

High in fibre

Low salt

Contains wheat, gluten

May contain traces of other nuts

Suitable for vegetarians

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 50g with 125ml semi-skimmed milk
Energy	kJ	1925	1225
Energy	kcal	460	295
Protein	g	8	8.5
Carbohydrate	g	63.9	38
Sugars	g	18.3	15.2
Starch	g	N/A	N/A
Fat	g	19	11.7
Saturates	g	7.4	5.1
Monounsaturates	g	8.5	4.8
Polyunsaturates	g	3.1	1.6
Fibre	g	6.9	3.5
Salt	g	Tr	0.2
Sodium	g	Tr	0.1

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 4

Composite Sample Name: Crunchy / crispy muesli type cereal with nuts

Sub-sample Number: 4.6

Sub-sample Name: Morrisons Maple & Pecan Crispy Clusters

Full Product Name: Morrisons Maple & Pecan Crispy Clusters

Brand: Morrisons

Pack size: 500g

Purchase Date: 16.03.10

Place of Purchase: Morrisons, Norwich

Sell by Date:

Use by Date/Best Before Date: 02.01.11

Batch Number: 0061 15:22

Packaging: Plastic bag within a cardboard box

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 4.6

Sub-sample Name: Morrisons Maple & Pecan Crispy Clusters

**Ingredients:** Oat flakes (42%), Sugar, Rapeseed Oil, Pecans (6%), Cereal Crisps (Rice, Wheat, Malt), Wheat Flakes, Maple Syrup (3%), Vegetable Oil, Maple Flavour (0.9%) (contains Colour (E150(d)), Sea Salt.

### Label claim(s):

Suitable for vegetarians

Contains gluten, nuts

Produced in a factory which uses peanut and sesame ingredients

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 50g serving with 125ml semi skimmed milk
Energy	kJ	1952	1229
Energy	kcal	465	293
Protein	g	8.5	8.6
Carbohydrate	g	60.8	36.3
Sugars	g	26.5	19.1
Starch	g	N/A	N/A
Fat	g	20.9	12.6
Saturates	g	3.8	3.3
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	5.1	2.6
Salt	g	0.5	0.4
Sodium	g	0.2	0.2

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 4

Composite Sample Name: Crunchy / crispy muesli type cereal with nuts

Sub-sample Number: 4.7

Sub-sample Name: Sainsbury's Raisin, Nut & Honey Crunchy Oat Cereal

Full Product Name: Sainsbury's Raisin, Nut & Honey Crunchy Oat Cereal

Brand: Sainsbury's

Pack size: 1 kg

Purchase Date: 08.03.10

Place of Purchase: Sainsbury's, Queens Road, Norwich

Sell by Date:

Use by Date/Best Before Date: 11.2010

Batch Number: 0053 B7 14:15

Packaging: Plastic bag within a cardboard box

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 4.7

Sub-sample Name: Sainsbury's Raisin, Nut & Honey Crunchy Oat Cereal

**Ingredients:** Wholegrain Oat Flakes (62%); Raw Cane Sugar; Raisins (6%); Coconut; Palm Oil; Flaked Almonds (3%); Honey (2%); Sunflower Seeds (2%); Roasted Chopped Hazelnuts (1%); Natural Flavouring.

Raisins contain: Raisins, Sunflower Oil.

### Label claim(s):

Contains wholegrain

High in fibre

No added salt (contains naturally occurring sodium)

Vegetarian

Contains nuts and oat gluten

Not suitable for sesame, wheat gluten, rye gluten or barley gluten allergy sufferers

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 50g serving with 100ml semi- skimmed milk
Energy	kJ	1690	1049
Energy	kcal	402	249
Protein	g	8.5	7.8
Carbohydrate	g	60.2	35.1
Sugars	g	21.3	15.4
Starch	g	38.9	19.5
Fat	g	14.1	8.7
Saturates	g	6.2	4.2
Monounsaturates	g	4.7	2.8
Polyunsaturates	g	3.2	1.6
Fibre	g	7.6	3.8
Salt	g	0.1	0.3
Sodium	g	Tr	0.12

Sample 5: Quiche lorraine with shortcrust pastry, retail

Composite Sample Number:	5
Composite Sample Name:	Quiche Lorraine with shortcrust pastry, retail
Sub-sample Number:	5.1 & 5.2
Sub-sample Name:	Tesco Quiche Lorraine
Full Product Name:	Tesco Quiche Lorraine
Brand:	Tesco
Pack size:	400g
Purchase Date:	27.01.10
Place of Purchase:	Tesco, Harford Bridges, Norwich
Sell by Date:	5.1 (1 <sup>st</sup> Feb 2010), 5.2 (30 <sup>th</sup> Jan 2010)
Use by Date/Best Before Date:	5.1 (1 <sup>st</sup> Feb), 5.2 (30 <sup>th</sup> Jan)
Batch Number:	5.1 (2103L), 5.2 (1858K)
Packaging:	Foil dish in a cardboard box
Sample Condition As Purchased:	Chilled
Post Purchase Storage:	Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 5.1 – 5.2

Sub-sample Name: Tesco Quiche Lorraine

**Ingredients:** Wheat Flour, Egg, Smoked Reformed Bacon (14%), Cheese (14%) (Medium Fat Soft Cheese, Cheddar Cheese), Skimmed Milk, Vegetable Oil, Water, Single Cream, Modified Maize Starch, Dextrose, Salt, White Pepper, Nutmeg.

Smoked Reformed Bacon contains: Pork, Water, Salt, Dextrose, Stabilisers (Sodium Triphosphate, Sodium Polyphosphate), Antioxidant (Sodium Ascorbate), Curing Salt (Sodium Nitrite).

### Label claim(s):

No added artificial preservatives, flavours, colours of hydrogenated fat

Contains milk, wheat, gluten, egg

Cannot guarantee nut free

Produced in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per one-quarter of a quiche(100g)
Energy	kJ	1155	1155
Energy	kcal	280	280
Protein	g	8.0	8.0
Carbohydrate	g	17.5	17.5
Sugars	g	3.4	3.4
Starch	g	N/A	N/A
Fat	g	19.5	19.5
Saturates	g	8.4	8.4
Monounsaturates	g	7.7	7.7
Polyunsaturates	g	2.4	2.4
Fibre	g	1.2	1.2
Salt	g	1.1	1.1
Sodium	g	0.4	0.4

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 5

Composite Sample Name: Quiche Lorraine with shortcrust pastry, retail

Sub-sample Number: 5.3

Sub-sample Name: Tesco Quiche Lorraine

Full Product Name: Tesco Quiche Lorraine

Brand: Tesco

Pack size: 175g

Purchase Date: 27.01.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date: 1<sup>st</sup> Feb 2010

Use by Date/Best Before Date: 1<sup>st</sup> Feb 2010

Batch Number: 0815K

Packaging: Foil dish in a cardboard box

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 5.3

Sub-sample Name: Tesco Quiche Lorraine

**Ingredients:** Wheat Flour, Egg, Smoked Reformed Bacon (15%), Cheese (15%) (Medium Fat Soft Cheese, Medium Cheddar Cheese), Skimmed Milk, Vegetable Oil, Single Cream, Water, Modified Maize Starch, Dextrose, Salt, White Pepper, Nutmeg.

Smoked Reformed Bacon contains: Pork, Water, Salt, Dextrose, Stabilisers (Sodium Triphosphate, Sodium Polyphosphate), Antioxidant (Sodium Ascorbate), Curing Salt (Sodium Nitrite).

### Label claim(s):

No added artificial preservatives, flavours, colours of hydrogenated fat

Contains milk, wheat, gluten, egg

Cannot guarantee nut free

Produced in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per quiche (175g)
Energy	kJ	1130	1970
Energy	kcal	275	475
Protein	g	9.1	15.9
Carbohydrate	g	15.1	26.4
Sugars	g	1.6	2.8
Starch	g	N/A	N/A
Fat	g	19.3	33.8
Saturates	g	8.4	14.7
Monounsaturates	g	7.7	13.5
Polyunsaturates	g	2.2	3.9
Fibre	g	4.4	7.7
Salt	g	0.7	1.3
Sodium	g	0.3	0.5

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 5

Composite Sample Name: Quiche Lorraine with shortcrust pastry, retail

Sub-sample Number: 5.4

Sub-sample Name: Marks & Spencer Quiche Lorraine

Full Product Name: Marks & Spencer Quiche Lorraine

Brand: Marks & Spencer

Pack size: 400g

Purchase Date: 28.01.10

Place of Purchase: Marks & Spencer, Norwich

Sell by Date: 29<sup>th</sup> Jan 2010

Use by Date/Best Before Date: 29<sup>th</sup> Jan 2010

Batch Number: A2210DNL22 11:07

Packaging: Foil dish in a cardboard box

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 5.4

Sub-sample Name: Marks & Spencer Quiche Lorraine

**Ingredients:** Whole milk, pasteurised free range egg (16%), maple cured smoked bacon (13%), wheat flour, mild vegetarian cheddar cheese (7%), whipping cream (7%), rapeseed oil, gruyere cheese (4%), palm oil, cornflour, modified maize starch, dextrose, salt, dried mustard.

Maple cured smoked bacon contains pork (84%), water, tapioca starch, maple syrup, curing salts (salt, preservative: sodium nitrite)

Mild vegetarian cheddar cheese and gruyere cheese contain potato starch

### Label claim(s):

No artificial colours, flavourings or hydrogenated fat

Contains cow's milk, eggs, wheat, gluten, mustard.

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per ¼ quiche (100g)
Energy	kJ	1060	1060
Energy	kcal	255	255
Protein	g	11.7	11.7
Carbohydrate	g	12.2	12.2
Sugars	g	1.8	1.8
Starch	g	N/A	N/A
Fat	g	17.6	17.6
Saturates	g	8.4	8.4
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	4.6	4.6
Salt	g	0.8	0.8
Sodium	g	0.32	0.32

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 5

Composite Sample Name: Quiche Lorraine with shortcrust pastry, retail

Sub-sample Number: 5.5

Sub-sample Name: Marks & Spencer Quiche Lorraine

Full Product Name: Marks & Spencer Quiche Lorraine

Brand: Marks & Spencer

Pack size: 170g

Purchase Date: 28.01.10

Place of Purchase: Marks & Spencer, Norwich

Sell by Date: 1<sup>st</sup> Feb 2010

Use by Date/Best Before Date: 1<sup>st</sup> Feb 2010

Batch Number:

Packaging: Foil dish in a cardboard box

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 5.5

Sub-sample Name: Marks & Spencer Quiche Lorraine

### Ingredients:

Whole milk, wheat flour, pasteurised free range egg (14%), maple cured smoked bacon (13%), mild vegetarian cheddar cheese (7%), whipping cream (7%), rapeseed oil, gruyere cheese (5%), palm oil, cornflour, modified maize starch, dextrose, salt, dried mustard.

Maple cured smoked bacon contains pork (84%), water, tapioca starch, maple syrup, curing salts (salt, preservative: sodium nitrite)

Mild vegetarian cheddar cheese and gruyere cheese contain potato starch

### Label claim(s):

No artificial colours, flavourings or hydrogenated fat

Contains cow's milk, eggs, wheat, gluten, mustard

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per quiche
Energy	kJ	1135	1930
Energy	kcal	275	470
Protein	g	11.3	19.2
Carbohydrate	g	14.3	24.3
Sugars	g	1.6	2.7
Starch	g	N/A	N/A
Fat	g	18.9	32.1
Saturates	g	9.5	16.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	3.7	6.3
Salt	g	0.55	0.93
Sodium	g	0.22	0.37

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 5

Composite Sample Name: Quiche Lorraine with shortcrust pastry, retail

Sub-sample Number: 5.6

Sub-sample Name: The Co-operative Quiche Lorraine

Full Product Name: The Co-operative Quiche Lorraine

Brand: Co-op

Pack size: 400g

Purchase Date: 27.01.10

Place of Purchase: Co-op, Earlham Road, Norwich

Sell by Date:

Use by Date/Best Before Date: 29<sup>th</sup> Jan 2010

Batch Number: 2026K

Packaging: Foil dish in a cardboard box

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 5.6

Sub-sample Name: The Co-operative Quiche Lorraine

**Ingredients:** Wheat flour, reformed smoked bacon (13%) (with pork, stabilisers (triphosphates, polyphosphates), antioxidant (sodium ascorbate), preservative (sodium nitrite)), skimmed milk, egg (free range) (11%), vegetable oil (palm, rapeseed), medium mature cheddar cheese\* (7%), water, double cream, low fat fromage frais, milk cheddar cheese (3%), medium fat soft cheese\*\* (2%), butter, dextrose, low sodium sea salt, modified maize starch, nutmeg, onion, white pepper.

\*Made using a vegetarian rennet extracted from a genetically modified micro-organism

\*\*Made using non-animal rennet

### Label claim(s):

Contains nitrites which have been associated with food intolerance

Contains egg, gluten, milk, wheat

Not suitable for people on a low or restricted potassium diet

Made in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per ¼ quiche (100g)
Energy	kJ	1150	1150
Energy	kcal	275	275
Protein	g	8.1	8.1
Carbohydrate	g	14.9	14.9
Sugars	g	1.7	1.7
Starch	g	N/A	N/A
Fat	g	20.6	20.6
Saturates	g	9.0	9.0
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.6	2.6
Salt	g	0.8	0.8
Sodium	g	0.3	0.3

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 5

Composite Sample Name: Quiche Lorraine with shortcrust pastry, retail

Sub-sample Number: 5.7

Sub-sample Name: Sainsbury's Quiche Lorraine

Full Product Name: Sainsbury's Quiche Lorraine

Brand: Sainsbury's

Pack size: 400g

Purchase Date: 27.01.10

Place of Purchase: Sainsbury's, Longwater, Norwich

Sell by Date:

Use by Date/Best Before Date: 1<sup>st</sup> Feb 2010

Batch Number: 11:05

Packaging: Foil dish in a cardboard box

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 5.7

Sub-sample Name: Sainsbury's Quiche Lorraine

**Ingredients:** Cheese and Smoked Reformed Bacon Egg Custard Filling (71%); Shortcrust Pastry.

Cheese And Smoked Reformed Bacon Egg Custard Filling contains: Cow's milk, Whole Egg, Mild Cheddar Cheese (from Cows' Milk) (19%), Smoked Reformed Bacon (15%) (Pork (87%), Water, Salt, Sugar, Tapioca Starch, Preservative: Sodium Nitrite; Antioxidant: Sodium Ascorbate; Single Cream (from Cows' Milk), Rice Starch, Cornflour, Dijon Mustard (Water, Black Mustard Seed, Spirit Vinegar, Salt), White Pepper, Wheat Flour.

Shortcrust Pastry contains: Wheat Flour, Vegetable Oil (Rapeseed Oil, Palm Oil), Water, Maize Flour, Unsalted Butter (from Cows' Milk), Salt.

### Label claim(s):

Contains milk, egg, mustard and wheat gluten

Produced in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 1/3 quiche
Energy	kJ	1071	1425
Energy	kcal	257	342
Protein	g	9.6	12.8
Carbohydrate	g	15.1	20.1
Sugars	g	2.2	2.9
Starch	g	12.9	17.2
Fat	g	17.6	23.4
Saturates	g	6.9	9.2
Monounsaturates	g	7.3	9.7
Polyunsaturates	g	2.4	3.2
Fibre	g	2.9	3.9
Salt	g	0.8	1.0
Sodium	g	0.3	0.4

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 5

Composite Sample Name: Quiche Lorraine with shortcrust pastry, retail

Sub-sample Number: 5.8

Sub-sample Name: Morrisons Quiche Lorraine

Full Product Name: Morrisons Quiche Lorraine

Brand: Morrisons

Pack size: 400g

Purchase Date: 28.01.10

Place of Purchase: Morrisons, Norwich

Sell by Date:

Use by Date/Best Before Date: 3<sup>rd</sup> Feb 2010

Batch Number: 1154K

Packaging: Foil dish in a cardboard box

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 5.8

Sub-sample Name: Morrisons Quiche Lorraine

**Ingredients:** Wheat flour, Free range egg (14%), Smoked reformed bacon (13%) (pork, water, salt, dextrose, stabilisers (sodium triphosphate, sodium polyphosphate), antioxidant (sodium ascorbate), preservative (sodium nitrite)), Skimmed milk, Vegetable oil water, Cheddar cheese (7.5%), Medium fat soft cheese (6.3%), Single cream, Modified maize starch, Onion, Dextrose, Salt, White pepper, Nutmeg.

### Label claim(s):

No artificial flavours or colours

Contains egg, gluten and milk

Produced in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per ¼ quiche
Energy	kJ	1108	1108
Energy	kcal	266	266
Protein	g	8.7	8.7
Carbohydrate	g	16.2	16.2
Sugars	g	2.2	2.2
Starch	g	N/A	N/A
Fat	g	18.5	18.5
Saturates	g	8.6	8.6
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.0	2.0
Salt	g	0.8	0.8
Sodium	g	0.3	0.3

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 5

Composite Sample Name: Quiche Lorraine with shortcrust pastry, retail

Sub-sample Number: 5.9

Sub-sample Name: Asda Quiche Lorraine

Full Product Name: Asda Quiche Lorraine

Brand: Asda

Pack size: 400g

Purchase Date: 27.01.10

Place of Purchase: Asda, Norwich

Sell by Date: 30<sup>th</sup> Jan 2010

Use by Date/Best Before Date: 31<sup>st</sup> Jan 2010

Batch Number: 16:19 B

Packaging: Foil dish in a cardboard box

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 5.9

Sub-sample Name: Asda Quiche Lorraine

**Ingredients:** Milk, Wheat Flour, Beechwood Smoked Reformed Bacon (11%) [Pork (90%), Water, Salt, Preservative (Sodium Nitrite), Antioxidant (Sodium Ascorbate),], Egg, Vegetable Oil, Mature Cheddar Cheese (7%) [contains Potato Starch], Single Cream, Medium Fat Soft Cheese (4.6%) [contains Potato Starch], Modified Maize Starch, Rapeseed Oil, Dextrose.

### Label claim(s):

No artificial colours, flavours or hydrogenated fat

Contains gluten, milk, wheat and egg

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per ½ quiche
Energy	kJ	1101	2212
Energy	kcal	264	530
Protein	g	6.7	13.5
Carbohydrate	g	19.3	38.7
Sugars	g	2.1	4.3
Starch	g	N/A	N/A
Fat	g	17.8	35.7
Saturates	g	7.9	15.9
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.0	2.0
Salt	g	0.6	1.2
Sodium	g	0.23	0.46

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 5

Composite Sample Name: Quiche Lorraine with shortcrust pastry, retail

Sub-sample Number: 5.10

Sub-sample Name: Fairview Farm quiche Lorraine (Lidl)

Full Product Name: Fairview Farm quiche Lorraine (Lidl)

Brand: Fairview Farm

Pack size: 400g

Purchase Date: 27.01.10

Place of Purchase: Lidl, Norwich

Sell by Date:

Use by Date/Best Before Date: 9<sup>th</sup> Feb 2010

Batch Number: L0019 EFL 15:26

Packaging: Foil dish in a cardboard box

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 5.10

Sub-sample Name: Fairview Farm quiche Lorraine (Lidl)

**Ingredients:** Butter enriched short-crust pastry (29%) (Made with 15% butter) (Wheat Flour, Unsalted Butter, Water, Vegetable Oil, Dextrose, Salt), Whole Milk, Smoked Bacon (16%) (Pork, Water, Salt, Dextrose, Stabilisers: E451, E452, Antioxidant: Sodium ascorbate, Preservative: Sodium nitrite), Mature Cheddar Cheese (14%), Pasteurised Egg (11%), Whipping Cream (8%), Modified Maize Starch, Salt, Preservative: Potassium sorbate, White Pepper, Nutmeg.

### Label claim(s):

Contains: Egg, Gluten, Milk and Mustard

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per ¼ quiche (100g)
Energy	kJ	1285	1285
Energy	kcal	309	309
Protein	g	10.7	10.7
Carbohydrate	g	16.5	16.5
Sugars	g	2.0	2.0
Starch	g	N/A	N/A
Fat	g	22.2	22.2
Saturates	g	8.7	8.7
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.9	0.9
Salt	g	0.7	0.7
Sodium	g	0.3	0.3

Sample 6: Low fat spread (26-39%), not polyunsaturated (including dairy type)

Composite Sample Number: 6

Composite Sample Name: Low fat spread (26-39%), not polyunsaturated (including dairy type)

Sub-sample Number: 6.1 & 6.2

Sub-sample Name: I can't believe it's not butter light

Full Product Name: I can't believe it's not butter light

Brand: I can't believe it's not butter

Pack size: 500g

Purchase Date: 14.01.10

Place of Purchase: Asda, Norwich

Sell by Date:

Use by Date/Best Before Date: 6.1 (08.05.10), 6.2 (01.05.10)

Batch Number: 6.1 (L100060V119 11:47), 6.2 (L93640X119B)

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 6.1 & 6.2

Sub-sample Name: I can't believe it's not butter light

**Ingredients:** Water, Vegetable Oils, Modified Tapioca Starch, Salt (1.5%), Buttermilk (1%), Emulsifiers: Mono- and Di-Glycerides of Fatty Acids, Sunflower Lecithin, Preservative: Potassium Sorbate, Citric Acid, Flavouring, Vitamin E, Colour: Beta-Carotene, Vitamins A & D.

### Label claim(s):

75% less saturated fat than butter

Made with pure buttermilk

Suitable for vegetarians and vegans

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 10g serving
Energy	kJ	1454	145
Energy	kcal	354	35
Protein	g	0.1	0.01
Carbohydrate	g	3.0	0.3
Sugars	g	Tr	Tr
Starch	g	N/A	N/A
Fat	g	38	3.8
Saturates	g	11	1.1
Monounsaturates	g	18	1.8
Polyunsaturates	g	8.6	0.9
Fibre	g	0	0
Salt	g	1.5	0.2
Sodium	g	0.6	0.06
Vitamin A	µg	800	80
Vitamin D	µg	7.5	0.8
Vitamin E	mg	18	1.8

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 6

Composite Sample Name: Low fat spread (26-39%), not polyunsaturated (including dairy type)

Sub-sample Number: 6.3 & 6.4

Sub-sample Name: Tesco Butter Me Up Light

Full Product Name: Tesco Butter Me Up Light

Brand: Tesco

Pack size: 500g

Purchase Date: 6.3 (14.01.10), 6.4 (15.01.10)

Place of Purchase: Tesco Extra, Norwich

Sell by Date: 18.04.10

Use by Date/Best Before Date: 20.04.10

Batch Number: 6.3 (AA3 03:30 B), 6.4 (AA2 06:28 B)

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 6.3 & 6.4

Sub-sample Name: Tesco Butter Me Up Light

**Ingredients:** Vegetable Oils, Water, Reconstituted Buttermilk (28%), Salt (1.5%), Stabiliser (Sodium Alginate), Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Preservative (Potassium Sorbate), Lactic Acid, Vitamin E, Natural Flavouring, Colour (Natural Carotene), Vitamin A, Vitamin D

### Label claim(s):

Contains milk  
Cannot guarantee nut free  
Suitable for vegetarians

Produced in Ireland

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 10g serving
Energy	kJ	1420	142
Energy	kcal	345	35
Protein	g	0.3	Tr
Carbohydrate	g	0.5	Tr
Sugars	g	0.5	Tr
Starch	g	N/A	N/A
Fat	g	38.0	3.8
Saturates	g	9.2	0.9
Monounsaturates	g	18.5	1.9
Polyunsaturates	g	8.2	0.8
Fibre	g	0	0
Salt	g	1.5	0.2
Sodium	g	0.6	0.1
Vitamin A	µg	800	80
Vitamin D	µg	5.0	0.5
Vitamin E	mg	20	2.0

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 6

Composite Sample Name: Low fat spread (26-39%), not polyunsaturated (including dairy type)

Sub-sample Number: 6.5

Sub-sample Name: Asda You'd Butter Believe It! Light

Full Product Name: Asda You'd Butter Believe It! Light

Brand: Asda

Pack size: 500g

Purchase Date: 14.01.10

Place of Purchase: Asda, Norwich

Sell by Date: 06.04.10

Use by Date/Best Before Date: 13.04.10

Batch Number: YG 14:13

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 6.5

Sub-sample Name: Asda You'd Butter Believe It! Light

**Ingredients:** Vegetable Oils, Water, Reconstituted Buttermilk (28%) (Milk), Salt (1.5%), Stabiliser (Sodium Alginate), Emulsifier (Mono and Diglycerides of Fatty Acids), Preservative (Potassium Sorbate), Lactic Acid, Flavouring, Colour (Carotenes), Vitamins A and D.

### Label claim(s):

Suitable for vegetarians

No artificial colours or flavouring

Contains milk

35% less fat than standard Asda You'd Butter Believe it

No hydrogenated fat

Produced in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 10g
Energy	kJ	1420	142
Energy	kcal	345	35
Protein	g	0.3	0.03
Carbohydrate	g	0.5	0.05
Sugars	g	0.5	0.05
Starch	g	N/A	N/A
Fat	g	38.0	3.8
Saturates	g	9.2	0.9
Monounsaturates	g	18.9	1.9
Polyunsaturates	g	7.9	0.8
Fibre	g	0	0
Salt	g	1.5	0.2
Sodium	g	0.6	0.06

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 6

Composite Sample Name: Low fat spread (26-39%), not polyunsaturated (including dairy type)

Sub-sample Number: 6.6

Sub-sample Name: Sainsbury's Butterlicious Light Spread

Full Product Name: Sainsbury's Butterlicious Light Spread

Brand: Sainsbury's

Pack size: 500g

Purchase Date: 14.01.10

Place of Purchase: Sainsbury's, Queens Road, Norwich

Sell by Date:

Use by Date/Best Before Date: 27.02.10

Batch Number: E5 07:18

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 6.6

Sub-sample Name: Sainsbury's Butterlicious Light Spread

**Ingredients:** Water, Rapeseed Oil, Palm Oil, Buttermilk Powder (from Cows' Milk), Salt (1.5%), Stabiliser: Sodium Alginate, Emulsifier: Mono- and Diglycerides of Fatty Acids, Preservative: Potassium Sorbate, Lactic Acid, Flavouring, Colour: Beta-Carotene, Vitamin A, Vitamin D.

### Label claim(s):

Suitable for coeliacs

High in mono-unsaturates

Low in saturates

Vegetarian

Produced in Ireland

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 10g
Energy	kJ	1420	142
Energy	kcal	350	35
Protein	g	0.3	Tr
Carbohydrate	g	0.5	0.1
Sugars	g	0.5	0.1
Starch	g	0	0
Fat	g	38	3.8
Saturates	g	9.2	0.9
Monounsaturates	g	18.9	1.9
Polyunsaturates	g	7.9	0.8
Fibre	g	0	0
Salt	g	1.5	0.15
Sodium	g	0.6	Tr
Vitamin A	µg	800	80
Vitamin D	µg	5.0	0.5

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 6

Composite Sample Name: Low fat spread (26-39%), not polyunsaturated (including dairy type)

Sub-sample Number: 6.7

Sub-sample Name: Light Summerlite Beautifully Butterfully (Aldi)

Full Product Name: Light Summerlite Beautifully Butterfully (Aldi)

Brand: Summerlite

Pack size: 500g

Purchase Date: 09.01.10

Place of Purchase: Aldi, Norwich

Sell by Date:

Use by Date/Best Before Date: 17.04.10

Batch Number: BA2 23:19

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 6.7

Sub-sample Name: Light Summerlite Beautifully Butterfully (Aldi)

**Ingredients:** Water, Vegetable Oil, Salt (1.6%), Stabiliser: Sodium Alginate; Buttermilk Powder (0.8%), Emulsifier: Mono- and Diglycerides of Fatty Acids; Preservative: Potassium Sorbate; Lactic Acid, Flavouring, Colour: Beta Carotene; Vitamin A, Vitamin D

### Label claim(s):

High in monounsaturates

No hydrogenated oils

Contains milk

Suitable for vegetarians

Gluten free

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 10g
Energy	kJ	1418	142
Energy	kcal	345	35
Protein	g	0.3	Tr
Carbohydrate	g	0.4	Tr
Sugars	g	0.4	Tr
Starch	g	N/A	N/A
Fat	g	38.0	3.8
Saturates	g	9.5	1.0
Monounsaturates	g	19	1.9
Polyunsaturates	g	7.5	0.8
Fibre	g	0	0
Salt	g	1.6	0.16
Sodium	g	0.6	0.06
Vitamin A	µg	800	80
Vitamin D	µg	5.0	0.5

Sample 7: Low fat spread (26-39%), not polyunsaturated, with olive oil

Composite Sample Number:	7
Composite Sample Name:	Low fat spread (26-39%), not polyunsaturated, with olive oil
Sub-sample Number:	7.1 – 7.4
Sub-sample Name:	Bertolli Light Spread
Full Product Name:	Bertolli Light Spread
Brand:	Bertolli
Pack size:	500g
Purchase Date:	7.1 & 7.2 (14.01.10), 7.3 (17.01.10), 7.4 (27.01.10)
Place of Purchase:	7.1 & 7.4 (Asda, Norwich), 7.2 (Tesco, Harford Bridges, Norwich), 7.3 (Sainsbury's, Longwater, Norwich)
Sell by Date:	
Use by Date/Best Before Date:	7.1 (24.04.10), 7.2 (17.04.10), 7.3 (08.05.10), 7.4 (15.05.10)
Batch Number:	7.1 (L93550W119 5:23), 7.2 (L93520W119 4:28), 7.3 (L100050W119 17:18 L1), 7.4 (L100150X119 10:37)
Packaging:	Plastic
Sample Condition As Purchased:	Chilled
Post Purchase Storage:	Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 7.1 – 7.4

Sub-sample Name: Bertolli Light Spread

**Ingredients:** Water, Bertolli Olive Oil composed of Refined Olive Oils and Virgin Olive Oils, Vegetable Oil, Vegetable Fats, Modified Tapioca Starch, Salt (0.8%), Buttermilk, Emulsifiers (Mono and Diglycerides of Fatty Acids, Sunflower Lecithin), Preservative (Potassium Sorbate), Citric Acid, Flavouring, Vitamins A & D, Colour (Beta-Carotene).

### Label claim(s):

Suitable for vegetarians

80% lower in saturates than butter

Produced outside of Italy

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 10g serving
Energy	kJ	1451	145
Energy	kcal	353	35
Protein	g	Tr	Tr
Carbohydrate	g	2.5	0.3
Sugars	g	Tr	Tr
Starch	g	N/A	N/A
Fat	g	38	3.8
Saturates	g	9.5	1
Monounsaturates	g	22	2.2
Polyunsaturates	g	6.3	0.6
Fibre	g	0	0
Salt	g	0.8	0.08
Sodium	g	0.32	Tr

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 7

Composite Sample Name: Low fat spread (26-39%), not polyunsaturated, with olive oil

Sub-sample Number: 7.5 & 7.6

Sub-sample Name: Tesco Enriched Olive Spread Lighter

Full Product Name: Tesco Enriched Olive Spread Lighter

Brand: Tesco

Pack size: 500g

Purchase Date: 7.5 (14.01.10), 7.6 (15.01.10)

Place of Purchase: 7.5 (Tesco, Harford Bridges, Norwich), 7.6 (Tesco Extra, Norwich)

Sell by Date: 18.04.10

Use by Date/Best Before Date: 20.04.10

Batch Number: 7.5 (AV4 07:16 B), 7.6 (AA3 03:56 B)

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 7.5 & 7.6

Sub-sample Name: Tesco Enriched Olive Spread Lighter

**Ingredients:** Water, Vegetable Oils, Olive Oil (12%), Salt (1.3%), Milk Proteins, Stabiliser (Sodium Alginate), Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Preservative (Potassium Sorbate), Vitamin B6, Natural Flavouring, Folic Acid, Colour (Natural Carotene), Vitamin A, Vitamin D, Vitamin B12.

### Label claim(s):

Cannot guarantee nut free

Contains milk

Suitable for vegetarians

Produced in Ireland

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 10g serving
Energy	kJ	1435	144
Energy	kcal	350	35
Protein	g	1.5	0.2
Carbohydrate	g	0	0
Sugars	g	0	0
Starch	g	N/A	N/A
Fat	g	38	3.8
Saturates	g	9	0.9
Monounsaturates	g	21	2.1
Polyunsaturates	g	5.8	0.6
Fibre	g	0	0
Salt	g	1.3	0.1
Sodium	g	0.5	0.05
Vitamin A	µg	800	80
Vitamin D	µg	5	0.5
Vitamin B6	mg	5	0.5
Folic Acid	µg	500	50
Vitamin B12	µg	5	0.5

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 7

Composite Sample Name: Low fat spread (26-39%), not polyunsaturated, with olive oil

Sub-sample Number: 7.7

Sub-sample Name: Sainsbury's Olive Light Spread

Full Product Name: Sainsbury's Olive Light Spread

Brand: Sainsbury's

Pack size: 500g

Purchase Date: 14.01.10

Place of Purchase: Sainsbury's, Queens Road, Norwich

Sell by Date:

Use by Date/Best Before Date: 01.05.10

Batch Number: AV4 8:50

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 7.7

Sub-sample Name: Sainsbury's Olive Light Spread

**Ingredients:** Water, Rapeseed Oil, Olive Oil (12%), Palm Oil, Salt (1.4%), Milk Proteins (from cows' milk), Stabiliser: Sodium Alginate; Emulsifier: Mono- and Diglycerides of Fatty Acids; Preservative: Potassium Sorbate; Vitamin B6, Folic Acid, Colour: Beta-Carotene; Flavouring, Vitamins A, D and B12.

### Label claim(s):

Contains cow's milk

Suitable for coeliacs

Vegetarian

Low fat

Produced in the Republic of Ireland

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 10g serving
Energy	kJ	1432	143
Energy	kcal	348	35
Protein	g	1.5	0.2
Carbohydrate	g	0	0
Sugars	g	0	0
Starch	g	N/A	N/A
Fat	g	38	3.8
Saturates	g	9.3	0.9
Monounsaturates	g	21	2.1
Polyunsaturates	g	6	0.6
Fibre	g	0	0
Salt	g	1.4	0.1
Sodium	g	0.56	0.06

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 7

Composite Sample Name: Low fat spread (26-39%), not polyunsaturated, with olive oil

Sub-sample Number: 7.8

Sub-sample Name: Morrisons Olive Light

Full Product Name: Morrisons Olive Light

Brand: Morrisons

Pack size: 500g

Purchase Date: 15.01.10

Place of Purchase: Morrisons, Norwich

Sell by Date:

Use by Date/Best Before Date: 17.04.10

Batch Number: BA3 20:54

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 7.8

Sub-sample Name: Morrisons Olive Light

**Ingredients:** Water, Vegetable Oils, Olive Oil (12%), Salt (1.4%), Milk Proteins, Stabiliser (sodium alginate), Emulsifier (mono and diglycerides of fatty acids), Preservative (potassium sorbate), Flavouring, Colour (beta-carotene), Vitamins A and D

### Label claim(s):

High in monosaturates

Contains no hydrogenated oils

Contains milk

Produced in Ireland

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 10g serving
Energy	kJ	1435	143
Energy	kcal	350	35
Protein	g	1.5	0.2
Carbohydrate	g	0	0
Sugars	g	0	0
Starch	g	N/A	N/A
Fat	g	38	3.8
Saturates	g	9	0.9
Monounsaturates	g	21	2.1
Polyunsaturates	g	5.8	0.6
Fibre	g	0	0
Salt	g	1.5	0.1
Sodium	g	0.6	Tr

Sample 8: Low fat spread (26-39%), polyunsaturated

Composite Sample Number:	8
Composite Sample Name:	Low fat spread (26-39%), polyunsaturated
Sub-sample Number:	8.1 – 8.6
Sub-sample Name:	Flora Light
Full Product Name:	Flora Light
Brand:	Flora
Pack size:	8.1 & 8.3-8.6 (500g), 8.2 (250g)
Purchase Date:	8.1-8.4 (14.01.10), 8.5-8.6 (15.01.10)
Place of Purchase:	8.1 (Asda, Norwich), 8.2 & 8.3 (Tesco, Harford Bridges, Norwich), 8.4 (Sainsbury's, Queens Road), 8.5 (Co-op, Earlham Road, Norwich), 8.6 (Lidl, Norwich)
Sell by Date:	
Use by Date/Best Before Date:	8.1 (17.04.10), 8.2 (10.04.10), 8.3 (17.04.10), 8.4 (08.05.10), 8.5 (17.04.10), 8.6 (17.04.10)
Batch Number:	8.1 (L93520X119 B 02:57), 8.2 (L93420Y119 B 12:57), 8.3 (L93490X119 B 09:22), 8.4 (L100060W119), 8.5 (L93510X119 B), 8.6 (L93480X119 B)
Packaging:	Plastic
Sample Condition As Purchased:	Chilled
Post Purchase Storage:	Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 8.1 – 8.6

Sub-sample Name: Flora Light

**Ingredients:** Water, Vegetable Oils (Seed Oils 80%), Modified Tapioca Starch, Salt (1.3%), Buttermilk, Emulsifiers: Mono- and Diglycerides of Fatty Acids, Sunflower Lecithin, Preservative: Potassium Sorbate, Citric Acid, Vitamin E, Vitamin B6, Flavouring, Colour: Beta-Carotene, Folic Acid, Vitamins A, D and B12.

### Label claim(s):

Made with seed oils

Containing heart healthy Omega 3 & 6

83% lower in saturates than butter

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 10g serving
Energy	kJ	1459	146
Energy	kcal	354	35
Protein	g	0.1	0.01
Carbohydrate	g	2.8	0.3
Sugars	g	Tr	Tr
Starch	g	N/A	N/A
Fat	g	38	3.8
Saturates	g	9.3	0.9
Monounsaturates	g	9.3	0.9
Polyunsaturates	g	19	1.9
Omega 3	g	3	0.3
Omega 6	g	16	1.6
Fibre	g	0	0
Salt	g	1.3	0.1
Sodium	g	0.5	0.05
Vitamin A	µg	800	80
Vitamin D	µg	7.5	0.8
Vitamin E	mg	20	2
Vitamin B6	mg	5	0.5
Folic Acid	µg	500	50
Vitamin B12	µg	2.5	0.3

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 8

Composite Sample Name: Low fat spread (26-39%), polyunsaturated

Sub-sample Number: 8.7

Sub-sample Name: Sainsbury's Sunflower Light Spread

Full Product Name: Sainsbury's Sunflower Light Spread

Brand: Sainsbury's

Pack size: 500g

Purchase Date: 14.01.10

Place of Purchase: Sainsbury's, Queens Road, Norwich

Sell by Date:

Use by Date/Best Before Date: 26.03.10

Batch Number: ZG 08:07

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 8.7

Sub-sample Name: Sainsbury's Sunflower Light Spread

**Ingredients:** Water, Sunflower Oil (20%), Palm Oil, Rapeseed Oil, Linseed Oil, Salt (1.4%), Buttermilk Powder (from Cows' Milk), Stabiliser (Sodium Alginate), Emulsifier (Mono- and Diglycerides of Fatty Acids), Preservative (Potassium Sorbate), Lactic Acid, Vitamin B6, Folic Acid, Colour (Natural Carotenes), Flavouring, Vitamins A, D and B12.

### Label claim(s):

Vegetarian

High in poly-unsaturated fat

Contains cow's milk

Suitable for coeliacs

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 10g serving
Energy	kJ	1421	142
Energy	kcal	346	35
Protein	g	0.4	Tr
Carbohydrate	g	0.5	Tr
Sugars	g	0.5	Tr
Starch	g	N/A	N/A
Fat	g	38	3.8
Saturates	g	9.3	0.9
Monounsaturates	g	9.5	1
Polyunsaturates	g	17.2	1.7
Omega 3	g	2.2	0.2
Omega 6	g	15	1.5
Fibre	g	0	0
Salt	g	1.4	0.1
Sodium	g	0.56	0.06

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 8

Composite Sample Name: Low fat spread (26-39%), polyunsaturated

Sub-sample Number: 8.8

Sub-sample Name: Tesco Sunflower Light Enriched Spread

Full Product Name: Tesco Sunflower Light Enriched Spread

Brand: Tesco

Pack size: 500g

Purchase Date: 14.01.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date: 28.03.10

Use by Date/Best Before Date: 30.03.10

Batch Number: XB B

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 8.8

Sub-sample Name: Tesco Sunflower Light Enriched Spread

**Ingredients:** Water, Sunflower Oil (22%), Vegetable Oil, Salt (1.3%), Emulsifiers (Mono- and Di-Glycerides of Fatty Acids, Polyglycerol Polyricinoleate), Buttermilk Powder, Stabiliser (Sodium Alginate), Preservative (Potassium Sorbate), Citric Acid, Vitamin E, Natural Flavouring, Vitamin B6, Vitamins A and D, Colour (Natural Carotenes), Folic Acid, Vitamin B12.

### Label claim(s):

Contains 35% less fat than standard Tesco Enriched Sunflower Spread

Source of Omega 3 and 6 oils

Contains milk

Cannot guarantee nut free

Produced in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 10g
Energy	kJ	1430	143
Energy	kcal	350	35
Protein	g	0.3	Tr
Carbohydrate	g	1	0.1
Sugars	g	1	0.1
Starch	g	N/A	N/A
Fat	g	38	3.8
Saturates	g	9	0.9
Monounsaturates	g	11	1.1
Polyunsaturates	g	17	1.7
Omega 3	g	2.2	0.2
Omega 6	g	15	1.5
Fibre	g	0	0
Salt	g	1.3	0.1
Sodium	g	0.5	0.1
Vitamin E	mg	38	3.8
Vitamin B6	mg	5	0.5
Folic Acid	µg	500	50
Vitamin B12	µg	5	0.5

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 8

Composite Sample Name: Low fat spread (26-39%), polyunsaturated

Sub-sample Number: 8.9

Sub-sample Name: Vita D'Or (Golden Sun) Sunflower Light Spread (Lidl)

Full Product Name: Vita D'Or (Golden Sun) Sunflower Light Spread (Lidl)

Brand: Vita D'Or

Pack size: 500g

Purchase Date: 15.01.10

Place of Purchase: Lidl, Norwich

Sell by Date:

Use by Date/Best Before Date: 04.05.10

Batch Number: B

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 8.9

Sub-sample Name: Vita D'Or (Golden Sun) Sunflower Light Spread (Lidl)

**Ingredients:** Water, Vegetable Oils and Fats (38%) (Sunflower Oil (61%), Vegetable Oils and Fats), Salt (1.3%), Emulsifiers: Mono and Diglycerides of Fatty Acids, Polyglycerol Polyricinoleate; Buttermilk Powder, Preservative: Potassium Sorbate; Citric Acid, Vitamin E, Vitamin B6, Vitamin A, Folic Acid, Vitamin D, Vitamin B12, Colour: Beta Carotene; Flavourings.

### Label claim(s):

Vegetarians

Source of Vitamins A, B6, B12, D and E

Contains milk

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 10g
Energy	kJ	1410	141
Energy	kcal	345	35
Protein	g	Tr	Tr
Carbohydrate	g	0.2	0.02
Sugars	g	0.2	0.02
Starch	g	N/A	N/A
Fat	g	38	3.8
Saturates	g	11	1.1
Trans fatty acids	g	≤1g	Tr
Monounsaturates	g	10	1
Polyunsaturates	g	16	1.6
Omega 6 fatty acids	g	16	1.6
Fibre	g	0	0
Salt	g	N/A	N/A
Sodium	g	0.5	0.05
Vitamin A	µg	800	80
Vitamin D	µg	7.5	0.8
Vitamin E	mg	20	2
Vitamin B6	mg	5	0.5
Folic Acid	µg	500	50
Vitamin B12	µg	2.5	0.3

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 8

Composite Sample Name: Low fat spread (26-39%), polyunsaturated

Sub-sample Number: 8.10

Sub-sample Name: Summerlite Sunflower Low Fat Spread (Aldi)

Full Product Name: Summerlite Sunflower Low Fat Spread (Aldi)

Brand: Summerlite

Pack size: 500g

Purchase Date: 09.01.10

Place of Purchase: Aldi, Norwich

Sell by Date:

Use by Date/Best Before Date: 08.02.10

Batch Number: 01 07:32

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 8.10

Sub-sample Name: Summerlite Sunflower Low Fat Spread (Aldi)

**Ingredients:** Water, Sunflower Oil (25%), Vegetable Oil, Modified Potato Starch, Buttermilk, Salt (1.4%), Emulsifier: Mono- and Diglycerides of Fatty Acids, Polyglycerol Polyricinoleate; Lactic Acid, Flavourings, Preservative; Potassium Sorbate; Citric Acid, Colour: Beta-Carotene; Vitamin B6 (5mg), Vitamin E (30mg), Folic Acid (1000µmg), Vitamin A (893µg), Vitamin D3 (9.7µg), Vitamin B12 (5µg).

### Label claim(s):

Rich in folic acid and vitamin B12

Good source of vitamin B6 and vitamin E

Vegetarian

Gluten free

High in essential polyunsaturates

No hydrogenated oils

Contains milk

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 15g serving
Energy	kJ	1489	223
Energy	kcal	362	54
Protein	g	0.1	Tr
Carbohydrate	g	4.8	0.7
Sugars	g	0.1	Tr
Starch	g	N/A	N/A
Fat	g	38	5.7
Saturates	g	11.5	1.7
Monounsaturates	g	8.5	1.3
Polyunsaturates	g	18	2.7
Fibre	g	0	0
Salt	g	1.4	0.3
Sodium	g	0.6	0.1
Vitamin A	µg	893	134
Vitamin D	µg	9.7	1.4
Vitamin E	mg	30	4.5
Vitamin B6	mg	5	0.7
Folic Acid	µg	1000	150
Vitamin B12	µg	5	0.7

### Sample 9: Hard block margarine

Composite Sample Number:	9
Composite Sample Name:	Hard block margarine
Sub-sample Number:	9.1 – 9.6
Sub-sample Name:	Stork margarine (block)
Full Product Name:	Stork margarine (block)
Brand:	Stork
Pack size:	500g
Purchase Date:	9.1 – 9.3 (14.01.10), 9.4 (15.01.10), 9.5 & 9.6 (03.02.10)
Place of Purchase:	9.1 & 9.2 (Asda, Norwich), 9.3 & 9.5 (Tesco, Harford Bridges, Norwich), 9.4 (Morrisons, Norwich), 9.6 (Asda, Norwich)
Sell by Date:	
Use by Date/Best Before Date:	9.1 (24.04.10), 9.2 (17.04.10), 9.3 (24.04.10), 9.4 (24.04.10), 9.5 (15.05.10), 9.6 (15.05.10)
Batch Number:	9.1 (L93550O119 B 23:57), 9.2 (L93520U119 B 14:10), 9.3 (L93560U119 B 09:00), 9.4 (L93570U119 B 00:19), 9.5 (L100120U119 09:58), 9.6 (L100110U119 22:42)
Packaging:	Coated cardboard
Sample Condition As Purchased:	Chilled
Post Purchase Storage:	Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 9.1 – 9.6

Sub-sample Name: Stork margarine (block)

**Ingredients:** Vegetable oils, Water, Salt (2.3%), Emulsifier: mono- and di- glycerides of fatty acids, Flavourings, Vitamin E, Citric acid, Colour: beta-carotene, Vitamins A and D.

**Label claim(s):**

### Nutrient Information:

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per 10g</b>
Energy	kJ	2775	278
Energy	kcal	675	68
Protein	g	0	0
Carbohydrate	g	0	0
Sugars	g	0	0
Starch	g	N/A	N/A
Fat	g	75	7.5
Saturates	g	25.7	2.6
Monounsaturates	g	33.7	3.4
Polyunsaturates	g	14.8	1.5
Trans	g	0.8	0.08
Fibre	g	0	0
Salt	g	2.3	0.2
Sodium	g	0.9	0.09

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 9

Composite Sample Name: Hard block margarine

Sub-sample Number: 9.7 & 9.8

Sub-sample Name: Tesco Baking (75% vegetable fat spread)

Full Product Name: Tesco Baking (75% vegetable fat spread)

Brand: Tesco

Pack size: 250g

Purchase Date: 9.7 (14.01.10), 9.8 (27.01.10)

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date: 9.7 (09.05.10), 9.8 (06.06.10)

Use by Date/Best Before Date: 9.7 (11.05.10), 9.8 (08.06.10)

Batch Number: 9.7 (XA A 12:37), 9.8 (XD C 05:48)

Packaging: Foil wrapper

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 9.7 & 9.8

Sub-sample Name: Tesco Baking (75% vegetable fat spread)

**Ingredients:** Vegetable Oils, Water, Salt (1.4%), Emulsifier (Mono and Di-Glycerides of Fatty Acids), Natural Flavouring, Vitamins A and D, Colour (Natural Carotenes).

### Label claim(s):

Cannot guarantee nut free

Suitable for vegetarians

Produced in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per tbsp (15g)
Energy	kJ	2775	417
Energy	kcal	675	105
Protein	g	0	0
Carbohydrate	g	0	0
Sugars	g	0	0
Starch	g	N/A	N/A
Fat	g	75	11.3
Saturates	g	28	4.2
Monounsaturates	g	32	4.8
Polyunsaturates	g	12	1.8
Fibre	g	0	0
Salt	g	1.4	0.2
Sodium	g	0.56	0.1

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 9

Composite Sample Name: Hard block margarine

Sub-sample Number: 9.9

Sub-sample Name: Sainsbury's Baking

Full Product Name: Sainsbury's Baking (75% vegetable fat spread)

Brand: Sainsbury's

Pack size: 250g

Purchase Date: 14.01.10

Place of Purchase: Sainsbury's, Queens Road, Norwich

Sell by Date:

Use by Date/Best Before Date: 03.05.10

Batch Number: ZA 9348 23:58

Packaging: Foil wrapper

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 9.9

Sub-sample Name: Sainsbury's Baking

**Ingredients:** Palm oil, Rapeseed oil, Water, Salt (1.4%), Emulsifier (Mono- and Diglycerides of Fatty Acids), Natural Flavouring, Vitamins A and D, Colour (Natural Carotenes)

### Label claim(s):

Not suitable for milk allergy sufferers due to the methods used in the manufacture of this product.

Vegetarian

Produced in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 10g serving
Energy	kJ	2775	278
Energy	kcal	675	68
Protein	g	0	0
Carbohydrate	g	0	0
Sugars	g	0	0
Starch	g	N/A	N/A
Fat	g	75	7.5
Saturates	g	28	2.8
Monounsaturates	g	32	3.2
Polyunsaturates	g	12	1.2
Fibre	g	0	0
Salt	g	1.4	0.1
Sodium	g	0.56	0.06

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 9

Composite Sample Name: Hard block margarine

Sub-sample Number: 9.10

Sub-sample Name: Asda Best for Baking

Full Product Name: Asda Best for Baking

Brand: Asda

Pack size: 250g

Purchase Date: 14.01.10

Place of Purchase: Asda, Norwich

Sell by Date: 27.04.10

Use by Date/Best Before Date: 04.05.10

Batch Number: YF 20:31

Packaging: Foil wrapper

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 9.10

Sub-sample Name: Asda Best for Baking

**Ingredients:** Vegetable oils, water, salt (1.4%), Emulsifiers (Mono and Diglycerides of Fatty Acids), Flavouring, Vitamins A and D, Colour (Carotenes)

### Label claim(s):

No preservatives

No artificial colours or flavours

No hydrogenated fat

Suitable for vegetarians

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 10g tbsp
Energy	kJ	2775	278
Energy	kcal	675	68
Protein	g	0	0
Carbohydrate	g	0	0
Sugars	g	0	0
Starch	g	N/A	N/A
Fat	g	75	7.5
Saturates	g	23	2.3
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0	0
Salt	g	1.4	0.1
Sodium	g	0.56	0.06

Sample 10: Compound cooking fat, not polyunsaturated

Composite Sample Number:	10
Composite Sample Name:	Compound cooking fat, not polyunsaturated
Sub-sample Number:	10.1 – 10.3
Sub-sample Name:	Cookeen refined vegetable fat
Full Product Name:	Cookeen refined vegetable fat
Brand:	Cookeen
Pack size:	250g
Purchase Date:	10.1 (14.01.10), 10.2 & 10.3 (17.01.10)
Place of Purchase:	10.1 (Sainsbury's, Queens Road, Norwich), 10.2 (Sainsbury's, Longwater, Norwich), 10.3 (Waitrose, Norwich)
Sell by Date:	
Use by Date/Best Before Date:	10.1 (04.12.10), 10.2 (12.11.10). 10.3 (12.11.10)
Batch Number:	10.1 (P9338 1038), 10.2 (P9356 1634), 10.3 (P9316)
Packaging:	Plastic
Sample Condition As Purchased:	Chilled
Post Purchase Storage:	Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 10.1 – 10.3

Sub-sample Name: Cookeen refined vegetable fat

**Ingredients:** Vegetable oils

### **Label claim(s):**

No preservatives or added water

Suitable for vegetarians

Free from hydrogenated vegetable oil

### **Nutrient Information:**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>
Energy	kJ	3700
Energy	kcal	900
Protein	g	0
Carbohydrate	g	0
Sugars	g	0
Starch	g	N/A
Fat	g	100
Saturates	g	47
Monounsaturates	g	37
Polyunsaturates	g	11
Fibre	g	0
Salt	g	N/A
Sodium	g	0

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 10

Composite Sample Name: Compound cooking fat, not polyunsaturated

Sub-sample Number: 10.4 & 10.5

Sub-sample Name: Crisp 'n' dry (solid) vegetable oil

Full Product Name: Crisp 'n' dry (solid) vegetable oil

Brand: Crisp 'n' dry

Pack size: 500g

Purchase Date: 14.01.10

Place of Purchase: 10.4 (Asda, Norwich), 10.5 (Tesco, Harford Bridges)

Sell by Date:

Use by Date/Best Before Date: 10.4 (14.12.10), 10.5 (17.12.10)

Batch Number: 10.4 (P9348 0059), 10.5 (P9351)

Packaging: Foil wrapper

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 10.4 & 10.5

Sub-sample Name: Crisp 'n' dry (solid) vegetable oil

**Ingredients:** Vegetable oils

**Label claim(s):**

Free from hydrogenated oil

Contains no artificial ingredients of any kind

**Nutrient Information:**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per 25g serving</b>
Energy	kJ	3700	925
Energy	kcal	900	225
Protein	g	0	0
Carbohydrate	g	0	0
Sugars	g	0	0
Starch	g	N/A	N/A
Fat	g	100	25
Saturates	g	41	10
Monounsaturates	g	40	10
Polyunsaturates	g	14	3.5
Fibre	g	0	0
Salt	g	N/A	N/A
Sodium	g	0	0

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 10

Composite Sample Name: Compound cooking fat, not polyunsaturated

Sub-sample Number: 10.6

Sub-sample Name: Trex vegetable fat

Full Product Name: Trex vegetable fat

Brand: Trex

Pack size: 500g

Purchase Date: 14.01.10

Place of Purchase: Asda, Norwich

Sell by Date:

Use by Date/Best Before Date: 11.2010

Batch Number: 9309D

Packaging: Foil wrapper

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 10.6

Sub-sample Name: Trex vegetable fat

**Ingredients:** Vegetable oils

**Label claim(s):**

No hydrogenated vegetable oil

No E numbers

No colours

No preservatives

**Nutrient Information:**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>
Energy	kJ	3700
Energy	kcal	900
Protein	g	0
Carbohydrate	g	0
Sugars	g	0
Starch	g	N/A
Fat	g	100
Saturates	g	34
Monounsaturates	g	45
Polyunsaturates	g	16
Fibre	g	0
Salt	g	0
Sodium	g	0

### Sample 11: Ghee made from vegetable oil

Composite Sample Number:	11
Composite Sample Name:	Ghee made from vegetable oil
Sub-sample Number:	11.1 – 11.3
Sub-sample Name:	Khanum Pure Vegetable Ghee
Full Product Name:	Khanum Pure Vegetable Ghee
Brand:	Khanum
Pack size:	1 kg
Purchase Date:	11.1 & 11.2 (29.12.09), 11.3 (03.03.10)
Place of Purchase:	11.1 (Asian Bazaar, Magdalene Road, Norwich), 11.2 (Asian Foodmart, Dereham Road, Norwich), 11.3 (Spicesofindia.co.uk)
Sell by Date:	
Use by Date/Best Before Date:	11.1 (28.11.11), 11.2 (20.02.11), 11.3 (28.12.11)
Batch Number:	11.1 (0704), 11.2 (0480), 11.3 (0767)
Packaging:	Metal with plastic lid
Sample Condition As Purchased:	Ambient
Post Purchase Storage:	Ambient

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Sub-sample Number: 11.1 – 11.3

Sub-sample Name: Khanum Pure Vegetable Ghee

**Ingredients:** Vegetable Oils, Natural Colouring E160 (a), Flavouring.

**Label claim(s):**

Free from animal fats

Suitable for vegetarians

**Nutrient Information:** No information

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 11

Composite Sample Name: Ghee made from vegetable oil

Sub-sample Number: 11.4

Sub-sample Name: Taj Mahal Pure Vegetable Ghee

Full Product Name: Taj Mahal Pure Vegetable Ghee

Brand: Taj Mahal

Pack size: 12.5 kg

Purchase Date: 12.02.10

Place of Purchase: Booker Cash and Carry, Norwich

Sell by Date:

Use by Date/Best Before Date: 28.12.11

Batch Number: 0767

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Sub-sample Number: 11.4

Sub-sample Name: Taj Mahal Pure Vegetable Ghee

**Ingredients:** No information

**Label claim(s):** No information

**Nutrient Information:**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>
Energy	kJ	3696
Energy	kcal	899
Protein	g	0
Carbohydrate	g	0
Sugars	g	N/A
Starch	g	N/A
Fat	g	99.9
Saturates	g	51.1
Monounsaturates	g	38.4
Polyunsaturates	g	11.3
Fibre	g	0
Salt	g	0
Sodium	g	N/A

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 11

Composite Sample Name: Ghee made from vegetable oil

Sub-sample Number: 11.5

Sub-sample Name: Pride Vegetable Ghee

Full Product Name: Pride Vegetable Ghee

Brand: Pride

Pack size: 12.5 kg

Purchase Date: 18.03.10

Place of Purchase: Makro, Norwich

Sell by Date:

Use by Date/Best Before Date:

Batch Number: GH 060

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Sub-sample Number: 11.5

Sub-sample Name: Pride Vegetable Ghee

**Ingredients:** Hydrogenated Vegetable Oil, Vegetable Oil, Natural colour E160 (a), Flavouring.

**Label claim(s):** No information

**Nutrient Information:** No information

Sample 12: Reduced fat spread (41-62%), polyunsaturated

Composite Sample Number:	12
Composite Sample Name:	Reduced fat spread (41-62%), polyunsaturated
Sub-sample Number:	12.1 – 12.5
Sub-sample Name:	Flora original
Full Product Name:	Flora original
Brand:	Flora
Pack size:	12.1 – 12.4 (500g), 12.5 (250g)
Purchase Date:	12.1 – 12.4 (14.01.10), 12.5 (15.01.10)
Place of Purchase:	12.1 & 12.2 (Asda, Norwich), 12.3 (Tesco, Harford Bridges, Norwich), 12.4 (Sainsbury's, Queens Road, Norwich), 12.5 (Co-op, Earlham Road, Norwich)
Sell by Date:	
Use by Date/Best Before Date:	12.1 (24.04.10), 12.2 (30.04.10), 12.3 (16.04.10), 12.4 (30.04.10), 2.5 (13.03.10)
Batch Number:	12.1 (L93560T119 08:10), 12.2 (L93623A088 14:35), 12.3 (L93531C088 01:14), 12.4 (L93651A088 05:13), 12.5 (L93140L119 B)
Packaging:	Plastic
Sample Condition As Purchased:	Chilled
Post Purchase Storage:	Refrigerated



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 12.1 – 12.5

Sub-sample Name: Flora original

**Ingredients:** Vegetable Oils (Seed Oils 85%), Water, Salt (1.4%), Buttermilk, Emulsifier: Mono- and Diglycerides of Fatty Acids, Preservative: Potassium Sorbate, Citric Acid, Vitamin E, Vitamin B6, Flavouring, Colour: Beta-Carotene, Folic Acid, Vitamins A, D and B12 .

### Label claim(s):

78% lower in saturates than butter

Made with seed oils containing Omega 3 & 6

Suitable for vegetarians

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 10g
Energy	kJ	2183	218
Energy	kcal	531	53
Protein	g	Tr	Tr
Carbohydrate	g	Tr	Tr
Sugars	g	Tr	Tr
Starch	g	N/A	N/A
Fat	g	59	5.9
Saturates	g	12	1.2
Monounsaturates	g	17	1.7
Polyunsaturates	g	29.5	3
Fibre	g	0	0
Salt	g	1.4	0.1
Sodium	g	0.6	0.1
Vitamin A	µg	800	80
Vitamin D	µg	7.5	0.75
Vitamin E	mg	20	2
Vitamin B6	mg	5	0.5
Folic Acid	µg	500	50
Vitamin B12	µg	2.5	0.25
Omega 3	g	3.5	0.4
Omega 6	g	26	2.6

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 12

Composite Sample Name: Reduced fat spread (41-62%), polyunsaturated

Sub-sample Number: 12.6 & 12.7

Sub-sample Name: Vitalite sunflower spread

Full Product Name: Vitalite sunflower spread

Brand: Vitalite

Pack size: 500g

Purchase Date: 14.01.10

Place of Purchase: Asda, Norwich

Sell by Date:

Use by Date/Best Before Date: 12.6 (16.04.10), 12.7 (15.04.10)

Batch Number: 12.6 (BW 09:13), 12.7 (BW 01:13)

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 12.6 & 12.7

Sub-sample Name: Vitalite sunflower spread

**Ingredients:** Vegetable Oils (of which Sunflower Oil 22%), Water, Salt (1.5%), Emulsifiers - E471, Preservative - Potassium Sorbate, Lactic Acid, B Vitamins (Niacin, B6, B2, Folic Acid & B12), Flavourings, Colours - Annatto, Curcumin.

### Label claim(s):

Suitable for vegetarians

Dairy free

A source of B vitamins

Suitable for vegans

Soya free

75% less saturated fat than butter

No hydrogenated vegetable oils

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 7g
Energy	kJ	2068	145
Energy	kcal	503	35
Protein	g	0	0
Carbohydrate	g	0	0
Sugars	g	0	0
Starch	g	N/A	N/A
Fat	g	56	3.9
Saturates	g	12.2	0.9
Monounsaturates	g	22.5	1.6
Polyunsaturates	g	18.6	1.3
Fibre	g	0	0
Salt	g	N/A	N/A
Sodium	g	0.6	0.04
Riboflavin	mg	0.96	0.07
Vitamin B6	mg	1.2	0.08

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Niacin	mg	10.8	0.75
Folic Acid	µg	120	8.4
Vitamin B12	µg	0.6	0.04
Vitamin E	mg	18	1.26

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 12

Composite Sample Name: Reduced fat spread (41-62%), polyunsaturated

Sub-sample Number: 12.8

Sub-sample Name: Morrisons Sunflower Spread

Full Product Name: Morrisons Sunflower Spread

Brand: Morrisons

Pack size: 500g

Purchase Date: 15.01.10

Place of Purchase: Morrisons, Norwich

Sell by Date:

Use by Date/Best Before Date: 10.04.10

Batch Number: 03:01 ZE

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 12.8

Sub-sample Name: Morrisons Sunflower Spread

**Ingredients:** Vegetable oils (including sunflower oil (37%)), water, salt (1.4%), emulsifier (mono and diglycerides of fatty acids), buttermilk powder, vitamin E, flavouring, vitamin B6, folic acid, vitamin A, colour (carotenes), vitamin D, vitamin B12

### Label claim(s):

Contains milk  
Contains no hydrogenated oils  
Good source of omega 3 and 6 oils  
Vegetarian

Produced in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 10g serving
Energy	kJ	2183	218
Energy	kcal	531	53
Protein	g	Tr	Tr
Carbohydrate	g	0.2	Tr
Sugars	g	0.2	Tr
Starch	g	N/A	N/A
Fat	g	59	5.9
Saturates	g	13.6	1.4
Monounsaturates	g	15.9	1.6
Polyunsaturates	g	26.4	2.6
Trans	g	0.5	Tr
Fibre	g	0	0
Salt	g	1.5	0.3
Sodium	g	0.6	0.06
Omega 3	g	3.5	0.4
Omega 6	g	22.9	2.3

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 12

Composite Sample Name: Reduced fat spread (41-62%), polyunsaturated

Sub-sample Number: 12.9

Sub-sample Name: Tesco Sunflower Enriched Spread

Full Product Name: Tesco Sunflower Enriched Spread

Brand: Tesco

Pack size: 500g

Purchase Date: 14.01.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date: 28.03.10

Use by Date/Best Before Date: 30.03.10

Batch Number: ZCC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 12.9

Sub-sample Name: Tesco Sunflower Enriched Spread

**Ingredients:** Vegetable Oils (including sunflower oil 35%), Water, Salt (1.3%), Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Buttermilk Powder, Vitamin E, Natural Flavouring, Vitamin B6, Vitamin A, Colour (Natural Carotenes), Folic Acid, Vitamin D, Vitamin B12.

### Label claim(s):

Source of omega 3 and 6 oils

Source of vitamin B

Source of vitamin B12

Produced in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 10g
Energy	kJ	2190	220
Energy	kcal	535	55
Protein	g	0.1	Tr
Carbohydrate	g	0.2	Tr
Sugars	g	0.2	Tr
Starch	g	N/A	N/A
Fat	g	59	5.9
Saturates	g	14	1.4
Monounsaturates	g	16	1.6
Polyunsaturates	g	26	2.6
Fibre	g	0	0
Salt	g	1.3	0.1
Sodium	g	0.5	0.1
Omega 3	g	3.5	0.4
Omega 6	g	22.9	2.3
Vitamin E	mg	38	3.8
Vitamin B6	mg	5	0.5
Folic Acid	µg	500	50
Vitamin B12	µg	5	0.5



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 12

Composite Sample Name: Reduced fat spread (41-62%), polyunsaturated

Sub-sample Number: 12.10

Sub-sample Name: Asda Sunflower Spread

Full Product Name: Asda Sunflower Spread

Brand: Asda

Pack size: 500g

Purchase Date: 14.01.10

Place of Purchase: Asda, Norwich

Sell by Date: 07.04.10

Use by Date/Best Before Date: 14.04.10

Batch Number: XE

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 12.10

Sub-sample Name: Asda Sunflower Spread

**Ingredients:** Vegetable Oils (contains Sunflower Oil (35%)), Water, Salt (1.3%), Emulsifier (Mono and Diglycerides of Fatty Acids), Buttermilk Powder, Natural Flavouring, Vitamin E, Vitamin B6, Vitamin A, Colour (Carotenes), Folic Acid, Vitamin D, Vitamin B12.

### Label claim(s):

Rich in Vitamin E

Great source of Vitamin B12

Good source of Omega 3 oils

Contains milk

No artificial colours, flavours or hydrogenated fat

Suitable for vegetarians

Produced in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 10g serving
Energy	kJ	2186	219
Energy	kcal	532	53
Protein	g	0.1	Tr
Carbohydrate	g	0.1	Tr
Sugars	g	0.1	Tr
Starch	g	N/A	N/A
Fat	g	59	5.9
Saturates	g	14	1.4
Monounsaturates	g	16	1.6
Polyunsaturates	g	26	2.6
Trans	g	0.5	0.1
Fibre	g	0	0
Salt	g	1.3	0.1
Sodium	g	0.52	0.05
Omega 3	g	3.5	0.4
Vitamin A	µg	800	80

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Vitamin D	µg	7.5	0.75
Vitamin E	mg	38	3.8
Vitamin B6	mg	5	0.5
Folic Acid	µg	500	50
Vitamin B12	µg	5	0.5

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 12

Composite Sample Name: Reduced fat spread (41-62%), polyunsaturated

Sub-sample Number: 12.11

Sub-sample Name: Sainsbury's Sunflower Spread

Full Product Name: Sainsbury's Sunflower Spread

Brand: Sainsbury's

Pack size: 500g

Purchase Date: 14.01.10

Place of Purchase: Sainsbury's, Queens Road, Norwich

Sell by Date:

Use by Date/Best Before Date: 28.04.10

Batch Number: 10:35 XF

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 12.11

Sub-sample Name: Sainsbury's Sunflower Spread

**Ingredients:** Water, Sunflower Oil (37%), Linseed Oil, Palm Oil, Salt (1.4%), Emulsifier (Mono- and Diglycerides of Fatty Acids), Buttermilk Powder (from Cows' Milk), Vitamin E, Natural Flavouring, Vitamin B6, Folic Acid, Vitamin A, Colour (Natural Carotenes), Vitamin D, Vitamin B12.

### Label claim(s):

Contains cow's milk

Not suitable for soya allergy sufferers due to the methods used in the manufacture of this product

Suitable for coeliacs

Vegetarian

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 10g serving
Energy	kJ	2188	219
Energy	kcal	532	53
Protein	g	0.1	Tr
Carbohydrate	g	0.2	Tr
Sugars	g	0.2	Tr
Starch	g	0	0
Fat	g	59	5.9
Saturates	g	13.6	1.4
Monounsaturates	g	15.9	1.6
Polyunsaturates	g	26.4	2.6
Fibre	g	0	0
Salt	g	1.4	0.1
Sodium	g	0.56	0.06
Omega 3	g	3.5	0.4
Omega 6	g	22.9	2.3

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 12

Composite Sample Name: Reduced fat spread (41-62%), polyunsaturated

Sub-sample Number: 12.12

Sub-sample Name: Golden Sun Sunflower Spread (Lidl)

Full Product Name: Golden Sun Sunflower Spread (Lidl)

Brand: Golden Sun

Pack size: 500g

Purchase Date: 15.01.10

Place of Purchase: Lidl, Norwich

Sell by Date:

Use by Date/Best Before Date: 13.04.10

Batch Number: E

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 12.12

Sub-sample Name: Golden Sun Sunflower Spread (Lidl)

**Ingredients:** Sunflower oil (40%), Water, Vegetable oils and fats (partly hydrogenated), Salt (1.4%), Emulsifier: mono- and diglycerides of fatty acids (E471), Milk solids, Preservative: potassium sorbate (E202), Acid: citric acid (E330), Vitamin E, Colour: beta-carotene (E160a), Vitamin B6, Flavouring, Vitamin A, Folic acid, Vitamin D and B12.

### Label claim(s):

Contains Vitamins A & D  
High in polyunsaturates  
Rich in Vitamin E  
Rich in folic acid and vitamins B6 & B12  
Rich in Omega 6  
Low in trans  
Suitable for vegetarians

### Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	2185
Energy	kcal	530
Protein	g	Tr
Carbohydrate	g	0.1
Sugars	g	0.1
Starch	g	N/A
Fat	g	59
Saturates	g	19
Monounsaturates	g	12
Polyunsaturates	g	27
Trans	g	≤1
Fibre	g	0
Salt	g	N/A
Sodium	g	0.6
Omega 6	g	27
Vitamin B6	mg	2
Vitamin B12	µg	1

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Folic Acid	µg	200
Vitamin A	µg	900
Vitamin D	µg	8
Vitamin E	mg	38



Sample 13: Reduced fat spread (41-62%), not polyunsaturated

Composite Sample Number: 13

Composite Sample Name: Reduced fat spread (41-62%), not polyunsaturated

Sub-sample Number: 13.1 & 13.2

Sub-sample Name: I can't believe its not butter

Full Product Name: I can't believe its not butter

Brand: I can't believe its not butter

Pack size: 500g

Purchase Date: 14.01.10

Place of Purchase: Asda, Norwich

Sell by Date:

Use by Date/Best Before Date: 13.1 (17.04.10), 13.2 (03.04.10)

Batch Number: 13.1 (L93520W119 19:25 L1B), 13.2 (L93360X119B 02:11)

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 13.1 & 13.2

Sub-sample Name: I can't believe its not butter

**Ingredients:** Vegetable Oils, Buttermilk (5%), Water, Salt (1.5%), Emulsifiers: Mono- and Di-Glycerides of Fatty Acids, Sunflower Lecithin, Preservative: Potassium Sorbate, Vitamin E, Citric Acid, Flavouring, Colour: Beta-Carotene, Vitamins A & D.

### Label claim(s):

60% less saturated fat than butter

Suitable for vegetarians

Made with pure buttermilk

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 10g serving
Energy	kJ	2205	221
Energy	kcal	536	54
Protein	g	0.2	0.02
Carbohydrate	g	0.2	0.02
Sugars	g	0.2	0.02
Starch	g	N/A	N/A
Fat	g	59	5.9
Saturates	g	19.9	2
Monounsaturates	g	27.3	2.7
Polyunsaturates	g	11.6	1.2
Fibre	g	Tr	Tr
Salt	g	1.5	0.2
Sodium	g	0.6	0.06
Vitamin A	µg	800	80
Vitamin D	µg	7.5	0.8
Vitamin E	mg	18	1.8

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 13

Composite Sample Name: Reduced fat spread (41-62%), not polyunsaturated

Sub-sample Number: 13.3 & 13.4

Sub-sample Name: Utterly Butterly

Full Product Name: Utterly Butterly

Brand: St Ivel

Pack size: 500g

Purchase Date: 14.01.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date:

Use by Date/Best Before Date: 13.3 (08.03.10), 13.4 (15.03.10)

Batch Number: 13.3 (AH1 04:33), 13.4 (AH8 03:10)

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 13.3 & 13.4

Sub-sample Name: Utterly Butterly

**Ingredients:** Vegetable Oils, Water, Reconstituted Buttermilk (9%), Salt (1.6%), Emulsifiers - E471, Soya Lecithin, Preservative - Potassium Sorbate, Lactic Acid, Flavouring, Colour - Natural Beta Carotene, Vitamins A & D

### Label claim(s):

70% less saturated fat than butter

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 7g
Energy	kJ	2198	154
Energy	kcal	534	37
Protein	g	0.3	0.02
Carbohydrate	g	0.5	0.04
Sugars	g	0.5	0.04
Starch	g	N/A	N/A
Fat	g	59	4.1
Saturates	g	14.7	1.0
Monounsaturates	g	28.8	2.0
Polyunsaturates	g	12.8	0.9
Fibre	g	0	0
Salt	g	N/A	N/A
Sodium	g	0.63	0.04
Vitamin A	µg	900	63
Vitamin D	µg	8	0.6

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 13

Composite Sample Name: Reduced fat spread (41-62%), not polyunsaturated

Sub-sample Number: 13.5

Sub-sample Name: Summerlite Beautifully Butterfully (Aldi)

Full Product Name: Summerlite Beautifully Butterfully (Aldi)

Brand: Summerlite

Pack size: 500g

Purchase Date: 09.01.10

Place of Purchase: Aldi, Norwich

Sell by Date:

Use by Date/Best Before Date: 15.03.10

Batch Number: AH8 03:10 P

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 13.5

Sub-sample Name: Summerlite Beautifully Butterfully (Aldi)

**Ingredients:** Vegetable Oil, Water, Buttermilk Powder (2.5%), Salt (1.7%), Emulsifier: Mono- and Diglycerides of Fatty Acids; Stabiliser: Sodium Alginate; Preservative: Potassium Sorbate; Lactic Acid, Flavouring, Colour: Beta-Carotene; Vitamin A, Vitamin D.

### Label claim(s):

High in monounsaturates

No hydrogenated oils

Vegetarian

Gluten Free

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 10g
Energy	kJ	2217	222
Energy	kcal	539	54
Protein	g	0.8	0.1
Carbohydrate	g	1.2	0.1
Sugars	g	1.2	0.1
Starch	g	N/A	N/A
Fat	g	59	5.9
Saturates	g	17.5	1.8
Monounsaturates	g	28.5	2.9
Polyunsaturates	g	10.0	1
Fibre	g	0	0
Salt	g	1.7	0.2
Sodium	g	0.7	0.1
Vitamin A	µg	800	80
Vitamin D	µg	5	0.5

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 13

Composite Sample Name: Reduced fat spread (41-62%), not polyunsaturated

Sub-sample Number: 13.6

Sub-sample Name: The Co-operative Buttery

Full Product Name: The Co-operative Buttery. 59% vegetable fat spread made from a blend of vegetable oils and buttermilk

Brand: Co-operative

Pack size: 250g

Purchase Date: 15.01.10

Place of Purchase: Co-op, Earlham Road, Norwich

Sell by Date:

Use by Date/Best Before Date: 13.03.10

Batch Number: B6 03:05

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 13.6

Sub-sample Name: The Co-operative Buttery

**Ingredients:** Rapeseed Oil (37%), Reconstituted Buttermilk (28%), Palm Oil (22%), Water, Salt (1.5%), Emulsifier (Mono- and diglycerides of fatty acids – Vegetable), Stabiliser (Sodium alginate), Preservative (Potassium sorbate), Acidity Regulator (Lactic acid – Vegetable), Flavouring, Colour (Carotenes), Vitamin A, Vitamin D2.

### Label claim(s):

Contains Milk

Suitable for vegetarians

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 10g serving
Energy	kJ	2220	220
Energy	kcal	540	55
Protein	g	0.8	0.1
Carbohydrate	g	1.2	0.1
Sugars	g	1.2	0.1
Starch	g	N/A	N/A
Fat	g	59	5.9
Saturates	g	17.5	1.8
Monounsaturates	g	28.5	2.9
Polyunsaturates	g	10	1
Fibre	g	0	0
Salt	g	1.5	0.2
Sodium	g	0.6	0.1



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 13

Composite Sample Name: Reduced fat spread (41-62%), not polyunsaturated

Sub-sample Number: 13.7 & 13.8

Sub-sample Name: Stork

Full Product Name: Stork

Brand: Stork

Pack size: 500g

Purchase Date: 13.7 (14.01.10), 13.8 (15.01.10)

Place of Purchase: 13.7 (Asda, Norwich), 13.8 (Co-op, Earlham Road, Norwich)

Sell by Date:

Use by Date/Best Before Date: 13.7 (17.04.10), 13.8 (03.04.10)

Batch Number: 13.7 (L93520V119B 07:14), 13.8 (L93360T119 13:42 L3B)

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 13.7 & 13.8

Sub-sample Name: Stork

**Ingredients:** Vegetable Oils, Water, Salt [1.75%], Buttermilk, Emulsifiers: Mono- And Di-glycerides of fatty acids, Flavourings, Vitamin E, Citric Acid, Preservative: Potassium sorbate, Colour: Beta-Carotene, Vitamins A & D.

### Label claim(s):

Virtually no trans fatty acids

Contains no hydrogenated fats

Suitable for vegetarians

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 10g serving
Energy	kJ	2184	218
Energy	kcal	531	53
Protein	g	Tr	Tr
Carbohydrate	g	Tr	Tr
Sugars	g	Tr	Tr
Starch	g	N/A	N/A
Fat	g	59	5.9
Saturates	g	14.8	1.5
Monounsaturates	g	29.7	3
Polyunsaturates	g	14	1.4
Trans	g	0.5	Tr
Fibre	g	0	0
Salt	g	1.8	0.2
Sodium	g	0.7	0.07

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 13

Composite Sample Name: Reduced fat spread (41-62%), not polyunsaturated

Sub-sample Number: 13.9

Sub-sample Name: Tesco Butter Me Up

Full Product Name: Tesco Butter Me Up

Brand: Tesco

Pack size: 500g

Purchase Date: 14.01.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date: 02.05.10

Use by Date/Best Before Date: 04.05.10

Batch Number: A4 D 04:56

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 13.9

Sub-sample Name: Tesco Butter Me Up

**Ingredients:** Vegetable Oils, Reconstituted Buttermilk (29%), Water, Salt (1.5%), Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Stabiliser (Sodium Alginate), Preservative (Potassium Sorbate), Lactic Acid, Vitamin E, Natural Flavouring, Colour (Natural Carotene), Vitamin A, Vitamin D.

### Label claim(s):

Contains milk  
Cannot guarantee nut free  
Suitable for vegetarians

Produced in Ireland

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 10g
Energy	kJ	2220	225
Energy	kcal	540	55
Protein	g	0.8	Tr
Carbohydrate	g	1.2	0.1
Sugars	g	1.2	0.1
Starch	g	N/A	N/A
Fat	g	59	5.9
Saturates	g	17.5	1.8
Monounsaturates	g	28.5	2.9
Polyunsaturates	g	10	1
Fibre	g	0	0
Salt	g	1.5	0.2
Sodium	g	0.6	0.1
Vitamin A	µg	800	80
Vitamin D	µg	5	0.5
Vitamin E	mg	20	2

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 13

Composite Sample Name: Reduced fat spread (41-62%), not polyunsaturated

Sub-sample Number: 13.10

Sub-sample Name: Sainsbury's Butterlicious Spread

Full Product Name: Sainsbury's Butterlicious Spread

Brand: Sainsbury's

Pack size: 500g

Purchase Date: 14.01.10

Place of Purchase: Sainsbury's, Queens Road, Norwich

Sell by Date:

Use by Date/Best Before Date: 24.04.10

Batch Number: AB3 08:12

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 13.10

Sub-sample Name: Sainsbury's Butterlicious Spread

**Ingredients:** Rapeseed Oil, Reconstituted Buttermilk (28%) (from Cows' Milk), Palm Oil, Water, Salt (1.6%), Emulsifier: Mono- and Diglycerides of Fatty Acids; Stabiliser: Sodium Alginate; Preservative: Potassium Sorbate; Lactic Acid, Flavouring, Colour: Beta-carotene; Vitamin A, Vitamin D.

### Label claim(s):

Contains cow's milk

Suitable for coeliacs

Vegetarian

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 10g
Energy	kJ	2217	222
Energy	kcal	539	54
Protein	g	0.8	0.1
Carbohydrate	g	1.2	0.1
Sugars	g	1.2	0.1
Starch	g	0	0
Fat	g	59	5.9
Saturates	g	17.5	1.8
Monounsaturates	g	28.5	2.9
Polyunsaturates	g	10	1
Fibre	g	0	0
Salt	g	1.6	0.2
Sodium	g	0.6	0.1
Vitamin A	µg	800	80
Vitamin D	µg	5	0.5

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 13

Composite Sample Name: Reduced fat spread (41-62%), not polyunsaturated

Sub-sample Number: 13.11

Sub-sample Name: Asda You'd Butter Believe It!

Full Product Name: Asda You'd Butter Believe It!

Brand: Asda

Pack size: 500g

Purchase Date: 14.01.10

Place of Purchase: Asda, Norwich

Sell by Date: 14.04.10

Use by Date/Best Before Date: 21.04.10

Batch Number: XA 16:26

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 13.11

Sub-sample Name: Asda You'd Butter Believe It!

**Ingredients:** Vegetable Oils, Reconstituted Buttermilk (28%), Water, Salt (1.5%), Emulsifier (Vegetarian Mono-and Diglycerides of Fatty Acids), Preservative (Potassium Sorbate), Stabiliser (Sodium Alginate), Lactic Acid, Flavouring, Colour (Carotenes), Vitamins A and D.

### Label claim(s):

No artificial colours or flavouring

Suitable for vegetarians

Contains milk

No hydrogenated fat

Produced in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 10g
Energy	kJ	2215	221
Energy	kcal	539	54
Protein	g	0.8	0.1
Carbohydrate	g	1.1	0.1
Sugars	g	1.1	0.1
Starch	g	N/A	N/A
Fat	g	59	5.9
Saturates	g	17.3	1.7
Monounsaturates	g	28.2	2.8
Polyunsaturates	g	10.5	1
Fibre	g	0	0
Salt	g	1.5	0.2
Sodium	g	0.6	0.06



Sample 14: Reduced fat spread (41-62%), not polyunsaturated, with olive oil

Composite Sample Number:	14
Composite Sample Name:	Reduced fat spread (41-62%), not polyunsaturated, with olive oil
Sub-sample Number:	14.1-14.5
Sub-sample Name:	Bertolli spread
Full Product Name:	Bertolli spread
Brand:	Bertolli
Pack size:	14.3 (250g), 14.1-14.2 & 14.4-14.5 (500g)
Purchase Date:	14.1-14.3 (14.01.10), 14.4 & 14.5 (15.01.10)
Place of Purchase:	14.1 (Asda, Norwich), 14.2 (Tesco, Harford Bridges, Norwich), 14.3 (Sainsbury's, Queens Road, Norwich), 14.4 & 14.5 (Co-op, Earlham Road, Norwich)
Sell by Date:	
Use by Date/Best Before Date:	14.1 (01.05.10), 14.2 (08.05.10), 14.3 (10.04.10), 14.4 (13.03.10), 14.5 (10.04.10)
Batch Number:	14.1 (L93650V119 B 16:17), 14.2 (L100070W119 23:44), 14.3 (L93430Y119 B 09:41), 14.4 (L93140X119 B 01:36), 14.5 (L93350W119 B 09:41)
Packaging:	Plastic
Sample Condition As Purchased:	Chilled
Post Purchase Storage:	Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 14.1-14.5

Sub-sample Name: Bertolli spread

**Ingredients:** Bertolli Olive Oil composed of Refined Olive Oils and Virgin Olive Oils, Rapeseed Oil, Water, Whey (from Milk), Vegetable Oils, Buttermilk, Salt (1.1%), Emulsifier: Mono-and Di-glycerides of Fatty Acids, Preservative: Potassium Sorbate, Thickener: Sodium Alginate, Citric Acid, Vitamin E, Flavouring, Vitamins A & D, Colour: Carotenes

### Label claim(s):

Less than half the saturates of butter

Rich in monounsaturates

Virtually no trans fatty acids

No hydrogenated fats

Suitable for vegetarians

Produced outside of Italy

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 10g
Energy	kJ	2203	220
Energy	kcal	536	54
Protein	g	0.2	0.02
Carbohydrate	g	1	0.1
Sugars	g	1	0.1
Starch	g	N/A	N/A
Fat	g	59	5.9
Saturates	g	14	1.4
Monounsaturates	g	30	3
Polyunsaturates	g	14.5	1.5
Fibre	g	0.1	0.01
Salt	g	1.23	0.1
Sodium	g	0.49	0.05

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 14

Composite Sample Name: Reduced fat spread (41-62%), not polyunsaturated, with olive oil

Sub-sample Number: 14.6

Sub-sample Name: Tesco Enriched Olive Spread

Full Product Name: Tesco Enriched Olive Spread

Brand: Tesco

Pack size: 250g

Purchase Date: 14.01.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date: 09.04.10

Use by Date/Best Before Date: 11.04.10

Batch Number: B14 22:31

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 14.6

Sub-sample Name: Tesco Enriched Olive Spread

**Ingredients:** Vegetable Oils (contains Soya Lecithin), Water, Olive Oil (21%), Reconstituted Whey Powder, Salt (1.3%), Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Preservative (Sorbic Acid), Stabiliser (Pectin), Acidity Regulator (Citric Acid), Natural Flavourings, Vitamin B6, Vitamin B12, Folic Acid, Natural Colouring (Beta-Carotene), Vitamin A, Vitamin D.

### Label claim(s):

Contains milk and soya

Cannot guarantee nut free

Suitable for vegetarians

A good source of vitamin B6 and folic acid

Rich in Vitamin B12

Produced in the Netherlands

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 10g
Energy	kJ	2195	220
Energy	kcal	535	54
Protein	g	0.2	0.02
Carbohydrate	g	0.3	0.03
Sugars	g	0.3	0.03
Starch	g	N/A	N/A
Fat	g	59	5.9
Saturates	g	18.5	1.9
Monounsaturates	g	26	2.6
Polyunsaturates	g	14	1.4
Fibre	g	0	0
Salt	g	1.3	0.1
Sodium	g	0.5	0.05
Vitamin A	µg	800	80
Vitamin D	µg	7.5	0.8
Vitamin E	mg	4	0.4

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Vitamin B6	mg	6	0.6
Folic Acid	µg	500	50
Vitamin B12	µg	5	0.5

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 14

Composite Sample Name: Reduced fat spread (41-62%), not polyunsaturated, with olive oil

Sub-sample Number: 14.7

Sub-sample Name: Asda Olive Spread

Full Product Name: Asda Olive Spread

Brand: Asda

Pack size: 500g

Purchase Date: 14.01.10

Place of Purchase: Asda, Norwich

Sell by Date: 27.03.10

Use by Date/Best Before Date: 03.04.10

Batch Number: BBK A2 18:27

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 14.7

Sub-sample Name: Asda Olive Spread

**Ingredients:** Vegetable Oils, Water, Olive Oil (22%), Whey Powder (from Milk), Salt (1.4%), Emulsifier (Mono and Diglycerides of Fatty Acids), Stabiliser (Sodium Alginate), Lactic Acid, Flavouring, Colour (Carotenes), Vitamins A and D .

### Label claim(s):

High in mono-unsaturates

Low in saturates

Contains no hydrogenated oils

No artificial colours or flavouring

Contains milk

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 10g
Energy	kJ	2205	220
Energy	kcal	536	54
Protein	g	0.2	Tr
Carbohydrate	g	1.1	0.1
Sugars	g	1.1	0.1
Starch	g	N/A	N/A
Fat	g	59	5.9
Saturates	g	14.7	1.5
Monounsaturates	g	33	3.3
Polyunsaturates	g	8.5	0.9
Fibre	g	0	0
Salt	g	1.4	0.1
Sodium	g	0.55	0.06

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 14

Composite Sample Name: Reduced fat spread (41-62%), not polyunsaturated, with olive oil

Sub-sample Number: 14.8

Sub-sample Name: Sainsbury's Olive Spread

Full Product Name: Sainsbury's Olive Spread

Brand: Sainsbury's

Pack size: 250g

Purchase Date: 14.01.10

Place of Purchase: Sainsbury's, Queens Road, Norwich

Sell by Date:

Use by Date/Best Before Date: 17.04.10

Batch Number: LW5 04:25

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 14.8

Sub-sample Name: Sainsbury's Olive Spread

**Ingredients:** Water, Rapeseed Oil, Olive Oil (21%), Palm Oil, Whey Powder (from Cow's Milk), Salt (1.5%), Emulsifier: Mono- and Di-glycerides of Fatty Acids, Stabiliser: Sodium Alginate, Preservative: Potassium Sorbate, Lactic Acid, Flavouring, Vitamin A and D, Colour: Beta-Carotene.

### Label claim(s):

Vegetarian

Contains cow's milk

Suitable for coeliacs

Produced in the Republic of Ireland

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 10g serving
Energy	kJ	2205	221
Energy	kcal	536	54
Protein	g	0.1	0.01
Carbohydrate	g	1.2	0.1
Sugars	g	1.2	0.1
Starch	g	N/A	N/A
Fat	g	59	5.9
Saturates	g	14.5	1.5
Monounsaturates	g	32.5	3.3
Polyunsaturates	g	9	0.9
Fibre	g	0	0
Salt	g	1.5	0.2
Sodium	g	0.6	0.06

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 14

Composite Sample Name: Reduced fat spread (41-62%), not polyunsaturated, with olive oil

Sub-sample Number: 14.9

Sub-sample Name: Danpak Olive Gold (Lidl)

Full Product Name: Danpak Olive Gold (Lidl)

Brand: Danpak

Pack size: 500g

Purchase Date: 15.01.10

Place of Purchase: Lidl, Norwich

Sell by Date:

Use by Date/Best Before Date: 08.05.10

Batch Number: A1 20:40

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 14.9

Sub-sample Name: Danpak Olive Gold (Lidl)

**Ingredients:** Mediterranean Olive Oil (21%), Rapeseed Oil, Water, Reconstituted Whey\*, Vegetable Oils, Reconstituted Skimmed Milk\*, Salt (0.9%), Emulsifier: Mono- and Di-glycerides of Fatty Acids (E471); Natural Carotenes (E160A); Flavouring, Vitamin A, Vitamin D. \*from cow's milk

### Label claim(s):

Suitable for vegetarians

Virtually no *trans* fatty acids

No hydrogenated oils

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 10g
Energy	kJ	2186	219
Energy	kcal	532	53
Protein	g	0.3	0.03
Carbohydrate	g	0.5	0.05
Sugars	g	0.5	0.05
Starch	g	N/A	N/A
Fat	g	59	5.9
Saturates	g	12.6	1.3
Monounsaturates	g	33.3	3.3
Polyunsaturates	g	10.3	1
Trans	g	0.4	Tr
Fibre	g	0	0
Salt	g	0.9	0.09
Sodium	g	0.4	0.04

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 14

Composite Sample Name: Reduced fat spread (41-62%), not polyunsaturated, with olive oil

Sub-sample Number: 14.10

Sub-sample Name: Summerlite Olive Reduced Fat Spread (Aldi)

Full Product Name: Summerlite Olive Reduced Fat Spread (Aldi)

Brand: Summerlite

Pack size: 500g

Purchase Date: 09.01.10

Place of Purchase: Aldi, Norwich

Sell by Date:

Use by Date/Best Before Date: 08.05.10

Batch Number: AV2 23:45

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 14.10

Sub-sample Name: Summerlite Olive Reduced Fat Spread (Aldi)

**Ingredients:** Vegetable oils, Water, Olive Oil (21%), Salt (1.6%), Whey Powder, Emulsifier: Mono- and Diglycerides of Fatty Acids; Stabiliser: Sodium Alginate; Preservative: Potassium Sorbate; Acidity Regulator: Lactic Acid; Flavouring, Colour: Beta-Carotene; Vitamin A, Vitamin D.

### Label claim(s):

High in monounsaturates  
Low in saturates  
Vegetarian  
Contains milk

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 10g
Energy	kJ	2205	221
Energy	kcal	536	54
Protein	g	0.2	0.02
Carbohydrate	g	1.1	0.1
Sugars	g	1.1	0.1
Starch	g	N/A	N/A
Fat	g	59	5.9
Saturates	g	14.5	1.5
Monounsaturates	g	32.5	3.3
Polyunsaturates	g	9	0.9
Fibre	g	0	0
Salt	g	1.6	0.2
Sodium	g	0.6	0.06
Vitamin A	µg	800	80
Vitamin D	µg	5	0.5

Sample 15: Reduced fat spread (62-75%), not polyunsaturated

Composite Sample Number:	15
Composite Sample Name:	Reduced fat spread (62-75%), not polyunsaturated
Sub-sample Number:	15.1-15.6
Sub-sample Name:	Clover
Full Product Name:	Clover
Brand:	Clover
Pack size:	500g
Purchase Date:	15.1-15.3 (14.01.10), 15.4-15.6 (15.01.10)
Place of Purchase:	15.1 (Asda, Norwich), 15.2 & 15.3 (Tesco, Harford Bridges, Norwich), 15.4 (Co-op, Earlham Road, Norwich), 15.5 & 15.6 (Tesco Extra, Norwich)
Sell by Date:	
Use by Date/Best Before Date:	15.1 (9.3.10), 15.2 (10.03.10), 15.3 (07.03.10), 15.4 (01.03.10), 15.5 (08.03.10), 15.6 (17.03.10)
Batch Number:	15.1 (A 9356 16:06 L3), 15.2 (A 9357 21:25 L2), 15.3 (A 9354 11:43 L4), 15.4 (A 9348 13:42 L1), 15.5 (A 9355 00:50 L4), 15.6 (A 9364 04:09 L1)
Packaging:	Plastic
Sample Condition As Purchased:	Chilled
Post Purchase Storage:	Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 15.1-15.6

Sub-sample Name: Clover

**Ingredients:** Vegetable Oils (42% Seed Oils) , Buttermilk (29%) , Water , Skimmed Milk , Cream , Salt (1.7%) , Emulsifiers (E471, Soya Lecithin) , Natural Flavourings , Vitamins (E, A & D) , Colour (Natural Beta Carotene) .

### Label claim(s):

Half the saturated fat of butter

Made with buttermilk and seed oils

Natural colour and flavour

No hydrogenated fats

Suitable for vegetarians

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving
Energy	kJ	2802	
Energy	kcal	681	
Protein	g	0.6	
Carbohydrate	g	0.8	
Sugars	g	0.8	
Starch	g	N/A	
Fat	g	75	
Saturates	g	26.9	
Monounsaturates	g	N/A	
Polyunsaturates	g	N/A	
Fibre	g	0	
Salt	g	N/A	
Sodium	g	0.7	
Vitamin A	µg	771	
Vitamin D	µg	8.8	
Vitamin E	mg	7.76	

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number:	15
Composite Sample Name:	Reduced fat spread (62-75%), not polyunsaturated
Sub-sample Number:	15.7
Sub-sample Name:	Marks & Spencer A Touch of Butter
Full Product Name:	Marks & Spencer A Touch of Butter
Brand:	Marks & Spencer
Pack size:	250g
Purchase Date:	18.01.10
Place of Purchase:	Marks & Spencer, Norwich
Sell by Date:	13.03.10
Use by Date/Best Before Date:	27.03.10
Batch Number:	F5 07:00
Packaging:	Plastic
Sample Condition As Purchased:	Chilled
Post Purchase Storage:	Refrigerated



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 15.7

Sub-sample Name: Marks & Spencer A Touch of Butter

**Ingredients:** Vegetable Oils (Rapeseed Oil, Palm Oil), Reconstituted Buttermilk, Butter (10%), Salt (1.6%), Emulsifier:E471, Preservative:E202, Lactic Acid, Natural Flavouring, Natural Colour: Mixed Carotenes, Vitamins A & D.

### Label claim(s):

Virtually free from trans fatty acids

No hydrogenated fat

Suitable for vegetarians

Contains cow's milk

Made in Ireland

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving
Energy	kJ	2620	
Energy	kcal	635	
Protein	g	0.7	
Carbohydrate	g	1	
Sugars	g	1	
Starch	g	N/A	
Fat	g	70	
Saturates	g	23	
Monounsaturates	g	32	
Polyunsaturates	g	11.5	
Trans	g	0.4	
Fibre	g	0	
Salt	g	1.6	
Sodium	g	0.64	

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 15

Composite Sample Name: Reduced fat spread (62-75%), not polyunsaturated

Sub-sample Number: 15.8

Sub-sample Name: Asda Soft Margarine

Full Product Name: Asda Soft Spread

Brand: Asda

Pack size: 2 kg

Purchase Date: 14.01.10

Place of Purchase: Asda, Norwich

Sell by Date: 26.03.10

Use by Date/Best Before Date: 26.03.10

Batch Number: XH 08:01

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 15.8

Sub-sample Name: Asda Soft Margarine

**Ingredients:** Vegetable Oils, Water, Salt (1.5%), Emulsifiers (Mono and Diglycerides of Fatty Acids, Soya Lecithins), Flavouring, Vitamins A and D, Colour (Carotenes)

### Label claim(s):

Suitable for vegetarians

No preservatives

No artificial colours and flavours

Contains soya

No hydrogenated fat

Produced in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 10g serving
Energy	kJ	2590	259
Energy	kcal	630	63
Protein	g	0	0
Carbohydrate	g	0	0
Sugars	g	0	0
Starch	g	N/A	N/A
Fat	g	70	7
Saturates	g	20	2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0	0
Salt	g	1.5	0.2
Sodium	g	0.6	0.06

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 15

Composite Sample Name: Reduced fat spread (62-75%), not polyunsaturated

Sub-sample Number: 15.9

Sub-sample Name: Sainsbury's Soft Spread

Full Product Name: Sainsbury's Soft Spread

Brand: Sainsbury's

Pack size: 2 kg

Purchase Date: 14.01.10

Place of Purchase: Sainsbury's, Queens Road, Norwich

Sell by Date:

Use by Date/Best Before Date: 16.04.10

Batch Number: 9345 11:02 XH

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 15

Sub-sample Name: 15.9

**Ingredients:** Rapeseed Oil, Palm Oil, Water, Salt (1.5%), Emulsifiers: Mono and Diglycerides of Fatty Acids, Soya Lecithin, Flavouring, Vitamins A & D, Colour: Carotenes.

### Label claim(s):

Contains soya

Not suitable for milk allergy sufferers due to the methods used in the manufacture process

Vegetarian

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 10g serving
Energy	kJ	2590	259
Energy	kcal	630	63
Protein	g	0	0
Carbohydrate	g	0	0
Sugars	g	0	0
Starch	g	N/A	N/A
Fat	g	70	7
Saturates	g	20	2
Monounsaturates	g	32.5	3.3
Polyunsaturates	g	14	1.4
Fibre	g	0	0
Salt	g	1.5	0.2
Sodium	g	0.6	0.06

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 15

Composite Sample Name: Reduced fat spread (62-75%), not polyunsaturated

Sub-sample Number: 15.10

Sub-sample Name: Tesco Soft Spread

Full Product Name: Tesco Soft Spread

Brand: Tesco

Pack size: 2 kg

Purchase Date: 14.01.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date: 18.04.10

Use by Date/Best Before Date: 20.04.10

Batch Number: YG B 13:29

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 15.10

Sub-sample Name: Tesco Soft Spread

**Ingredients:** Vegetable Oil, Water, Salt (1.4%), Emulsifiers (Mono- and Di-Glycerides of Fatty Acids, Sunflower Lecithins), Natural Flavouring, Vitamins A and D, Colour (Natural Carotenes).

### Label claim(s):

Cannot guarantee nut free

Suitable for vegetarians

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 10g serving
Energy	kJ	2590	260
Energy	kcal	630	65
Protein	g	0	0
Carbohydrate	g	0	0
Sugars	g	0	0
Starch	g	N/A	N/A
Fat	g	70	7
Saturates	g	20	2
Monounsaturates	g	32.5	3.3
Polyunsaturates	g	14	1.4
Fibre	g	0	0
Salt	g	1.4	0.1
Sodium	g	0.6	0.1

Sample 16: Takeaway chicken pieces, coated, deep fried

Composite Sample Number: 16

Composite Sample Name: Takeaway chicken pieces, coated, deep fried

Sub-sample Number: 16.1 – 16.4

Sub-sample Name: KFC Original Recipe Chicken Pieces

Full Product Name: KFC Original Recipe Chicken Pieces

Brand: KFC

Pack size: 16.1 (324.9g), 16.2 (343g), 16.3 (268.9g), 16.4 (KFC bucket: 618.8)

Purchase Date: 16.1 & 16.2 (16.03.10), 16.3 (18.03.10), 16.4 (15.03.10)

Place of Purchase: 16.1 (KFC, Chapelfield, Norwich), 16.2 (KFC, Dereham Road, Norwich), 16.3 (KFC, Longwater, Norwich), 16.4 (KFC, Lowestoft)

Sell by Date:

Use by Date/Best Before Date:

Batch Number:

Packaging: Cardboard

Sample Condition As Purchased: Cooked

Post Purchase Storage: Frozen



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 16.1 – 16.4

Sub-sample Name: KFC Original Recipe Chicken Pieces

### Information taken from KFC's website

**Ingredients:** Not available

### Label claim(s): Data taken from the KFC website

Contains milk, egg, cereal gluten

May contain celery, soya

### Nutrient Information:

Nutrient	Unit	Chicken Breast	Chicken Drumstick	Chicken Thigh
Energy	kJ	N/A	N/A	N/A
Energy	kcal	285	162	218
Protein	g	33.3	12.5	15.5
Carbohydrate	g	8.5	8.1	8.7
Sugars	g	0.1	<0.1	<0.1
Starch	g	N/A	N/A	N/A
Fat	g	13.1	8.9	13.5
Saturates	g	2.9	2	3.3
Monounsaturates	g	N/A	N/A	N/A
Polyunsaturates	g	N/A	N/A	N/A
Fibre	g	N/A	N/A	N/A
Salt	g	1.3	1.2	1
Sodium	g	0.5	0.5	0.4

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 16

Composite Sample Name: Takeaway chicken pieces, coated, deep fried

Sub-sample Number: 16.5

Sub-sample Name: Southern fried chicken meal, chicken pieces only

Full Product Name: Southern fried chicken meal, chicken pieces only

Brand:

Pack size: 239.4g (chicken pieces only)

Purchase Date: 16.03.10

Place of Purchase: Independent takeaway, Norfolk

Sell by Date:

Use by Date/Best Before Date:

Batch Number:

Packaging: Cardboard

Sample Condition As Purchased: Cooked

Post Purchase Storage: Frozen

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Sub-sample Number: 16.5

Sub-sample Name: Southern fried chicken meal, chicken pieces only

**Ingredients:** Not available

**Label claim(s):** Not available

**Nutrient Information:** Not available

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 16

Composite Sample Name: Takeaway chicken pieces, coated, deep fried

Sub-sample Number: 16.6

Sub-sample Name: Dixy Chicken, Chicken Pieces

Full Product Name: Dixy Chicken, Chicken Pieces

Brand: Dixy Chicken

Pack size: 312.7g

Purchase Date: 17.03.10

Place of Purchase: Dixy Chicken, 29 Broad Street, City Centre,  
Wolverhampton. WV1 1HZ

Sell by Date:

Use by Date/Best Before Date:

Batch Number:

Packaging: Cardboard

Sample Condition As Purchased: Cooked

Post Purchase Storage: Frozen

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Sub-sample Number: 16.6

Sub-sample Name: Dixy Chicken, Chicken Pieces

**Ingredients:** Not available

**Label claim(s):** Not available

**Nutrient Information:** Not available

Sample 17: Coated chicken pieces, takeaway

Composite Sample Number: 17

Composite Sample Name: Coated chicken pieces, takeaway

Sub-sample Number: 17.1 & 17.2

Sub-sample Name: McDonalds Chicken McNuggets

Full Product Name: McDonalds Chicken McNuggets

Brand: McDonalds

Pack size: 6 McNuggets

Purchase Date: 16.03.10

Place of Purchase: 17.1 (McDonalds, Boundary Road, Norwich), 17.2 (McDonalds, Chapelfield, Norwich)

Sell by Date:

Use by Date/Best Before Date:

Batch Number:

Packaging: Cardboard

Sample Condition As Purchased: Cooked

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 17.1 & 17.2

Sub-sample Name: McDonalds Chicken McNuggets

### Information taken from McDonald's website

**Ingredients:** Chicken (45%), Coating [Vegetable Oil (Rapeseed, Sunflower), Wheat Flour, Water (8%), Maize, Flour, Modified Starch, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Whey Powder (from Milk), Flavour Enhancer (Potassium Chloride), Egg Albumen (Free Range Egg), Ground Pepper, Breadcrumbs (Wheat Flour, Salt), Salt, Dextrose, Ground Celery], Water (7%), Potato Starch, Vegetable Oil (Rapeseed, Sunflower), Natural Flavouring (from Free Range Egg), Flavour Enhancer (Potassium Chloride)

### Label claim(s):

Contains gluten, milk, eggs and celery

Cooked from frozen in a blend of new non-hydrogenated sunflower and rapeseed oil

Level of trans fatty acids in the cooking oil is now below 2%

In 2004 the salt was reduced by 30%

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 6 pieces
Energy	kJ	N/A	N/A
Energy	Kcal	238	250
Protein	g	13	14
Carbohydrate	g	19	20
Sugars	g	1	1
Starch	g	N/A	N/A
Fat	g	13	14
Saturates	g	2	2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1	1
Salt	g	0.6	0.6
Sodium	g	N/A	N/A

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 17

Composite Sample Name: Coated chicken pieces, takeaway

Sub-sample Number: 17.3

Sub-sample Name: McDonalds Chicken Selects

Full Product Name: McDonalds Chicken Selects

Brand: McDonalds

Pack size: 5 Chicken Selects

Purchase Date: 16.03.10

Place of Purchase: McDonalds, Chapelfield, Norwich

Sell by Date:

Use by Date/Best Before Date:

Batch Number:

Packaging: Cardboard

Sample Condition As Purchased: Cooked

Post Purchase Storage: Frozen



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 17.3

Sub-sample Name: McDonalds Chicken Selects

### Information taken from McDonald's website

**Ingredients:** Chicken (57%), Wheat Flour, Vegetable Oil (Rapeseed, Sunflower), Water (6%), Rice Flour, Modified Maize Starch, Wheat Gluten, Salt, Potato Starch, Natural Flavourings (contains Mustard), Onion Powder, Garlic Powder, Ground White Pepper, Ground Black Pepper, Raising Agents (Sodium Bicarbonate, Disodium Disphosphate), Stabiliser (Carrageenan), Yeast Extract, Colour (Paprika Extract), Acidity Regulators (Sodium Carbonate, Sodium Citrate), Ground Red Pepper, Anti-Caking Agent (Silicon Dioxide), Dextrose, Ground Celery Seed, Emulsifier (Polysorbate 80)

### Label claim(s):

Cooked from frozen in a blend of non-hydrogenated sunflower and rapeseed oil  
Level of trans fatty acids in the cooking oil is now below 2%

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per portion
Energy	kJ	N/A	N/A
Energy	kcal	280	610
Protein	g	16	35
Carbohydrate	g	20	43
Sugars	g	0	0
Starch	g	N/A	N/A
Fat	g	15	33
Saturates	g	2	4
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1	3
Salt	g	1.3	2.8
Sodium	g	N/A	N/A

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 17

Composite Sample Name: Coated chicken pieces, takeaway

Sub-sample Number: 17.4

Sub-sample Name: Burger King Chicken Bites

Full Product Name: Burger King Chicken Bites

Brand: Burger King

Pack size: 14 bites

Purchase Date: 18.03.10

Place of Purchase: Burger King, Thickthorn, Norwich

Sell by Date:

Use by Date/Best Before Date:

Batch Number:

Packaging: Paper bag

Sample Condition As Purchased: Cooked

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 17.4

Sub-sample Name: Burger King Chicken Bites

### Information taken from Burger King's website

**Ingredients:** Not available

### Label claim(s):

Contains milk, gluten and celery

### Nutrient Information:

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per 112g portion</b>
Energy	kJ	1185	1327
Energy	kcal	283	317
Protein	g	16.1	18
Carbohydrate	g	25	28
Sugars	g	0	0
Starch	g	N/A	N/A
Fat	g	13.4	15
Saturates	g	3.6	4.0
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.9	1
Salt	g	N/A	N/A
Sodium	g	0.472	0.529

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 17

Composite Sample Name: Coated chicken pieces, takeaway

Sub-sample Number: 17.5

Sub-sample Name: KFC Popcorn Chicken (regular)

Full Product Name: KFC Popcorn Chicken (regular)

Brand: KFC

Pack size: 20 pieces

Purchase Date: 16.03.10

Place of Purchase: KFC, Dereham Road, Norwich

Sell by Date:

Use by Date/Best Before Date:

Batch Number:

Packaging: Paper bag

Sample Condition As Purchased: Cooked

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 17.5

Sub-sample Name: KFC Popcorn Chicken (regular)

### Information taken from KFC website

**Ingredients:** Not available

### Label claim(s): Information taken from KFC's website

Contains milk, egg, celery, cereal gluten and soya

May contain mustard

### Nutrient Information:

Nutrient	Unit	Amount per Regular portion
Energy	kJ	N/A
Energy	kcal	263
Protein	g	18.2
Carbohydrate	g	15.2
Sugars	g	0.5
Starch	g	N/A
Fat	g	14.7
Saturates	g	1.4
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	N/A
Salt	g	2
Sodium	g	0.8

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 17

Composite Sample Name: Coated chicken pieces, takeaway

Sub-sample Number: 17.6

Sub-sample Name: KFC Crispy Strips

Full Product Name: KFC Crispy Strips

Brand: KFC

Pack size: 3 strips

Purchase Date: 16.03.10

Place of Purchase: KFC, Dereham Road, Norwich

Sell by Date:

Use by Date/Best Before Date:

Batch Number:

Packaging: Cardboard

Sample Condition As Purchased: Cooked

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 17.6

Sub-sample Name: KFC Crispy Strips

### Information taken from KFC's website

**Ingredients:** Not available

### Label claim(s): Information taken from KFC website

Contains milk, egg, cereal gluten and soya

May contain sesame, celery

### Nutrient Information:

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/Unit/serving</b> <b>Per strip</b>
Energy	kJ	N/A
Energy	kcal	113
Protein	g	8.1
Carbohydrate	g	7.9
Sugars	g	<0.1
Starch	g	N/A
Fat	g	5.4
Saturates	g	1.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	N/A
Salt	g	1.0
Sodium	g	0.4

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 17

Composite Sample Name: Coated chicken pieces, takeaway

Sub-sample Number: 17.7

Sub-sample Name: Dominos Chicken Strippers

Full Product Name: Dominos Chicken Strippers

Brand: Dominos

Pack size: 7 pieces

Purchase Date: 16.03.10

Place of Purchase: Dominoes, Coleman Road, Norwich

Sell by Date:

Use by Date/Best Before Date:

Batch Number:

Packaging: Polystyrene

Sample Condition As Purchased: Cooked

Post Purchase Storage: Frozen



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 17.7

Sub-sample Name: Dominos Chicken Strippers

### Information taken from Dominos' website

**Ingredients:** Chicken Breast, Breadcrumb (Wheat flour, Water, Modified Tapioca Starch, Wheat Starch, Rice Flour, Salt, Palm Oil, Yeast, Yeast Extract, Dextrose, Raising Agents: Diphosphates, Sodium Carbonates), Corn Starch, Tapioca Starch, Water, Stabilisers: Guar Gum, Xanthan Gum; Palm & Coconut Shortening, Soya Oil, Sugar, Yeast, Raising Agents: Sodium Bicarbonate, Sodium Acid Pyrophosphate; Stabiliser: E451i, Pepper Extract, Chicken Breast, Breadcrumb (Wheat flour, Water, Modified Tapioca Starch, Wheat Starch, Rice Flour, Salt, Palm Oil, Yeast, Yeast Extract, Dextrose, Raising Agents: Diphosphates, Sodium Carbonates), Corn Starch, Tapioca Starch, Water, Stabilisers: Guar Gum, Xanthan Gum; Palm & Coconut Shortening, Soya Oil, Sugar, Yeast, Raising Agents: Sodium Bicarbonate, Sodium Acid Pyrophosphate; Stabiliser: E451i, Pepper Extract.

### Label claim(s):

Contains cereal gluten, soyabeans

### Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	980
Energy	kcal	234
Protein	g	17
Carbohydrate	g	13.5
Sugars	g	0.5
Starch	g	N/A
Fat	g	12.4
Saturates	g	4.4
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.1
Salt	g	1.03
Sodium	g	0.41

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 17

Composite Sample Name: Coated chicken pieces, takeaway

Sub-sample Number: 17.8

Sub-sample Name: Wimpy Chicken Chunks

Full Product Name: Wimpy Chicken Chunks

Brand: Wimpy

Pack size: 8 pieces

Purchase Date: 13.03.10

Place of Purchase: Wimpy, London Road, Lowestoft

Sell by Date:

Use by Date/Best Before Date:

Batch Number:

Packaging: 8 pieces

Sample Condition As Purchased: Cooked

Post Purchase Storage: Frozen

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Sub-sample Number: 17.8

Sub-sample Name: Wimpy Chicken Chunks

**Ingredients:** Not available

**Label claim(s):** Not available

**Nutrient Information:** Not available

Sample 18: Chicken / turkey burger, coated, baked

Composite Sample Number: 18

Composite Sample Name: Chicken / turkey burger, coated, baked

Sub-sample Number: 18.1 – 18.3

Sub-sample Name: Birds Eye 4 Chicken Burgers

Full Product Name: Birds Eye 4 Chicken Burgers

Brand: Birds Eye

Pack size: 200g

Purchase Date: 26.02.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date:

Use by Date/Best Before Date: 18.1 & 18.3 (05.2011), 18.2 (01.2011)

Batch Number: 18.1 (L0040DQ124 03:21 B), 18.2 (L9283TQ124 17:25 B),  
18.3 (L0039BQ124 01:51 B)

Packaging: Cardboard box

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 18.1 – 18.3

Sub-sample Name: Birds Eye 4 Chicken Burgers

**Ingredients:** Chicken Breast (46%), Breadcrumbs, Batter, Marinade, Batter, Vegetable Oil, Onion.

Breadcrumbs: Wheat Flour, Water, Paprika, Yeast, Salt, Turmeric.

Batter: Water, Wheat Flour, Salt.

Marinade: Water, Wheat Flour, Chicken Fat, Yeast, Salt, Natural Flavourings (contains Celery).

### Label claim(s):

No artificial colours, flavours or preservatives

Contains wheat, celery

### Nutrient Information:

Nutrient	Unit	Amount/100g as sold	Amount/Unit/serving Per chicken burger grilled
Energy	kJ	1025	540
Energy	kcal	245	130
Protein	g	12.9	6.7
Carbohydrate	g	20.4	11
Sugars	g	0.5	0.3
Starch	g	N/A	N/A
Fat	g	12.4	6.5
Saturates	g	2	1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.9	0.5
Salt	g	0.5	0.3
Sodium	g	0.21	0.11

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 18

Composite Sample Name: Chicken / turkey burger, coated, baked

Sub-sample Number: 18.4

Sub-sample Name: Birds Eye 2 Chicken Quarter Pounders

Full Product Name: Birds Eye 2 Chicken Quarter Pounders

Brand: Birds Eye

Pack size: 227g

Purchase Date: 26.02.10

Place of Purchase: Morrisons, Norwich

Sell by Date:

Use by Date/Best Before Date: 04.2011

Batch Number: L0006F0124 05:41 A

Packaging: Cardboard box

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 18.4

Sub-sample Name: Birds Eye 2 Chicken Quarter Pounders

**Ingredients:** Chicken Breast (50%), Breadcrumbs, Batter, Vegetable Oil, Marinade.

Breadcrumbs: Rice Flour, Bread Crumbs (contains Wheat Flour, Yeast, Salt), Malt Extract.

Batter: Water, Wheat Flour, Wheat Starch, Salt, Maize Flour, Baking Powder (contains Raising Agents: E450, E500) #, Natural Flavouring, Mustard Flour.

Marinade: Water, Salt, Natural Flavouring.

# E450 and E500 are the basic ingredients of Baking Powder, which is used to make the batter light and crispy.

### Label claim(s):

No artificial colours, flavours or preservatives

Made with 100% chicken breast

Contains wheat, mustard

### Nutrient Information:

Nutrient	Unit	Amount/100g as sold	Amount/Unit/serving Per portion grilled
Energy	kJ	1056	1220
Energy	kcal	253	295
Protein	g	13.6	16
Carbohydrate	g	16.1	19
Sugars	g	0.5	0.6
Starch	g	N/A	N/A
Fat	g	14.9	17
Saturates	g	2.2	2.6
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.5	0.6
Salt	g	1	1.1
Sodium	g	0.39	0.46

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 18

Composite Sample Name: Chicken / turkey burger, coated, baked

Sub-sample Number: 18.5 & 18.6

Sub-sample Name: Bernard Matthews 4 Turkey Burgers

Full Product Name: Bernard Matthews 4 Turkey Burgers

Brand: Bernard Matthews

Pack size: 240g

Purchase Date: 28.02.10

Place of Purchase: Tesco Extra, Norwich

Sell by Date:

Use by Date/Best Before Date: 18.5 (Jan 2011), 18.6 (Feb 2011)

Batch Number: 18.5 (LOZKA 15:10), 18.6 (LOYHB 5 17:59)

Packaging: Cardboard Box

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 18.5 & 18.6

Sub-sample Name: Bernard Matthews 4 Turkey Burgers

**Ingredients:** Turkey (48%), Breadcrumbs, Batter, Vegetable Oil, Seasoning.

Batter contains: Water, Wheat flour, Maize Flour, Salt, Raising Agents (E450, E500).

Seasoning contains: Dehydrated Onion, Potassium Chloride, Yeast Extract, Sugar, Salt, Dextrose, Onion Powder, Natural Flavourings, Soya Protein, Spice Extracts, Herb Extracts.

### Label claim(s):

No artificial colours, flavours or preservatives

100% British turkey

Contains gluten, soya

### Nutrient Information:

Nutrient	Unit	Amount/100g as sold	Amount/Unit/serving Per 100g baked
Energy	kJ	1096	1118
Energy	kcal	263	267
Protein	g	12.6	13.6
Carbohydrate	g	17.5	20.8
Sugars	g	3.1	1.8
Starch	g	N/A	N/A
Fat	g	15.8	14.4
Saturates	g	2.5	3.2
Monounsaturates	g	8.5	8.8
Polyunsaturates	g	4.1	1.8
Fibre	g	1.8	1.9
Salt	g	1.03	1.1
Sodium	g	0.41	0.44

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 18

Composite Sample Name: Chicken / turkey burger, coated, baked

Sub-sample Number: 18.7

Sub-sample Name: Tesco Value 8 Breaded Chicken Burgers

Full Product Name: Tesco Value 8 Breaded Chicken Burgers

Brand: Tesco Value

Pack size: 456g

Purchase Date: 26.02.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date: Oct 2010

Use by Date/Best Before Date: Jan 2011

Batch Number: L0028015 03:49

Packaging: Cellophane packaging

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 18.7

Sub-sample Name: Tesco Value 8 Breaded Chicken Burgers

**Ingredients:** Chicken (32%), Breadcrumbs, Water, Vegetable Oil, Wheat Flour, Textured Wheat Protein, Chicken Fat, Pea Starch, Wheat Protein, Salt, Pea Fibre.  
Breadcrumbs contains: Wheat Flour, Salt, Vegetable Oil, Dextrose.

### Label claim(s):

Contains wheat, gluten

Cannot guarantee nut free

Produced in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per burger (57g)
Energy	kJ	1030	590
Energy	kcal	250	145
Protein	g	12.4	7.1
Carbohydrate	g	16.6	9.5
Sugars	g	1.4	0.8
Starch	g	N/A	N/A
Fat	g	14.5	8.3
Saturates	g	3.5	2
Monounsaturates	g	7.6	4.3
Polyunsaturates	g	2.8	1.6
Fibre	g	1	0.6
Salt	g	1.1	0.6
Sodium	g	0.4	0.2

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 18

Composite Sample Name: Chicken / turkey burger, coated, baked

Sub-sample Number: 18.8

Sub-sample Name: Asda Smart Price 8 Breaded Chicken Burgers

Full Product Name: Asda Smart Price 8 Breaded Chicken Burgers

Brand: Asda Smart Price

Pack size: 456g

Purchase Date: 01.03.10

Place of Purchase: Asda, Norwich

Sell by Date:

Use by Date/Best Before Date: 29 Jun 2011

Batch Number: L9363PO

Packaging: Cardboard box

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 18.8

Sub-sample Name: Asda Smart Price 8 Breaded Chicken Burgers

**Ingredients:** Chicken (44%), Water, Breadcrumb (18%) [Wheat Flour, Yeast, Dextrose, Salt], Wheat Flour, Vegetable Oil, Rusk [Wheat Flour, Salt, Yeast], Salt

### Label claim(s):

Contains gluten and wheat

May contain traces of nuts and / or seed

Produced in the Netherlands

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per burger
Energy	kJ	965	532
Energy	kcal	230	127
Protein	g	11	6.1
Carbohydrate	g	24	13.2
Sugars	g	2.5	1.4
Starch	g	N/A	N/A
Fat	g	10	5.5
Saturates	g	2	1.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.5	0.3
Salt	g	0.7	0.4
Sodium	g	0.29	0.16

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 18

Composite Sample Name: Chicken / turkey burger, coated, baked

Sub-sample Number: 18.9

Sub-sample Name: Iceland 12 Breaded Chicken Burgers

Full Product Name: Iceland 12 Breaded Chicken Burgers

Brand: Iceland

Pack size: 660g

Purchase Date: 01.03.10

Place of Purchase: Iceland, Norwich

Sell by Date:

Use by Date/Best Before Date: 18 Mar 2011

Batch Number: L926717A

Packaging: Cardboard box

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 18.9

Sub-sample Name: Iceland 12 Breaded Chicken Burgers

**Ingredients:** Chicken Breast (52%), Cottonseed & Sunflower Oil, Breadcrumbs, Water, Wheat Flour, Isolated Soya Protein, Tapioca Starch, Maize Flour, Rusk, Egg White, Corn Starch, Wheat Gluten, Salt, Pepper, Flavouring (contains Garlic)

Breadcrumb contains: Wheat Flour, Salt, Dextrose, Yeast

Rusk contains: Wheat Flour, Salt, Yeast

### Label claim(s):

Made with 100% chicken breast meat

No artificial colours or flavours

No GM ingredients

Contains egg, garlic, gluten and soya

Produced in Brazil

### Nutrient Information:

Nutrient	Unit	Amount/100g Ovenbaked	Amount/Unit/serving Per Breaded Chicken Burger Ovenbaked
Energy	kJ	970	500
Energy	kcal	232	119
Protein	g	15.2	7.8
Carbohydrate	g	16.2	8.3
Sugars	g	0.6	0.3
Starch	g	N/A	N/A
Fat	g	11.8	6.1
Saturates	g	3.3	1.7
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1	0.5
Salt	g	0.8	0.4
Sodium	g	0.3	0.2

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 18

Composite Sample Name: Chicken / turkey burger, coated, baked

Sub-sample Number: 18.10

Sub-sample Name: Rooster's 8 Breaded Chicken Burgers (Aldi)

Full Product Name: Rooster's 8 Breaded Chicken Burgers (Aldi)

Brand: Rooster's

Pack size: 425g

Purchase Date: 01.03.10

Place of Purchase: Aldi, Norwich

Sell by Date:

Use by Date/Best Before Date: Feb 2011

Batch Number: B/N 10046

Packaging: Cardboard box

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 18.10

Sub-sample Name: Rooster's 8 Breaded Chicken Burgers (Aldi)

**Ingredients:** Chicken Burger (59%) (Chicken (50%), Water, Soya Protein Concentrate, Sugar, Stabilisers: Tetrasodium Diphosphate, Disodium Diphosphate, Polyphosphates; Sunflower Oil, Salt, Rosemary Extract), Wheat Flour, Vegetable Oil (Rapeseed, Sunflower), Wheat Gluten, Dextrose, Yeast, Salt, Wheat Starch, Modified Potato Starch, Garlic Powder, Black Pepper.

### Label claim(s):

No artificial colours, flavourings or preservatives

No hydrogenated oils

Contains wheat, gluten and soya

May contain traces of nuts, peanuts and sesame seeds

### Nutrient Information:

Nutrient	Unit	Amount/100g (2 burgers)
Energy	kJ	1152
Energy	kcal	276
Protein	g	13
Carbohydrate	g	20.7
Sugars	g	0.9
Starch	g	N/A
Fat	g	15.4
Saturates	g	2.4
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.1
Salt	g	1.36
Sodium	g	0.55

Sample 19: Breaded / battered chicken / turkey pieces, cooked

Composite Sample Number:	19
Composite Sample Name:	Breaded / battered chicken / turkey pieces, cooked
Sub-sample Number:	19.1
Sub-sample Name:	Birds Eye 24 Breaded Chicken Dippers
Full Product Name:	Birds Eye 24 Breaded Chicken Dippers
Brand:	Birds Eye
Pack size:	440g
Purchase Date:	26.02.10
Place of Purchase:	Morrisons, Norwich
Sell by Date:	
Use by Date/Best Before Date:	04.2011
Batch Number:	L0012 WW124 20:42
Packaging:	Cellophane packet
Sample Condition As Purchased:	Frozen
Post Purchase Storage:	Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 19.1

Sub-sample Name: Birds Eye 24 Breaded Chicken Dippers

**Ingredients:** Chicken Breast (50%), Breadcrumbs, Batter, Marinade, Vegetable Oil, Maize Flour, Salt

Breadcrumb: Wheat Flour, Water, Yeast, Paprika, Salt, Turmeric

Batter: Water, Wheat Flour, Salt

Marinade: Water, Wheat Flour, Salt, Wheat Starch, Maize Starch, Rice Flour, Natural Flavouring (contains Celery)

### Label claim(s):

Made with 100% chicken breast

No artificial colours, flavours or preservatives

Contains wheat, celery

### Nutrient Information:

Nutrient	Unit	Amount/100g As sold	Amount/Unit/serving Per 5 chicken dippers (88g) baked
Energy	kJ	1012	880
Energy	kcal	241	210
Protein	g	13.8	12
Carbohydrate	g	22	19
Sugars	g	0.4	0.4
Starch	g	N/A	N/A
Fat	g	10.9	9.6
Saturates	g	1.8	1.6
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.9	0.8
Salt	g	1	0.9
Sodium	g	0.41	0.36
Niacin (Vitamin B3)	mg	5.9	5.2

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 19

Composite Sample Name: Breaded / battered chicken / turkey pieces, cooked

Sub-sample Number: 19.2

Sub-sample Name: Birds Eye 24 Crispy Chicken Dippers

Full Product Name: Birds Eye 24 Crispy Chicken Dippers

Brand: Birds Eye

Pack size: 440g

Purchase Date: 26.02.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date:

Use by Date/Best Before Date: 05.2011

Batch Number: L0037WW124 20:59

Packaging: Cellophane packet

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 19.2

Sub-sample Name: Birds Eye 24 Crispy Chicken Dippers

**Ingredients:** Chicken Breast (50%), Batter, Vegetable Oil, Breadcrumbs, Marinade

Batter: Wheat Flour, Water, Maize Flour, Cornflour, Vegetable Oil, Lactose, Raising Agents (E450, E500)#

Marinade: Water, Wheat Flour, Salt, Wheat Starch, Maize Starch, Rice Flour, Natural Flavourings (contains Celery)

Breadcrumbs: Wheat Flour, Yeast, Salt

# E450 and E500 are the basic ingredients of Baking Powder, which is used to make the batter light and crispy

### Label claim(s):

No artificial colours, flavours or preservatives

### Nutrient Information:

Nutrient	Unit	Amount/100g as sold	Amount/Unit/serving Per 5 chicken dippers (88g) baked
Energy	kJ	1059	900
Energy	kcal	253	215
Protein	g	13.1	11
Carbohydrate	g	18.5	16
Sugars	g	0.6	0.5
Starch	g	N/A	N/A
Fat	g	14.1	12
Saturates	g	2.7	2.4
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.6	0.5
Salt	g	0.9	0.8
Sodium	g	0.35	0.31
Niacin (Vitamin B3)	mg	5.9	5.2

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 19

Composite Sample Name: Breaded / battered chicken / turkey pieces, cooked

Sub-sample Number: 19.3

Sub-sample Name: Bernard Matthews Turkey Dinosaurs

Full Product Name: Bernard Matthews Turkey Dinosaurs

Brand: Bernard Matthews

Pack size: 300g

Purchase Date: 26.02.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date:

Use by Date/Best Before Date: May 2011

Batch Number: L10YMG8

Packaging: Plastic packet

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 19.3

Sub-sample Name: Bernard Matthews Turkey Dinosaurs

**Ingredients:** Turkey (45%), Marinade, Breadcrumbs, Batter, Vegetable Oil

Marinade contains: Water, Tapioca Starch, Skimmed Milk Powder, Milk Protein, Natural Flavouring, Potassium Chloride\*, Salt, Rosemary, Extract

Batter contains: Water, Wheatflour, Maize Flour, Salt, Raising Agents (E450, E500)\*\*

\*Potassium Chloride is used in this product to help lower salt intake, \*\*E450 and E500 are the main ingredients of baking powder which we use to make the coating, light and crispy

### Label claim(s):

100% British turkey

Contains gluten, milk

### Nutrient Information:

Nutrient	Unit	Amount/100g as sold	Amount/Unit/serving Per 100g baked
Energy	kJ	1167	1260
Energy	kcal	280	302
Protein	g	12.3	13.3
Carbohydrate	g	17.6	17.7
Sugars	g	1.7	2.2
Starch	g	N/A	N/A
Fat	g	17.8	19.8
Saturates	g	2.9	4
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.2	1.7
Salt	g	0.75	0.75
Sodium	g	0.3	0.3

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 19

Composite Sample Name: Breaded / battered chicken / turkey pieces, cooked

Sub-sample Number: 19.4

Sub-sample Name: Bernard Matthews 6 Golden Drummers

Full Product Name: Bernard Matthews 6 Golden Turkey Drummers

Brand: Bernard Matthews

Pack size: 340g

Purchase Date: 26.02.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date:

Use by Date/Best Before Date: Jan 2011

Batch Number: LOZEA 16:53

Packaging: Cellophane

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 19.4

Sub-sample Name: Bernard Matthews 6 Golden Drummers

**Ingredients:** Turkey (62%), Breadcrumbs, Batter, Marinade, Vegetable Oil

Batter contains: Water, Wheatflour, Maize Flour, Salt, Raising Agents (E450, E500)

Marinade contains: Water, Palm Oil, Natural Flavouring, Salt, Stabiliser (E450), Milk Protein, Rosemary Extract, Dextrose, Caramel

**Label claim(s):**

No artificial colours, flavours or preservatives

Made from 100% British turkey

Contains gluten, milk

**Nutrient Information:**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g as sold</b>	<b>Amount/100g As baked</b>
Energy	kJ	1076	1228
Energy	kcal	258	295
Protein	g	13.1	15.5
Carbohydrate	g	11	10.8
Sugars	g	1.1	0.6
Starch	g	N/A	N/A
Fat	g	18	21.1
Saturates	g	3.7	5.6
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.1	1
Salt	g	0.75	0.75
Sodium	g	0.3	0.3

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 19

Composite Sample Name: Breaded / battered chicken / turkey pieces, cooked

Sub-sample Number: 19.5

Sub-sample Name: Iceland 40 Breaded Chicken Nuggets

Full Product Name: Iceland 40 Breaded Chicken Nuggets

Brand: Iceland

Pack size: 560g

Purchase Date: 01.03.10

Place of Purchase: Iceland, Norwich

Sell by Date:

Use by Date/Best Before Date: 21 May 2011

Batch Number: L9 331 O6D

Packaging: Cellophane bag within a cardboard box

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 19.5

Sub-sample Name: Iceland 40 Breaded Chicken Nuggets

**Ingredients:** Chicken breast (54%), Breadcrumbs, Cottonseed & Sunflower Oil, Water, Wheat Flour, Isolated Soya Protein, Tapioca Starch, Maize Flour, Salt, Rusk, Egg White, Corn Starch, Wheat Gluten, Pepper, Flavouring (contains Garlic)

Breadcrumb contains: Wheat Flour, Salt, Dextrose, Yeast

Rusk contains: Wheat Flour, Salt, Yeast

### Label claim(s):

Made with 100% chicken breast meat

No artificial colours, flavours or preservatives

No GM ingredients

Contains egg, garlic, gluten and soya

Made in a production area where no nuts are present

Produced and packaged in Brazil

### Nutrient Information:

Nutrient	Unit	Amount/100g Oven baked	Amount/Unit/serving Per breaded chicken nugget oven baked
Energy	kJ	1011	133
Energy	kcal	242	32
Protein	g	15.1	2
Carbohydrate	g	15.2	2
Sugars	g	1	0.1
Starch	g	N/A	N/A
Fat	g	13.4	1.8
Saturates	g	3.6	0.5
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.2	0.2
Salt	g	0.6	0.1
Sodium	g	0.2	Tr

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 19

Composite Sample Name: Breaded / battered chicken / turkey pieces, cooked

Sub-sample Number: 19.6

Sub-sample Name: Sainsbury's Breaded Chicken Goujons

Full Product Name: Sainsbury's Breaded Chicken Goujons

Brand: Sainsbury's

Pack size: 270g

Purchase Date: 26.02.10

Place of Purchase: Sainsbury's, Queens Road, Norwich

Sell by Date:

Use by Date/Best Before Date: 02 Mar 2010

Batch Number: 0650700 09:09

Packaging: Plastic container

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 19.6

Sub-sample Name: Sainsbury's Breaded Chicken Goujons

**Ingredients:** Chicken Pattie (68%); Signature™ Breadcrumb Coating (22%); Rapeseed Oil

Chicken Pattie contains: Chicken (92%), Water, Salt

Signature™ Breadcrumb Coating contains: Signature™ Breadcrumb (Country Ground™ Wheat Flour, Yeast, Salt), Wheat Flour

### Label claim(s):

Made with 100% breast meat

Produced from Dutch or British chicken

Contains wheat, gluten

Produced in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 3 goujons
Energy	kJ	1147	769
Energy	kcal	274	184
Protein	g	16	10.7
Carbohydrate	g	21.6	14.5
Sugars	g	0.8	0.6
Starch	g	20.8	13.9
Fat	g	13.7	9.2
Saturates	g	1.7	1.1
Monounsaturates	g	7.6	5.1
Polyunsaturates	g	3.9	2.6
Fibre	g	1.3	0.9
Salt	g	0.75	0.5
Sodium	g	0.3	0.2

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 19

Composite Sample Name: Breaded / battered chicken / turkey pieces, cooked

Sub-sample Number: 19.7

Sub-sample Name: Tesco Chicken Breaded Pops

Full Product Name: Tesco Chicken Breaded Pops

Brand: Tesco

Pack size: 205g

Purchase Date: 26.02.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date: Nov 2010

Use by Date/Best Before Date: 02 Mar

Batch Number: 2010 050 13:18 D

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 19.7

Sub-sample Name: Tesco Chicken Breaded Pops

**Ingredients:** Chicken (47%), Water, Wheat Flour, Vegetable Oil, Breadcrumbs (Wheat Flour; Salt; Dextrose; Vegetable Oil), Maize Flour, Cornflour, Pea Starch, Modified Wheat Starch, Salt, Spices (Paprika, Black Pepper, Cumin), Pea Fibre, Sugar, Garlic Powder, Yeast Extract, Onion Powder, Herbs (Thyme, Marjoram, Oregano), Chilli, Dried Garlic, Spice Extracts (Black Pepper Extract, Mace Extract), Dextrose, Sage Extract

### Label claim(s):

Free from hydrogenated fats, artificial colours, preservatives and flavours

Contains wheat, gluten

Cannot guarantee nut free

Produced in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 10 typical chicken pops (50g)
Energy	kJ	1115	560
Energy	kcal	270	135
Protein	g	11.3	5.7
Carbohydrate	g	19.4	9.7
Sugars	g	0.7	0.4
Starch	g	N/A	N/A
Fat	g	16	8
Saturates	g	2.5	1.3
Monounsaturates	g	9.3	4.7
Polyunsaturates	g	3.5	1.7
Fibre	g	1.5	0.8
Salt	g	0.9	0.5
Sodium	g	0.4	0.2

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 19

Composite Sample Name: Breaded / battered chicken / turkey pieces, cooked

Sub-sample Number: 19.8

Sub-sample Name: Tesco Breaded Chicken Nuggets

Full Product Name: Tesco Breaded Chicken Nuggets

Brand: Tesco

Pack size: 475g

Purchase Date: 26.02.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date: Nov 2010

Use by Date/Best Before Date: Feb 2011

Batch Number: L0034045 15:45

Packaging: Cardboard box

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 19.8

Sub-sample Name: Tesco Breaded Chicken Nuggets

**Ingredients:** Chicken (55%), Breadcrumbs, Water, Wheat Flour, Vegetable Oil, Salt, Dextrose, Paprika

Breadcrumbs contain: Wheat Flour, Yeast, Dextrose, Salt

### Label claim(s):

Contains wheat, gluten

Cannot guarantee nut free

Produced in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g as sold	Amount/Unit/serving Per 5 chicken nuggets (88g) as sold
Energy	kJ	885	780
Energy	kcal	215	190
Protein	g	14	12.3
Carbohydrate	g	17.5	15.4
Sugars	g	0.4	0.4
Starch	g	N/A	N/A
Fat	g	9.4	8.3
Saturates	g	1.8	1.6
Monounsaturates	g	3.1	2.7
Polyunsaturates	g	4.1	3.6
Fibre	g	0.9	0.8
Salt	g	0.6	0.5
Sodium	g	0.2	0.2

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 19

Composite Sample Name: Breaded / battered chicken / turkey pieces, cooked

Sub-sample Number: 19.9

Sub-sample Name: Asda Smart Price 20 Breaded Chicken Nuggets

Full Product Name: Asda Smart Price 20 Breaded Chicken Nuggets

Brand: Asda Smart Price

Pack size: 320g

Purchase Date: 01.03.10

Place of Purchase: Asda, Norwich

Sell by Date:

Use by Date/Best Before Date: 05.06.11

Batch Number: 965749 9346 16

Packaging: Plastic bag

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 19.9

Sub-sample Name: Asda Smart Price 20 Breaded Chicken Nuggets

**Ingredients:** Chicken (41%), Breadcrumbs (23%) [Wheat Flour, Salt, Yeast], Water, Wheat Flour, Vegetable Oil, Rusk [Wheat Flour, Salt, Yeast], Salt

### Label claim(s):

Free from artificial colours, flavourings, preservatives and hydrogenated fat

Contains gluten, wheat

May contain traces of nuts and/or seeds

Product of Brazil

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per nugget
Energy	kJ	945	137
Energy	kcal	225	33
Protein	g	11	1.6
Carbohydrate	g	25	3.6
Sugars	g	2	0.3
Starch	g	N/A	N/A
Fat	g	9	1.3
Saturates	g	1	0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.5	0.1
Salt	g	0.7	0.1
Sodium	g	0.26	0.04

Sample 20: Chicken breast / steak, coated, baked

Composite Sample Number: 20

Composite Sample Name: Chicken breast / steak, coated, baked

Sub-sample Number: 20.1 & 20.2

Sub-sample Name: Birds Eye 2 Crispy Chicken

Full Product Name: Birds Eye 2 Crispy Chicken

Brand: Birds Eye

Pack size: 180g

Purchase Date: 26.02.10

Place of Purchase: 20.1 (Morrisons, Norwich), 20.2 (Sainsbury's, Queens Road, Norwich)

Sell by Date:

Use by Date/Best Before Date: 04.2011

Batch Number: 20.1 (L0007GQ124 06:20A), 20.2 (L0024EQ124 04:22B)

Packaging: Cardboard

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 20.1 & 20.2

Sub-sample Name: Birds Eye 2 Crispy Chicken

**Ingredients:** Chicken Breast (51%), Batter, Marinade, Vegetable Oil, Breadcrumbs

Batter: Wheat Flour, Water, Maize Flour, Wheat Starch, Rice Flour, Vegetable Oil, Salt, Raising Agents (E450, E500)#, Turmeric Extract, Spices, Dextrose, Pepper Extract

Marinade: Water, Wheat Flour, Salt, Wheat Starch, Maize Starch, Rice Flour, Natural Flavourings (contains Celery)

Breadcrumb: Wheat Flour, Salt, Vegetable Oil, Water, Yeast

#E450, E500 are the basic ingredients of Baking Powder which is used to make the batter light and crispy

### Label claim(s):

No artificial colours, flavours or preservatives

Contains wheat, celery

### Nutrient Information:

Nutrient	Unit	Amount/100g as sold	Amount/Unit/serving Per portion baked
Energy	kJ	1020	920
Energy	kcal	244	220
Protein	g	13.3	12
Carbohydrate	g	17.3	16
Sugars	g	0.4	0.4
Starch	g	N/A	N/A
Fat	g	13.5	12
Saturates	g	2.5	2.3
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.5	1.4
Salt	g	1	1
Sodium	g	0.4	0.4

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 20

Composite Sample Name: Chicken breast / steak, coated, baked

Sub-sample Number: 20.3

Sub-sample Name: Birds Eye 2 Southern Fried Chicken

Full Product Name: Birds Eye 2 Southern Fried Chicken

Brand: Birds Eye

Pack size: 190g

Purchase Date: 26.02.10

Place of Purchase: Morrisons, Norwich

Sell by Date:

Use by Date/Best Before Date: 03.2011

Batch Number: L9340YQ124 22:46B

Packaging: Cardboard

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 20.3

Sub-sample Name: Birds Eye 2 Southern Fried Chicken

**Ingredients:** Chicken Breast (53%), Seasoned Breadcrumbs, Marinade, Batter, Vegetable Oil

Seasoned Breadcrumbs; Breadcrumbs (Wheat flour, Water, Yeast, Salt), Wheat Flour, Black Pepper, Vegetable Oil, Salt, Sugar, Garlic Powder, White Pepper, Fennel, Yeast Extract, Wheat Gluten, Natural Colour (Paprika Extract), Bay, Spice Extract, Sage

Marinade; Water, Wheat Flour, Salt, Wheat Starch, Maize Starch, Rice Flour, Natural Flavourings (contains Celery)

Batter; Wheat Flour, Water, Wheat Starch, Sugar, Salt, White Pepper

### Label claim(s):

Made with 100% chicken breast

No artificial colours, flavours or preservatives

### Nutrient Information:

Nutrient	Unit	Amount/100g as sold	Amount/Unit/serving Per portion baked
Energy	kJ	1091	1080
Energy	kcal	261	260
Protein	g	14.2	14
Carbohydrate	g	19.5	19
Sugars	g	0.9	0.9
Starch	g	N/A	N/A
Fat	g	14	14
Saturates	g	2.2	2.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1	1
Salt	g	1.1	1
Sodium	g	0.45	0.4

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 20

Composite Sample Name: Chicken breast / steak, coated, baked

Sub-sample Number: 20.4

Sub-sample Name: Bernard Matthews Crispy Chicken

Full Product Name: Bernard Matthews Crispy Chicken

Brand: Bernard Matthews

Pack size: 260g

Purchase Date: 26.02.10

Place of Purchase: Sainsbury's, Queens Road, Norwich

Sell by Date:

Use by Date/Best Before Date: 28.02.10

Batch Number: L10 YVF

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Frozen



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 20.4

Sub-sample Name: Bernard Matthews Crispy Chicken

**Ingredients:** Chicken Breast (45%), Batter, Marinade, Vegetable Oil, Soya (3%),

Batter contains: Wheatflour, Water, Starches (Modified Wheat, Maize), Vegetable Oil, Rice Protein, Modified Maize Starch, Egg White, Raising Agents (E450, E500)\*, Flavouring, Wheat Dextrose, Palm Oil, Skimmed Milk Powder, Stabiliser (Cellulose Gum), Yeast Extract, Salt,

Marinade contains: Water, Tapioca Starch, Lemon Juice, Sugar, Salt, Spirit Vinegar, Natural Flavouring, Rosemary Extract, Stabiliser (E450), \*E450 and E500 are the main ingredients of baking powder, which we use to make the coating light and crispy .

### Label claim(s):

Contains egg, gluten, milk, soya

### Nutrient Information:

Nutrient	Unit	Amount/100g as sold	Amount/Unit/serving Per 100g baked
Energy	kJ	939	1019
Energy	kcal	226	244
Protein	g	12.6	16
Carbohydrate	g	8.9	11.7
Sugars	g	0.5	0.4
Starch	g	N/A	N/A
Fat	g	15.5	16
Saturates	g	2	2.3
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.6	1.2
Salt	g	1.35	1.35
Sodium	g	0.54	0.54

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 20

Composite Sample Name: Chicken breast / steak, coated, baked

Sub-sample Number: 20.5

Sub-sample Name: Asda Breaded Chicken Steaks

Full Product Name: Asda Breaded Chicken Steaks

Brand: Asda

Pack size: 750g

Purchase Date: 01.03.10

Place of Purchase: Asda, Norwich

Sell by Date: 06.03.10

Use by Date/Best Before Date: 08.03.10

Batch Number: L10 058 22:08

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 20.5

Sub-sample Name: Asda Breaded Chicken Steaks

**Ingredients:** Chopped and shaped chicken (62%), Sweetened Breadcrumbs Coating (19%)  
[Wheat Flour, Yeast, Sugar, Wheat Gluten, Salt], Vegetable Oil, Water, Salt

### Label claim(s):

Made with chopped and shaped chicken breast with added water

No artificial colours, flavours or hydrogenated fat

No preservatives

Contains gluten and wheat

Produced in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g oven cooked
Energy	kJ	1071
Energy	kcal	257
Protein	g	13.9
Carbohydrate	g	13.6
Sugars	g	N/A
Starch	g	N/A
Fat	g	16.3
Saturates	g	N/A
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	N/A
Salt	g	N/A
Sodium	g	N/A

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 20

Composite Sample Name: Chicken breast / steak, coated, baked

Sub-sample Number: 20.6

Sub-sample Name: Tesco 2 Southern Fried Breaded Chicken Breast Fillets

Full Product Name: Tesco 2 Southern Fried Chicken Breast Fillets

Brand: Tesco

Pack size: 330g

Purchase Date: 28.02.10

Place of Purchase: Tesco Extra, Norwich

Sell by Date:

Use by Date/Best Before Date: 09.03.10

Batch Number: 10057 06:10 3A

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 20.6

Sub-sample Name: Tesco 2 Southern Fried Breaded Chicken Breast Fillets

**Ingredients:** Chicken (74%), Vegetable Oil, Wheat Flour, Water, Wheat Starch, Breadcrumbs (Wheat Flour; Salt; Yeast), Salt, Wheat Protein, Spices (Black Pepper, Fennel, White Pepper), Yeast Extract, Dextrose, Xylose, Spice Extracts (Black Pepper Extract, Nutmeg Extract), Onion Extract, Garlic Extract

### Label claim(s):

Free from hydrogenated fats, artificial colours, preservatives and flavours

Contains wheat, gluten

Cannot guarantee nut free

Produced in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Each fillet (165g)
Energy	kJ	820	1350
Energy	kcal	195	325
Protein	g	18.7	30.9
Carbohydrate	g	8.9	14.7
Sugars	g	0.3	0.5
Starch	g	N/A	N/A
Fat	g	9.4	15.5
Saturates	g	0.9	1.5
Monounsaturates	g	5.3	8.8
Polyunsaturates	g	2.8	4.6
Fibre	g	0.4	0.7
Salt	g	1.1	1.8
Sodium	g	0.4	0.7

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 20

Composite Sample Name: Chicken breast / steak, coated, baked

Sub-sample Number: 20.7

Sub-sample Name: Tesco 2 Breaded Chicken Breast Fillets

Full Product Name: Tesco 2 Breaded Chicken Breast Fillets

Brand: Tesco

Pack size: 350g

Purchase Date: 26.02.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date:

Use by Date/Best Before Date: 04.03.10

Batch Number: 10054 05:23 U

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 20.7

Sub-sample Name: Tesco 2 Breaded Chicken Breast Fillets

**Ingredients:** Chicken (70%), Breadcrumbs (Wheat Flour; Yeast; Salt; Dextrose), Vegetable Oil, Wheat Flour, Water, Wheat Starch, Wheat Protein, Salt, Yeast Extract, Sugar, Paprika, Chicken Stock, Onion Powder, Sage, Garlic Powder, Yeast.

### Label claim(s):

100% chicken breast

Free from hydrogenated fats, artificial colours, preservatives and flavours

Contains wheat, gluten

Cannot guarantee nut free

Produced in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Each fillet (175g)
Energy	kJ	845	1480
Energy	kcal	205	355
Protein	g	18.3	32
Carbohydrate	g	15.3	26.8
Sugars	g	0.5	0.9
Starch	g	N/A	N/A
Fat	g	7.4	13
Saturates	g	0.7	1.2
Monounsaturates	g	4.2	7.3
Polyunsaturates	g	2.2	3.9
Fibre	g	0.5	0.9
Salt	g	0.5	0.8
Sodium	g	0.2	0.3

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 20

Composite Sample Name: Chicken breast / steak, coated, baked

Sub-sample Number: 20.8

Sub-sample Name: Iceland 4 Battered Chicken Breasteaks

Full Product Name: Iceland 4 Battered Chicken Breasteaks

Brand: Iceland

Pack size: 340g

Purchase Date: 01.03.10

Place of Purchase: Iceland, Norwich

Sell by Date:

Use by Date/Best Before Date: 07.06.11

Batch Number: 9341-08

Packaging: Plastic bag within a cardboard box

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 20.8

Sub-sample Name: Iceland 4 Battered Chicken Breasteaks

**Ingredients:** Chicken Breast (55%), Palm Oil, Wheat Flour (Gluten), Water, Maize Starch, Modified Tapioca Starch, Isolated Soya Protein, Rice Flour, Maize Flour, Salt, Dextrose, White Pepper, Stabiliser: Triphosphates; Raising Agents: Diphosphates, Sodium Carbonates; Soya Protein, Sugar

### Label claim(s):

Made with chicken breast meat

No hydrogenated fats

No artificial colours, flavours or preservatives

Contains gluten and soya

Made in a production area that uses nuts and sesame

Produced and packed in Thailand

### Nutrient Information:

Nutrient	Unit	Amount/100g ovenbaked	Amount/Unit/serving Per battered breasteaks ovenbaked
Energy	kJ	816	873
Energy	kcal	195	209
Protein	g	14.6	15.6
Carbohydrate	g	10.5	11.2
Sugars	g	0.1	0.1
Starch	g	N/A	N/A
Fat	g	10.6	11.3
Saturates	g	3.7	3.9
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.2	1.2
Salt	g	1	1.1
Sodium	g	0.4	0.4

Sample 21: Beef pie, purchased, puff or shortcrust pastry, family size

Composite Sample Number: 21

Composite Sample Name: Beef pie, purchased, puff or shortcrust pastry, family size

Sub-sample Number: 21.1

Sub-sample Name: McDougall's Upper Crust Steak & Mushroom Pie

Full Product Name: McDougalls Upper Crust Steak & Mushroom Pie, Deep Filled

Brand: McDougalls

Pack size: 710g

Purchase Date: 26.02.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date:

Use by Date/Best Before Date: Dec 2010

Batch Number: 9342 07:54

Packaging: Foil dish in a cardboard box

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 21.1

Sub-sample Name: McDougall's Upper Crust Steak & Mushroom Pie

**Ingredients:** Wheat Flour, Beef (23%), Water, Margarine (Vegetable Oil, Water, Salt, Emulsifier (Mono and Diglycerides of Fatty Acids)), Mushroom (9%), Ale (5%), Vegetable Oil, Onion, Maize and Tapioca Starch, Beef Stock (Beef, Water, Salt), Beef Fat, Tomato Puree, Brown Sugar, Salt, Egg, Herbs & Spices, Carob Powder, Dextrose

### Label claim(s):

May contain traces of nuts and / or seeds

Contains wheat, gluten, milk, egg

Free from artificial colours, flavours, preservatives and hydrogenated fat

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per ¼ pie
Energy	kJ	1016	1737
Energy	kcal	243	416
Protein	g	10.2	17.4
Carbohydrate	g	21.9	37.4
Sugars	g	1.7	2.9
Starch	g	N/A	N/A
Fat	g	12.7	21.7
Saturates	g	6.6	11.3
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.4	2.4
Salt	g	N/A	N/A
Sodium	g	0.27	0.46

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 21

Composite Sample Name: Beef pie, purchased, puff or shortcrust pastry, family size

Sub-sample Number: 21.2

Sub-sample Name: Fray Bentos 'Boozy' Steak & Ale Pie

Full Product Name: Fray Bentos 'Boozy' Steak & Ale Pie

Brand: Fray Bentos

Pack size: 475g

Purchase Date: 26.02.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date:

Use by Date/Best Before Date: Jan 2012

Batch Number: 0011 11:03 FB 19V8

Packaging: Steel

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 21.2

Sub-sample Name: Fray Bentos 'Boozy' Steak & Ale Pie

**Ingredients:** Water, Beef (25%), Puff Pastry (24%) (Wheat Flour, Margarine (Vegetable Oil, Water, Salt, Emulsifier (Mono- and Di-Glycerides of Fatty Acids)), Water, Salt), Brown Ale (10%), Onion, Wheat Flour, Modified Maize Starch, Tomato Puree, Salt, Onion Powder, Sugar, Natural Flavourings (contains Celery), Barley Malt Extract, Stabiliser (Xanthan Gum), White Pepper

### Label claim(s):

Contains wheat, gluten, barley, celery

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per ½ pie
Energy	kJ	663	1576
Energy	kcal	159	377
Protein	g	7.1	16.9
Carbohydrate	g	13.1	31.1
Sugars	g	1.2	2.9
Starch	g	N/A	N/A
Fat	g	8.4	20
Saturates	g	3.9	9.3
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.6	1.4
Salt	g	0.8	1.9
Sodium	g	0.32	0.76

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 21

Composite Sample Name: Beef pie, purchased, puff or shortcrust pastry, family size

Sub-sample Number: 21.3

Sub-sample Name: Fray Bentos 'Rich' Steak & Mushroom Pie

Full Product Name: Fray Bentos 'Rich' Steak & Mushroom Pie

Brand: Fray Bentos

Pack size: 475g

Purchase Date: 26.02.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date:

Use by Date/Best Before Date: May 2011

Batch Number: 9125 00:33 FB18

Packaging: Steel

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 21.3

Sub-sample Name: Fray Bentos 'Rich' Steak & Mushroom Pie

**Ingredients:** Water, Beef (26%), Puff Pastry (24%) (Wheat Flour, Margarine (Vegetable Oil, Water, Salt, Emulsifier (Mono- and Di-Glycerides of Fatty Acids)), Water, Salt), Tomato Puree, Mushrooms (4%), Wheat Flour, Onion, Modified Maize Starch, Salt, Yeast Extract, Natural Flavourings (contain Celery), Barley Malt Extract, Mushroom Powder, Onion Powder, Stabiliser (Xanthan Gum), Bay, White Pepper

### Label claim(s):

Contains wheat, gluten, barley, celery

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per ½ pie
Energy	kJ	674	1600
Energy	kcal	161	383
Protein	g	7.6	18.1
Carbohydrate	g	12	28.5
Sugars	g	0.6	1.4
Starch	g	N/A	N/A
Fat	g	9.2	21.9
Saturates	g	4.3	10.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.6	1.4
Salt	g	0.65	1.55
Sodium	g	0.26	0.62

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 21

Composite Sample Name: Beef pie, purchased, puff or shortcrust pastry, family size

Sub-sample Number: 21.4

Sub-sample Name: Minced Beef and Vegetable Pie

Full Product Name: Minced Beef and Vegetable Pie

Brand: A Pastry Cutter Product

Pack size: 789.6g

Purchase Date: 01.03.10

Place of Purchase: Independent Butcher, Norwich

Sell by Date:

Use by Date/Best Before Date: 03.03.10

Batch Number:

Packaging: Foil dish in plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated



**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Sub-sample Number: 21.4

Sub-sample Name: Minced Beef and Vegetable Pie

**Ingredients:** Minced beef (17.5%), Water, Wheat flour, Animal & Vegetable Fats, Carrots (5%), Peas (5%), Herbs, Spices, Flavour Enhancer, Colour E150, Salt, Flour Improver 920

**Label claim(s):**

Contains wheatflour, gluten

**Nutrient Information:** No information

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 21

Composite Sample Name: Beef pie, purchased, puff or shortcrust pastry, family size

Sub-sample Number: 21.5

Sub-sample Name: Tesco Deep Fill Steak Pie

Full Product Name: Tesco Deep Fill Steak Pie

Brand: Tesco

Pack size: 800g

Purchase Date: 26.02.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date: Oct 2010

Use by Date/Best Before Date: Jan 2011

Batch Number: 0005 17:46

Packaging: Foil dish in a cardboard box

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 21.5

Sub-sample Name: Tesco Deep Fill Steak Pie

**Ingredients:** Beef (31%), Wheat Flour, Water, Vegetable Oil, Onion, Cornflour, Beef Stock, Tomato Purée, Salt, Egg, Barley Malt Extract, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Black Pepper, Dextrose

Beef Stock contains, Beef, Water, Salt

### Label claim(s):

No artificial preservatives, flavours or colours

Contains wheat, gluten, egg

Cannot guarantee nut free

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving ¼ pie (195g)
Energy	kJ	990	1930
Energy	kcal	240	465
Protein	g	9.7	18.9
Carbohydrate	g	20	39
Sugars	g	1.8	3.5
Starch	g	N/A	N/A
Fat	g	13.1	25.5
Saturates	g	6.6	12.9
Monounsaturates	g	4.9	9.6
Polyunsaturates	g	1.1	2.1
Fibre	g	1.5	2.9
Salt	g	0.6	1.1
Sodium	g	0.2	0.4

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 21

Composite Sample Name: Beef pie, purchased, puff or shortcrust pastry, family size

Sub-sample Number: 21.6

Sub-sample Name: Tesco Deep Fill Steak & Mushroom Pie

Full Product Name: Tesco Deep Fill Steak & Mushroom Pie

Brand: Tesco

Pack size: 550g

Purchase Date: 28.02.10

Place of Purchase: Tesco Extra, Norwich

Sell by Date: 06.03.10

Use by Date/Best Before Date: 06.03.10

Batch Number:

Packaging: Foil dish in a cardboard box

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 21.6

Sub-sample Name: Tesco Deep Fill Steak & Mushroom Pie

**Ingredients:** British Beef (30%), Wheat Flour, Water, Vegetable Oil, Mushroom (8%), Onion, Cornflour, Salt, Mushroom Stock, Dextrose, Malted Barley Extract, Yeast Extract, Black Pepper, Milk Proteins, Onion Powder, Glucose Syrup

Mushroom Stock contains: Mushroom Concentrate, Vegetable Oil, Mushroom Powder, Sugar, Water

### Label claim(s):

No artificial preservatives, flavours, colours or hydrogenated fat

Contains milk, wheat, gluten

Cannot guarantee nut free

Produced in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving 1/3 pie (183.3g)
Energy	kJ	996	1826
Energy	kcal	239	437
Protein	g	9.2	16.8
Carbohydrate	g	18.7	34.2
Sugars	g	1.1	2.1
Starch	g	N/A	N/A
Fat	g	14.1	25.9
Saturates	g	6.9	12.7
Monounsaturates	g	5	9.2
Polyunsaturates	g	1.5	2.7
Fibre	g	1.4	2.5
Salt	g	1.2	2.1
Sodium	g	0.5	0.8

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 21

Composite Sample Name: Beef pie, purchased, puff or shortcrust pastry, family size

Sub-sample Number: 21.7

Sub-sample Name: Sainsbury's Steak Shortcrust Pastry Pie

Full Product Name: Sainsbury's Steak Shortcrust Pastry Pie

Brand: Sainsbury's

Pack size: 600g

Purchase Date: 26.02.10

Place of Purchase: Sainsbury's, Queens Road, Norwich

Sell by Date:

Use by Date/Best Before Date: 02.03.10

Batch Number:

Packaging: Foil tin in a cardboard box

Sample Condition As Purchased: Chilled

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 21.7

Sub-sample Name: Minced Beef and Vegetable Pie

**Ingredients:** Steak Filling (53%); Shortcrust Pastry; Whole Egg Glaze

Steak Filling contains: British Beef (69%), Water, Onion, Cornflour, Signature™ Beef Stock (2%) (Natural Beef Juices, Water, Onion, Carrot, Tomato Purée), Red Wine, Rapeseed Oil, Molasses, Salt, Tomato Purée, Black Pepper, Malted Barley Extract, Thyme

Shortcrust Pastry contains: Wheat Flour, Palm Oil, Rapeseed Oil, Baking Powder (Raising Agents: Diphosphates, Sodium Hydrogen Carbonate), Salt, Lemon Juice

### Label claim(s):

British beef

Contains egg, wheat gluten & barley gluten

Produced in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 1/3 pie
Energy	kJ	1177	2353
Energy	kcal	282	563
Protein	g	11.3	22.6
Carbohydrate	g	23.3	46.6
Sugars	g	2.1	4.2
Starch	g	21.2	42.4
Fat	g	15.9	31.8
Saturates	g	6.7	13.4
Monounsaturates	g	5.6	11.2
Polyunsaturates	g	2.7	5.4
Fibre	g	1.7	3.4
Salt	g	0.47	0.94
Sodium	g	0.19	0.37

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 21

Composite Sample Name: Beef pie, purchased, puff or shortcrust pastry, family size

Sub-sample Number: 21.8

Sub-sample Name: Asda Deep Filled Steak and Rich Gravy Pie

Full Product Name: Asda Deep Filled Steak and Rich Gravy Pie

Brand: Asda

Pack size: 700g

Purchase Date: 01.03.10

Place of Purchase: Asda, Norwich

Sell by Date:

Use by Date/Best Before Date: 08.12.10

Batch Number: 9342 17:08

Packaging: Foil tin in a cardboard box

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 21.8

Sub-sample Name: Asda Deep Filled Steak and Rich Gravy Pie

**Ingredients:** Water, Beef (27%), Wheat Flour, Margarine [Palm Oil, Water, Salt, Emulsifier (Mono and Diglycerides of Fatty Acids)], Prefried Onion [Onions, Palm Oil, Rapeseed Oil], Vegetable Shortening [Palm Oil, Rapeseed Oil], Onions, Maize Starch, Carrots, Beef Stock [Beef Extract, Water, Salt], Tomato Puree, Salt, Yeast Extract, Tapioca Starch, Egg, Natural Flavourings (contains Soya), Caramelised Sugar, Onion Powder, Carob Powder, Dextrose, Barley Malt Extract, Carrot Powder, Cocoa Powder, White Pepper, Ground Celery Seeds.

### Label claim(s):

No artificial colours, flavours or hydrogenated fat

Contains gluten, wheat, barley, egg, soya and celery / celeriac

May contain traces of nuts

Produced in the Republic of Ireland

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving ¼ pie
Energy	kJ	977	1642
Energy	kcal	233	392
Protein	g	9.5	16
Carbohydrate	g	23.5	39.5
Sugars	g	1.2	2
Starch	g	N/A	N/A
Fat	g	11	18.5
Saturates	g	5.5	9.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.1	1.8
Salt	g	0.8	1.3
Sodium	g	0.3	0.5

Sample 22: Beef pie, purchased, individual, puff or shortcrust pastry

Composite Sample Number: 22

Composite Sample Name: Beef pie, purchased, individual, puff or shortcrust pastry

Sub-sample Number: 22.1

Sub-sample Name: Individual minced beef pie (loose) purchased from bakery or butchers

Full Product Name: Minced Beef and Onion Pie

Brand:

Pack size: 178.4g

Purchase Date: 01.03.10

Place of Purchase: Independent Bakery, Norwich

Sell by Date:

Use by Date/Best Before Date:

Batch Number:

Packaging: Paper bag

Sample Condition As Purchased: Cooked

Post Purchase Storage: Refrigerated

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Sub-sample Number: 22.1

Sub-sample Name: Individual minced beef pie (loose) purchased from bakery or butchers

**Ingredients:** No information

**Label claim(s):** No information

**Nutrient Information:** No information

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 22

Composite Sample Name: Beef pie, purchased, individual, puff or shortcrust pastry

Sub-sample Number: 22.2

Sub-sample Name: Marks & Spencer Steak Pie

Full Product Name: Marks & Spencer Steak Pie

Brand: Marks & Spencer

Pack size: 170g

Purchase Date: 01.03.10

Place of Purchase: M&S, Norwich

Sell by Date:

Use by Date/Best Before Date: 04.03.10

Batch Number: 13:28

Packaging: Foil dish in a cardboard box

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 22.2

Sub-sample Name: Marks & Spencer Steak Pie

**Ingredients:** Steak (28%), Wheatflour, Water, Vegetable Oils, Beef Stock, Cornflour, Pasteurised Free Range Egg, Salt, Sugar, Tomato Puree, Barley Malt Vinegar, Beef Gelatine, Ground Black Pepper

Beef Stock contains Water, Beef, Tomato Puree, Onions, Carrots

### Label claim(s):

British beef

No artificial colours, flavourings or preservatives

Contains eggs, wheat, barley, gluten

Made in the UK with beef from farms in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per pack
Energy	kJ	1200	2040
Energy	kcal	290	495
Protein	g	10	17
Carbohydrate	g	25.9	44
Sugars	g	1.5	2.6
Starch	g	N/A	N/A
Fat	g	16	27.2
Saturates	g	8.2	13.9
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.9	3.2
Salt	g	0.55	0.93
Sodium	g	0.22	0.37

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 22

Composite Sample Name: Beef pie, purchased, individual, puff or shortcrust pastry

Sub-sample Number: 22.3

Sub-sample Name: Birds Eye 4 Minced Beef & Onion Pies

Full Product Name: Birds Eye 4 Minced Beef & Onion Pies

Brand: Birds Eye

Pack size: 620g

Purchase Date: 26.02.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date:

Use by Date/Best Before Date: 12.2010

Batch Number: L917SE1181 13:12

Packaging: Metal dish in a cardboard box

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 22.3

Sub-sample Name: Birds Eye 4 Minced Beef & Onion Pies

**Ingredients:** Shortcrust Pastry, Minced Beef and Onion Filling (50%), Pastry Glaze

Shortcrust Pastry: Wheat Flour, Lard, Water, Dextrose, Salt

Minced Beef and Onion Filling: Beef (39%), Onion (16%), Water, Carrot, Peas, Waxy Maize Starch, Yeast Extract, Wheat Flour, Tomato Purée, Caramelised Sugar Powder, Salt, Cocoa Powder, Onion Powder, Garlic Powder, Beef Fat

Pastry Glaze: Water, Dextrins, Dextrose, Wheat Starch, Sodium Bicarbonate, Natural Colour (Annatto)

### Label claim(s):

No hydrogenated fat

Made with 100% prime minced beef

Contains wheat

### Nutrient Information:

Nutrient	Unit	Amount/100g as sold	Amount/Unit/serving Per pie
Energy	kJ	1266	1960
Energy	kcal	303	470
Protein	g	6.7	10
Carbohydrate	g	27.3	42
Sugars	g	2.9	4.5
Starch	g	N/A	N/A
Fat	g	18.6	29
Saturates	g	8.8	14
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2	3.1
Salt	g	0.6	1
Sodium	g	0.26	0.4

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 22

Composite Sample Name: Beef pie, purchased, individual, puff or shortcrust pastry

Sub-sample Number: 22.4

Sub-sample Name: McDougalls Upper Crust 2 Minced Beef & Onion Pies

Full Product Name: McDougalls Upper Crust 2 Minced Beef & Onion Pies

Brand: McDougalls

Pack size: 310g

Purchase Date: 26.02.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date:

Use by Date/Best Before Date: Jul 2011

Batch Number: 0020 12:59

Packaging: Foil dishes in a cardboard box

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 22.4

Sub-sample Name: McDougalls Upper Crust 2 Minced Beef & Onion Pies

**Ingredients:** Wheat Flour, Beef (19%), Water, Lard, Onion (8%), Carrot, Peas, Cornflour, Yeast Extract, Salt, Dextrose, Tomato Puree, Egg, Colour (Plain Caramel), Cocoa Powder, Onion Powder, Carob Powder, Garlic Powder, Beef Fat

### Label claim(s):

No artificial colours, flavours or preservatives

No hydrogenated fat

Contains wheat, gluten, egg

May contain traces of nuts and / or seeds

Produced in Ireland

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per pie
Energy	kJ	1401	2003
Energy	kcal	336	481
Protein	g	10.7	15.4
Carbohydrate	g	26.7	38.2
Sugars	g	2.8	4
Starch	g	N/A	N/A
Fat	g	20.7	29.6
Saturates	g	8.3	11.9
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.2	1.7
Salt	g	N/A	N/A
Sodium	g	0.3	0.4

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 22

Composite Sample Name: Beef pie, purchased, individual, puff or shortcrust pastry

Sub-sample Number: 22.5

Sub-sample Name: Castle Grove 3 Mince Steak & Onion pies

Full Product Name: Castle Grove 3 Mince Steak & Onion pies

Brand: Castle Grove

Pack size: 558g

Purchase Date: 01.03.10

Place of Purchase: Lidl, Norwich

Sell by Date:

Use by Date/Best Before Date: 06.03.10

Batch Number: A4 08:03

Packaging: Foil dishes in a plastic bag

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 22.5

Sub-sample Name: Castle Grove 3 Mince Steak & Onion pies

**Ingredients:** Water, Wheat Flour, Beef (19.5%), Margarine (Vegetable Oils, Emulsifier: Mono & Diglycerides of Fatty Acids; Natural Colours: Curcumin, Annatto), Onions (5%), Beef Fat, Modified Maize Starch, Salt, Natural Colour: Plain Caramel; Glaze (Milk Proteins, Emulsifier: Soya Lecithin, Acidity Regulator: Sodium Citrate, Natural Colour: Beta Carotene), Egg, Beef Stock (Yeast Extract: Modified Potato Starch, Sugar, Black Pepper), White Pepper

### Label claim(s):

No hydrogenated fats

No artificial flavourings, preservatives or colours

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per pie (186g)
Energy	kJ	1171	2177
Energy	kcal	281	522
Protein	g	6.6	12.3
Carbohydrate	g	23.3	43.3
Sugars	g	1.2	2.2
Starch	g	N/A	N/A
Fat	g	17.9	33.3
Saturates	g	8.2	15.3
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.9	1.7
Salt	g	0.75	1.4
Sodium	g	0.3	0.56

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 22

Composite Sample Name: Beef pie, purchased, individual, puff or shortcrust pastry

Sub-sample Number: 22.6

Sub-sample Name: Asda Steak Pie

Full Product Name: Asda Steak Pie

Brand: Asda

Pack size: 150g

Purchase Date: 01.03.10

Place of Purchase: Asda, Norwich

Sell by Date: 07.03.10

Use by Date/Best Before Date: 08.03.10

Batch Number: L7AGR 07:56

Packaging: Foil dish in a plastic bag

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 22.6

Sub-sample Name: Asda Steak Pie

**Ingredients:** Wheat Flour, Beef (27%), Water, Margarine [Vegetable Oils, Water, Salt, Emulsifier (Mono and Diglycerides of Fatty Acids)], Egg, Cornflour, Onion, Malt Extract (Barley), Beef Bouillon [Salt, Wheat Flour, Beef Extract (contains Salt, Sunflower Oil), Sugar, Onion Powder, Beef Fat, Black Pepper, Citric Acid], Salt

### Label claim(s):

Contains gluten, wheat, barley and egg

### Nutrient Information:

Nutrient	Unit	Amount/100g ovenbaked	Amount/Unit/serving Each pie (150g)
Energy	kJ	1202	1803
Energy	kcal	288	432
Protein	g	8.8	13.2
Carbohydrate	g	25.8	38.7
Sugars	g	1.6	2.4
Starch	g	N/A	N/A
Fat	g	16.6	24.9
Saturates	g	7	10.5
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.6	3.9
Salt	g	1.2	1.8
Sodium	g	0.49	0.74

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 22

Composite Sample Name: Beef pie, purchased, individual, puff or shortcrust pastry

Sub-sample Number: 22.7

Sub-sample Name: Sainsbury's Steak Puff Pastry Pie

Full Product Name: Sainsbury's Steak Puff Pastry Pie

Brand: Sainsbury's

Pack size: 150g

Purchase Date: 26.02.10

Place of Purchase: Sainsbury's, Queens Road, Norwich

Sell by Date:

Use by Date/Best Before Date: 04.03.10

Batch Number: 07:33 F

Packaging: Foil dish in a plastic bag

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 22.7

Sub-sample Name: Sainsbury's Steak Puff Pastry Pie

**Ingredients:** Steak Filling (54%); Shortcrust Pastry; Puff Pastry; Egg Glaze

Steak Filling contains: British Beef (53%), Water, Onion, Cornflour, Roasted Barley Malt Extract, Wheat Flour, Beef Stock (Beef Extract, Salt, Sugar, Water, Beef Fat, Bay Leaf, Black Pepper, Rosemary Extract), Tomato Purée, Salt, Black Pepper

Shortcrust Pastry contains: Wheat Flour, Vegetable Oil (Palm Oil, Rapeseed Oil, Palm Stearin), Salt

Puff Pastry contains: Wheat Flour, Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier: Mono- and Diglycerides of Fatty Acids), Salt

### Label claim(s):

Produced using British beef

Contains egg, wheat gluten & barley gluten

### Nutrient Information:

Nutrient	Unit	Amount/100g cooked	Amount/Unit/serving Each pie (150g)
Energy	kJ	1260	1890
Energy	kcal	302	453
Protein	g	9.1	13.7
Carbohydrate	g	26.9	40.4
Sugars	g	0.7	1.1
Starch	g	26.2	39.3
Fat	g	17.5	26.3
Saturates	g	9.2	13.8
Monounsaturates	g	6.3	9.5
Polyunsaturates	g	2	3
Fibre	g	1.4	2.1
Salt	g	0.75	1.13
Sodium	g	0.3	0.5

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 22

Composite Sample Name: Beef pie, purchased, individual, puff or shortcrust pastry

Sub-sample Number: 22.8

Sub-sample Name: Tesco Shortcrust Pastry Steak Pie

Full Product Name: Tesco Shortcrust Pastry Steak Pie

Brand: Tesco

Pack size: 235g

Purchase Date: 26.02.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date:

Use by Date/Best Before Date: 06.03.10

Batch Number: DC4

Packaging: Metal dish in a cardboard box

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 22.8

Sub-sample Name: Tesco Shortcrust Pastry Steak Pie

**Ingredients:** British Beef (36%), Wheat Flour, Water, Vegetable Oil, Onion, Cornflour, Savoury Stock, Pasteurised Egg, Salt, Malted Barley Extract, White Wine Vinegar, Black Pepper, Bay

Savoury Stock contains: Water, Yeast Extract, Dried Potato, Salt, Natural Flavouring, Sunflower Oil, Malted Barley Extract, Sugar, Dried Onion, Black Pepper

### Label claim(s):

No artificial preservatives, flavours, colours or hydrogenated fat

British beef

Contains wheat, gluten, egg

Cannot guarantee nut free

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Each pie (235g)
Energy	kJ	1125	2640
Energy	kcal	270	635
Protein	g	10.6	24.9
Carbohydrate	g	21.3	50.1
Sugars	g	1.6	3.7
Starch	g	N/A	N/A
Fat	g	15.7	36.9
Saturates	g	6.3	14.8
Monounsaturates	g	6.6	15.6
Polyunsaturates	g	1.9	4.5
Fibre	g	1	2.4
Salt	g	0.6	1.5
Sodium	g	0.2	0.6

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 22

Composite Sample Name: Beef pie, purchased, individual, puff or shortcrust pastry

Sub-sample Number: 22.9

Sub-sample Name: Tesco Value 3 Minced Beef & Onion Pies

Full Product Name: Tesco Value 3 Minced Beef & Onion Pies

Brand: Tesco Value

Pack size: 450g

Purchase Date: 26.02.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date:

Use by Date/Best Before Date: 06.03.10

Batch Number: 00:27 L3H

Packaging: Metal dish in a plastic bag

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 22.9

Sub-sample Name: Tesco Value 3 Minced Beef & Onion Pies

**Ingredients:** Wheat Flour, Water, Beef (18%), Vegetable Oil, Onion (4%), Cornflour, Beef Fat, Salt, Yeast Extract, Dextrose, Malted Barley Extract, Milk Proteins, Onion Powder, Black Pepper, Glucose Syrup

### Label claim(s):

Contains milk, wheat, gluten

Cannot guarantee nut free

Produced in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving each pie (150g)
Energy	kJ	1346	2019
Energy	kcal	323	485
Protein	g	6.7	10.1
Carbohydrate	g	22	33
Sugars	g	1.1	1.7
Starch	g	N/A	N/A
Fat	g	23.2	34.8
Saturates	g	10.8	16.2
Monounsaturates	g	9	13.5
Polyunsaturates	g	2.2	3.3
Fibre	g	3.4	5
Salt	g	0.9	1.3
Sodium	g	0.3	0.5

Sample 23: Cornish pasty, purchased

Composite Sample Number: 23

Composite Sample Name: Cornish pasty, purchased

Sub-sample Number: 23.1

Sub-sample Name: Cornish Pasty (loose) purchased from Greggs, Pasty Shop or similar

Full Product Name: Bakers Oven Cornish Pasty (loose)

Brand: Bakers Oven

Pack size: 178.3g

Purchase Date: 01.03.10

Place of Purchase: Bakers Oven, St Stephen Street, Norwich

Sell by Date:

Use by Date/Best Before Date:

Batch Number:

Packaging: Paper bag

Sample Condition As Purchased: Cooked

Post Purchase Storage: Refrigerated

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Sub-sample Number: 23.1

Sub-sample Name: Cornish Pasty (loose) purchased from Greggs, Pasty Shop or similar

**Ingredients:** No information

**Label claim(s):** No information

**Nutrient Information:** No information

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 23

Composite Sample Name: Cornish pasty, purchased

Sub-sample Number: 23.2 & 23.3

Sub-sample Name: Ginsters Large Cornish Pasty

Full Product Name: Ginsters Original Cornish Pasty

Brand: Ginsters

Pack size: 227g

Purchase Date: 26.02.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date:

Use by Date/Best Before Date: 23.2 (05.03.10), 23.3 (04.03.10)

Batch Number: 23.2 (3A 054 19:10), 23.3 (3A 052 22:57)

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 23.2 & 23.3

Sub-sample Name: Ginsters Large Cornish Pasty

**Ingredients:** Potato (27%), Wheatflour, British Beef (14%), Vegetable Oil, Water, Onion (6%), Swede (5%), Beef Fat, Glaze, Salt, Cornflour, Pepper, Flavouring, Vegetable Bouillon, Mustard Seeds, Coriander

Glaze Contains: Water, Vegetable Oil, Milk Proteins, Glucose

Flavouring Contains: Dried Yeast, Salt, Yeast Extract, Potato Starch

Vegetable Bouillon Contains: Dried Onion, Leek, Salt, Sugar, Vegetable Oil, Turmeric, Black Pepper

### Label claim(s):

Contains milk, wheat, gluten, mustard

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Each pasty (227g)
Energy	kJ	1011	2294
Energy	kcal	242	549
Protein	g	5.3	12.1
Carbohydrate	g	23.2	52.7
Sugars	g	1.4	3.2
Starch	g	N/A	N/A
Fat	g	14.2	32.2
Saturates	g	6.5	14.8
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	3.1	7.1
Salt	g	1.22	2.77
Sodium	g	0.48	1.08

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 23

Composite Sample Name: Cornish pasty, purchased

Sub-sample Number: 23.4

Sub-sample Name: Ginsters 4 Cornish Pasties

Full Product Name: Ginsters 4 Cornish Pasties

Brand: Ginsters

Pack size: 520g

Purchase Date: 26.02.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date:

Use by Date/Best Before Date: 28.02.10

Batch Number: 1A 048 12:33

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Frozen



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 23.4

Sub-sample Name: Ginsters 4 Cornish Pasties

**Ingredients:** Potato (28%), Wheatflour, British Beef (14%), Vegetable Oil, Onion (6%), Swede (5%), Beef Fat, Glaze, Salt, Cornflour, Pepper, Flavouring, Vegetable Bouillon, Mustard Seeds, Coriander

Glaze Contains: Water, Vegetable Oil, Milk Proteins, Glucose

Flavouring Contains: Dried Yeast, Salt, Yeast Extract, Potato Starch

Vegetable Bouillon Contains: Dried Onion, Leek, Salt, Sugar, Vegetable Oil, Turmeric, Black Pepper

### Label claim(s):

Contains milk, wheat, gluten, mustard

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Each pasty (130g)
Energy	kJ	1145	1488
Energy	kcal	275	357
Protein	g	6	7.8
Carbohydrate	g	20.6	26.8
Sugars	g	1.6	2.1
Starch	g	N/A	N/A
Fat	g	18.7	24.3
Saturates	g	8.5	11
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.6	3.3
Salt	g	1.3	1.69
Sodium	g	0.52	0.68

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 23

Composite Sample Name: Cornish pasty, purchased

Sub-sample Number: 23.5

Sub-sample Name: Tesco Value 3 Cornish Pasties

Full Product Name: Tesco Value 3 Cornish Pasties

Brand: Tesco Value

Pack size: 450g

Purchase Date: 26.02.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date:

Use by Date/Best Before Date: 05.03.10

Batch Number:

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 23.5

Sub-sample Name: Tesco Value 3 Cornish Pasties

**Ingredients:** Wheat Flour, Potato (17%), Water, Vegetable Oil, Beef (11%), Swede (5%), Onion, Modified Maize Starch, Salt, Potato Starch, Egg, Beef Fat, Yeast Extract, Black Pepper, Natural Flavouring, Sugar, Malted Barley Extract

### Label claim(s):

No artificial preservatives, flavours, colours or hydrogenated fat

Contains egg, wheat, gluten

Cannot guarantee nut free

Produced in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Each pasty (150g)
Energy	kJ	1126	1690
Energy	kcal	270	405
Protein	g	5.7	8.6
Carbohydrate	g	25.3	38
Sugars	g	2	3
Starch	g	N/A	N/A
Fat	g	16.2	24.3
Saturates	g	7.4	11.1
Monounsaturates	g	6.2	9.3
Polyunsaturates	g	1.7	2.6
Fibre	g	2.5	3.8
Salt	g	1.2	1.7
Sodium	g	0.5	0.7

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 23

Composite Sample Name: Cornish pasty, purchased

Sub-sample Number: 23.6

Sub-sample Name: Tesco Cornish Pasty

Full Product Name: Tesco Cornish Pasty

Brand: Tesco

Pack size: 150g

Purchase Date: 28.02.10

Place of Purchase: Tesco Extra, Norwich

Sell by Date: 06.03.10

Use by Date/Best Before Date: 06.03.10

Batch Number: 2A055 18:56

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 23.6

Sub-sample Name: Tesco Cornish Pasty

**Ingredients:** Wheat Flour, Potato (21%), British Beef (16%), Vegetable Oil, Water, Beef Fat, Swede (2.5%), Onion (2%), Egg, Beef Bouillon, Cornflour, Salt, Black Pepper, Mustard Seed, Beef Bouillon contains, Salt, Natural Flavouring, Dehydrated Beef, Vegetable Oil, Dehydrated Onion

### Label claim(s):

No artificial preservatives, flavours, colours of hydrogenated fats

Produced using British beef

Contains wheat, gluten, egg, mustard

Cannot guarantee nut free

Made in Cornwall

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Each pasty (150g)
Energy	kJ	1155	1735
Energy	kcal	280	415
Protein	g	7.4	11
Carbohydrate	g	24.5	36.7
Sugars	g	0.5	1.4
Starch	g	N/A	N/A
Fat	g	16.6	24.9
Saturates	g	6.7	10.1
Monounsaturates	g	7.8	11.7
Polyunsaturates	g	1.3	1.9
Fibre	g	2.7	4.1
Salt	g	1	1.6
Sodium	g	0.4	0.6

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 23

Composite Sample Name: Cornish pasty, purchased

Sub-sample Number: 23.7

Sub-sample Name: Asda 5 Cornish Pasties

Full Product Name: Asda 5 Cornish Pasties

Brand: Asda

Pack size: 750g

Purchase Date: 01.03.10

Place of Purchase: Asda, Norwich

Sell by Date: 05.03.10

Use by Date/Best Before Date: 06.03.10

Batch Number: NC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 23.7

Sub-sample Name: Asda 5 Cornish Pasties

**Ingredients:** Wheat Flour, Beef (17%), Potato (11%), Palm Oil, Onion (10%), Water, Swede (6.0%), Pasteurised Egg, Potato and Onion Stock [Potato (11%), Water, Yeast Extract, Salt, Natural Flavouring, Vegetable Oil, Sugar, Malt Extract (Barley), Dried Onion (0.5%), Black Pepper], Cornflour, Salt, Rapeseed Oil, Black Pepper, Lemon Juice

### Label claim(s):

No artificial colours, flavours or hydrogenated fat

Made with British beef

Contains gluten, wheat, barley and egg

Produced in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g ovenbaked	Amount/Unit/serving Per pastry ovenbaked
Energy	kJ	1200	1800
Energy	kcal	288	432
Protein	g	6.8	10.2
Carbohydrate	g	22.6	33.9
Sugars	g	2.3	3.5
Starch	g	N/A	N/A
Fat	g	18.9	28.4
Saturates	g	8.8	13.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.9	2.9
Salt	g	0.8	1.2
Sodium	g	0.32	0.47

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 23

Composite Sample Name: Cornish pasty, purchased

Sub-sample Number: 23.8

Sub-sample Name: Morrisons Crantock Traditional Pasty (loose)

Full Product Name: Morrisons Crantock Traditional Pasty (loose)

Brand: Morrisons

Pack size: 267.6g

Purchase Date: 28.02.10

Place of Purchase: Morrisons, Norwich

Sell by Date:

Use by Date/Best Before Date:

Batch Number:

Packaging: Paper

Sample Condition As Purchased: Cooked

Post Purchase Storage: Refrigerated



**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Sub-sample Number: 23.8

Sub-sample Name: Morrisons Crantock Traditional Pasty (loose)

**Ingredients:** 20% beef

**Label claim(s):** No information

**Nutrient Information:** No information

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 23

Composite Sample Name: Cornish pasty, purchased

Sub-sample Number: 23.9

Sub-sample Name: Sainsbury's Cornish Pasty

Full Product Name: Sainsbury's Cornish Pasty

Brand: Sainsbury's

Pack size: 175g

Purchase Date: 28.02.10

Place of Purchase: Sainsbury's, Queens Road, Norwich

Sell by Date:

Use by Date/Best Before Date: 05.03.10

Batch Number: DA

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 23.9

Sub-sample Name: Sainsbury's Cornish Pastry

**Ingredients:** Beef and Vegetable Filling (51%); Puff Pastry; Whole Egg Glaze

Beef and Vegetable Filling contains: Potato (36%), British Beef (36%), Swede (13%), Onion (11%), Cornflour, Savoury Stock (Water, Yeast Extract, Potato, Salt, Natural Flavouring, Sunflower Oil, Sugar, Malt Extract (from Barley), Dried Onion, Black Pepper), Salt, Black Pepper

Puff Pastry contains: Wheat Flour, Palm Oil, Water, Rapeseed Oil, Salt, Emulsifier: Mono- and Diglycerides of Fatty Acids.

### Label claim(s):

Made with British beef

Made in Cornwall

Contains egg, wheat gluten & barley gluten

Produced in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per pastry
Energy	kJ	1165	2039
Energy	kcal	279	488
Protein	g	6.9	12.1
Carbohydrate	g	24.4	42.7
Sugars	g	1.2	2.1
Starch	g	23	40.3
Fat	g	17.1	29.9
Saturates	g	7.9	13.8
Monounsaturates	g	6.9	12.1
Polyunsaturates	g	1.8	3.2
Fibre	g	1.4	2.4
Salt	g	0.75	1.31
Sodium	g	0.3	0.53

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 23

Composite Sample Name: Cornish pasty, purchased

Sub-sample Number: 23.10

Sub-sample Name: Castle Grove 3 Cornish Pasties

Full Product Name: Castle Grove 3 Cornish Pasties

Brand: Castle Grove

Pack size: 597g

Purchase Date: 01.03.10

Place of Purchase: Lidl, Norwich

Sell by Date:

Use by Date/Best Before Date: 10.03.10

Batch Number: S7 13:28 A3

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 23.10

Sub-sample Name: Castle Grove 3 Cornish Pasties

**Ingredients:** Wheat Flour, Potatoes (20%), Margarine (Vegetable Oil, Emulsifier: Mono & Diglycerides of Fatty Acids; Natural Colours: Curcumin, Annatto). Beef (15.5%), Water, Onions (7%), Carrots (3%), Swede (3%), Beef Fat, Glaze (Milk Proteins, Emulsifier: Soya Lecithin; Acidity Regulator: Sodium Citrate; Natural Colour: Beta Carotene), Egg, Salt, Rusk (Wheat Flour, Salt, Water, Raising Agent: Ammonium Bicarbonate), White Pepper

### Label claim(s):

No hydrogenated fats

No artificial flavourings, preservatives or colours

Contains egg, gluten, milk, soya and wheat

May contain traces of celery, mustard and nuts

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per pasty (199g)
Energy	kJ	1235	2460
Energy	kcal	296	590
Protein	g	6.6	13.2
Carbohydrate	g	23.4	46.6
Sugars	g	1.3	2.6
Starch	g	N/A	N/A
Fat	g	19.6	39
Saturates	g	8.9	17.7
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.4	2.8
Salt	g	0.75	1.49
Sodium	g	0.3	0.6

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 23

Composite Sample Name: Cornish pasty, purchased

Sub-sample Number: 23.11

Sub-sample Name: Peters Cornish Pasty

Full Product Name: Peters Cornish Pasty

Brand: Peters

Pack size: 220g

Purchase Date: 26.02.10

Place of Purchase: Sainsbury's, Queens Road, Norwich

Sell by Date:

Use by Date/Best Before Date: 05.03.10

Batch Number: 54 11:24 A3

Packaging: Plastic and cardboard

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 23.11

Sub-sample Name: Peters Cornish Pasty

**Ingredients:** Wheat Flour, Beef (17%), Potato (17%), Margarine (Vegetable Oils, Emulsifier: Mono and Diglycerides of Fatty Acids, Natural Colours: Curcumin, Annatto), Water, Onion (9%), Swede (5%), Egg, Glaze (Milk Proteins, Emulsifier: Soya Lecithin, Acidity Regulator: Sodium Citrates, Natural Colour: Carotenes), Beef Fat, Salt, Black Pepper, Potato Flake

### Label claim(s):

Contains gluten, wheat, milk, egg, soya

May contain traces of nuts, mustard, celery

No artificial flavours, colours, preservatives or hydrogenated fat

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per pasty (220g)
Energy	kJ	1221	2686
Energy	kcal	293	645
Protein	g	6.7	14.7
Carbohydrate	g	22.1	48.6
Sugars	g	1.2	2.6
Starch	g	N/A	N/A
Fat	g	19.8	43.6
Saturates	g	9	19.8
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.3	2.9
Salt	g	0.8	1.8
Sodium	g	0.3	0.7

Sample 24: Pork pie, individual

Composite Sample Number: 24

Composite Sample Name: Pork pie, individual

Sub-sample Number: 24.1

Sub-sample Name: Individual pork pie (loose) purchased from bakery or butchers

Full Product Name: Individual pork pie (loose) purchased from bakery or butchers

Brand:

Pack size: 161.9g

Purchase Date: 01.03.10

Place of Purchase: Independent butcher, Norwich

Sell by Date:

Use by Date/Best Before Date:

Batch Number:

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated



**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Sub-sample Number: 24.1

Sub-sample Name: Individual pork pie (loose) purchased from bakery or butchers

**Ingredients:** No information

**Label claim(s):** No information

**Nutrient Information:** No information

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 24

Composite Sample Name: Pork pie, individual

Sub-sample Number: 24.2

Sub-sample Name: Pork Farms Original 2 Snack Pork Pies

Full Product Name: Pork Farms Original 2 Snack Pork Pies

Brand: Pork Farms

Pack size: 160g

Purchase Date: 26.02.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date:

Use by Date/Best Before Date: 03.03.10

Batch Number: 052 02:48 L5

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 24.2

Sub-sample Name: Pork Farms Original 2 Snack Pork Pies

**Ingredients:** Wheat Flour, Pork (24%), Water, Pork Fat, Pork Lard, Vegetable Oil, Rusk (Wheat Flour, Salt), Salt, Egg, Pork Gelatine, Potato Starch, Pepper, Sugar, Dextrose, Yeast Extract

### Label claim(s):

Contains egg, gluten, wheat

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving per pie (~80g)
Energy	kJ	1680	1344
Energy	kcal	404	323
Protein	g	9.2	7.4
Carbohydrate	g	25.2	20.2
Sugars	g	1.2	1
Starch	g	N/A	N/A
Fat	g	29.6	23.7
Saturates	g	11.8	9.4
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.7	1.4
Salt	g	1.4	1.1
Sodium	g	0.534	0.427

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 24

Composite Sample Name: Pork pie, individual

Sub-sample Number: 24.3

Sub-sample Name: Tesco 6 Mini Melton Mowbray Pork Pies

Full Product Name: Tesco 6 Mini Melton Mowbray Pork Pies

Brand: Tesco

Pack size: 300g

Purchase Date: 26.02.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date:

Use by Date/Best Before Date: 05.03.10

Batch Number: UK W 008 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 24.3

Sub-sample Name: Tesco 6 Mini Melton Mowbray Pork Pies

**Ingredients:** Wheat Flour, Pork (31%), Pork Lard, Water, Vegetable Oil, Pork Fat, Potato Starch, Rusk, Salt, Free Range Egg, Pork Gelatine, White Pepper

Rusk contains, Wheat Flour, Salt

### Label claim(s):

No artificial preservatives, flavours, colours or hydrogenated fat

15% more pork

Contains wheat, gluten, egg

Cannot guarantee nut free

Produced using British pork

Produced in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Each pie (50g)
Energy	kJ	1620	810
Energy	kcal	390	195
Protein	g	10.6	5.3
Carbohydrate	g	25.7	12.9
Sugars	g	1.8	0.9
Starch	g	N/A	N/A
Fat	g	27	13.5
Saturates	g	10.6	5.3
Monounsaturates	g	11.1	5.6
Polyunsaturates	g	4.1	2.1
Fibre	g	1.4	0.7
Salt	g	1.2	0.6
Sodium	g	0.4	0.2

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 24

Composite Sample Name: Pork pie, individual

Sub-sample Number: 24.4

Sub-sample Name: Tesco Value 4 Pork Pies

Full Product Name: Tesco Value 4 Pork Pies

Brand: Tesco Value

Pack size: 440g

Purchase Date: 26.02.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date:

Use by Date/Best Before Date: 01.03.10

Batch Number: 18:32 L3C

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 24.4

Sub-sample Name: Tesco Value 4 Pork Pies

**Ingredients:** Wheat Flour, Pork (20%), Lard, Pork Fat, Potato Starch, Water, Salt, Egg, Pork Gelatine, Black Pepper, Yeast Extract, Sugar, Dextrose, Preservative (Sodium Nitrite), Cayenne Extract, Chilli Powder, White Pepper, Mace Extract

### Label claim(s):

Contains wheat, gluten, egg, soya

Cannot guarantee nut free

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Each pie (110g)
Energy	kJ	1526	1679
Energy	kcal	367	403
Protein	g	9	9.9
Carbohydrate	g	25.7	28.2
Sugars	g	3.1	3.4
Starch	g	N/A	N/A
Fat	g	25.3	27.9
Saturates	g	10.7	11.7
Monounsaturates	g	9.8	10.8
Polyunsaturates	g	3.7	4.1
Fibre	g	2.7	3
Salt	g	1.5	1.6
Sodium	g	0.6	0.6

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 24

Composite Sample Name: Pork pie, individual

Sub-sample Number: 24.5

Sub-sample Name: Marks & Spencer Melton Mowbray 6 Mini Pork Pies

Full Product Name: Marks & Spencer Melton Mowbray 6 Mini Pork Pies

Brand: Marks & Spencer

Pack size: 300g

Purchase Date: 01.03.10

Place of Purchase: M&S, Norwich

Sell by Date:

Use by Date/Best Before Date: 04.03.10

Batch Number: 01.31

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 24.5

Sub-sample Name: Marks & Spencer Melton Mowbray 6 Mini Pork Pies

**Ingredients:** Pork (37%), Wheatflour, Pork Lard, Pork Bonestock Jelly, Pork Fat, Palm Oil, Rapeseed Oil, Salt, Potato Starch, Pasteurised Free Range Egg, Rusk, White Pepper, Nutmeg

Pork Bonestock Jelly contains Water, Pork Gelatine, Pork Bonestock, Salt

Rusk contains Wheatflour, Salt

### Label claim(s):

No artificial colours, flavourings or hydrogenated fat

Contains eggs, wheat, gluten

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per pie
Energy	kJ	1765	885
Energy	kcal	425	210
Protein	g	10.8	5.4
Carbohydrate	g	28.2	14.1
Sugars	g	2.4	1.2
Starch	g	N/A	N/A
Fat	g	29.8	14.9
Saturates	g	11.1	5.6
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.5	1.3
Salt	g	1.1	0.58
Sodium	g	0.45	0.23

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 24

Composite Sample Name: Pork pie, individual

Sub-sample Number: 24.6

Sub-sample Name: Asda 6 Mini Melton Mowbray Pork Pies

Full Product Name: Asda 6 Mini Melton Mowbray Pork Pies

Brand: Asda

Pack size: 300g

Purchase Date: 01.03.10

Place of Purchase: Asda, Norwich

Sell by Date: 07.03.10

Use by Date/Best Before Date: 08.03.10

Batch Number: 005 11:33 L3

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 24.6

Sub-sample Name: Asda 6 Mini Melton Mowbray Pork Pies

**Ingredients:** Wheat Flour, Pork (21%), Pork Lard, Water, Pork Fat, Vegetable Oil, Modified Maize Starch, Egg, Salt, Pork Gelatine, Pepper, Yeast Extract, Sugar, Dextrose

### Label claim(s):

No artificial colours, flavours or hydrogenated fat

Contains gluten, wheat and egg

Produced in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Each pie (50g)
Energy	kJ	1639	820
Energy	kcal	394	197
Protein	g	9.9	5
Carbohydrate	g	27.5	13.8
Sugars	g	2	1
Starch	g	N/A	N/A
Fat	g	27.1	13.6
Saturates	g	12.2	6.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2	1
Salt	g	1.2	0.6
Sodium	g	0.49	0.25

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 24

Composite Sample Name: Pork pie, individual

Sub-sample Number: 24.7

Sub-sample Name: Sainsbury's Crusty Bake 4 Snack Pork Pies

Full Product Name: Sainsbury's Crusty Bake 4 Snack Pork Pies

Brand: Sainsbury's

Pack size: 260g

Purchase Date: 26.02.10

Place of Purchase: Sainsbury's, Queens Road, Norwich

Sell by Date:

Use by Date/Best Before Date: 02.03.11

Batch Number: 16:11 LIC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 24.7

Sub-sample Name: Sainsbury's Crusty Bake 4 Snack Pork Pies

**Ingredients:** Pastry, Pork Filling (43%), Jelly, Egg Glaze

Pastry contains: Wheat Flour, Pork Lard, Water, Salt

Pork Filling contains: British Pork (63%), British Pork Fat, Potato Starch, Water, Salt, White Pepper, Mace, Preservative: Sodium Nitrite

Jelly contains: Water, Pork Gelatine, Salt, Egg

Glaze contains: Whole Egg, Water

**Label claim(s):**

British pork

Contains egg & wheat gluten

Produced in the UK

**Nutrient Information:**

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per pie
Energy	kJ	1721	1119
Energy	kcal	413	269
Protein	g	9.9	6.4
Carbohydrate	g	28.5	18.5
Sugars	g	1.9	1.3
Starch	g	26.6	17.3
Fat	g	28.9	18.8
Saturates	g	12.5	8.1
Monounsaturates	g	11.1	7.2
Polyunsaturates	g	3.9	2.5
Fibre	g	1.5	1
Salt	g	1.4	0.91
Sodium	g	0.56	0.36

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 24

Composite Sample Name: Pork pie, individual

Sub-sample Number: 24.8

Sub-sample Name: Morrisons Vale of Mowbray 4 Mini Pork Pies

Full Product Name: Morrisons Vale of Mowbray 4 Mini Pork Pies

Brand: Morrisons

Pack size: 180g

Purchase Date: 26.02.10

Place of Purchase: Morrisons, Norwich

Sell by Date:

Use by Date/Best Before Date: 05.03.11

Batch Number: 26.02.10

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 24.8

Sub-sample Name: Morrisons Vale of Mowbray 4 Mini Pork Pies

**Ingredients:** Wheat Flour, Pork (22%), Lard, Water, Pork Fat, Potato Starch, Salt, Thickeners (Maltodextrin, Sodium Carboxymethylcellulose), Pork Gelatine, Rusk (Wheat Flour, Salt), Dextrose, Spices, Yeast Extract, Gelling Agent (Carrageenan), Natural Colour (Mixed Carotenes), Preservatives (Sodium Nitrite, Sodium Nitrate), Antioxidants (Ascorbic Acid, Sodium Ascorbate), Pepper Extract, Spices Extracts (Pepper Extract, Cayenne Extract, Nutmeg Extract), Sage Extract

### Label claim(s):

No artificial colours or flavours

Contains gluten

Produced in a factory which uses egg, milk, nut, peanut and sesame ingredients

Produced in the UK using pork from the EU

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per pie
Energy	kJ	1793	807
Energy	kcal	431	194
Protein	g	10	4.5
Carbohydrate	g	26.9	12.1
Sugars	g	1.2	0.5
Starch	g	N/A	N/A
Fat	g	31.5	14.2
Saturates	g	12.7	5.7
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.6	0.7
Salt	g	0.8	0.3
Sodium	g	0.3	0.1

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 24

Composite Sample Name: Pork pie, individual

Sub-sample Number: 24.9

Sub-sample Name: Vale of Mowbray 4 Snack Pork Pies

Full Product Name: Vale of Mowbray 4 Snack Pork Pies

Brand: Vale of Mowbray

Pack size: 300g

Purchase Date: 26.02.10

Place of Purchase: Sainsbury's, Queens Road, Norwich

Sell by Date:

Use by Date/Best Before Date: 27.02.10

Batch Number:

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Frozen



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 24.9

Sub-sample Name: Vale of Mowbray 4 Snack Pork Pies

**Ingredients:** Wheatflour, Pork (24%), Lard, Water, Pork Fat, Potato Starch, Salt, Thickener (Maltodextrin, Sodium Carboxymethylcellulose), Pork Gelatine, Rusk (Wheat Flour, Salt, Raising Agent (Ammonium Carbonates)), Dextrose, Spices (Pepper, Coriander, Paprika, Nutmeg), Yeast Extract, Gelling Agent (Carrageenan), Natural Colour (Mixed Carotenes), Processing Aid (Potassium Chloride), Preservative (Sodium Nitrite, Sodium Nitrate), Antioxidant (Ascorbic Acid, Sodium Ascorbate), Pepper Extract, Spice Extracts (Pepper Extract, Cayenne Extract, Nutmeg Extract), Sage Extract

### Label claim(s):

Free from artificial colourings, flavourings and hydrogenated fats

Contains gluten

May contain traces of egg, nut, peanut, and sesame ingredients

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per pie
Energy	kJ	1546	1315
Energy	kcal	372	316
Protein	g	9.1	7.7
Carbohydrate	g	22	18.7
Sugars	g	0.9	0.8
Starch	g	N/A	N/A
Fat	g	27.5	23.4
Saturates	g	10.9	9.3
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.6	1.4
Salt	g	1.25	1
Sodium	g	0.5	0.4

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 24

Composite Sample Name: Pork pie, individual

Sub-sample Number: 24.10

Sub-sample Name: Crestwood 4 Crispy Bake Pork Pies

Full Product Name: Crestwood 4 Crispy Bake Pork Pies

Brand: Crestwood

Pack size: 260g

Purchase Date: 01.03.10

Place of Purchase: Aldi, Norwich

Sell by Date:

Use by Date/Best Before Date: 05.03.10

Batch Number: 09:59 LIC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 24.10

Sub-sample Name: Crestwood 4 Crispy Bake Pork Pies

**Ingredients:** Wheat Flour, Pork (24%), Lard, Pork Fat, Water, Potato Starch, Egg, Salt, Pork Gelatine, Yeast Extract, Black Pepper, Dextrose, Preservative: Sodium Nitrite

### Label claim(s):

No artificial flavours or colours

Contains gluten, wheat and egg

May contain traces of nut, peanut and sesame seeds

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per pie (65g)
Energy	kJ	1733	1127
Energy	kcal	417	271
Protein	g	9.7	6.3
Carbohydrate	g	27.6	17.9
Sugars	g	1.7	1.1
Starch	g	N/A	N/A
Fat	g	29.7	19.3
Saturates	g	12.7	8.3
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.7	1.1
Salt	g	1.25	0.81
Sodium	g	0.5	0.3

Sample 25: Sausage roll, purchased, ready-to-eat, flaky pastry

Composite Sample Number: 25

Composite Sample Name: Sausage roll, purchased, ready-to-eat, flaky pastry

Sub-sample Number: 25.1

Sub-sample Name: Ginsters Large Sausage Roll

Full Product Name: Ginsters Large Sausage Roll

Brand: Ginsters

Pack size: 140g

Purchase Date: 10.03.10

Place of Purchase: Tesco Extra, Norwich

Sell by Date:

Use by Date/Best Before Date: 15.03.10

Batch Number: IB 063 22:50

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 25.1

Sub-sample Name: Ginsters Large Sausage Roll

**Ingredients:** British Pork (28%), Wheatflour, Pork Fat, Vegetable Oil, Water, Egg, Salt, Potato Starch, Spices, Herbs (0.2%)

**Label claim(s):**

Contains wheat, gluten, egg

**Nutrient Information:**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Each roll (140g)</b>
Energy	kJ	1480	2073
Energy	kcal	356	499
Protein	g	9.4	13.1
Carbohydrate	g	19.4	27.2
Sugars	g	0.8	1.1
Starch	g	N/A	N/A
Fat	g	26.8	37.5
Saturates	g	11.7	16.4
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.1	2.9
Salt	g	1.28	1.79
Sodium	g	0.49	0.7

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 25

Composite Sample Name: Sausage roll, purchased, ready-to-eat, flaky pastry

Sub-sample Number: 25.2

Sub-sample Name: Morrisons Pork Sausage Roll (loose)

Full Product Name: Morrisons Pork Sausage Roll (loose)

Brand: Morrisons

Pack size: 114g

Purchase Date: 08.03.10

Place of Purchase: Morrisons, Norwich

Sell by Date:

Use by Date/Best Before Date:

Batch Number:

Packaging: Paper

Sample Condition As Purchased: Cooked

Post Purchase Storage: Frozen

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Sub-sample Number: 25.2

Sub-sample Name: Morrisons Pork Sausage Roll (loose)

**Ingredients:** No information available

**Label claim(s):** No information available

**Nutrient Information:** No information available

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 25

Composite Sample Name: Sausage roll, purchased, ready-to-eat, flaky pastry

Sub-sample Number: 25.3

Sub-sample Name: Greggs (or other bakery) Standard Sausage Roll

Full Product Name: Greggs (or other bakery) Standard Sausage Roll

Brand: Greggs

Pack size: 100g

Purchase Date: 10.03.10

Place of Purchase: Greggs, St Stephens Street, Norwich

Sell by Date:

Use by Date/Best Before Date:

Batch Number:

Packaging: Paper

Sample Condition As Purchased: Cooked

Post Purchase Storage: Frozen



**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Sub-sample Number: 25.3

Sub-sample Name: Greggs (or other bakery) Standard Sausage Roll

**Information taken from Greggs website**

**Ingredients:** No information available

**Label claim(s):** No information available

**Nutrient Information:**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/Not specified as to /100g or /unit</b>
Energy	kJ	N/A
Energy	kcal	320
Protein	g	N/A
Carbohydrate	g	N/A
Sugars	g	N/A
Starch	g	N/A
Fat	g	20
Saturates	g	N/A
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	N/A
Salt	g	N/A
Sodium	g	N/A

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 25

Composite Sample Name: Sausage roll, purchased, ready-to-eat, flaky pastry

Sub-sample Number: 25.4

Sub-sample Name: Tesco 6 (Standard) Sausage Rolls

Full Product Name: Tesco 6 (Standard) Sausage Rolls

Brand: Tesco

Pack size: 400g

Purchase Date: 05.03.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date:

Use by Date/Best Before Date: 12.03.10

Batch Number: 15:23 L3C

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 25.4

Sub-sample Name: Tesco 6 (Standard) Sausage Rolls

**Ingredients:** Wheat Flour, Water, Pork (22%), Vegetable Oil, Wheat Starch, Salt, Milk Proteins, Yeast Extract, White Pepper, Onion Powder, Sage, Mace, Glucose Syrup, Thyme, Natural Flavouring

### Label claim(s):

No artificial preservatives, flavours, colours or hydrogenated fat

Contains milk, wheat, gluten

Cannot guarantee nut free

Produced using EU pork

Produced in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Each sausage roll (66.6g)
Energy	kJ	1497	997
Energy	kcal	359	239
Protein	g	7.6	5.1
Carbohydrate	g	27.9	18.5
Sugars	g	1.3	0.8
Starch	g	N/A	N/A
Fat	g	24.2	16.1
Saturates	g	11.5	7.7
Monounsaturates	g	8.9	5.9
Polyunsaturates	g	2.8	1.8
Fibre	g	1.9	1.3
Salt	g	1.4	0.9
Sodium	g	0.6	0.4

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 25

Composite Sample Name: Sausage roll, purchased, ready-to-eat, flaky pastry

Sub-sample Number: 25.5

Sub-sample Name: Asda 5 (Standard) Sausage Rolls

Full Product Name: Asda 5 Pork Sausage Rolls

Brand: Asda

Pack size: 330g

Purchase Date: 08.03.10

Place of Purchase: Asda, Norwich

Sell by Date: 13.03.10

Use by Date/Best Before Date: 14.03.10

Batch Number: 10:33 L8

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 25.5

Sub-sample Name: Asda 5 (Standard) Sausage Rolls

**Ingredients:** Wheat Flour, Pork (24%), Water, Margarine [Vegetable Oil, Water, Salt, Emulsifier (Mono and Diglycerides of Fatty Acids)], Rusk [Wheat Flour, Water, Salt, Raising Agent (Ammonium Carbonates)], Potato Starch, Egg, Salt, Modified Maize Starch, Soya Flour, Dextrose, Natural Flavourings, Mustard Powder, Spices, Antioxidant (Ascorbic Acid), Herbs

### Label claim(s):

No artificial colours, flavours or hydrogenated fat

Contains gluten, wheat, egg, soya and mustard

Produced in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per sausage roll
Energy	kJ	1459	964
Energy	kcal	350	231
Protein	g	8.4	5.5
Carbohydrate	g	25.4	16.8
Sugars	g	1.5	1
Starch	g	N/A	N/A
Fat	g	23.9	15.8
Saturates	g	9.9	6.5
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.3	1.5
Salt	g	1.4	0.9
Sodium	g	0.57	0.38

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 25

Composite Sample Name: Sausage roll, purchased, ready-to-eat, flaky pastry

Sub-sample Number: 25.6

Sub-sample Name: Tesco Value 8 (Standard) Sausage Rolls

Full Product Name: Tesco Value 8 (Standard) Sausage Rolls

Brand: Tesco Value

Pack size: 480g

Purchase Date: 05.03.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date:

Use by Date/Best Before Date: 13.03.10

Batch Number: UKL1010EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 25.6

Sub-sample Name: Tesco Value 8 (Standard) Sausage Rolls

**Ingredients:** Wheat Flour, Water, Vegetable Oil, Pork (12%), Egg, Pork Fat, Potato Starch, Salt, Yeast Extract, Onion Powder, White Pepper, Black Pepper, Nutmeg, Sage, Natural Flavouring

### Label claim(s):

Contains egg, wheat, gluten

Cannot guarantee nut free

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per sausage roll (60g)
Energy	kJ	1364	818
Energy	kcal	327	196
Protein	g	8.2	4.9
Carbohydrate	g	27.2	16.3
Sugars	g	1.4	0.8
Starch	g	N/A	N/A
Fat	g	20.6	12.4
Saturates	g	8.6	5.2
Monounsaturates	g	8.3	5
Polyunsaturates	g	2.8	1.7
Fibre	g	2.7	1.6
Salt	g	1.1	0.6
Sodium	g	0.4	0.3

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 25

Composite Sample Name: Sausage roll, purchased, ready-to-eat, flaky pastry

Sub-sample Number: 25.7

Sub-sample Name: Tesco 6 Snack (Small) Sausage Rolls

Full Product Name: Tesco 6 Snack (Small) Sausage Rolls

Brand: Tesco

Pack size: 200g

Purchase Date: 05.03.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date:

Use by Date/Best Before Date: 12.03.10

Batch Number: 11:03 L6C

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Frozen



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 25.7

Sub-sample Name: Tesco 6 Snack (Small) Sausage Rolls

**Ingredients:** Wheat Flour, Water, Pork (20%), Vegetable Oil, Wheat Starch, Salt, Milk Proteins, Yeast Extract, White Pepper, Onion Powder, Glucose Syrup, Sage, Mace, Thyme, Natural Flavouring.

### Label claim(s):

No artificial preservatives, flavours, colours or hydrogenated fat

Produced using EU pork

Contains milk, wheat, gluten

Cannot guarantee nut free

Produced in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per sausage roll (33.3g)
Energy	kJ	1509	502
Energy	kcal	362	121
Protein	g	7.3	2.4
Carbohydrate	g	28.4	9.4
Sugars	g	1.3	0.4
Starch	g	N/A	N/A
Fat	g	24.4	8.1
Saturates	g	11.7	3.9
Monounsaturates	g	8.8	2.9
Polyunsaturates	g	2.9	0.9
Fibre	g	2.9	1
Salt	g	1.3	0.4
Sodium	g	0.5	0.2

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 25

Composite Sample Name: Sausage roll, purchased, ready-to-eat, flaky pastry

Sub-sample Number: 25.8

Sub-sample Name: Sainsbury's 6 Snack (Small) Sausage Rolls

Full Product Name: Sainsbury's 6 Snack (Small) Sausage Rolls

Brand: Sainsbury's

Pack size: 204g

Purchase Date: 08.03.10

Place of Purchase: Sainsbury's, Queens Road, Norwich

Sell by Date:

Use by Date/Best Before Date: 16.03.10

Batch Number: 137333 2 K0076 04:09

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 25.8

Sub-sample Name: Sainsbury's 6 Snack (Small) Sausage Rolls

**Ingredients:** Puff Pastry; Pork Sausagemeat (45%); Egg Glaze

Puff Pastry contains: Wheat Flour, Palm Oil, Water, Rapeseed Oil, Salt

Pork Sausagemeat contains: British Pork (57%), Water, Rusk (Wheat Flour, Salt), Pork Fat, Potato Starch, Wheat Flour, Salt, Nutmeg, Mace, White Pepper, Black Pepper, Yeast Extract, Sage, Marjoram

**Label claim(s):**

Produced using British pork

Contains egg & wheat gluten

**Nutrient Information:**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per sausage roll</b>
Energy	kJ	1606	546
Energy	kcal	385	131
Protein	g	8.9	3
Carbohydrate	g	30.3	10.3
Sugars	g	1.7	0.6
Starch	g	28.6	9.7
Fat	g	25.4	8.6
Saturates	g	9.6	3.3
Monounsaturates	g	10.8	3.7
Polyunsaturates	g	3.9	1.3
Fibre	g	2.4	0.8
Salt	g	1.2	0.41
Sodium	g	0.48	0.16

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 25

Composite Sample Name: Sausage roll, purchased, ready-to-eat, flaky pastry

Sub-sample Number: 25.9

Sub-sample Name: Marks & Spencer Large Sausage Roll

Full Product Name: Marks & Spencer Large Sausage Roll

Brand: Marks & Spencer

Pack size: 145g

Purchase Date: 10.03.10

Place of Purchase: M&S, Norwich

Sell by Date:

Use by Date/Best Before Date: 15.03.10

Batch Number: 1A 0063 20:05

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 25.9

Sub-sample Name: Marks & Spencer Large Sausage Roll

**Ingredients:** British Pork (29%), Wheatflour, Vegetable Margarine, Water, Pork Fat (7%), Pasteurised Free Range Egg, Rusk, Potato Starch, Onion, Salt, Thyme, White Pepper, Coriander, Nutmeg

Vegetable Margarine contains Vegetable Oil, Water, Salt, Emulsifier: E471

Rusk contains Wheatflour, Water, Salt, Raising Agent: E503

### Label claim(s):

Made with British pork

Contains eggs, wheat, gluten

No artificial colours, flavourings or preservatives

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per pack
Energy	kJ	1455	2110
Energy	kcal	350	505
Protein	g	8.1	11.7
Carbohydrate	g	22.2	32.2
Sugars	g	1.1	1.6
Starch	g	N/A	N/A
Fat	g	25.4	36.8
Saturates	g	8.6	12.5
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.4	3.5
Salt	g	1.02	1.47
Sodium	g	0.41	0.59

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 25

Composite Sample Name: Sausage roll, purchased, ready-to-eat, flaky pastry

Sub-sample Number: 25.10

Sub-sample Name: The Co-operative 20 mini sausage rolls

Full Product Name: The Co-operative 20 mini sausage rolls

Brand: The Co-operative

Pack size: 300g

Purchase Date: 11.03.10

Place of Purchase: Co-op, Five Ways Roundabout

Sell by Date:

Use by Date/Best Before Date: 16.03.10

Batch Number: WF

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 25.10

Sub-sample Name: The Co-operative 20 mini sausage rolls

**Ingredients:** Puff Pastry (56%), Pork Sausagemeat (39%), Egg (Free Range).

Puff Pastry made with Wheat Flour, Rapeseed Oil, Palm Oil, Water, Salt, Emulsifier (Mono- and diglycerides of fatty acids – Vegetable)

Pork Sausagemeat made with Pork, Water, Rusk (Wheat Flour, Salt, Raising Agent (Ammonium hydrogen carbonate)), Potato Starch, Salt, Sugar, Onion Powder, Black Pepper, Thyme, Sage

23% Pork

### Label claim(s):

Contains egg, gluten, wheat

Made in the UK using British pork

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per sausage roll (~15g)
Energy	kJ	1370	210
Energy	kcal	330	50
Protein	g	8.8	1.3
Carbohydrate	g	28.6	4.3
Sugars	g	1.5	0.2
Starch	g	N/A	N/A
Fat	g	19.9	3
Saturates	g	7.8	1.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.8	0.4
Salt	g	1.1	0.2
Sodium	g	0.4	0.1

Sample 26: Chicken/turkey pasties/slices, puff pastry

Composite Sample Number: 26

Composite Sample Name: Chicken / turkey pasties / slice, puff pastry

Sub-sample Number: 26.1

Sub-sample Name: Ginsters Deep Fill Chicken & Mushroom Slice

Full Product Name: Ginsters Chicken & Mushroom Slice

Brand: Ginsters

Pack size: 180g

Purchase Date: 26.02.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date:

Use by Date/Best Before Date: 01.03.10

Batch Number: 3B 049 12:30

Packaging: Plastic

Sample Condition As Purchased: Refrigerated

Post Purchase Storage: Frozen



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 26.1

Sub-sample Name: Ginsters Deep Fill Chicken & Mushroom Slice

**Ingredients:** British Chicken (25%), Wheatflour, Vegetable Oil, Mushrooms (11%), Potato, Water, Double Cream (5%), Cornflour, Egg, Onion, Salt, Chicken Bouillon, Parsley, White Pepper

Chicken Bouillon contains: Dehydrated Chicken, Salt, Natural Flavouring, Onion Powder, Vegetable Oil, Turmeric, White Pepper, Rosemary Extract

### Label claim(s):

Contains milk, wheat, gluten, egg

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Each slice (180g)
Energy	kJ	1018	1831
Energy	kcal	244	439
Protein	g	8.3	15
Carbohydrate	g	19.1	34.4
Sugars	g	0.9	1.7
Starch	g	N/A	N/A
Fat	g	14.9	26.8
Saturates	g	7	12.5
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.8	3.3
Salt	g	1.1	1.98
Sodium	g	0.43	0.77

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 26

Composite Sample Name: Chicken / turkey pasties / slices, puff pastry

Sub-sample Number: 26.2

Sub-sample Name: Ginsters 4 Chicken Slices

Full Product Name: Ginsters 4 Chicken Slices

Brand: Ginsters

Pack size: 420g

Purchase Date: 26.02.10

Place of Purchase: Morrisons, Norwich

Sell by Date:

Use by Date/Best Before Date: 04.03.10

Batch Number: 3B 053 13:49

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 26.2

Sub-sample Name: Ginsters 4 Chicken Slices

**Ingredients:** Wheatflour, British Chicken (22%), Water, Vegetable Oil, Double Cream, Onion, Potato, Chicken Stock, Egg, Cornflour, Butter, Salt, White Pepper

Chicken Stock contains: Water, Chicken, Rehydrated Potato, Yeast Extract, Salt

### Label claim(s):

Milk, wheat, gluten, egg

Natural flavouring

No artificial ingredients

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving
Energy	kJ	1220	1281
Energy	kcal	293	307
Protein	g	9	9.4
Carbohydrate	g	22.2	23.3
Sugars	g	0.9	1
Starch	g	N/A	N/A
Fat	g	18.7	19.6
Saturates	g	8.9	9.3
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.3	2.4
Salt	g	1.02	1.07
Sodium	g	0.4	0.42

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 26

Composite Sample Name: Chicken / turkey pasties / slices, puff pastry

Sub-sample Number: 26.3

Sub-sample Name: Ginsters 2 Spicy Chicken Slices

Full Product Name: Ginsters 2 Spicy Chicken Slices

Brand: Ginsters

Pack size: 300g

Purchase Date: 01.03.10

Place of Purchase: Asda, Norwich

Sell by Date:

Use by Date/Best Before Date: 05.03.10

Batch Number: 3A 054 14:53

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 26.3

Sub-sample Name: Ginsters 2 Spicy Chicken Slices

**Ingredients:** Wheatflour, British Chicken (16%), Vegetable Oil, Potato, Onion, Water, Cream (5%), Relish, Chargrill Concentrate, Cornflour, Egg, Salt, Cajun Seasoning (0.7%), Garlic Puree, Coriander

Relish contains: Gherkins, Water, Sugar, Tomato Paste, Corn Starch, Dried Onion, Salt, Mustard Seeds, Barley Malt Extract, Chilli Powder, Black Pepper, Oregano, Dill Essence

Chargrill Concentrate contains: Water, Sugar, Yoghurt, Spirit Vinegar, Salt, Cornflour, Natural Flavouring, Dried Onion, Garlic, Black Pepper

### Label claim(s):

Contains milk, wheat, barley, gluten, egg, mustard

Natural flavourings

No added artificial ingredients

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Each slice (150g)
Energy	kJ	1082	1623
Energy	kcal	260	389
Protein	g	6.7	10
Carbohydrate	g	21.1	31.6
Sugars	g	2.5	3.8
Starch	g	N/A	N/A
Fat	g	16.5	24.8
Saturates	g	7.7	11.6
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.8	4.2
Salt	g	1.04	1.56
Sodium	g	0.41	0.61

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 26

Composite Sample Name: Chicken / turkey pasties / slices, puff pastry

Sub-sample Number: 26.4

Sub-sample Name: Ginsters Chicken & Bacon Pasty

Full Product Name: Ginsters Chicken & Bacon Pasty

Brand: Ginsters

Pack size: 180g

Purchase Date: 26.02.10

Place of Purchase: Morrisons, Norwich

Sell by Date:

Use by Date/Best Before Date: 04.03.10

Batch Number: 2A 053 02:33

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 26.4

Sub-sample Name: Ginsters Chicken & Bacon Pasty

**Ingredients:** Potato, Wheatflour, Vegetable Oil, British Roast Chicken (12%), Semi Skimmed Milk, Spring Onion (3%), Onion, British Sweetcure Smoke Flavoured Bacon (2.5%), Cornflour, Egg, Salt, Butter, Chicken Bouillon, White Pepper

British Roast Chicken contains: Chicken, Cornflour, Salt, Water

Sweetcure Smoke Flavoured Bacon contains: Pork Belly, Invert Sugar Syrup, Salt, Smoke Flavouring, Preservative: Sodium Nitrite

Chicken Bouillon contains: Natural Flavouring, Salt, Chicken Powder, Chicken Fat

### Label claim(s):

Contains milk, wheat, gluten, egg

No added artificial ingredients

With natural flavour

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Each pasty (180g)
Energy	kJ	1061	1910
Energy	kcal	254	458
Protein	g	8	14.5
Carbohydrate	g	19.3	34.7
Sugars	g	1.4	2.5
Starch	g	N/A	N/A
Fat	g	16.1	29
Saturates	g	7.2	13
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.8	5.1
Salt	g	1.02	1.84
Sodium	g	0.4	0.72

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 26

Composite Sample Name: Chicken / turkey pasties / slices, puff pastry

Sub-sample Number: 26.5

Sub-sample Name: Tesco Value 2 Chicken & Mushroom Slices

Full Product Name: Tesco Value 2 Chicken & Mushroom Slices

Brand: Tesco Value

Pack size: 330g

Purchase Date: 26.02.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date:

Use by Date/Best Before Date: 03.03.10

Batch Number: 16:06 L6C

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 26.5

Sub-sample Name: Tesco Value 2 Chicken & Mushroom Slices

**Ingredients:** Water, Wheat Flour, Vegetable Oil, Chicken (10%), Mushroom (7%), Single Cream (5%), Onion, Potato, Modified Maize Starch, Salt, Milk Proteins, Yeast Extract, Flavouring, Stabiliser (Hydroxypropyl Methyl Cellulose), Cornflour, Glucose Syrup, Onion Powder, Dried Chicken, White Pepper

### Label claim(s):

No artificial preservatives, flavours, colours or hydrogenated fat

Contains milk, wheat, gluten

Cannot guarantee nut free

Produced in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Each slice (165g)
Energy	kJ	1051	1734
Energy	kcal	252	416
Protein	g	6.3	10.4
Carbohydrate	g	21.6	35.7
Sugars	g	1.8	3
Starch	g	N/A	N/A
Fat	g	13.6	25.7
Saturates	g	7.5	12.3
Monounsaturates	g	5.3	8.8
Polyunsaturates	g	1.5	2.4
Fibre	g	3.1	5.1
Salt	g	1	1.7
Sodium	g	0.4	0.7

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 26

Composite Sample Name: Chicken / turkey pasties / slices, puff pastry

Sub-sample Number: 26.6

Sub-sample Name: Tesco 2 Chicken & Mushroom Slices

Full Product Name: Tesco 2 Chicken & Mushroom Slices

Brand: Tesco

Pack size: 330g

Purchase Date: 26.02.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date:

Use by Date/Best Before Date: 04.03.10

Batch Number: 3A 053 19:16

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 26.6

Sub-sample Name: Tesco 2 Chicken & Mushroom Slices

**Ingredients:** Wheat Flour, British Chicken (19%), Vegetable Oil, Water, Mushroom (7%), Potato, Double Cream (5%), Onion, Egg, Cornflour, Salt, Porcini Mushroom Stock, Chicken Bouillon, White Pepper

Porcini Mushroom Stock contains: Water, Mushroom, Yeast Extract, Rehydrated Potato, Salt, Rehydrated Porcini Mushroom Powder, Sugar, Lemon Juice Concentrate

Chicken Bouillon contains: Dehydrated Chicken, Salt, Natural Flavouring, Onion Powder, Vegetable Oil, Turmeric, White Pepper, Rosemary Extract

### Label claim(s):

No artificial preservatives, flavours, colours or hydrogenated fat

Contains milk, wheat, gluten, egg

Cannot guarantee nut free

Produced in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Each slice (165g)
Energy	kJ	1225	2020
Energy	kcal	295	485
Protein	g	6.9	11.4
Carbohydrate	g	19.6	32.3
Sugars	g	0.6	1
Starch	g	N/A	N/A
Fat	g	20.9	34.4
Saturates	g	7.7	12.8
Monounsaturates	g	10.7	17.6
Polyunsaturates	g	1.6	2.6
Fibre	g	2.9	4.8
Salt	g	1.1	1.8
Sodium	g	0.4	0.7

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 26

Composite Sample Name: Chicken / turkey pasties / slices, puff pastry

Sub-sample Number: 26.7

Sub-sample Name: Morrisons 2 Chicken & Bacon Slices

Full Product Name: Morrisons 2 Chicken & Bacon Slices

Brand: Morrisons

Pack size: 330g

Purchase Date: 01.03.10

Place of Purchase: Morrisons, Norwich

Sell by Date: 09.03.10

Use by Date/Best Before Date: 14:33

Batch Number: L4C

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 26.7

Sub-sample Name: Morrisons 2 Chicken & Bacon Slices

**Ingredients:** Wheat Flour, Chicken (21%), Water, Vegetable Oil, Single Cream (7.1%), Smoked Bacon (5.9%) (Pork, Water, Salt, Dextrose, Preservative (Sodium Nitrite)), Onion, Cornflour, Chicken Stock (Chicken Stock, Chicken Extract, Yeast Extract, Salt), Salt, Yeast Extract, Sugar, Milk Proteins, Garlic Puree, White Pepper, Natural Flavouring, Glucose Syrup, Paprika, Black Pepper

### Label claim(s):

No artificial colours or flavours

Contains gluten and milk

May contain traces of nuts

Produced in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per slice
Energy	kJ	1158	1911
Energy	kcal	278	458
Protein	g	8.8	14.6
Carbohydrate	g	22	36.3
Sugars	g	1.3	2.2
Starch	g	N/A	N/A
Fat	g	17.1	28.3
Saturates	g	8.4	13.8
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2	3.3
Salt	g	1	1.5
Sodium	g	0.4	0.6

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 26

Composite Sample Name: Chicken / turkey pasties / slices, puff pastry

Sub-sample Number: 26.8

Sub-sample Name: Marks & Spencer 2 Chicken & Mushroom Slices

Full Product Name: Marks & Spencer 2 Chicken & Mushroom Slices

Brand: Marks & Spencer

Pack size: 330g

Purchase Date: 01.03.10

Place of Purchase: M&S, Norwich

Sell by Date:

Use by Date/Best Before Date: 05.03.2010

Batch Number: 17:23

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 26.8

Sub-sample Name: Marks & Spencer 2 Chicken & Mushroom Slices

**Ingredients:** Wheatflour, Water, Roasted Chicken (17%), Vegetable Oils, Whole Milk, Mushrooms (4%), Single Cream (4%), Onions, Maris Piper Potatoes, Butter, Cornflour, Pasteurised Free Range Egg, Chicken Fat, Salt, Chicken Stock, Gelling Agent: Pectin, Ground White Pepper

Chicken Stock contains: Water, Chicken, Onions, Carrots

### Label claim(s):

British chicken  
No artificial colours, flavourings or preservatives  
Contains cow's milk, eggs, wheat, gluten

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per Slice
Energy	kJ	1340	2210
Energy	kcal	320	530
Protein	g	8.7	14.4
Carbohydrate	g	21.5	35.5
Sugars	g	2.5	4.1
Starch	g	N/A	N/A
Fat	g	22.4	37
Saturates	g	11.1	18.3
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	4.5	7.4
Salt	g	0.88	1.45
Sodium	g	0.35	0.58

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 26

Composite Sample Name: Chicken / turkey pasties / slices, puff pastry

Sub-sample Number: 26.9

Sub-sample Name: Asda 2 Chicken & Mushroom Slices

Full Product Name: Asda 2 Chicken & Mushroom Slices

Brand: Asda

Pack size: 330g

Purchase Date: 01.03.10

Place of Purchase: Asda, Norwich

Sell by Date: 05.03.10

Use by Date/Best Before Date: 06.03.10

Batch Number: DC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 26.9

Sub-sample Name: Asda 2 Chicken & Mushroom Slices

**Ingredients:** Wheat Flour, Water, Chicken (17%), Palm Oil, Potato, Mushroom (6%), Onion, Single Cream, Rapeseed Oil, Cornflour, Pasteurised Egg, Salt, Chicken Bouillon (Chicken Powder, Salt, Chicken Fat, Rosemary Extract), Emulsifier (Mono- and Diglycerides of Fatty Acids), White Pepper

### Label claim(s):

No artificial colours, flavours or hydrogenated fat

No preservatives

British chicken

Contains gluten, milk, wheat and egg

Produced in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per slice
Energy	kJ	1050	1733
Energy	kcal	251	415
Protein	g	7	11.6
Carbohydrate	g	23.2	38.3
Sugars	g	0.7	1.2
Starch	g	N/A	N/A
Fat	g	14.5	23.9
Saturates	g	6.7	11.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.7	1.2
Salt	g	0.8	1.3
Sodium	g	0.3	0.5

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 26

Composite Sample Name: Chicken / turkey pasties / slices, puff pastry

Sub-sample Number: 26.10

Sub-sample Name: Sainsbury's 2 Chicken & Mushroom Puff Pastry Slices

Full Product Name: Sainsbury's 2 Chicken & Mushroom Puff Pastry Slices

Brand: Sainsbury's

Pack size: 330g

Purchase Date: 26.02.10

Place of Purchase: Sainsbury's, Queens Road, Norwich

Sell by Date:

Use by Date/Best Before Date: 02.03.10

Batch Number: NF

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 26.10

Sub-sample Name: Sainsbury's 2 Chicken & Mushroom Puff Pastry Slices

**Ingredients:** Chicken And Mushroom Filling (51%); Puff Pastry; Whole Egg Glaze.

Chicken And Mushroom Filling contains: British Chicken (34%), Water, Mushroom (13%), Potato, Single Cream (from Cows' Milk) (10%), Onion, Cornflour, Signature™ Chicken Stock (2%) (Natural Chicken Juices, Water, Onion, Carrot), Salt, Gelling Agent: Pectin; White Pepper

Puff Pastry contains: Wheat Flour, Palm Oil, Water, Rapeseed Oil, Salt, Emulsifier: Mono- and Diglycerides of Fatty Acids

**Label claim(s):**

British chicken

Contains milk, egg & wheat gluten

Produced in the UK

**Nutrient Information:**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving</b> <b>Per slice</b>
Energy	kJ	1087	1793
Energy	kcal	260	430
Protein	g	7.7	12.7
Carbohydrate	g	21.4	35.3
Sugars	g	0.6	1
Starch	g	20.8	34.3
Fat	g	16	26.4
Saturates	g	7.1	11.7
Monounsaturates	g	6	9.9
Polyunsaturates	g	2.1	3.5
Fibre	g	3.2	5.3
Salt	g	0.85	1.4
Sodium	g	0.34	0.56

Sample 27: Cod in batter, fried in commercial oil, from takeaway fish and chip shop

Composite Sample Number: 27

Composite Sample Name: Cod in batter, fried in commercial oil, from takeaway fish and chip shops

Sub-sample Number: 27.1 - 27.10

Sub-sample Name: Cod in batter, fried in commercial oil, from takeaway fish and chip shops

Full Product Name: Cod in batter, fried in commercial oil, from takeaway fish and chip shops

Brand:

Pack size: 27.1 (regular and large), 27.2 (regular and large), 27.3 (regular and large), 27.4 (regular and large), 27.5 (unspecified), 27.6 (unspecified), 27.7 (regular and large), 27.8 (regular and large), 27.9 (regular), 27.10 (large)

Purchase Date: 27.1 & 27.2 (17.03.10), 27.3 (15.03.10), 27.4 & 27.5 (16.03.10), 27.6 (18.03.10), 27.7 (16.03.10), 27.8 (Large: 14.04.10, Regular: 15.04.10), 27.9 & 27.10 (15.03.10)

Place of Purchase: 27.1 - Norwich  
27.2 - Norwich  
27.3 - Wolverhampton  
27.4 - Wolverhampton  
27.5 - Manchester  
27.6 - Manchester  
27.7 - Leeds  
27.8 - Norwich  
27.9 - Surrey  
27.10 - Surrey

Sell by Date:

Use by Date/Best Before Date:

Batch Number:

Packaging: Paper

Sample Condition As Purchased: Cooked

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 27.1 - 27.10

Sub-sample Name: Cod in batter, fried in commercial oil, from takeaway fish and chip shops

### Ingredients:

27.1 – Frywise (oil is topped up and not changed very often)

27.2 – Frymax (oil is topped up for 2 weeks before being changed)

27.3 – Pred Palm 100% Vegetable Oil (changed daily)

27.4 – Triple D Palm Oil (changed daily)

27.5 – Golden Acres (Palm Oil) (continued rotation of oil)

27.6 – Shop quoted Vegetable Oil only (no indication of oil change frequency)

27.7 – Pure Beef Dripping (Colbeck) (no indication of oil change frequency)

27.8 – Spavins Deodorised Dripping (changed every 6/7 days)

27.9 – Red Label Solid Vegetable Fat (Oil topped up when needed)

27.10 – Frymax (oil emptied and filtered through a machine every day. Complete change occurs once a week on Saturday)

**Label claim(s):** No information available

**Nutrient Information:** No information available

Sample 28: Cod in batter, frozen/chilled, baked

Composite Sample Number: 28

Composite Sample Name: Cod in batter, frozen / chilled, baked

Sub-sample Number: 28.1 & 28.2

Sub-sample Name: Birds Eye Simply Fish 4 Cod Fillets in Crispy Batter

Full Product Name: Birds Eye Simply Fish 4 Cod Fillets in Crispy Batter

Brand: Birds Eye

Pack size: 450g

Purchase Date: 08.03.10

Place of Purchase: 28.1 (Asda, Norwich), 28.2 (Morrisons, Norwich)

Sell by Date:

Use by Date/Best Before Date: 08.2011

Batch Number: 28.1 (L0038TM124 17:46), 28.2 (L0048AM124 00:08)

Packaging: Cardboard

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 28.1 & 28.2

Sub-sample Name: Birds Eye Simply Fish 4 Cod Fillets in Crispy Batter

**Ingredients:** Cod Fillet (31%), Batter, Vegetable Oil, Breadcrumbs

Batter (Wheat Flour, Water, Wheat Starch, Maize Flour, Salt, Baking Powder (contains Raising Agents (E450, E500)), Mustard, Vegetable Oil, Dextrose, Skimmed Milk Powder, Yeast Extract)

Breadcrumbs (Wheat Flour, Salt, Dextrose, Vegetable Oil, Yeast)

# E450 and E500 are the basic ingredients of Baking Powder, which is used to make the batter light and crispy

### Label claim(s):

Contains fish, wheat, milk, mustard

No artificial colours, flavours or preservatives

Made from whole fillet

### Nutrient Information:

Nutrient	Unit	Amount/100g as sold	Amount/Unit/serving Per fillet baked
Energy	kJ	857	1030
Energy	kcal	205	245
Protein	g	12.5	15
Carbohydrate	g	14.4	17
Sugars	g	0.7	0.8
Starch	g	N/A	N/A
Fat	g	10.8	13
Saturates	g	1.5	1.8
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.6	0.7
Salt	g	1.2	1.4
Sodium	g	0.46	0.55

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 28

Composite Sample Name: Cod in batter, frozen / chilled, baked

Sub-sample Number: 28.3 & 28.4

Sub-sample Name: Youngs Chip Shop 4 Large Cod Fillets

Full Product Name: Youngs Chip Shop 4 Large Cod Fillets

Brand: Youngs

Pack size: 500g

Purchase Date: 08.03.10

Place of Purchase: Asda, Norwich

Sell by Date:

Use by Date/Best Before Date: Feb 2011

Batch Number: 28.3 (AC0048K), 28.4 (AC0048M)

Packaging: Cardboard

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 28.3 & 28.4

Sub-sample Name: Youngs Chip Shop 4 Large Cod Fillets

**Ingredients:** Cod Fillet (52%), Coating (Wheat Flour, Water, Wheat Starch, Salt, Maize Flour, Vegetable Oil, Raising Agents: Disodium Diphosphate, Sodium Bicarbonate; Mustard Flour, Dextrose, Flavouring, Skimmed Milk Powder, Lactose, Spice, Colours: Curcumin, Paprika Extract), Sunflower Oil (7%), Vegetable Oil

### Label claim(s):

Now less than 3% saturated fat

Made with a sunflower oil blend

A natural source of Omega 3

Contains fish, gluten, milk, mustard and wheat

### Nutrient Information:

Nutrient	Unit	Amount/100g as sold	Amount Per fillet oven baked
Energy	kJ	933	N/A
Energy	kcal	224	268
Protein	g	10.4	N/A
Carbohydrate	g	12.7	N/A
Sugars	g	3.9	0.7*
Starch	g	N/A	N/A
Fat	g	14.6	14.7
Saturates	g	2.6	2.6
Trans	g	0	N/A
Omega 3 (EPA/DHA)	mg	121	N/A
Fibre	g	2.6	N/A
Salt	g	1	1.4
Sodium	g	0.4	N/A

\*As given on product label but not in line with amount per 100g as sold

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 28

Composite Sample Name: Cod in batter, frozen / chilled, baked

Sub-sample Number: 28.5

Sub-sample Name: Tesco 4 Battered Cod Fillets

Full Product Name: Tesco 4 Battered Cod Fillets

Brand: Tesco

Pack size: 500g

Purchase Date: 05.03.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date: 12.11.2010

Use by Date/Best Before Date: 12.02.2011

Batch Number: 0043 16:20

Packaging: Cardboard

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 28.5

Sub-sample Name: Tesco 4 Battered Cod Fillets

**Ingredients:** Cod (52%), Wheat Flour, Vegetable Oil, Batter, Water, Maize Flour, Salt, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Dextrose, Yeast Extract, Mustard Powder, Yeast

Batter contains, Wheat Flour, Wheat Starch, Salt, Mustard Powder, Pepper Extract

### Label claim(s):

100% cod fillet

No artificial preservatives, flavours or colours

Contains wheat, gluten, fish, mustard

Cannot guarantee nut free

Produced in Poland

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Each fillet (125g)
Energy	kJ	905	1130
Energy	kcal	220	270
Protein	g	12	15
Carbohydrate	g	15	18.8
Sugars	g	2.5	3.1
Starch	g	N/A	N/A
Fat	g	12	15
Saturates	g	1.9	2.4
Monounsaturates	g	7.5	9.4
Polyunsaturates	g	1.4	1.8
Fibre	g	1.5	1.9
Salt	g	1	1.3
Sodium	g	0.4	0.5

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 28

Composite Sample Name: Cod in batter, frozen / chilled, baked

Sub-sample Number: 28.6

Sub-sample Name: Asda 4 Battered Chunky 100% Cod Fillets

Full Product Name: Asda 4 Battered Chunky 100% Cod Fillets

Brand: Asda

Pack size: 500g

Purchase Date: 08.03.10

Place of Purchase: Asda, Norwich

Sell by Date:

Use by Date/Best Before Date: 02.2011

Batch Number: 0034

Packaging: Cardboard

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 28.6

Sub-sample Name: Asda 4 Battered Chunky 100% Cod Fillets

**Ingredients:** Cod (60%), Batter [Water, Wheat Flour, Wheat Starch, Palm Oil, Raising Agents (Diphosphates, Sodium Bicarbonate), Maize Flour, Skimmed Milk Powder, Wheat Gluten, Mustard Powder, Chilli] , Rapeseed Oil, Rusk [Wheat Flour, Salt, Yeast Extract, Sunflower Oil, Rapeseed Oil, Mustard Powder]

### Label claim(s):

No artificial colours, flavours or hydrogenated fat

Contains gluten, milk, wheat, fish and mustard

### Nutrient Information:

Nutrient	Unit	Amount/100g ovenbaked	Amount/Unit/serving Per fillet, ovenbaked
Energy	kJ	815	1018
Energy	kcal	194	243
Protein	g	12.3	15.4
Carbohydrate	g	18	22.5
Sugars	g	0.5	0.6
Starch	g	N/A	N/A
Fat	g	8.1	10.1
Saturates	g	0.7	0.9
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.5	0.6
Salt	g	0.7	0.8
Sodium	g	0.26	0.33

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 28

Composite Sample Name: Cod in batter, frozen / chilled, baked

Sub-sample Number: 28.7

Sub-sample Name: Sainsbury's 4-6 Battered Cod Fillets

Full Product Name: Sainsbury's 4-6 Battered Cod Fillets

Brand: Sainsbury's

Pack size: 540g

Purchase Date: 08.03.10

Place of Purchase: Sainsbury's, Queens Road, Norwich

Sell by Date:

Use by Date/Best Before Date: Feb 2011

Batch Number: L0053VG 18:06

Packaging: Cardboard

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 28.7

Sub-sample Name: Sainsbury's 4-6 Battered Cod Fillets

**Ingredients:** MSC Certified Pacific Cod (53%); Batter; Rusk; Palm Oil; Wheat Flour; Dextrose; Salt

Batter contains: Water, Wheat Flour, Wheat Starch, Maize Flour, Raising Agents: Diphosphates, Sodium Hydrogen Carbonate; Salt, Palm Oil, Mustard Flour, Skimmed Milk Powder (from Cows' Milk), Dextrose, Onion Powder, Yeast Extract

Rusk contains: Wheat Flour, Salt

### Label claim(s):

Fried in sustainable palm oil

Contains fish, milk, mustard & wheat gluten

Produced in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per fillet
Energy	kJ	1046	924
Energy	kcal	250	221
Protein	g	16.3	14.4
Carbohydrate	g	20	17.7
Sugars	g	0.8	0.7
Starch	g	19.1	16.9
Fat	g	11.6	10.2
Saturates	g	5.8	5.1
Monounsaturates	g	4.8	4.2
Polyunsaturates	g	0.9	0.8
Fibre	g	1.8	1.6
Salt	g	0.78	0.69
Sodium	g	0.31	0.27

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 28

Composite Sample Name: Cod in batter, frozen / chilled, baked

Sub-sample Number: 28.8

Sub-sample Name: Ocean Trader Chunky Cod Fillets in Crispy Batter

Full Product Name: Ocean Trader Chunky Cod Fillets in a Light Crispy Batter

Brand: Ocean Trader

Pack size: 500g

Purchase Date: 08.03.10

Place of Purchase: Lidl, Norwich

Sell by Date:

Use by Date/Best Before Date: Aug 2011

Batch Number: P 00:35

Packaging: Cardboard

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 28.8

Sub-sample Name: Ocean Trader Chunky Cod Fillets in Crispy Batter

**Ingredients:** Cod (65%), Batter (Wheat Flour, Salt, Palm Fat, Maize Flour, Raising Agents: Disodium Diphosphate, Sodium Bicarbonate; Wheat Starch, Dextrose, Yeast), Rapeseed Oil

### Label claim(s):

Skinless

No artificial flavourings, preservatives or colours

Contains fish and wheat gluten

### Nutrient Information:

Nutrient	Unit	Amount/100g uncooked	Amount Per fillet (~125g) uncooked
Energy	kJ	771	964
Energy	kcal	185	231
Protein	g	12.7	15.9
Carbohydrate	g	9.6	12
Sugars	g	1	1.25
Starch	g	N/A	N/A
Fat	g	10.6	13.3
Saturates	g	1	1.25
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.8	1
Salt	g	0.89	1.11
Sodium	g	0.35	0.44

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 28

Composite Sample Name: Cod in batter, frozen / chilled, baked

Sub-sample Number: 28.9

Sub-sample Name: Iceland 4 Battered Cod Fillets

Full Product Name: Iceland 4 Battered Cod Fillets

Brand: Iceland

Pack size: 500g

Purchase Date: 10.03.10

Place of Purchase: Iceland, Norwich

Sell by Date:

Use by Date/Best Before Date: 08.08.2011

Batch Number: L0039 2011 N

Packaging: Cardboard

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 28.9

Sub-sample Name: Iceland 4 Battered Cod Fillets

**Ingredients:** Cod (52%), Batter, Rapeseed Oil, Rusk

Batter contains: Water, Wheat Flour (Gluten), Maize Flour, Wheat Starch (Gluten), Salt, Palm Oil, Wheat Gluten, Raising Agents: Diphosphates, Sodium Carbonates; Dextrose, Stabiliser: Xanthan Gum, Flavouring

Rusk contains: Wheat Flour (Gluten), Salt, Rapeseed Oil

### Label claim(s):

Made with 100% fish fillet

No hydrogenated fats

No artificial colours, flavours or preservatives

Contains fish and gluten

### Nutrient Information:

Nutrient	Unit	Amount/100g ovenbaked	Amount/Unit/serving Per fillet ovenbaked
Energy	kJ	925	999
Energy	kcal	221	239
Protein	g	14.5	15.7
Carbohydrate	g	14.9	16.1
Sugars	g	0.6	0.6
Starch	g	N/A	N/A
Fat	g	11.5	12.4
Saturates	g	1	1.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1	1.1
Salt	g	0.9	0.9
Sodium	g	0.3	0.4

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 28

Composite Sample Name: Cod in batter, frozen / chilled, baked

Sub-sample Number: 28.10

Sub-sample Name: Marks & Spencer 2 Battered Cod Fillets

Full Product Name: Marks & Spencer 2 Battered Cod Fillets

Brand: Marks & Spencer

Pack size: 340g

Purchase Date: 10.03.10

Place of Purchase: M&S, Norwich

Sell by Date:

Use by Date/Best Before Date: 14.03.10

Batch Number:

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 28.10

Sub-sample Name: Marks & Spencer 2 Battered Cod Fillets

**Ingredients:** Cod (56%), Batter (20%), Rapeseed Oil

Batter contains: Wheatflour, Rusk, Breadcrumbs (Wheatflour, Yeast, Salt), Wheat Starch, Maize Flour, Palm Oil, Salt, Sunflower Oil, Dried Mustard, Raising Agent: E450; Dried Skimmed Milk, Wheat Gluten, White Pepper, Chilli Powder

**Label claim(s):**

Contains cow's milk, fish, wheat, gluten, mustard

**Nutrient Information:**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per fillet</b>
Energy	kJ	1010	1720
Energy	kcal	245	415
Protein	g	11.2	19
Carbohydrate	g	12	20.4
Sugars	g	0.8	1.4
Starch	g	N/A	N/A
Fat	g	16.7	28.4
Saturates	g	1.3	2.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.7	1.2
Salt	g	0.93	1.58
Sodium	g	0.37	0.63

Sample 29: Cod in breadcrumbs, oven baked

Composite Sample Number: 29

Composite Sample Name: Cod in breadcrumbs, oven baked

Sub-sample Number: 29.1 & 29.2

Sub-sample Name: Birds Eye Simply Fish 4 Cod Fillets in Breadcrumbs

Full Product Name: Birds Eye Simply Fish 4 Cod Fillets in Breadcrumbs

Brand: Birds Eye

Pack size: 450g

Purchase Date: 08.03.10

Place of Purchase: 29.1 (Asda, Norwich), 29.2 (Morrisons, Norwich)

Sell by Date:

Use by Date/Best Before Date: 29.1 (07.2011), 29.2 (08.2011)

Batch Number: 29.1 (L0030VM124 19:21), 29.2 (L0040TM124 17:26)

Packaging: Cardboard

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 29.1 & 29.2

Sub-sample Name: Birds Eye Simply Fish 4 Cod Fillets in Breadcrumbs

**Ingredients:** Cod Fillet (61%), Batter, Breadcrumb, Vegetable Oil, Batter.  
Batter contains: Water, Wheat Flour, Wheat Starch, Salt, Mustard, Turmeric

Breadcrumbs contain: Wheat Flour, Malt Flour (from Barley), Salt, Vegetable Fat, Baking Powder (contains Raising Agents (E450, E500)#), Yeast, Whey Powder, Sugar, Vegetable Oil)

# E450 and E500 are the basic ingredients of Baking Powder, which is used to make the breadcrumbs light and crispy

### Label claim(s):

Contains fish, wheat, barley, milk, mustard

From whole fillet

No artificial colours, flavours or preservatives

### Nutrient Information:

Nutrient	Unit	Amount/100g as sold	Amount/Unit/serving Per filled baked
Energy	kJ	762	910
Energy	kcal	182	220
Protein	g	12.6	15
Carbohydrate	g	14.8	18
Sugars	g	0.5	0.6
Starch	g	N/A	N/A
Fat	g	8	9.5
Saturates	g	1	1.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.7	0.8
Salt	g	1	1.1
Sodium	g	0.38	0.45

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 29

Composite Sample Name: Cod in breadcrumbs, oven baked

Sub-sample Number: 29.3

Sub-sample Name: Tesco 4 Breaded Cod Fillets

Full Product Name: Tesco 4 Breaded Cod Fillets

Brand: Tesco

Pack size: 500g

Purchase Date: 05.03.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date: 12.11.10

Use by Date/Best Before Date: 12.02.11

Batch Number: 0043 22:18

Packaging: Cardboard

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 29.3

Sub-sample Name: Tesco 4 Breaded Cod Fillets

**Ingredients:** Cod (52%), Breadcrumbs, Vegetable Oil, Batter, Water, Wheat Flour, Maize Flour, Salt, Wheat Gluten, Modified Wheat Starch, Sunflower Oil, Yeast

Breadcrumbs contain: Wheat Flour, Water, Yeast, Vegetable Oil, Dextrose, Salt

Batter contains: Wheat Flour, Salt, Wheat Starch, Sugar, Glucose Syrup, Raising Agents (Sodium Bicarbonate, Calcium Phosphate), Milk Proteins

### Label claim(s):

Pieces of 100% cod

No artificial preservatives, flavours or colours

Skinless

Contains milk, wheat, gluten, fish

Cannot guarantee nut free

Produced in Poland

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Each fillet (125g)
Energy	kJ	850	1060
Energy	kcal	205	255
Protein	g	12.7	15.9
Carbohydrate	g	17.1	21.4
Sugars	g	6.1	7.6
Starch	g	N/A	N/A
Fat	g	9.2	11.5
Saturates	g	1.5	1.9
Monounsaturates	g	5.5	6.9
Polyunsaturates	g	1.2	1.5
Fibre	g	2	2.5
Salt	g	0.8	1
Sodium	g	0.3	0.4

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 29

Composite Sample Name: Cod in breadcrumbs, oven baked

Sub-sample Number: 29.4

Sub-sample Name: Tesco 2 Breaded Cod Fillets

Full Product Name: Tesco 2 Breaded Cod Fillets

Brand: Tesco

Pack size: 310g

Purchase Date: 05.03.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date: 07.03.10

Use by Date/Best Before Date: 07.03.10

Batch Number: UKDM035 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 29.4

Sub-sample Name: Tesco 2 Breaded Cod Fillets

**Ingredients:** Cod (58%), Wheat Flour, Water, Vegetable Oil, Potato Starch, Rice Flour, Wheat Gluten, Salt, Wheat Starch, Modified Maize Starch, Yeast, Mustard Flour, Colours (Paprika Extract, Curcumin), Dextrose, Whey Powder

### Label claim(s):

Caught in Pacific Ocean / China

An excellent source of omega 3

Contains milk, wheat, gluten, fish, mustard

Cannot guarantee nut free

Produced in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Each ovenbaked, breaded fillet (155g)
Energy	kJ	890	1380
Energy	kcal	215	330
Protein	g	13.8	21.4
Carbohydrate	g	17.9	27.7
Sugars	g	1.3	2
Starch	g	N/A	N/A
Fat	g	9.5	14.7
Saturates	g	0.8	1.2
Monounsaturates	g	6.1	9.5
Polyunsaturates	g	2.2	3.4
Omega 3	g	0.6	0.9
Fibre	g	4.2	6.5
Salt	g	0.7	1.1
Sodium	g	0.3	0.4

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 29

Composite Sample Name: Cod in breadcrumbs, oven baked

Sub-sample Number: 29.5

Sub-sample Name: Asda 4 Breaded 100% Cod Fillets

Full Product Name: Asda 4 Breaded 100% Cod Fillets

Brand: Asda

Pack size: 500g

Purchase Date: 08.03.10

Place of Purchase: Asda, Norwich

Sell by Date:

Use by Date/Best Before Date: 02.2011

Batch Number: 0046

Packaging: Cardboard

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 29.5

Sub-sample Name: Asda 4 Breaded 100% Cod Fillets

**Ingredients:** Cod (52%), Batter [Water, Wheat Flour, Salt, Wheat Starch, Sugar], Breadcrumbs [Wheat Flour, Yeast, Salt], Rapeseed Oil, Rusk [Wheat Flour, Maize Flour, Wheat Gluten, Salt, Yeast]

### Label claim(s):

No artificial colours, flavours or hydrogenated fat

Contains gluten, wheat and fish

### Nutrient Information:

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g ovenbaked</b>	<b>Amount/Unit/serving Per fillet, ovenbaked</b>
Energy	kJ	849	1061
Energy	kcal	202	253
Protein	g	11.6	14.5
Carbohydrate	g	20.7	25.9
Sugars	g	2.9	3.6
Starch	g	N/A	N/A
Fat	g	8.1	10.1
Saturates	g	0.6	0.8
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.2	1.5
Salt	g	0.8	1
Sodium	g	0.3	0.38

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 29

Composite Sample Name: Cod in breadcrumbs, oven baked

Sub-sample Number: 29.6

Sub-sample Name: Morrisons 2 Chunky Cod Fillets (Crunchy Crumb)

Full Product Name: Morrisons 2 Chunky Cod Fillets (Crunchy Crumb)

Brand: Morrisons

Pack size: 250g

Purchase Date: 08.03.10

Place of Purchase: Morrisons, Norwich

Sell by Date:

Use by Date/Best Before Date: Apr 2011

Batch Number: L0027

Packaging: Cardboard

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 29.6

Sub-sample Name: Morrisons 2 Chunky Cod Fillets (Crunchy Crumb)

**Ingredients:** Cod (60%), Batter (Water, Wheat Flour, Wheat Starch, Salt, Wheat Gluten, Natural Pepper Flavouring), Breadcrumbs (Wheat Flour, Yeast, Salt, Palm Oil, Rapeseed Oil, Rusk (Wheat Flour, Salt, Rapeseed Oil))

### Label claim(s):

No artificial colours

Contains fish and gluten

May contain traces of milk, mustard and shellfish

Produced in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per fillet
Energy	kJ	708	850
Energy	kcal	169	202
Protein	g	13.1	15.7
Carbohydrate	g	13.1	15.7
Sugars	g	0.4	0.5
Starch	g	N/A	N/A
Fat	g	7.1	8.5
Saturates	g	0.8	1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.2	1.4
Salt	g	0.8	1
Sodium	g	0.3	0.4

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 29

Composite Sample Name: Cod in breadcrumbs, oven baked

Sub-sample Number: 29.7

Sub-sample Name: Sainsbury's 4-6 Breaded Cod Fillets

Full Product Name: Sainsbury's 4-6 Breaded Cod Fillets

Brand: Sainsbury's

Pack size: 540g

Purchase Date: 08.03.10

Place of Purchase: Sainsbury's, Queens Road, Norwich

Sell by Date:

Use by Date/Best Before Date: Feb 2011

Batch Number: L0050VG1130

Packaging: Cardboard

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 29.7

Sub-sample Name: Sainsbury's 4-6 Breaded Cod Fillets

**Ingredients:** MSC Certified Pacific Cod (53%); Batter; Signature™ Breadcrumbs (12%); Palm Oil; Rusks

Batter contains: Water, Country Ground™ Wheat Flour, Cornflour, Salt, Sugar, Paprika, White Pepper

Signature™ Breadcrumbs contains: Country Ground™ Wheat Flour, Yeast, Salt

Rusks contains: Country Ground™ Wheat Flour, Rice Flour, Water, Salt, Yeast

### Label claim(s):

Made with sustainable palm oil

Produced in the UK

Contains fish and wheat gluten

Produced in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per fillet
Energy	kJ	884	1138
Energy	kcal	210	271
Protein	g	13	16.7
Carbohydrate	g	21.8	28.1
Sugars	g	1.3	1.7
Starch	g	20.5	26.4
Fat	g	7.9	10.2
Saturates	g	3.8	4.9
Monounsaturates	g	3.3	4.3
Polyunsaturates	g	0.7	0.9
Fibre	g	1.5	1.9
Salt	g	0.79	1.01
Sodium	g	0.32	0.41

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 29

Composite Sample Name: Cod in breadcrumbs, oven baked

Sub-sample Number: 29.8

Sub-sample Name: Ocean Trader Chunky Cod Fillets in a Light Golden Breadcrumb

Full Product Name: Ocean Trader Chunky Cod Fillets in a Light Golden Breadcrumb

Brand: Ocean Trader

Pack size: 500g

Purchase Date: 08.03.10

Place of Purchase: Lidl, Norwich

Sell by Date:

Use by Date/Best Before Date: 2011

Batch Number: AVG P 0035

Packaging: Cardboard

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 29.8

Sub-sample Name: Ocean Trader Chunky Cod Fillets in a Light Golden Breadcrumb

**Ingredients:** Cod (65%), Breadcrumbs (Wheat Flour, Salt, Yeast, Dextrose), Batter (Wheat Flour, Water, Salt), Rapeseed Oil

### Label claim(s):

Skinless and boneless

No artificial flavourings, preservatives or colours

Contains fish and wheat gluten

### Nutrient Information:

Nutrient	Unit	Amount/100g uncooked	Amount/Unit/serving Per fillet uncooked (~125g)
Energy	kJ	615	739
Energy	kcal	147	184
Protein	g	12.6	15.8
Carbohydrate	g	10.3	12.9
Sugars	g	0.8	1
Starch	g	N/A	N/A
Fat	g	6.1	7.6
Saturates	g	0.6	0.8
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.7	0.9
Salt	g	0.71	0.89
Sodium	g	0.28	0.35

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 29

Composite Sample Name: Cod in breadcrumbs, oven baked

Sub-sample Number: 29.9

Sub-sample Name: Iceland 4 Chunky Cod Fillets in Breadcrumbs

Full Product Name: Iceland 4 Chunky Cod Fillets in Breadcrumbs

Brand: Iceland

Pack size: 540g

Purchase Date: 10.03.10

Place of Purchase: Iceland, Norwich

Sell by Date:

Use by Date/Best Before Date: 09.02.2011

Batch Number: L00401303

Packaging: Plastic and cardboard

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 29.9

Sub-sample Name: Iceland 4 Chunky Cod Fillets in Breadcrumbs

### Ingredients:

Cod Fillet (63%), Breadcrumbs, Palm Oil, Water, Wheat Flour, Wheat Starch, Maize Flour, Rice Flour, Raising Agents: Diphosphates, Sodium Carbonates; Mustard Flour, Salt, Yeast Extract

Breadcrumbs contain: Wheat Flour, Yeast, Salt, Dextrose

### Label claim(s):

Skinless and boneless

Made with 100% fish fillet

No hydrogenated fats

No artificial colours or flavours

Contains fish, gluten and mustard

Made in a production area where no nuts are present

### Nutrient Information:

Nutrient	Unit	Amount/100g Ovenbaked	Amount/Unit/serving Per fillet ovenbaked
Energy	kJ	771	950
Energy	kcal	184	226
Protein	g	14.3	17.6
Carbohydrate	g	14.5	17.9
Sugars	g	1.2	1.5
Starch	g	N/A	N/A
Fat	g	7.6	9.4
Saturates	g	3.2	3.9
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.3	1.6
Salt	g	0.8	1
Sodium	g	0.3	0.4

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 29

Composite Sample Name: Cod in breadcrumbs, oven baked

Sub-sample Number: 29.10

Sub-sample Name: Waitrose Essential 4 Breaded Cod Portions

Full Product Name: Waitrose Essential 4 Breaded Cod Portions

Brand: Waitrose Essential

Pack size: 600g

Purchase Date: 11.03.10

Place of Purchase: Waitrose, Wymondham

Sell by Date:

Use by Date/Best Before Date: Jan 2011

Batch Number: L0040N

Packaging: Cardboard

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 29.10

Sub-sample Name: Waitrose Essential 4 Breaded Cod Portions

**Ingredients:** Cod (58%), light crisp breadcrumb

Light crisp breadcrumb contains: wheat flour, rapeseed oil, water, wheat gluten, salt, yeast, rice flour, mustard flour, flour treatment agent L-ascorbic acid, yeast extract, black pepper extract

**Label claim(s):**

Contains fish, gluten and mustard

Produced in the UK

**Nutrient Information:**

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per portion (~ 150g)
Energy	kJ	839	1259
Energy	kcal	200	300
Protein	g	8.7	13
Carbohydrate	g	21.4	32
Sugars	g	2.9	4.3
Starch	g	N/A	N/A
Fat	g	8.9	13.4
Saturates	g	1.9	2.8
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	3.5	5.2
Salt	g	N/A	N/A
Sodium	g	0.28	0.42

### Sample 30: Fish fingers, pollock, grilled

Composite Sample Number: 30

Composite Sample Name: Fish fingers, pollock, grilled

Sub-sample Number: 30.1, 30.3 & 30.4

Sub-sample Name: Birds Eye 10 Omega 3 Fish Fingers

Full Product Name: Birds Eye 10 Omega 3 Fish Fingers

Brand: Birds Eye

Pack size: 280g

Purchase Date: 30.1 (05.03.10), 30.3 & 30.4 (08.03.10)

Place of Purchase: 30.1 (Tesco, Harford Bridges, Norwich), 30.3 & 30.4 (Sainsbury's, Queens Road, Norwich)

Sell by Date:

Use by Date/Best Before Date: 30.1 (08.2011), 30.3 & 30.4 (07.2011)

Batch Number: 30.1 (L0043A0066 01:51), 30.3 (L011BN066 10:11), 30.4 (L0022A0066)

Packaging: Cardboard

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 30.1, 30.3 & 30.4

Sub-sample Name: Birds Eye 10 Omega 3 Fish Fingers

**Ingredients:** Alaska Pollock Fillet (58%), Breadcrumbs, Batter, Vegetable Oil

Breadcrumbs contains: Wheat Flour, Water, Paprika, Salt, Yeast, Turmeric

Batter contains: Wheat Flour, Water, Potato Starch, Salt, Refined Fish Oil

### Label claim(s):

Made with 100% fish fillet

With extra natural Omega 3

Contains wheat, fish

### Nutrient Information:

Nutrient	Unit	Amount/100g as sold	Amount/Unit/serving Per 5 fish fingers grilled (140g)
Energy	kJ	931	1300
Energy	kcal	222	310
Protein	g	12.5	18
Carbohydrate	g	21.6	30
Sugars	g	0.4	0.6
Starch	g	N/A	N/A
Fat	g	9.5	13
Saturates	g	1.1	1.5
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	5.7	8
Omega 3	mg	200	280
Fibre	g	0.9	1.3
Salt	g	0.7	1
Sodium	g	0.28	0.39

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 30

Composite Sample Name: Fish fingers, pollock, grilled

Sub-sample Number: 30.2

Sub-sample Name: Birds Eye 8 Omega 3 Fish Fingers

Full Product Name: Birds Eye 8 Omega 3 Fish Fingers

Brand: Birds Eye

Pack size: 224g

Purchase Date: 08.03.10

Place of Purchase: Asda, Norwich

Sell by Date:

Use by Date/Best Before Date: 08 2011

Batch Number: L0040CM066 18:12

Packaging: Cardboard

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 30.2

Sub-sample Name: Birds Eye 8 Omega 3 Fish Fingers

**Ingredients:** Alaska Pollock Fillet (58%), Breadcrumbs, Batter, Vegetable oil

Breadcrumb contains: Wheat Flour, Water, Paprika, Salt, Yeast, Turmeric

Batter contains: Wheat Flour, Water, Potato Starch, Salt, Refined Fish Oil

### Label claim(s):

A rich source of Omega 3

Made with 100% fish fillet

With extra natural Omega 3

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 5 fish fingers grilled (140g)
Energy	kJ	931	1300
Energy	kcal	222	310
Protein	g	12.5	18
Carbohydrate	g	21.6	30
Sugars	g	0.4	0.6
Starch	g	N/A	N/A
Fat	g	9.5	13
Saturates	g	1.1	1.5
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	5.7	8
Omega 3	mg	200	280
Fibre	g	0.9	1.3
Salt	g	0.7	1
Sodium	g	0.28	0.39

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 30

Composite Sample Name: Fish fingers, pollock, grilled

Sub-sample Number: 30.5

Sub-sample Name: Youngs 10 Omega 3 Fish Fingers

Full Product Name: Youngs 10 Omega 3 Fish Fingers

Brand: Youngs

Pack size: 250g

Purchase Date: 10.03.10

Place of Purchase: Iceland, Norwich

Sell by Date:

Use by Date/Best Before Date: Jul 2011

Batch Number: L0026 B

Packaging: Cardboard

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 30.5

Sub-sample Name: Youngs 10 Omega 3 Fish Fingers

**Ingredients:** Alaska Pollock Fillet (58%), Coating (Wheat Flour, Water, Potato Starch, Wheat Starch, Salt, Yeast, Turmeric, Colours: Paprika Extract, Curcumin), Sunflower Oil

### Label claim(s):

No artificial colours or preservatives

Low in saturated fat

Made with 100% sunflower oil

Contains fish, gluten, wheat and yeast

### Nutrient Information:

Nutrient	Unit	Amount/100g as sold
Energy	kJ	799
Energy	kcal	191
Protein	g	11.7
Carbohydrate	g	13.3
Sugars	g	1.5
Starch	g	N/A
Fat	g	10.1
Saturates	g	1.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Trans	g	0
Long chain Omega 3	mg	145
Fibre	g	2.2
Salt	g	0.6
Sodium	g	0.24

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 30

Composite Sample Name: Fish fingers, pollock, grilled

Sub-sample Number: 30.6 & 30.7

Sub-sample Name: Mermaid Bay 15 Fish Fingers

Full Product Name: Mermaid Bay 15 Fish Fingers

Brand: Mermaid Bay

Pack size: 450g

Purchase Date: 30.6 (05.03.10), 30.7 (16.03.10)

Place of Purchase: Tesco Harford Bridges, Norwich

Sell by Date:

Use by Date/Best Before Date: 01.2011

Batch Number: 30.6 (L0025 09:59), 30.7 (L0025 11:32)

Packaging: Cardboard

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 30.6 & 30.7

Sub-sample Name: Mermaid Bay 15 Fish Fingers

**Ingredients:** Alaska Pollock (65%), Breadcrumbs, Batter, Vegetable Oil

Breadcrumbs contain: Wheat Flour, Paprika, Salt, Yeast

Batter contains: Water, Wheat Flour, Salt

**Label claim(s):**

Contains wheat, gluten and fish

Cannot guarantee nut free

Produced in Germany

Caught in the Pacific Ocean

**Nutrient Information:**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g as sold</b>	<b>Amount/Unit/serving Each fish finger grilled (30g)</b>
Energy	kJ	720	220
Energy	kcal	175	55
Protein	g	11.9	3.6
Carbohydrate	g	15	4.5
Sugars	g	1	0.3
Starch	g	N/A	N/A
Fat	g	7.1	2.1
Saturates	g	0.9	0.3
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.1	0.6
Salt	g	1.2	0.4
Sodium	g	0.5	0.1

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 30

Composite Sample Name: Fish fingers, pollock, grilled

Sub-sample Number: 30.8

Sub-sample Name: Asda 10 Omega 3 Fish Fingers

Full Product Name: Asda 10 Omega 3 Fish Fingers

Brand: Asda

Pack size: 250g

Purchase Date: 08.03.10

Place of Purchase: Asda, Norwich

Sell by Date:

Use by Date/Best Before Date: 23.02.2011

Batch Number: 09:08 L0054B

Packaging: Cardboard

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 30.8

Sub-sample Name: Asda 10 Omega 3 Fish Fingers

**Ingredients:** Alaskan Pollock Fillet (58%), Batter (Wheat Flour, Water, Salt), Breadcrumbs (Wheat Flour, Yeast, Salt, Colours (Paprika Extract, Curcumin)), Vegetable Oil

### Label claim(s):

No artificial colours, flavours or hydrogenated fat

### Nutrient Information:

Nutrient	Unit	Amount/100g grilled
Energy	kJ	951
Energy	kcal	227
Protein	g	13.4
Carbohydrate	g	17.5
Sugars	g	1
Starch	g	N/A
Fat	g	11.5
Saturates	g	1.3
Monounsaturates	g	3.4
Polyunsaturates	g	6.8
Omega 3	mg	135
Fibre	g	0.8
Salt	g	0.7
Sodium	g	0.26

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 30

Composite Sample Name: Fish fingers, pollock, grilled

Sub-sample Number: 30.9

Sub-sample Name: Northern Catch 15 Fish Fingers

Full Product Name: Northern Catch 15 Fish Fingers

Brand: Northern Catch

Pack size: 450g

Purchase Date: 08.03.10

Place of Purchase: Aldi, Norwich

Sell by Date:

Use by Date/Best Before Date: 05.2011

Batch Number: L933 4 02:29

Packaging: Cardboard

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 30.9

Sub-sample Name: Northern Catch 15 Fish Fingers

**Ingredients:** Alaska Pollock (65%), Wheat Flour, Vegetable Oil, Salt, Spices (Paprika, Turmeric), Yeast

**Label claim(s):**  
Contains gluten and fish

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per fish finger (~30g)
Energy	kJ	720	215
Energy	kcal	172	51
Protein	g	11.9	3.6
Carbohydrate	g	15	4.5
Sugars	g	1	0.3
Starch	g	N/A	N/A
Fat	g	7.1	2.1
Saturates	g	0.9	0.3
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.1	0.6
Salt	g	1.3	0.4
Sodium	g	0.5	0.2

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 30

Composite Sample Name: Fish fingers, pollock, grilled

Sub-sample Number: 30.10

Sub-sample Name: Sainsbury's Basics 10 Fish Fingers

Full Product Name: Sainsbury's Basics 10 Fish Fingers

Brand: Sainsbury's Basics

Pack size: 250g

Purchase Date: 08.03.10

Place of Purchase: Sainsbury's, Queens Road, Norwich

Sell by Date:

Use by Date/Best Before Date: Feb 2011

Batch Number: L0047VG B 09:25

Packaging: Cardboard

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 30.10

Sub-sample Name: Sainsbury's Basics 10 Fish Fingers

**Ingredients:** MSC Certified Alaskan Pollock (58%), Batter, Signature™ Breadcrumb, Palm Oil

Batter contains: Country Ground™ Wheat Flour, Water, Salt

Signature™ Breadcrumb contains: Country Ground™ Wheat Flour, Yeast, Salt, Turmeric, Colour: Capsanthin

### Label claim(s):

Made with sustainable palm oil

Contains fish and wheat gluten

Produced in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g as cooked	Amount/Unit/serving Per 2 fish fingers cooked
Energy	kJ	820	387
Energy	kcal	195	92
Protein	g	13.2	6.2
Carbohydrate	g	17.4	8.2
Sugars	g	0.7	0.3
Starch	g	16.7	7.9
Fat	g	8.1	3.8
Saturates	g	4.2	2
Monounsaturates	g	3.2	1.5
Polyunsaturates	g	0.7	0.3
Fibre	g	1.1	0.5
Salt	g	0.75	0.36
Sodium	g	0.3	0.14

Sample 31: Coleslaw, purchased, not low calorie

Composite Sample Number: 31

Composite Sample Name: Coleslaw, purchased, not low calorie

Sub-sample Number: 31.1

Sub-sample Name: Meadowfresh (Lidl) luxury creamy coleslaw

Full Product Name: Meadowfresh (Lidl) luxury creamy coleslaw

Brand: Meadowfresh

Pack size: 500g

Purchase Date: 27.01.10

Place of Purchase: Lidl, Norwich

Sell by Date:

Use by Date/Best Before Date: 3<sup>rd</sup> Feb

Batch Number:

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 31.1

Sub-sample Name: Meadowfresh (Lidl) luxury creamy coleslaw

**Ingredients:** Cabbage (43%), Mayonnaise (37%), Rapeseed Oil, Water, Sugar, Single Cream (7%), Spirit Vinegar, Pasteurised Whole Egg, Salt, Stabilisers, Xanthan Gum, Guar Gum, Locust Bean Gum, Mustard Flour, Acetic Acid, Lactic Acid, Carrot (15%), Double Cream (3%), Onion, Preservative: Potassium Sorbate

### Label claim(s):

No artificial colours or flavours

Vegetarian

Contains milk, egg and mustard

May contain nuts

### Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	797
Energy	kcal	193
Protein	g	1
Carbohydrate	g	6.9
Sugars	g	6.5
Starch	g	N/A
Fat	g	17.9
Saturates	g	2.3
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.5
Salt	g	1
Sodium	g	0.4

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 31

Composite Sample Name: Coleslaw, purchased, not low calorie

Sub-sample Number: 31.2 & 31.3

Sub-sample Name: Tesco Creamy Coleslaw

Full Product Name: Tesco Creamy Coleslaw

Brand: Tesco

Pack size: 300g

Purchase Date: 27.01.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date:

Use by Date/Best Before Date: 31.2 (31<sup>st</sup> Jan), 31.3 (5<sup>th</sup> Feb)

Batch Number:

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 31.2 & 31.3

Sub-sample Name: Tesco Creamy Coleslaw

**Ingredients:** Cabbage (47%), Mayonnaise (34%) (Vegetable Oil, Water, Sugar, Pasteurised Egg, Spirit Vinegar, White Wine Vinegar, Salt, Stabilisers (Guar Gum, Xanthan Gum), Dijon Mustard, Acidity Regulator (Sodium Acetate), Carrot (14%), Double Cream (3%), Onion (2%).  
Dijon Mustard contains: Water, Mustard Seed, Spirit Vinegar, Salt

### Label claim(s):

No artificial flavours or colours

Suitable for vegetarians

Contains milk, egg, mustard

Cannot guarantee nut free

Produced in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g (1 serving)
Energy	kJ	770
Energy	kcal	190
Protein	g	1
Carbohydrate	g	5.5
Sugars	g	5.2
Starch	g	N/A
Fat	g	17.8
Saturates	g	2.1
Monounsaturates	g	9.9
Polyunsaturates	g	4.9
Fibre	g	1.5
Salt	g	0.8
Sodium	g	0.3

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 31

Composite Sample Name: Coleslaw, purchased, not low calorie

Sub-sample Number: 31.4

Sub-sample Name: Little Salad Bar Deli Selection Creamy Coleslaw

Full Product Name: Little Salad Bar Deli Selection Creamy Coleslaw

Brand: Little Salad Bar

Pack size: 500g

Purchase Date: 27.01.10

Place of Purchase: Aldi, Norwich

Sell by Date:

Use by Date/Best Before Date: 6<sup>th</sup> Feb

Batch Number:

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 31.4

Sub-sample Name: Little Salad Bar Deli Selection Creamy Coleslaw

**Ingredients:** Cabbage (43%), Mayonnaise (40%) (Rapeseed Oil, Water, Sugar, Cream, Spirit Vinegar, Pasteurised Egg, Salt, Stabilisers: Guar Gum, Xanthan Gum; Mustard Flour, Lactic Acid), Carrot (15%), Onion (2%), Preservative (Potassium Sorbate)

### Label claim(s):

Contains egg, milk and mustard

Suitable for vegetarians

May contain traces of peanuts and other nuts

### Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	763
Energy	kcal	184
Protein	g	1
Carbohydrate	g	7.3
Sugars	g	6.9
Starch	g	N/A
Fat	g	16.8
Saturates	g	1.4
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.6
Salt	g	1
Sodium	g	0.4

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 31

Composite Sample Name: Coleslaw, purchased, not low calorie

Sub-sample Number: 31.5

Sub-sample Name: Morrisons Coleslaw

Full Product Name: Morrisons Coleslaw

Brand: Morrisons

Pack size: 300g

Purchase Date: 28.01.10

Place of Purchase: Morrisons, Norwich

Sell by Date:

Use by Date/Best Before Date: 7<sup>th</sup> Feb

Batch Number: 17:38 L9

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 31.5

Sub-sample Name: Morrisons Coleslaw

**Ingredients:** Cabbage (47%), Mayonnaise (35%) (Rapeseed Oil, Water, Egg, Sugar, White Wine Vinegar, Spirit Vinegar, Stabilisers (Guar Gum, Xanthan Gum), Salt, Mustard Flour), Carrot (16%), Single Cream (1.0%) (Milk), Onion

### Label claim(s):

Contains milk, egg and mustard

May contain traces of nuts and/or seeds

### Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	704
Energy	kcal	170
Protein	g	1
Carbohydrate	g	4.7
Sugars	g	4.7
Starch	g	N/A
Fat	g	16.4
Saturates	g	1.3
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.5
Salt	g	0.3
Sodium	g	0.11

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 31

Composite Sample Name: Coleslaw, purchased, not low calorie

Sub-sample Number: 31.6

Sub-sample Name: Asda Creamy Coleslaw

Full Product Name: Asda Creamy Coleslaw

Brand: Asda

Pack size: 300g

Purchase Date: 27.01.10

Place of Purchase: Asda, Norwich

Sell by Date: 4<sup>th</sup> Feb

Use by Date/Best Before Date: 4<sup>th</sup> Feb

Batch Number:

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 31.6

Sub-sample Name: Asda Creamy Coleslaw

**Ingredients:** Cabbage (47%), Mayonnaise (35%) (Rapeseed Oil, Water, Egg, Sugar, White Wine Vinegar, Spirit Vinegar, Stabilisers (Guar Gum, Xanthan Gum), Salt, Mustard Flour), Carrot (16%), Single Cream (1.0%) (Milk), Onion

### Label claim(s):

No colours, flavours or preservatives

No hydrogenated fat

Suitable for vegetarians

Contains milk, egg and mustard

May contain traces of nuts and/or seeds

### Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	659
Energy	kcal	159
Protein	g	0.8
Carbohydrate	g	7.9
Sugars	g	7
Starch	g	N/A
Fat	g	13.8
Saturates	g	1.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1
Salt	g	1
Sodium	g	0.4

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 31

Composite Sample Name: Coleslaw, purchased, not low calorie

Sub-sample Number: 31.7

Sub-sample Name: Asda Extra Special Coleslaw

Full Product Name: Asda Extra Special Rich & Creamy Coleslaw

Brand: Asda

Pack size: 300g

Purchase Date: 28.01.10

Place of Purchase: Asda, Norwich

Sell by Date: 5<sup>th</sup> Feb

Use by Date/Best Before Date: 5<sup>th</sup> Feb

Batch Number:

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 31.7

Sub-sample Name: Asda Extra Special Coleslaw

**Ingredients:** Cabbage (41%), Free Range Egg Mayonnaise (28%) (Rapeseed Oil, Water, Free Range Pasteurised Egg, White Wine Vinegar, Sugar, Spirit Vinegar, Stabilisers (Guar Gum, Xanthan Gum), Salt, Mustard Powder), Carrot (20%), Onion (5.0%), Double Cream (1.5%), Crème Fraiche (1.5%) (Milk), White Wine Vinegar, Rapeseed Oil, Stabiliser (Guar Gum), Maize Starch, Salt

### Label claim(s):

No artificial colours, flavours or hydrogenated fat

Suitable for vegetarians

Contains milk, egg and mustard

May contain traces of nuts, peanuts and/or sesame seeds

### Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	877
Energy	kcal	213
Protein	g	1
Carbohydrate	g	4.5
Sugars	g	4.2
Starch	g	N/A
Fat	g	20.8
Saturates	g	2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.7
Salt	g	0.6
Sodium	g	0.23

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 31

Composite Sample Name: Coleslaw, purchased, not low calorie

Sub-sample Number: 31.8

Sub-sample Name: Sainsbury's Deli-style Coleslaw

Full Product Name: Sainsbury's Deli-style Coleslaw

Brand: Sainsbury's

Pack size: 300g

Purchase Date: 27.01.10

Place of Purchase: Sainsbury's, Longwater, Norwich

Sell by Date: 5<sup>th</sup> Feb

Use by Date/Best Before Date: 5<sup>th</sup> Feb

Batch Number: 09:41

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 31.8

Sub-sample Name: Sainsbury's Deli-style Coleslaw

**Ingredients:** Cabbage (49%), Mayonnaise (34%) (Rapeseed Oil, Water, Spirit Vinegar, Sugar, Pasteurised Egg Yolk, Stabilisers: Guar Gum, Xanthan Gum; Salt, Mustard Flour), Carrot (14%), Double Cream (from Cow's Milk) (2%), Onion

### Label claim(s):

Contains milk, egg & mustard

Suitable for Coeliacs

Vegetarian

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per ¼ pack (75g)
Energy	kJ	799	600
Energy	kcal	194	145
Protein	g	0.9	0.7
Carbohydrate	g	5.2	3.9
Sugars	g	5.2	3.9
Starch	g	0	0
Fat	g	18.8	14.1
Saturates	g	1.8	1.4
Monounsaturates	g	10.9	8.2
Polyunsaturates	g	5.3	4
Fibre	g	1.5	1.1
Salt	g	0.29	0.22
Sodium	g	0.12	0.09

Sample 32: Chips, fried in commercial oil from takeaway fish and chip shops

Composite Sample Number: 32

Composite Sample Name: Chips, fried in commercial oil, from takeaway fish and chip shops

Sub-sample Number: 32.1 – 32.10

Sub-sample Name: Chips, from takeaway fish and chip shops

Full Product Name: Chips, from takeaway fish and chip shops

Brand:

Pack size: 32.1 (402.5g), 32.2 (478.8g), 32.3 (545g), 32.4 (598.4g), 32.5 (449.8g), 32.6 (370.2g), 32.7 (302g), 32.8 (237.7g), 32.9 (347.7g), 32.10 (497.2g)

Purchase Date: 32.1 & 32.2 (17.03.10), 32.3 (15.03.10), 32.4 – 32.5 (16.03.10), 32.6 (18.03.10), 32.7 – 32.8 (16.03.10), 32.9 – 32.10 (15.03.10)

Place of Purchase: 32.1 – Norwich  
32.2 – Norwich  
32.3 – Wolverhampton  
32.4 – Wolverhampton  
32.5 – Manchester  
32.6 – Manchester  
32.7 – Leeds  
32.8 – Leeds  
32.9 – Surrey  
32.10 – Surrey

Sell by Date:

Use by Date/Best Before Date:

Batch Number:

Packaging: Paper

Sample Condition As Purchased: Cooked

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 32.1 – 32.10

Sub-sample Name: Chips, from takeaway fish and chip shops

### **Ingredients:**

32.1 – Frywise (oil is topped up every so often. Not sure how often they change the oil – as and when it needs it)

32.2 – Frymax (tops up with fresh oil for 2 weeks. Oil is completely changed after this period)

32.3 – Pred Palm 100% Vegetable Oil (changed daily)

32.4 – Triple D Palm Oil (changed daily)

32.5 – Golden Acres Palm Oil (continued rotation)

32.6 – Quoted vegetable oil only

32.7 – Pure Beef Dripping (Colbeck)

32.8 – Pure Beef Dripping (Colbeck)

32.9 – Red Label Solid Vegetable Fat (fat levels topped up when required)

32.10 – Frymax (oil emptied and filtered through a machine every day. Complete change once a week (Saturday evening))

**Label claim(s):** No information

**Nutrient Information:** No information

### Sample 33: Chips, fine cut, from fast food outlets

Composite Sample Number: 33

Composite Sample Name: Chips, fine cut, from fast food outlets

Sub-sample Number: 33.1 & 33.2

Sub-sample Name: McDonalds French Fries

Full Product Name: McDonalds French Fries

Brand: McDonalds

Pack size: Regular portions: 33.1 (116.6g), 33.2 (113g)

Purchase Date: 16.03.10

Place of Purchase: 33.1 (McDonalds, Chapelfield Shopping Centre, Norwich),  
33.2 (McDonalds (Asda), Boundary Road, Norwich)

Sell by Date:

Use by Date/Best Before Date:

Batch Number:

Packaging: Cardboard

Sample Condition As Purchased: Cooked

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 33.1 & 33.2

Sub-sample Name: McDonalds French Fries

### Information taken from McDonald's website

**Ingredients:** Potatoes, Vegetable Oil (Sunflower, Rapeseed), Dextrose (only added at beginning of season)

### Label claim(s):

Prepared in restaurants using a non-hydrogenated vegetable oil

### Nutrient Information: Taken from website

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per regular portion</b>
Energy	kJ	N/A	N/A
Energy	kcal	289	330
Protein	g	3	3
Carbohydrate	g	37	42
Sugars	g	1	1
Starch	g	N/A	N/A
Fat	g	14	16
Saturates	g	2	2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	4	4
Salt	g	0.5	0.6
Sodium	g	N/A	N/A

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 33

Composite Sample Name: Chips, fine cut, from fast food outlets

Sub-sample Number: 33.3

Sub-sample Name: Burger King Fries (large)

Full Product Name: Burger King Fries (large)

Brand: Burger King

Pack size: Large (145.5g)

Purchase Date: 16.03.10

Place of Purchase: Burger King, Sweet Briar Road, Norwich

Sell by Date:

Use by Date/Best Before Date:

Batch Number:

Packaging: Paper

Sample Condition As Purchased: Cooked

Post Purchase Storage: Frozen



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 33.3

Sub-sample Name: Burger King Fries (large)

### Information taken from Burger King's website

**Ingredients:** No information

### Label claim(s):

Contains gluten

Suitable for vegetarians

### Nutrient Information:

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving</b>
			<b>141g</b>
Energy	kJ	1129	1592
Energy	kcal	270	381
Protein	g	2.8	4
Carbohydrate	g	38.3	54
Sugars	g	1.4	2
Starch	g	N/A	N/A
Fat	g	12.8	18
Saturates	g	4.3	6
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	3.5	5
Salt	g	N/A	N/A
Sodium	g	0.40	0.56

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 33

Composite Sample Name: Chips, fine cut, from fast food outlets

Sub-sample Number: 33.4

Sub-sample Name: Wimpy Chips (standard portion)

Full Product Name: Wimpy Chips (standard portion)

Brand: Wimpy

Pack size: 208g

Purchase Date: 15.03.10

Place of Purchase: Wimpy, Lowestoft Road North

Sell by Date:

Use by Date/Best Before Date:

Batch Number:

Packaging: Paper

Sample Condition As Purchased: Cooked

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 33.4

Sub-sample Name: Wimpy Chips (standard portion)

### Information taken from Wimpy's website

**Ingredients:** No information

**Label claim(s):** No information

### Nutrient Information:

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/Unit/serving Standard portion</b>
Energy	kJ	N/A
Energy	kcal	267
Protein	g	3.4
Carbohydrate	g	34.8
Sugars	g	N/A
Starch	g	N/A
Fat	g	13.7
Saturates	g	N/A
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	N/A
Salt	g	0.1
Sodium	g	N/A

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 33

Composite Sample Name: Chips, fine cut, from fast food outlets

Sub-sample Number: 33.5

Sub-sample Name: KFC fries (regular)

Full Product Name: KFC fries (regular)

Brand: KFC

Pack size: 110.2

Purchase Date: 16.03.10

Place of Purchase: KFC, Dereham Road, Norwich

Sell by Date:

Use by Date/Best Before Date:

Batch Number:

Packaging: Paper

Sample Condition As Purchased: Cooked

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 33.5

Sub-sample Name: KFC fries (regular)

### Information taken from KFC's website

**Ingredients:** No information

### Label claim(s):

May contain milk, egg, celery, cereal gluten and soya

### Nutrient Information:

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/Unit/serving Per regular portion</b>
Energy	kJ	N/A
Energy	kcal	256
Protein	g	3.5
Carbohydrate	g	33.9
Sugars	g	0.2
Starch	g	N/A
Fat	g	11.8
Saturates	g	2.4
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	N/A
Salt	g	0.1
Sodium	g	<0.1

Sample 34: Potato chips, oven ready, baked

Composite Sample Number: 34

Composite Sample Name: Potato chips, oven ready, baked

Sub-sample Number: 34.1 & 34.2

Sub-sample Name: McCain Original Oven Chips

Full Product Name: McCain Original Oven Chips

Brand: McCain

Pack size: 2 lb

Purchase Date: 26.02.10

Place of Purchase: Morrisons, Norwich

Sell by Date:

Use by Date/Best Before Date: 07.2011

Batch Number: 34.1 (P27012010 14:29 11), 34.2 (P26012010 08:52 08)

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 34.1 & 34.2

Sub-sample Name: McCain Original Oven Chips

**Ingredients:** Potatoes, Sunflower Oil.

### Label claim(s):

100% British potatoes  
Suitable for vegetarians  
Gluten free  
Cholesterol free  
Made with sunflower oil

### Nutrient Information:

Nutrient	Unit	Amount/100g frozen	Amount per 100g oven baked
Energy	kJ	502	668
Energy	kcal	119	158
Protein	g	1.9	2.5
Carbohydrate	g	21	28.5
Sugars	g	0.7	0.6
Starch	g	N/A	N/A
Fat	g	3	3.8
Saturates	g	0.3	0.4
Monounsaturates	g	0.9	1.1
Polyunsaturates	g	1.7	2.1
Cholesterol	mg	0	0
Fibre	g	1.6	2.3
Salt	g	0.1	0.1
Sodium	g	0.03	0.03

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 34

Composite Sample Name: Potato chips, oven ready, baked

Sub-sample Number: 34.3

Sub-sample Name: McCain Crinkle Cut Oven Chips

Full Product Name: McCain Crinkle Cut Oven Chips

Brand: McCain

Pack size: 2 lb

Purchase Date: 26.02.10

Place of Purchase: Morrisons, Norwich

Sell by Date:

Use by Date/Best Before Date: 07.2011

Batch Number: P16012010 13:47 10

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 34.3

Sub-sample Name: McCain Crinkle Cut Oven Chips

**Ingredients:** Potatoes, Sunflower Oil

### Label claim(s):

100% British potatoes

Suitable for vegetarians

Gluten free

Made with sunflower oil

Cholesterol free

### Nutrient Information:

Nutrient	Unit	Amount/100g frozen	Amount/Unit/serving Per 100g oven baked
Energy	kJ	567	685
Energy	kcal	134	163
Protein	g	2.4	3.1
Carbohydrate	g	23	27.9
Sugars	g	0.1	0.2
Starch	g	N/A	N/A
Fat	g	3.6	4.3
Saturates	g	0.4	0.5
Monounsaturates	g	0.9	1.1
Polyunsaturates	g	2.1	2.5
Cholesterol	mg	0	0
Fibre	g	2.4	3.9
Salt	g	0.2	0.2
Sodium	g	0.06	0.06

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 34

Composite Sample Name: Potato chips, oven ready, baked

Sub-sample Number: 34.4

Sub-sample Name: Morrisons Crinkle Cut Oven Chips

Full Product Name: Morrisons Crinkle Cut Oven Chips

Brand: Morrisons

Pack size: 900g

Purchase Date: 26.02.10

Place of Purchase: Morrisons, Norwich

Sell by Date:

Use by Date/Best Before Date: Jun 2011

Batch Number: C00276 04:59

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Sub-sample Number: 34.4

Sub-sample Name: Morrisons Crinkle Cut Oven Chips

**Ingredients:** Potato (96%), Sunflower Oil.

**Label claim(s):**

Vegetarian

**Nutrient Information:**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per 150g serving as sold</b>
Energy	kJ	548	822
Energy	kcal	131	196
Protein	g	2.3	3.5
Carbohydrate	g	21.2	31.8
Sugars	g	0.3	0.5
Starch	g	N/A	N/A
Fat	g	4	6
Saturates	g	0.8	1.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.5	3.8
Salt	g	0.1	0.1
Sodium	g	Tr	Tr

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 34

Composite Sample Name: Potato chips, oven ready, baked

Sub-sample Number: 34.5

Sub-sample Name: Asda Straight Cut Oven Chips

Full Product Name: Asda Straight Cut Oven Chips

Brand: Asda

Pack size: 1.81 kg

Purchase Date: 01.03.10

Place of Purchase: Asda, Norwich

Sell by Date:

Use by Date/Best Before Date: 12.06.2011

Batch Number: C79348 20:37

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 34.5

Sub-sample Name: Asda Straight Cut Oven Chips

**Ingredients:** Potatoes (96%), Sunflower Oil (4%)

### Label claim(s):

Produced in the EU

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 1/10 <sup>th</sup> pack
Energy	kJ	789	1428
Energy	kcal	187	338
Protein	g	3.3	6
Carbohydrate	g	34.2	61.9
Sugars	g	0.5	0.9
Starch	g	N/A	N/A
Fat	g	4.1	7.4
Saturates	g	0.5	0.9
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	6.6	11.9
Salt	g	0.1	0.2
Sodium	g	0.04	0.07

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 34

Composite Sample Name: Potato chips, oven ready, baked

Sub-sample Number: 34.6

Sub-sample Name: Asda Smart Price Fry or Oven Chips

Full Product Name: Asda Smart Price Fry or Oven Chips

Brand: Asda Smart Price

Pack size: 1.5 kg

Purchase Date: 01.03.10

Place of Purchase: Asda, Norwich

Sell by Date:

Use by Date/Best Before Date: July 2011

Batch Number: C0009 709:39 EPM

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Sub-sample Number: 34.6

Sub-sample Name: Asda Smart Price Fry or Oven Chips

**Ingredients:** Potatoes (97%), Vegetable Oil.

**Label claim(s):**

Suitable for vegetarians

**Nutrient Information:**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per 180g</b>
Energy	kJ	711	1279
Energy	kcal	168	303
Protein	g	4.5	8.1
Carbohydrate	g	30.8	55.4
Sugars	g	0.5	0.9
Starch	g	N/A	N/A
Fat	g	3	5.4
Saturates	g	1.6	2.9
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	4.1	7.4
Salt	g	Tr	Tr
Sodium	g	Tr	Tr

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 34

Composite Sample Name: Potato chips, oven ready, baked

Sub-sample Number: 34.7

Sub-sample Name: Tesco Steak House Oven Chips

Full Product Name: Tesco Steak House Oven Chips

Brand: Tesco

Pack size: 1.81 kg

Purchase Date: 26.02.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date:

Use by Date/Best Before Date: Feb 2011

Batch Number: C0045 17:58 8TNS

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 34.7

Sub-sample Name: Tesco Steak House Oven Chips

**Ingredients:** Potato, Sunflower Oil

**Label claim(s):**

Vegetarian

Produced in the UK

**Nutrient Information:**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving 125g</b>
Energy	kJ	685	855
Energy	kcal	165	205
Protein	g	2.1	2.6
Carbohydrate	g	29.6	37
Sugars	g	0.4	0.5
Starch	g	N/A	N/A
Fat	g	3.9	4.9
Saturates	g	0.3	0.4
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	3.8	4.8
Salt	g	0.1	0.2
Sodium	g	0.1	0.1

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 34

Composite Sample Name: Potato chips, oven ready, baked

Sub-sample Number: 34.8

Sub-sample Name: Tesco Crinkle Cut Oven Chips

Full Product Name: Tesco Crinkle Cut Oven Chips

Brand: Tesco

Pack size: 1.81 kg

Purchase Date: 26.02.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date:

Use by Date/Best Before Date: Feb 2011

Batch Number: C0039 06:06 6TNS

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 34.8

Sub-sample Name: Tesco Crinkle Cut Oven Chips

**Ingredients:** Potato, Sunflower Oil

**Label claim(s):**

Vegetarian

Produced in the UK

**Nutrient Information:**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving 125g</b>
Energy	kJ	575	720
Energy	kcal	140	175
Protein	g	2.1	2.6
Carbohydrate	g	21.7	27.1
Sugars	g	0.7	0.9
Starch	g	N/A	N/A
Fat	g	4.6	5.8
Saturates	g	0.5	0.6
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	3.5	4.4
Salt	g	Tr	0.1
Sodium	g	Tr	0.1

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 34

Composite Sample Name: Potato chips, oven ready, baked

Sub-sample Number: 34.9

Sub-sample Name: Champion Grade A Straight Cut Chips 3 Way Cook

Full Product Name: Champion Grade A Straight Cut Chips 3 Way Cook

Brand: Champion Grade A

Pack size: 2 kg

Purchase Date: 01.03.10

Place of Purchase: Aldi, Norwich

Sell by Date:

Use by Date/Best Before Date: 25.01.2012

Batch Number: L0025 22 2341

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 34.9

Sub-sample Name: Champion Grade A Straight Cut Chips 3 Way Cook

**Ingredients:** Potatoes, Sunflower Oil

### Label claim(s):

Gluten free

Vegetarian

No artificial colours, flavourings or preservatives

No hydrogenated fats

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 125g
Energy	kJ	549	688
Energy	kcal	130	163
Protein	g	4.6	5.8
Carbohydrate	g	20.1	25.1
Sugars	g	0.4	0.5
Starch	g	N/A	N/A
Fat	g	3.5	4.4
Saturates	g	0.4	0.5
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.6	3.3
Salt	g	Tr	Tr
Sodium	g	Tr	Tr

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 34

Composite Sample Name: Potato chips, oven ready, baked

Sub-sample Number: 34.10

Sub-sample Name: Iceland Oven, Grill or Fry Straight Cut Chips

Full Product Name: Iceland Oven, Grill or Fry Straight Cut Chips

Brand: Iceland

Pack size: 1.81 kg

Purchase Date: 01.03.10

Place of Purchase: Iceland, Norwich

Sell by Date:

Use by Date/Best Before Date: 20.01.12

Batch Number: L1410020 23:33 V

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 34.10

Sub-sample Name: Iceland Oven, Grill or Fry Straight Cut Chips

**Ingredients:** Potato (97%), Sunflower Oil

**Label claim(s):**

No hydrogenated fats

No artificial colours, flavours or preservatives

No GM ingredients

Veggie friendly

Produced and packed in the Netherlands

**Nutrient Information:**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g ovenbaked</b>
Energy	kJ	766
Energy	kcal	182
Protein	g	2.3
Carbohydrate	g	31
Sugars	g	0.6
Starch	g	N/A
Fat	g	5.4
Saturates	g	0.7
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	3
Salt	g	0.1
Sodium	g	Tr

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 34

Composite Sample Name: Potato chips, oven ready, baked

Sub-sample Number: 34.11

Sub-sample Name: Sainsbury's Basics Chips (oven, grill or fry)

Full Product Name: Sainsbury's Basics Chips (oven, grill or fry)

Brand: Sainsbury's Basics

Pack size: 2.72 kg

Purchase Date: 26.02.10

Place of Purchase: Sainsbury's, Queens Road, Norwich

Sell by Date:

Use by Date/Best Before Date: May 2011

Batch Number: L93321 HF 42 16:00

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen



**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Sub-sample Number: 34.11

Sub-sample Name: Sainsbury's Basics Chips (oven, grill or fry)

**Ingredients:** Potato (96%), Sunflower Oil (4%)

**Label claim(s):**

Vegetarian and vegan

Produced in the Netherlands

**Nutrient Information:**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per 165g serving</b>
Energy	kJ	634	1045
Energy	kcal	151	248
Protein	g	3	5
Carbohydrate	g	23.6	38.9
Sugars	g	0.4	0.7
Starch	g	23.2	38.3
Fat	g	4.9	8.1
Saturates	g	0.6	1
Monounsaturates	g	1.2	2
Polyunsaturates	g	3.1	5.1
Fibre	g	2.9	4.8
Salt	g	Tr	Tr
Sodium	g	Tr	Tr

Sample 35: Potato chips, oven ready, with batter, baked

Composite Sample Number: 35

Composite Sample Name: Potato chips, oven ready, with batter, baked

Sub-sample Number: 35.1 – 35.3

Sub-sample Name: McCain Homefries Straight Oven Chips (original)

Full Product Name: McCain Homefries Straight Oven Chips (original)

Brand: McCain

Pack size: 1.5 kg

Purchase Date: 26.02.10

Place of Purchase: Morrisons, Norwich

Sell by Date:

Use by Date/Best Before Date: 07.2011

Batch Number: 35.1 (S22012010 02 05:07), 35.2 (P1901 2010 01:45 07),  
35.3 (S2101 2010 21:36 08)

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 35.1 – 35.3

Sub-sample Name: McCain Homefries Straight Oven Chips (original)

**Ingredients:** Potatoes, Sunflower Oil, Batter (Wheat Flour, Modified Starch (Maize, Tapioca), Rice Flour, Salt, Corn Starch, Natural Colours (Turmeric Extract, Paprika Extract))

**Label claim(s):**

100% British potatoes

Contains wheat

**Nutrient Information:**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g frozen</b>	<b>Amount/Unit/serving Per 100g oven baked</b>
Energy	kJ	564	759
Energy	kcal	134	181
Protein	g	2.2	3.1
Carbohydrate	g	21	28.1
Sugars	g	0.5	0.5
Starch	g	N/A	N/A
Fat	g	4.6	6.2
Saturates	g	0.6	0.8
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.7	2.4
Salt	g	0.5	0.7
Sodium	g	0.2	0.27

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 35

Composite Sample Name: Potato chips, oven ready, with batter, baked

Sub-sample Number: 35.4

Sub-sample Name: McCain Homefries Crinkle Oven Chips

Full Product Name: McCain Homefries Crinkle Oven Chips

Brand: McCain

Pack size: 1.5 kg

Purchase Date: 26.02.10

Place of Purchase: Morrisons, Norwich

Sell by Date:

Use by Date/Best Before Date: 08.2011

Batch Number: P03022010 18:20 04

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 35.4

Sub-sample Name: McCain Homefries Crinkle Oven Chips

**Ingredients:** Potatoes, Sunflower Oil, Batter (Wheat Flour, Modified Starch (Maize, Tapioca), Rice Flour, Salt, Corn Starch, Natural Colours (Turmeric Extract, Paprika Extract))

### Label claim(s):

100% British potatoes

Contains wheat

Suitable for vegetarians

### Nutrient Information:

Nutrient	Unit	Amount/100g frozen	Amount/Unit/serving Per 100g oven baked
Energy	kJ	598	828
Energy	kcal	142	197
Protein	g	1.9	3
Carbohydrate	g	22.2	31.7
Sugars	g	0.5	0.5
Starch	g	N/A	N/A
Fat	g	5.1	6.5
Saturates	g	0.6	0.7
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.3	2.5
Salt	g	0.5	0.7
Sodium	g	0.19	0.26

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 35

Composite Sample Name: Potato chips, oven ready, with batter, baked

Sub-sample Number: 35.5

Sub-sample Name: McCain Homefries Extra Chunky Oven Chips

Full Product Name: McCain Homefries Extra Chunky Oven Chips

Brand: McCain

Pack size: 1 kg

Purchase Date: 26.02.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date:

Use by Date/Best Before Date: 08.2011

Batch Number: P16022010 2:43 05

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 35.5

Sub-sample Name: McCain Homefries Extra Chunky Oven Chips

**Ingredients:** Potatoes, Sunflower Oil, Batter (Wheat Flour, Modified Starch (Maize, Tapioca), Rice Flour, Salt, Corn Starch, Natural Colours (Turmeric Extract, Paprika Extract))

### Label claim(s):

100% British potatoes

Contains wheat

Suitable for vegetarians

### Nutrient Information:

Nutrient	Unit	Amount/100g frozen	Amount/Unit/serving Per 100g oven baked
Energy	kJ	518	644
Energy	kcal	123	153
Protein	g	2.5	3.2
Carbohydrate	g	22.6	28
Sugars	g	0.5	0.5
Starch	g	N/A	N/A
Fat	g	2.5	3.1
Saturates	g	0.4	0.5
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.6	2.3
Salt	g	0.4	0.5
Sodium	g	0.14	0.17

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 35

Composite Sample Name: Potato chips, oven ready, with batter, baked

Sub-sample Number: 35.6

Sub-sample Name: McCain Crispy French Fries

Full Product Name: McCain Crispy French Fries

Brand: McCain

Pack size: 1 kg

Purchase Date: 26.02.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date:

Use by Date/Best Before Date: 08.2011

Batch Number: P04022010 04:18 04

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 35.6

Sub-sample Name: McCain Crispy French Fries

**Ingredients:** Potatoes, Sunflower Oil, Batter (Wheat Flour, Modified Starch (Maize, Tapioca), Rice Flour, Salt, Corn Starch, Natural Colours (Turmeric Extract, Paprika Extract))

**Label claim(s):**

100% British potatoes

Contains wheat

**Nutrient Information:**

Nutrient	Unit	Amount/100g frozen	Amount/Unit/serving Per 100g oven baked
Energy	kJ	724	1135
Energy	kcal	172	270
Protein	g	2.7	4.3
Carbohydrate	g	25.1	38.8
Sugars	g	0.5	0.5
Starch	g	N/A	N/A
Fat	g	6.8	10.9
Saturates	g	0.9	1.4
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.8	2.9
Salt	g	0.7	1
Sodium	g	0.26	0.41

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 35

Composite Sample Name: Potato chips, oven ready, with batter, baked

Sub-sample Number: 35.7

Sub-sample Name: Aunt Bessies Homestyle Chips

Full Product Name: Aunt Bessies Homestyle Chips

Brand: Aunt Bessies

Pack size: 1 kg

Purchase Date: 26.02.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date:

Use by Date/Best Before Date: Aug 2011

Batch Number: NB0044 8 14:11

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 35.7

Sub-sample Name: Aunt Bessies Homestyle Chips

**Ingredients:** Potato (90%), Vegetable Oil, Batter (contains: Wheat Flour; Modified Potato Starch; Modified Tapioca Starch; Rice Flour; Salt; Skimmed Milk Powder; Dextrose; Colours: Curcumin, Capsanthin)

### Label claim(s):

Contains wheat, gluten, milk

Made from real potatoes

Suitable for vegetarians

### Nutrient Information:

Nutrient	Unit	Amount/100g as sold	Amount/Unit/serving Per 100g oven baked
Energy	kJ	546	802
Energy	kcal	130	191
Protein	g	2.2	3.1
Carbohydrate	g	17.6	27
Sugars	g	1	1
Starch	g	N/A	N/A
Fat	g	5.6	7.8
Saturates	g	2.9	4.4
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.7	2.9
Salt	g	N/A	N/A
Sodium	g	0.07	0.1

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 35

Composite Sample Name: Potato chips, oven ready, with batter, baked

Sub-sample Number: 35.8

Sub-sample Name: Iceland Homestyle Crispy Coated Oven Chips

Full Product Name: Iceland Homestyle Crispy Coated Oven Chips

Brand: Iceland

Pack size: 1 kg

Purchase Date: 01.03.10

Place of Purchase: Iceland, Norwich

Sell by Date:

Use by Date/Best Before Date: 11.07.2011

Batch Number: 475 0011 313:41

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 35.8

Sub-sample Name: Iceland Homestyle Crispy Coated Oven Chips

**Ingredients:** Potatoes (86%), Palm Oil, Crispy Coating (contains: Wheat Flour, Rice Flour, Modified Potato Starch, Maize Starch, Salt, Raising Agents: Diphosphates, Sodium Carbonates; Thickener: Xanthan Gum; Spice Extracts (Turmeric and Paprika), Dextrose)

### Label claim(s):

Vegetarian

Contains gluten

Made in a production area where no nuts are present

Produced and packed in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g Ovenbaked
Energy	kJ	760
Energy	kcal	181
Protein	g	3.1
Carbohydrate	g	28.1
Sugars	g	0.5
Starch	g	N/A
Fat	g	6.2
Saturates	g	3
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2.4
Salt	g	0.8
Sodium	g	0.3

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 35

Composite Sample Name: Potato chips, oven ready, with batter, baked

Sub-sample Number: 35.9

Sub-sample Name: Asda Crispy Homestyle Chips Oven Bake or Fry

Full Product Name: Asda Crispy Homestyle Chips Oven Bake or Fry

Brand: Asda

Pack size: 1.5 kg

Purchase Date: 01.03.10

Place of Purchase: Asda, Norwich

Sell by Date:

Use by Date/Best Before Date: 04.12.2010

Batch Number: 9338 5002 03:28

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 35.9

Sub-sample Name: Asda Crispy Homestyle Chips Oven Bake or Fry

**Ingredients:** Potatoes (90%), Vegetable Oil, Wheat Flour, Modified Potato Starch, Salt, Colours (Paprika Extract, Curcumin)

### Label claim(s):

Produced in the EU

No artificial colours, flavours or preservatives

No hydrogenated fat

Contains gluten and wheat

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 1/12 pack
Energy	kJ	777	972
Energy	kcal	185	231
Protein	g	3.3	4.1
Carbohydrate	g	28.9	36.1
Sugars	g	0.5	0.6
Starch	g	N/A	N/A
Fat	g	6.2	7.8
Saturates	g	3.1	3.9
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.9	3.6
Salt	g	0.3	0.4
Sodium	g	0.13	0.16

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 35

Composite Sample Name: Potato chips, oven ready, with batter, baked

Sub-sample Number: 35.10

Sub-sample Name: Tesco Thin and Crispy Oven Chips

Full Product Name: Tesco Thin and Crispy Oven Chips

Brand: Tesco

Pack size: 1.81 kg

Purchase Date: 26.02.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date:

Use by Date/Best Before Date: Jan 2011

Batch Number: C0020 08:25 TTNS

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 35.10

Sub-sample Name: Tesco Thin and Crispy Oven Chips

**Ingredients:** Potato, Sunflower Oil, Coating (2%)

Coating contains: Modified Potato Starch, Potato Starch, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Rice Flour, Salt, Stabiliser (Xanthan Gum)

**Label claim(s):**

Suitable for vegetarians

Cannot guarantee nut free

Produced in the UK

**Nutrient Information:**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving</b> <b>125g</b>
Energy	kJ	840	1050
Energy	kcal	200	250
Protein	g	2.7	3.4
Carbohydrate	g	38.6	48.3
Sugars	g	0.4	0.5
Starch	g	N/A	N/A
Fat	g	3.7	4.6
Saturates	g	0.4	0.5
Monounsaturates	g	1.1	1.4
Polyunsaturates	g	2.1	2.6
Fibre	g	5.8	7.3
Salt	g	0.2	0.3
Sodium	g	0.1	0.1

Sample 36: Potato crisps, fried in vegetable oil, not Walkers, not Premium crisps, not fried in sunflower oil

Composite Sample Number:	36
Composite Sample Name:	Potato crisps, fried in vegetable oil, not Walkers, not Premium crisps, not fried in sunflower oil
Sub-sample Number:	36.1
Sub-sample Name:	Pringles Original
Full Product Name:	Pringles Original
Brand:	Pringles
Pack size:	165g
Purchase Date:	05.03.10
Place of Purchase:	Martin McColl Ltd, Coleman Road, Norwich
Sell by Date:	
Use by Date/Best Before Date:	03.2011
Batch Number:	L9338275510 0605
Packaging:	Foil coated cardboard
Sample Condition As Purchased:	Ambient
Post Purchase Storage:	Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 36.1

Sub-sample Name: Pringles Original

**Ingredients:** Dehydrated potatoes, vegetable oil, rice flour, wheat starch (gluten free\*), maltodextrin, emulsifier (E471), Salt

\* <0.3% protein (Codex Alimentarius)

**Label claim(s):**

Suitable for vegetarians

**Nutrient Information:**

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 25g portion
Energy	kJ	2192	548
Energy	kcal	526	131
Protein	g	3.9	1
Carbohydrate	g	52	13
Sugars	g	1.4	0.36
Starch	g	N/A	N/A
Fat	g	34	8.4
Saturates	g	7	1.8
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.6	0.65
Salt	g	N/A	N/A
Sodium	g	0.53	0.13

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 36

Composite Sample Name: Potato crisps, fried in vegetable oil, not Walkers, not Premium crisps, not fried in sunflower oil

Sub-sample Number: 36.2

Sub-sample Name: Pringles Sour Cream & Onion

Full Product Name: Pringles Sour Cream & Onion

Brand: Pringles

Pack size: 165g

Purchase Date: 05.03.10

Place of Purchase: One Stop, Leopold Road, Norwich

Sell by Date:

Use by Date/Best Before Date: 05.2011

Batch Number: L0039275550 1339

Packaging: Foil coated cardboard

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 36.2

Sub-sample Name: Pringles Sour Cream & Onion

**Ingredients:** Dehydrated Potatoes, Vegetable Oil, Rice Flour, Wheat Starch (Gluten Free\*), Sour Cream & Onion Flavour (Flavour Enhancers: Monosodium Glutamate, Disodium Guanylate and Disodium Inosinate, Onion Powder, Dextrose, Sugar, Sweet Whey Powder, Lactose From Milk, Citric Acid, Lactic Acid, Malic Acid, Sour Cream Powder, Flavourings, Milk Protein), Maltodextrin, Emulsifier: E471, Salt

\* < 0.3% Protein (Codex Alimentarius).

### Label claim(s):

Suitable for vegetarians

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 25g portion
Energy	kJ	2156	539
Energy	kcal	517	129
Protein	g	4.1	1
Carbohydrate	g	52	13
Sugars	g	2.5	0.62
Starch	g	N/A	N/A
Fat	g	33	8.2
Saturates	g	7	1.8
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.5	0.64
Salt	g	N/A	N/A
Sodium	g	0.64	0.16

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 36

Composite Sample Name: Potato crisps, fried in vegetable oil, not Walkers, not Premium crisps, not fried in sunflower oil

Sub-sample Number: 36.3

Sub-sample Name: Pringles Salt & Vinegar

Full Product Name: Pringles Salt & Vinegar

Brand: Pringles

Pack size: 165g

Purchase Date: 05.03.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date:

Use by Date/Best Before Date: 04.2011

Batch Number: L0025275560 2314

Packaging: Foil coated cardboard

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 36.3

Sub-sample Name: Pringles Salt & Vinegar

**Ingredients:** Dehydrated Potatoes, Vegetable Oil, Rice Flour, Wheat Starch (Gluten Free\*), Salt and Vinegar Flavour (Barley Malt Vinegar Flavouring, Lactose from Milk, Acidity Regulators: Sodium Diacetate, Trisodium Citrate, Malic Acid, Turmeric), Maltodextrin, Emulsifier: E471, Salt, \* < 0.3% protein (Codex Alimentarius)

### Label claim(s):

Suitable for vegetarians

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 25g portion
Energy	kJ	2147	537
Energy	kcal	515	129
Protein	g	3.6	0.9
Carbohydrate	g	53	13
Sugars	g	4.3	1.1
Starch	g	N/A	N/A
Fat	g	32	8
Saturates	g	7	1.7
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.4	0.6
Salt	g	N/A	N/A
Sodium	g	0.81	0.2

Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 36

Composite Sample Name: Potato crisps, fried in vegetable oil, not Walkers, not Premium crisps, not fried in sunflower oil

Sub-sample Number: 36.4

Sub-sample Name: Pringles Texas BBQ Sauce

Full Product Name: Pringles Texas BBQ Sauce

Brand: Pringles

Pack size: 165g

Purchase Date: 24.03.10

Place of Purchase: Waitrose, Norwich

Sell by Date:

Use by Date/Best Before Date: 03.2011

Batch Number: L93355275510 0604

Packaging: Foil coated cardboard

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 36.4

Sub-sample Name: Pringles Texas BBQ Sauce

**Ingredients:** Dehydrated Potatoes, Vegetable Oil, Rice Flour, Wheat Starch (Gluten Free \*), Barbecue Flavour (Sugar, Flavourings, Spices, Wheat Flour, Dextrose, Flavour Enhancers: Monosodium Glutamate, Disodium Guanylate, and Disodium Inosinate, Citric Acid, Malic Acid, Colour: Paprika Extract, Acidity Regulator: Sodium Diacetate, Onion Powder, Tomato Powder, Paprika Powder, Mustard Seeds, Barley Malt Flour, Yeast Extract, Celery), Maltodextrin, Emulsifier: E471, Salt

\* < 0.3% Protein (Codex Alimentarius).

### Label claim(s):

Suitable for vegetarians

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 25g portion
Energy	kJ	2154	539
Energy	kcal	516	129
Protein	g	3.9	1
Carbohydrate	g	53	13
Sugars	g	3.8	0.9
Starch	g	N/A	N/A
Fat	g	32	9
Saturates	g	7	1.7
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.6	0.64
Salt	g	N/A	N/A
Sodium	g	0.6	0.15

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 36

Composite Sample Name: Potato crisps, fried in vegetable oil, not Walkers, not Premium crisps, not fried in sunflower oil

Sub-sample Number: 36.5

Sub-sample Name: Tesco Molteno Farm Stack Crisps, Lightly Salted

Full Product Name: Tesco Molteno Farm Stack Crisps, Lightly Salted

Brand: Tesco Molteno Farm

Pack size: 170g

Purchase Date: 19.03.10

Place of Purchase: Tesco Extra, Norwich

Sell by Date:

Use by Date/Best Before Date: 01.07.2010

Batch Number: Prod date: 15.09.09 9382 H2 17:38

Packaging: Foil coated cardboard

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 36.5

Sub-sample Name: Tesco Molteno Farm Stack Crisps, Lightly Salted

**Ingredients:** Potato Puree Powder (42%), Vegetable Oil, Potato Starch, Salt, Emulsifier: Mono and Diglycerides of Fatty Acids, Antioxidant: Ascorbyl Palmitate

### Label claim(s):

Suitable for vegetarians

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 25g serving
Energy	kJ	2231	558
Energy	kcal	535	134
Protein	g	4.4	1.1
Carbohydrate	g	55	13.8
Sugars	g	0.6	0.2
Starch	g	N/A	N/A
Fat	g	33	8.3
Saturates	g	15	3.8
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2	0.5
Salt	g	1.7	0.43
Sodium	g	0.68	0.17

Sample 37: Potato crisps fried in sunflower oil, including premium, not Walkers

Composite Sample Number: 37<sup>2</sup>

Composite Sample Name: Potato crisps fried in sunflower oil, including premium, not Walkers

Sub-sample Number: 37.1

Sub-sample Name: Tesco Value Crisps Assorted

Full Product Name: Tesco Value Crisps Assorted

Brand: Tesco Value

Pack size: 26 pack

Purchase Date: 05.03.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date:

Use by Date/Best Before Date: 15.05.10

Batch Number: K0059 17:48 AA

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Sub-sample Number: 37.1

Sub-sample Name: Tesco Value Crisps Assorted

**Ingredients:**

**Salted**

Potato, Sunflower Oil, Salt

**Cheese & Onion**

Potato, Sunflower Oil, Cheese & Onion Seasoning

Cheese & Onion Seasoning contains: Rice Flour, Onion Powder, Salt, Yeast Extract, Maltodextrin, Sugar, Natural Flavouring, Garlic Powder, Cheese Powder

**Salt & Vinegar Flavoured Crisps**

Potato, Sunflower Oil, Salt & Vinegar Seasoning

Salt & Vinegar Seasoning contains: Rice Flour, Salt, Spirit Vinegar, Malt Vinegar Powder (contains Gluten), Sugar, Acidity Regulator (Citric Acid), Anti-Caking Agent (Silicon Dioxide), Sunflower Oil

**Smoky Bacon Flavour Crisps**

Potato, Sunflower Oil, Smoky Bacon Flavour Seasoning

Smoky Bacon Flavour Seasoning contains: Rice Flour, Yeast Extract, Sugar, Salt, Wheat Flour, Maltodextrin, Natural Flavouring, Anti-Caking Agent (Silicon Dioxide), Sunflower Oil, Colour (Paprika Extract)

**Prawn Cocktail Flavour Crisps**

Potato, Sunflower Oil, Prawn Cocktail Flavour Seasoning

Prawn Cocktail Flavour Seasoning contains: Sugar, Salt, Rice Flour, Spirit Vinegar, Yeast Extract, Onion Powder, Potassium Chloride, Acidity Regulator (Citric Acid), Tomato Powder, Natural Flavouring, Spices (Black Pepper Extract, Cinnamon Extract, Mace Extract), Anti-Caking Agents (Tricalcium Phosphate, Silicon Dioxide), Colour (Paprika Extract), Vegetable Oil

**Label claim(s):**

No artificial flavours, colours or MSG

Contains milk, wheat and gluten

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Cannot guarantee nut free

**Nutrient Information:**

**Ready Salted**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Each bag (18g)</b>
Energy	kJ	2205	400
Energy	kcal	530	95
Protein	g	6.8	1.2
Carbohydrate	g	50.2	9
Sugars	g	0.3	Tr
Starch	g	N/A	N/A
Fat	g	33.4	6
Saturates	g	3.8	0.7
Monounsaturates	g	7.3	1.3
Polyunsaturates	g	22.1	4
Fibre	g	3.2	0.6
Salt	g	1.4	0.3
Sodium	g	0.6	0.1

**Cheese & Onion**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Each bag (18g)</b>
Energy	kJ	2155	390
Energy	kcal	520	95
Protein	g	7.5	1.4
Carbohydrate	g	51.6	9.3
Sugars	g	1.9	0.3
Starch	g	N/A	N/A
Fat	g	31.1	5.6
Saturates	g	3.6	0.6
Monounsaturates	g	6.9	1.2
Polyunsaturates	g	20.4	3.7
Fibre	g	3.2	0.6
Salt	g	1.5	0.3
Sodium	g	0.6	0.1

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

**Salt & Vinegar**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Each bag (18g)</b>
Energy	kJ	2150	390
Energy	kcal	515	95
Protein	g	6.5	1.2
Carbohydrate	g	51.8	9.3
Sugars	g	1.4	0.3
Starch	g	N/A	N/A
Fat	g	31.3	5.6
Saturates	g	3.6	0.6
Monounsaturates	g	6.8	1.2
Polyunsaturates	g	20.6	3.7
Fibre	g	3	0.5
Salt	g	1.8	0.3
Sodium	g	0.7	0.1

**Smoky Bacon**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Each bag (18g)</b>
Energy	kJ	2170	390
Energy	kcal	520	95
Protein	g	7.4	1.3
Carbohydrate	g	51.6	9.3
Sugars	g	1.5	0.3
Starch	g	N/A	N/A
Fat	g	31.5	5.7
Saturates	g	3.6	0.6
Monounsaturates	g	6.9	1.2
Polyunsaturates	g	20.8	3.7
Fibre	g	3	0.5
Salt	g	1.3	0.2
Sodium	g	0.5	0.1

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

**Prawn Cocktail**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Each bag (18g)</b>
Energy	kJ	2155	390
Energy	kcal	520	95
Protein	g	6.6	1.2
Carbohydrate	g	52.4	9.4
Sugars	g	4.4	0.8
Starch	g	N/A	N/A
Fat	g	31.1	5.6
Saturates	g	3.6	0.6
Monounsaturates	g	6.8	1.2
Polyunsaturates	g	20.5	3.7
Fibre	g	3	0.5
Salt	g	1.5	0.3
Sodium	g	0.6	0.1



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 37<sup>1</sup>

Composite Sample Name: Potato crisps fried in sunflower oil, including premium, not Walkers

Sub-sample Number: 37.2

Sub-sample Name: Eastmans Cheese & Onion Flavour Crisps (Discount Brands at Tesco)

Full Product Name: Eastmans Cheese & Onion Flavour Crisps (Discount Brands at Tesco)

Brand: Eastmans

Pack size: 6 pack

Purchase Date: 05.03.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date:

Use by Date/Best Before Date: 22.05.10

Batch Number: 03 0053 12:22

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 37.2

Sub-sample Name: Eastmans Cheese & Onion Flavour Crisps (Discount Brands at Tesco)

**Ingredients:** Potato, Sunflower Oil, Cheese and Onion Seasoning

Cheese and Onion Seasoning contains: Rice Flour, Onion Powder, Salt, Yeast Extract, Maltodextrin, Sugar, Natural Flavouring, Garlic Powder, Cheese Powder

**Label claim(s):**

No artificial flavours, colours or MSG

Suitable for vegetarians

Contains milk

Cannot guarantee nut free

Produced in the UK

**Nutrient Information:**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Each bag (18g)</b>
Energy	kJ	2155	390
Energy	kcal	520	95
Protein	g	7.5	1.4
Carbohydrate	g	51.6	9.3
Sugars	g	1.9	0.3
Starch	g	N/A	N/A
Fat	g	31.1	5.6
Saturates	g	3.6	0.6
Monounsaturates	g	6.9	1.2
Polyunsaturates	g	20.4	3.7
Fibre	g	3.2	0.6
Salt	g	1.5	0.3
Sodium	g	0.6	0.1

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 37<sup>2</sup>

Composite Sample Name: Potato crisps fried in sunflower oil, including premium, not Walkers

Sub-sample Number: 37.3

Sub-sample Name: Asda Variety Pack Potato Crisps

Full Product Name: Asda Variety Pack Potato Crisps

Brand: Asda

Pack size: 8 pack (3 x Cheese & Onion, 3 x Ready Salted, 2 x Salt & Vinegar)

Purchase Date: 08.03.10

Place of Purchase: Asda, Norwich

Sell by Date:

Use by Date/Best Before Date: 15.05.10

Batch Number: SCK 0048 00:04 M7

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 37.3

Sub-sample Name: Asda Variety Pack Potato Crisps

### Ingredients:

#### Ready Salted

Potatoes, Sunflower Oil (32%), Salt

#### Salt & Vinegar Flavour

Potatoes, Sunflower Oil (31%), Salt and Vinegar Flavour Blend [Salt, Vinegar Powder (contains Barley), Maltodextrin, Sugar, Citric Acid, Yeast Extract]

**Cheese & Onion Flavour:** Potatoes, Sunflower Oil (31%), Cheese and Onion Flavour Blend [Cheese Powder, Onion Powder, Salt, Sugar, Yeast Powder, Citric Acid, Lactic Acid]

### Label claim(s):

No artificial colours, flavours or hydrogenated fat

Suitable for vegetarians

Contains gluten, milk and barley

### Nutrient Information:

#### Ready Salted

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per bag
Energy	kJ	2193	550
Energy	kcal	526	132
Protein	g	5	1.3
Carbohydrate	g	52.8	13.2
Sugars	g	0.7	0.2
Starch	g	N/A	N/A
Fat	g	32.7	8.2
Saturates	g	3.9	1
Monounsaturates	g	7.5	1.9
Polyunsaturates	g	20.6	5.2
Fibre	g	3.8	1
Salt	g	1.5	0.4
Sodium	g	0.6	0.15

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

**Salt & Vinegar Flavour**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per bag</b>
Energy	kJ	2159	540
Energy	kcal	517	129
Protein	g	4.9	1.2
Carbohydrate	g	54.4	13.6
Sugars	g	2.3	0.6
Starch	g	N/A	N/A
Fat	g	31.1	7.8
Saturates	g	3.7	0.9
Monounsaturates	g	7.2	1.8
Polyunsaturates	g	19.5	4.9
Fibre	g	3.6	0.9
Salt	g	2.6	0.7
Sodium	g	1.02	0.26

**Cheese & Onion Flavour**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per bag</b>
Energy	kJ	2168	544
Energy	kcal	519	130
Protein	g	5.6	1.4
Carbohydrate	g	53.6	13.4
Sugars	g	3.2	0.8
Starch	g	N/A	N/A
Fat	g	31.4	7.9
Saturates	g	3.9	1
Monounsaturates	g	7.3	1.8
Polyunsaturates	g	19.5	4.9
Fibre	g	3.7	0.9
Salt	g	1.5	0.4
Sodium	g	0.59	0.15

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 37<sup>2</sup>

Composite Sample Name: Potato crisps fried in sunflower oil, including premium, not Walkers

Sub-sample Number: 37.4

Sub-sample Name: Asda Meaty Variety Pack Potato Crisps

Full Product Name: Asda Meaty Variety Pack Potato Crisps

Brand: Asda

Pack size: 8 pack (3 x Smoky Bacon, 3 x Roast Chicken, 2 x Beef & Onion)

Purchase Date: 08.03.10

Place of Purchase: Asda, Norwich

Sell by Date:

Use by Date/Best Before Date: 15.05.10

Batch Number: SCK 0056 05:44 M7

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Sub-sample Number: 37.4

Sub-sample Name: Asda Meaty Variety Pack Potato Crisps

**Ingredients:**

**Smoky Bacon Flavour**

Potatoes, Sunflower Oil (31%), Smoky Bacon Flavour Blend [Maltodextrin, Autolysed Yeast Powder, Natural and Smoke Flavourings, Dextrose, Salt, Yeast Extract, Palm Fat (contains Milk), Yeast Powder (contains Barley), Citric Acid, Colour (Paprika Extract)]

**Roast Chicken Flavour**

Potatoes, Sunflower Oil (31%), Roast Chicken Flavour Blend [Maltodextrin, Salt, Onion Powder, Yeast Extract, Palm Fat (contains Milk), Sugar, Herbs (Parsley, Sage), Natural Flavourings, Garlic Powder, Colour (Paprika Extract), Citric Acid]

**Beef & Onion Flavour**

Potatoes, Sunflower Oil (31%), Beef and Onion Flavour Blend [Whey Extract (Milk), Onion Powder, Yeast Extract, Natural Flavourings, Sugar, Salt]

**Label claim(s):**

No artificial colours, flavours or hydrogenated fat

Suitable for vegetarians

Contains gluten, milk and barley

Produced in the UK

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

**Nutrient Information:**

**Smoky Bacon Flavour**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per bag</b>
Energy	kJ	2172	544
Energy	kcal	520	130
Protein	g	6	1.5
Carbohydrate	g	53	13.3
Sugars	g	1.7	0.4
Starch	g	N/A	N/A
Fat	g	31.6	7.9
Saturates	g	4	1
Monounsaturates	g	7.3	1.8
Polyunsaturates	g	19.6	4.9
Fibre	g	3.7	0.9
Salt	g	1.5	0.4
Sodium	g	0.6	0.15

**Roast Chicken Flavour**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per bag</b>
Energy	kJ	2168	544
Energy	kcal	519	130
Protein	g	5.1	1.3
Carbohydrate	g	54.1	13.5
Sugars	g	1.4	0.4
Starch	g	N/A	N/A
Fat	g	31.4	7.9
Saturates	g	3.9	1
Monounsaturates	g	7.3	1.8
Polyunsaturates	g	19.5	4.9
Fibre	g	3.7	0.9
Salt	g	1.4	0.4
Sodium	g	0.56	0.14



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

### Beef & Onion Flavour

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per bag</b>
Energy	kJ	2155	540
Energy	kcal	516	129
Protein	g	5.9	1.5
Carbohydrate	g	53.2	13.3
Sugars	g	3.5	0.9
Starch	g	N/A	N/A
Fat	g	31.1	7.8
Saturates	g	3.7	0.9
Monounsaturates	g	7.1	1.8
Polyunsaturates	g	19.5	4.9
Fibre	g	3.9	1
Salt	g	1.5	0.4
Sodium	g	0.6	0.15

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 37<sup>2</sup>

Composite Sample Name: Potato crisps fried in sunflower oil, including premium, not Walkers

Sub-sample Number: 37.5

Sub-sample Name: Asda Ready Salted Potato Crisps

Full Product Name: Asda Ready Salted Potato Crisps

Brand: Asda

Pack size: 8 x 25g

Purchase Date: 08.03.10

Place of Purchase: Asda, Norwich

Sell by Date:

Use by Date/Best Before Date: 22.05.2010

Batch Number: SCK 0054 21:32 M7

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 37.5

Sub-sample Name: Asda Ready Salted Potato Crisps

**Ingredients:** Potatoes, Sunflower Oil (32%), Salt

**Label claim(s):**

No artificial colours, flavours or hydrogenated fat

Suitable for vegetarians

Produced in the UK

**Nutrient Information:**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per bag</b>
Energy	kJ	2193	550
Energy	kcal	526	132
Protein	g	5	1.3
Carbohydrate	g	52.8	13.2
Sugars	g	0.7	0.2
Starch	g	N/A	N/A
Fat	g	32.7	8.2
Saturates	g	3.9	1
Monounsaturates	g	7.5	1.9
Polyunsaturates	g	20.6	5.2
Fibre	g	3.8	1
Salt	g	1.5	0.4
Sodium	g	0.6	0.15

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 37<sup>2</sup>

Composite Sample Name: Potato crisps fried in sunflower oil, including premium, not Walkers

Sub-sample Number: 37.6

Sub-sample Name: Kettle Variety Crisps

Full Product Name: Kettle Variety Crisps

Brand: Kettle

Pack size: 6 x 30g (2 x Sea Salt & Balsamic Vinegar, 2 x Mature Cheddar & Red Onion, 2 x Lightly Salted)

Purchase Date: 05.03.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date:

Use by Date/Best Before Date: 03.07.2010

Batch Number: 0046

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Sub-sample Number: 37.6

Sub-sample Name: Kettle Variety Crisps

**Ingredients:**

**Sea Salt & Balsamic Vinegar**

Select Potatoes, Sunflower Oil, Sea Salt, Dried Balsamic Vinegar, Potato Maltodextrin, White Sugar, Dried Barley Malt Vinegar, Citric Acid from Sugar Beet Molasses

Contains: Barley

**Mature Cheddar & Red Onion**

Select Potatoes, Sunflower Oil, Mature Cheddar and Red Onion Seasoning (Dried Buttermilk, Dried Mature Cheddar Cheese, Sea Salt, Dried Red Onion, Dried Onion, Dried Yeast, Dried Yeast Extract, Dried Chives, Paprika Extract)

Contains: Cows' Milk

**Lightly Salted**

Select Potatoes, Sunflower Oil, Sea Salt

**Label claim(s):**

Absolutely nothing artificial

No added MSG or hydrogenated fat

Made in the UK

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

**Nutrient Information:**

**Sea Salt & Balsamic Vinegar**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Each 30g pack</b>
Energy	kJ	1992	598
Energy	kcal	476	143
Protein	g	5.9	1.8
Carbohydrate	g	56.8	17
Sugars	g	2.9	0.9
Starch	g	N/A	N/A
Fat	g	25	7.5
Saturates	g	2.6	0.8
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	4.5	1.4
Salt	g	1.9	0.6
Sodium	g	0.75	0.23

**Mature Cheddar & Red Onion**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per 30g pack</b>
Energy	kJ	1953	586
Energy	kcal	467	140
Protein	g	7.5	2.3
Carbohydrate	g	52.2	15.7
Sugars	g	2.6	0.8
Starch	g	N/A	N/A
Fat	g	25.4	7.6
Saturates	g	3.2	1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	6.2	1.9
Salt	g	1.1	0.3
Sodium	g	0.45	0.14

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

**Lightly Salted**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per 30g pack</b>
Energy	kJ	2015	605
Energy	kcal	482	145
Protein	g	6.3	1.9
Carbohydrate	g	56	16.8
Sugars	g	0.9	0.3
Starch	g	N/A	N/A
Fat	g	25.8	7.7
Saturates	g	2.9	0.9
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	5.1	1.5
Salt	g	0.9	0.3
Sodium	g	0.36	0.11

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 37<sup>2</sup>

Composite Sample Name: Potato crisps fried in sunflower oil, including premium, not Walkers

Sub-sample Number: 37.7

Sub-sample Name: Sainsbury's Basics Crisps Variety Pack

Full Product Name: Sainsbury's Basics Crisps Variety Pack

Brand: Sainsbury's Basics

Pack size: 12 pack (4 x Ready Salted, 4 x Salt & Vinegar, 4 x Cheese & Onion)

Purchase Date: 08.03.10

Place of Purchase: Sainsbury's, Queens Road, Norwich

Sell by Date:

Use by Date/Best Before Date: 22.05.2010

Batch Number: K0056 09:31 AA

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient



Sub-sample Number: 37.7

Sub-sample Name: Sainsbury's Basics Crisps Variety Pack

**Ingredients:**

**Ready Salted**

Potatoes, Sunflower Oil, Salt

**Salt & Vinegar Flavour**

Potatoes, Sunflower Oil, Salt & Vinegar Flavour

Salt & Vinegar Flavour contains: Salt, Malt Vinegar Powder (derived from Barley and Wheat), Spirit Vinegar Powder (contains Wheat Maltodextrin), Rice Flour, Maltodextrin (from Potato), Citric Acid, Sugar, Sunflower Oil

**Cheese & Onion Flavour**

Potatoes, Sunflower Oil, Cheese & Onion Flavour

Cheese & Onion Flavour contains: Onion Powder, Rice Flour, Lactose (from Cows' Milk), Salt, Autolysed Yeast Powder, Sugar, Yeast Powder, Garlic Powder, Yeast Extract Powder, Sunflower Oil, Natural Flavourings, Cheese Powder (from Cows' Milk)

**Label claim(s):**

Only natural flavours

Vegetarian

Salt & Vinegar contains wheat gluten and barley gluten

Cheese & Onion Flavour contains milk and wheat gluten

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

**Nutrient Information:**

**Ready Salted**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per 18g pack</b>
Energy	kJ	2403	432
Energy	kcal	576	104
Protein	g	6.1	1.1
Carbohydrate	g	56	10.1
Sugars	g	0.1	Tr
Starch	g	55.9	10.1
Fat	g	36.4	6.6
Saturates	g	4.3	0.8
Monounsaturates	g	7.9	1.4
Polyunsaturates	g	24.2	4.4
Fibre	g	4.8	0.9
Salt	g	1.25	0.23
Sodium	g	0.5	0.09

**Salt & Vinegar Flavour**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per 18g pack</b>
Energy	kJ	2305	415
Energy	kcal	552	99
Protein	g	5.8	1
Carbohydrate	g	56.9	10.2
Sugars	g	0.3	Tr
Starch	g	56.5	10.2
Fat	g	33.5	6
Saturates	g	3.9	0.7
Monounsaturates	g	7.3	1.3
Polyunsaturates	g	22.2	4
Fibre	g	4.4	0.8
Salt	g	2.25	0.41
Sodium	g	0.9	0.16

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

**Cheese & Onion Flavour**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per 18g pack</b>
Energy	kJ	2333	420
Energy	kcal	559	101
Protein	g	6.5	1.2
Carbohydrate	g	57.6	10.4
Sugars	g	3.6	0.6
Starch	g	54	9.7
Fat	g	33.6	6
Saturates	g	3.9	0.7
Monounsaturates	g	7.3	1.3
Polyunsaturates	g	22.2	4
Fibre	g	4.6	0.8
Salt	g	1.5	0.27
Sodium	g	0.6	0.11

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 37<sup>2</sup>

Composite Sample Name: Potato crisps fried in sunflower oil, including premium, not Walkers

Sub-sample Number: 37.8

Sub-sample Name: Marks & Spencer Handcooked Crisps (Lightly Sea Salted)

Full Product Name: Marks & Spencer Handcooked Crisps (Lightly Sea Salted)

Brand: Marks & Spencer

Pack size: 150g

Purchase Date: 10.03.10

Place of Purchase: M&S, Norwich

Sell by Date: 01.06.2010

Use by Date/Best Before Date: 08.06.2010

Batch Number: 12:29 MA 0 043

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 37.8

Sub-sample Name: Marks & Spencer Handcooked Crisps (Lightly Sea Salted)

**Ingredients:** Potatoes, Sunflower Oil, Sea Salt

**Label claim(s):**

No artificial colours, flavourings or added MSG

Suitable for vegetarians

Made in Norfolk

**Nutrient Information:**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per 40g portion</b>
Energy	kJ	2015	805
Energy	kcal	480	195
Protein	g	6.3	2.5
Carbohydrate	g	56	22.4
Sugars	g	0.9	0.4
Starch	g	N/A	N/A
Fat	g	25.8	10.3
Saturates	g	2.9	1.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	5.1	2
Salt	g	1	0.4
Sodium	g	0.4	0.16

Sample 38: Potato crisps, fried in high oleic sunflower oil

Composite Sample Number: 38

Composite Sample Name: Potato crisps fried in high oleic sunflower oil

Sub-sample Number: 38.1 & 38.2

Sub-sample Name: Walkers Crisps Variety Pack Classic

Full Product Name: Walkers Crisps Variety Pack Classic

Brand: Walkers

Pack size: 6 x 25g (2 x Cheese & Onion, 2 x Ready Salted, 2 x Salt & Vinegar)

Purchase Date: 38.1 (05.03.10), 38.2 (08.03.10)

Place of Purchase: 38.1 (One Stop, Leopold Road, Norwich), 38.2 (Asda, Norwich)

Sell by Date:

Use by Date/Best Before Date: 08.05.2010

Batch Number: GBL 186048 02:08 1439

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Sub-sample Number: 38.1

Sub-sample Name: Walkers Crisps Variety Pack Classic

**Ingredients:**

**Cheese & Onion Flavour**

Potatoes, Sunflower Oil (33%), Cheese & Onion Seasoning

Cheese & Onion seasoning contains: Dried Onion, Salt, Dried Milk, Sugar, Flavour Enhancers (Monosodium Glutamate, Disodium 5-ribonucleotide), Flavourings, Mustard, Cheese Powder (From Milk), Soyabean Oil, Dried Garlic, Colours (Paprika Extract, Annatto)

**Ready Salted**

Potatoes, Sunflower Oil (34%), Salt

**Salt & Vinegar Flavour**

Potatoes, Sunflower Oil (33%), Salt & Vinegar Seasoning

Salt & Vinegar Seasoning contains: Flavouring, Salt, Milk Lactose, Citric Acid from Sugar Beet Molasses, Potassium Chloride, Dried Milk, Yeast Extract

**Label claim(s):**

Salt & Vinegar contains milk

No preservatives

No artificial colours

Suitable for vegetarians

Suitable for coeliacs

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

**Nutrient Information:**

**Salt & Vinegar Flavour**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per 25g pack</b>
Energy	kJ	2182	546
Energy	kcal	523	131
Protein	g	5.7	1.4
Carbohydrate	g	50.6	12.7
Sugars	g	0.8	0.2
Starch	g	N/A	N/A
Fat	g	33.1	8.3
Saturates	g	2.6	0.7
Monounsaturates	g	26.9	6.7
Polyunsaturates	g	2.1	0.5
Fibre	g	4	1
Salt	g	1.93	0.48
Sodium	g	0.76	0.19

**Ready Salted**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per 25g pack</b>
Energy	kJ	2207	552
Energy	kcal	529	132
Protein	g	5.9	1.5
Carbohydrate	g	49.7	12.4
Sugars	g	0.4	0.1
Starch	g	N/A	N/A
Fat	g	34.1	8.5
Saturates	g	2.5	0.6
Monounsaturates	g	27.9	7
Polyunsaturates	g	2.2	0.6
Fibre	g	4.2	1.1
Salt	g	1.52	0.38
Sodium	g	0.6	0.15



**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

**Cheese & Onion Flavour**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per 25g pack</b>
Energy	kJ	2190	548
Energy	kcal	525	131
Protein	g	7	1.8
Carbohydrate	g	50	12.5
Sugars	g	2.5	0.6
Starch	g	N/A	N/A
Fat	g	33	8.3
Saturates	g	2.6	0.7
Monounsaturates	g	25.9	6.5
Polyunsaturates	g	2.8	0.7
Fibre	g	4	1
Salt	g	1.27	0.32
Sodium	g	0.5	0.13

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 38

Composite Sample Name: Potato crisps fried in high oleic sunflower oil

Sub-sample Number: 38.3 & 38.4

Sub-sample Name: Walkers Crisps Variety Pack

Full Product Name: Walkers Crisps Variety Pack

Brand: Walkers

Pack size: 26 x 25g (5 x Cheese & Onion, 5 x Ready Salted, 4 x Sour Cream & Chive, 4 x Salt & Vinegar, 4 x Prawn Cocktail, 4 x Worcester Sauce)

Purchase Date: 38.3 (08.03.10), 38.4 (05.03.10)

Place of Purchase: 38.3 (Asda, Norwich), 38.4 (Tesco, Harford Bridges, Norwich)

Sell by Date:

Use by Date/Best Before Date: 15.05.2010

Batch Number: 38.3 (5155 GBL 297 058 11:35), 38.4 (GBL 2 97055 16:42 5973)

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

**Sub-sample Number:** 38.3 & 38.4

**Sub-sample Name:** Walkers Crisps Variety Pack

**Ingredients:**

**Cheese & Onion Flavour**

Potatoes, Sunflower Oil (33%), Cheese & Onion Seasoning

Cheese & Onion Seasoning contains: Dried Onion, Salt, Dried Milk, Sugar, Flavour Enhancers (Monosodium Glutamate, Disodium 5-Ribonucleotide), Flavourings, Mustard, Cheese Powder (From Milk), Soyabean Oil, Dried Garlic, Colours (Paprika Extract, Annatto)

**Ready Salted**

Potatoes, Sunflower Oil (34%), Salt

**Sour Cream & Chive Flavour**

Potatoes, Sunflower Oil (33%), Sour Cream & Chive Seasoning

Sour Cream & Chive Seasoning contains: Dried Milk Whey, Salt, Onion, Sugar, Butter Oil, Flavouring, Parsley

**Salt & Vinegar Flavour**

Potatoes, Sunflower Oil (33%), Salt & Vinegar Seasoning

Salt & Vinegar Seasoning contains: Flavouring, Salt, Milk Lactose, Citric Acid From Sugar Beet Molasses, Potassium Chloride, Dried Milk, Yeast Extract

**Prawn Cocktail Flavour**

Potatoes, Sunflower Oil (33%), Prawn Cocktail Seasoning

Prawn Cocktail Seasoning contains: Flavouring, Sugar, Salt, Glucose, Citric Acid from Sugar Beet Molasses, Potassium Chloride, Dried Onion, Dried Tomato, Colour (Paprika Extract), Sweeteners (Sucralose)

**Worcester Sauce Flavour**

Potatoes, Sunflower Oil (33%), Worcester Sauce Seasoning

Worcester Sauce Seasoning contains: Wheat Breadcrumbs, Salt, Flavouring, Sugar, Barley Malt Vinegar, Mustard Oil, Citric Acid, Dried Onion, Dried Garlic, Fructose, Coriander, Cardamom, Ground Black Pepper, Ginger, Clove, Chilli, Rosemary, Allspice, Sage.

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

**Label claim(s):**

Salt & Vinegar contains milk

Prawn Cocktail contains sugar and sweetener

**Nutrient Information:**

**Cheese & Onion**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per 25g pack</b>
Energy	kJ	2190	548
Energy	kcal	525	131
Protein	g	7	1.8
Carbohydrate	g	50	12.5
Sugars	g	2.5	0.6
Starch	g	N/A	N/A
Fat	g	33	8.3
Saturates	g	2.6	0.7
Monounsaturates	g	25.9	6.5
Polyunsaturates	g	2.8	0.7
Fibre	g	4	1
Salt	g	1.27	0.32
Sodium	g	0.5	0.13

**Ready Salted**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per 25g pack</b>
Energy	kJ	2207	552
Energy	kcal	529	132
Protein	g	5.9	1.5
Carbohydrate	g	49.7	12.4
Sugars	g	0.4	0.1
Starch	g	N/A	N/A
Fat	g	34.1	8.5
Saturates	g	2.5	0.6
Monounsaturates	g	27.9	7
Polyunsaturates	g	2.2	0.6
Fibre	g	4.2	1.1
Salt	g	1.52	0.38
Sodium	g	0.6	0.15

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

**Sour Cream & Chive**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per 25g pack</b>
Energy	kJ	2175	544
Energy	kcal	521	130
Protein	g	6.4	1.6
Carbohydrate	g	50.9	12.7
Sugars	g	2.9	0.7
Starch	g	N/A	N/A
Fat	g	32.6	8.2
Saturates	g	2.5	0.6
Monounsaturates	g	26.6	6.7
Polyunsaturates	g	2.1	0.5
Fibre	g	4.1	1
Salt	g	1.32	0.33
Sodium	g	0.52	0.13

**Salt & Vinegar**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per 25g pack</b>
Energy	kJ	2182	546
Energy	kcal	523	131
Protein	g	5.7	1.4
Carbohydrate	g	50.6	12.7
Sugars	g	0.8	0.2
Starch	g	N/A	N/A
Fat	g	33.1	8.3
Saturates	g	2.6	0.7
Monounsaturates	g	26.9	6.7
Polyunsaturates	g	2.1	0.5
Fibre	g	4	1
Salt	g	1.93	0.48
Sodium	g	0.76	0.19

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

**Prawn Cocktail**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per 25g pack</b>
Energy	kJ	2181	545
Energy	kcal	523	131
Protein	g	5.8	1.5
Carbohydrate	g	51.3	12.8
Sugars	g	1.9	0.5
Starch	g	N/A	N/A
Fat	g	32.7	8.2
Saturates	g	2.5	0.6
Monounsaturates	g	26.6	6.7
Polyunsaturates	g	2.1	0.5
Fibre	g	4.1	1
Salt	g	1.4	0.35
Sodium	g	0.55	0.14

**Worcester Sauce**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per 25g pack</b>
Energy	kJ	2167	542
Energy	kcal	520	130
Protein	g	6	1.5
Carbohydrate	g	50.3	12.6
Sugars	g	1.5	0.4
Starch	g	N/A	N/A
Fat	g	32.7	8.2
Saturates	g	2.5	0.6
Monounsaturates	g	26.6	6.7
Polyunsaturates	g	2.1	0.5
Fibre	g	4.1	1
Salt	g	1.27	0.32
Sodium	g	0.5	0.13

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 38

Composite Sample Name: Potato crisps fried in high oleic sunflower oil

Sub-sample Number: 38.5 & 38.6

Sub-sample Name: Walkers Crisps Meaty Variety Pack

Full Product Name: Walkers Crisps Meaty Variety Pack

Brand: Walkers

Pack size: 26 x 25g (4 x Roast Chicken, 4 x Smoky Bacon, 4 x Steak & Onion, 4 x Salt & Vinegar, 5 x Ready Salted, 5 x Cheese & Onion)

Purchase Date: 38.5 (05.03.10), 38.6 (08.03.10)

Place of Purchase: 38.5 (Tesco, Harford Bridges, Norwich), 38.6 (Asda, Norwich)

Sell by Date:

Use by Date/Best Before Date: 38.5 (08.05.10), 38.6 (01.05.10)

Batch Number: 38.5 (GBP 2 87060 17:28 2074), 38.6 (00:31 1614 GB5501 043)

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 38.5 & 38.6

Sub-sample Name: Walkers Crisps Meaty Variety Pack

### **Ingredients:**

#### **Roast Chicken**

Potatoes, Sunflower Oil (33%), Roast Chicken Seasoning

Roast Chicken Seasoning contains: Salt, Glucose, Dried Milk Whey, Dried Yeast, Barley, Potassium Chloride, Dried Garlic, Dried Onion, Flavouring, Colour (Paprika Extract)

#### **Smoky Bacon**

Potatoes, Sunflower Oil (33%), Smoky Bacon Seasoning

Smoky Bacon Seasoning contains: Milk Lactose, Salt, Sugar, Flavouring, Hydrolysed Soya Protein, Colour (Paprika Extract), Allspice

#### **Steak & Onion**

Potatoes, Sunflower Oil (33%), Steak & Onion Seasoning

Steak & Onion Seasoning contains: Flavouring, Dried Onion, Dried Parsley, Salt, Glucose, Sugar, Barley Malt Extract, Paprika Extract, Hydrolysed Soy Protein

#### **Salt & Vinegar**

Potatoes, Sunflower Oil (33%), Salt & Vinegar Seasoning

Salt & Vinegar Seasoning contains: Flavouring, Salt, Milk Lactose, Citric Acid from Sugar Beet Molasses, Potassium Chloride, Dried Milk, Yeast Extract

#### **Ready Salted**

Ingredients: Potatoes, Sunflower Oil (34%), Salt

#### **Cheese & Onion**

Ingredients: Potatoes, Sunflower Oil (33%), Cheese & Onion Seasoning

Cheese & Onion Seasoning contains: Dried Onion, Salt, Dried Milk, Sugar, Flavour Enhancers (Monosodium Glutamate, Disodium 5-Ribonucleotide), Flavourings, Mustard, Cheese Powder (From Milk), Soyabean Oil, Dried Garlic, Colours (Paprika Extract, Annatto)



**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

**Label claim(s):**

Salt & Vinegar now contains milk

**Nutrient Information:**

**Roast Chicken**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per 25g pack</b>
Energy	kJ	2179	545
Energy	kcal	522	131
Protein	g	6	1.5
Carbohydrate	g	51	12.8
Sugars	g	3.8	1
Starch	g	N/A	N/A
Fat	g	32.7	8.2
Saturates	g	2.5	0.6
Monounsaturates	g	26.6	6.7
Polyunsaturates	g	2.1	0.5
Fibre	g	4.1	1
Salt	g	1.24	0.31
Sodium	g	0.49	0.12

**Smoky Bacon**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per 25g bag</b>
Energy	kJ	2182	546
Energy	kcal	523	131
Protein	g	5.7	1.4
Carbohydrate	g	51.7	12.9
Sugars	g	4.4	1.1
Starch	g	N/A	N/A
Fat	g	32.6	8.2
Saturates	g	2.5	0.6
Monounsaturates	g	26.6	6.7
Polyunsaturates	g	2.1	0.5
Fibre	g	4	1
Salt	g	1.35	0.34
Sodium	g	0.53	0.13

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

**Steak & Onion**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per 25g pack</b>
Energy	kJ	2183	546
Energy	kcal	523	131
Protein	g	6.2	1.6
Carbohydrate	g	50.4	12.6
Sugars	g	1.9	0.5
Starch	g	N/A	N/A
Fat	g	33	8.3
Saturates	g	2.5	0.6
Monounsaturates	g	26.9	6.7
Polyunsaturates	g	2.1	0.5
Fibre	g	4.2	1.1
Salt	g	1.4	0.35
Sodium	g	0.55	0.14

**Salt & Vinegar**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per 25g pack</b>
Energy	kJ	2182	546
Energy	kcal	523	131
Protein	g	5.7	1.4
Carbohydrate	g	50.6	12.7
Sugars	g	0.8	0.2
Starch	g	N/A	N/A
Fat	g	33.1	8.3
Saturates	g	2.6	0.7
Monounsaturates	g	26.9	6.7
Polyunsaturates	g	2.1	0.5
Fibre	g	4	1
Salt	g	1.93	0.48
Sodium	g	0.76	0.19

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

**Ready Salted**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per 25g pack</b>
Energy	kJ	2207	552
Energy	kcal	529	132
Protein	g	5.9	1.5
Carbohydrate	g	49.7	12.4
Sugars	g	0.4	0.1
Starch	g	N/A	N/A
Fat	g	34.1	8.5
Saturates	g	2.5	0.6
Monounsaturates	g	27.9	7
Polyunsaturates	g	2.2	0.6
Fibre	g	4.2	1.1
Salt	g	1.52	0.38
Sodium	g	0.6	0.15

**Cheese & Onion**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per 25g pack</b>
Energy	kJ	2190	548
Energy	kcal	525	131
Protein	g	7	1.8
Carbohydrate	g	50	12.5
Sugars	g	2.5	0.6
Starch	g	N/A	N/A
Fat	g	33	8.3
Saturates	g	2.6	0.7
Monounsaturates	g	25.9	6.5
Polyunsaturates	g	2.8	0.7
Fibre	g	4	1
Salt	g	1.27	0.32
Sodium	g	0.5	0.13

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 38

Composite Sample Name: Potato crisps fried in high oleic sunflower oil

Sub-sample Number: 38.7

Sub-sample Name: Sainsbury's British Potato Crisps Variety Pack

Full Product Name: Sainsbury's British Potato Crisps Variety Pack

Brand: Sainsbury's

Pack size: 12 x 25g (3 x Ready Salted, 3 x Salt & Vinegar, 3 x Cheese & Onion, 3 x Prawn Cocktail)

Purchase Date: 08.03.10

Place of Purchase: Sainsbury's, Queens Road, Norwich

Sell by Date:

Use by Date/Best Before Date: 15.05.2010

Batch Number: S 0053 13:15 M3

Packaging: Metalised film laminate bag

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 38.7

Sub-sample Name: Sainsbury's British Potato Crisps Variety Pack

### **Ingredients:**

#### **Ready Salted**

Potatoes; Sunflower Oil; Salt

#### **Cheese & Onion**

Potatoes; Sunflower Oil; Cheese & Onion Flavour

Cheese & Onion Flavour contains: Onion Powder, Whey Powder (from Cows' Milk), Salt, Sugar, Yeast Powder, Potassium Chloride, Cheese Powder (from Cows' Milk), Yeast Extract, Natural Flavourings, Citric Acid

#### **Salt & Vinegar**

Potatoes; Sunflower Oil; Salt & Vinegar Flavour

Salt & Vinegar Flavour contains: Salt, Natural Flavourings (contains Barley Gluten), Lactose (from Cows' Milk), Citric Acid, Sugar, Yeast Extract

#### **Prawn Cocktail**

Potatoes; Sunflower Oil; Prawn Cocktail Flavour, Salt

Prawn Cocktail Flavour contains: Sugar, Salt, Spirit Vinegar Powder, Wheat Flour, Skimmed Milk Powder (from Cows' Milk), Citric Acid, Yeast Extract Powder, Onion Powder, Natural Colour: Paprika Extract; Natural & Smoke Flavourings, Pepper Extract.

### **Label claim(s):**

Vegetarian

100% British potatoes

Made with healthier sunflower oil which is naturally lower in saturated fats and higher in monounsaturated fats

Only natural colours and flavours

No added MSG or flavour enhancers

Prawn cocktail and salt & vinegar contain milk & wheat gluten

Cheese & onion contains milk

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Produced in the UK

**Nutrient Information:**

**Prawn Cocktail**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per 25g pack</b>
Energy	kJ	2152	538
Energy	kcal	515	129
Protein	g	5.1	1.3
Carbohydrate	g	54	13.5
Sugars	g	3.7	0.9
Starch	g	50.3	12.6
Fat	g	31	7.8
Saturates	g	3.1	0.8
Monounsaturates	g	24.8	6.2
Polyunsaturates	g	3.1	0.8
Fibre	g	3.7	0.9
Salt	g	1.48	0.37
Sodium	g	0.59	0.15

**Cheese & Onion**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per 25g pack</b>
Energy	kJ	2157	539
Energy	kcal	517	129
Protein	g	5.6	1.4
Carbohydrate	g	53.6	13.4
Sugars	g	3.1	0.8
Starch	g	50.5	12.6
Fat	g	31.1	7.8
Saturates	g	3.2	0.8
Monounsaturates	g	24.8	6.2
Polyunsaturates	g	3.1	0.8
Fibre	g	3.9	1
Salt	g	1.47	0.37
Sodium	g	0.59	0.15

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

**Salt & Vinegar**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per 25g pack</b>
Energy	kJ	2145	537
Energy	kcal	514	129
Protein	g	4.9	1.2
Carbohydrate	g	53.6	13.4
Sugars	g	3.4	0.9
Starch	g	50.2	12.6
Fat	g	31.1	7.8
Saturates	g	3.1	0.8
Monounsaturates	g	24.9	6.2
Polyunsaturates	g	3.1	0.8
Fibre	g	3.6	0.9
Salt	g	2.6	0.65
Sodium	g	1.04	0.26

**Ready Salted**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per 25g pack</b>
Energy	kJ	2194	549
Energy	kcal	526	132
Protein	g	5.1	1.3
Carbohydrate	g	52.8	13.2
Sugars	g	0.7	0.2
Starch	g	52.1	13
Fat	g	32.7	8.2
Saturates	g	3.3	0.8
Monounsaturates	g	26.1	6.5
Polyunsaturates	g	3.3	0.8
Fibre	g	3.8	1
Salt	g	1.38	0.35
Sodium	g	0.55	0.14

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 38

Composite Sample Name: Potato crisps fried in high oleic sunflower oil

Sub-sample Number: 38.8

Sub-sample Name: Walkers Sensations Vintage Cheddar & Onion Chutney

Full Product Name: Walkers Sensations Vintage Cheddar & Onion Chutney

Brand: Walkers

Pack size: 160g

Purchase Date: 05.03.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date:

Use by Date/Best Before Date: 15.05.10

Batch Number: GBB 104056 15:09 2978

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 38.8

Sub-sample Name: Walkers Sensations Vintage Cheddar & Onion Chutney

**Ingredients:** Potatoes, Sunflower Oil (25%), Vintage Cheddar & Onion Chutney Seasoning, Salt, Firming Agent (Calcium Chloride)

Vintage Cheddar & Onion Chutney Seasoning contains: Sugar, Flavouring, Dried Milk, Citric Acid, Spices, Dried Cheddar Cheese (made with Animal Rennet), Fructose, Colour (Paprika Extract), Butter (from Milk), Emulsifier (Soya Lecithin), Dried Barley Malt Vinegar, Dried Red Onion, Ginger, Black Pepper

### Label claim(s):

Suitable for Coeliacs

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 35g serving
Energy	kJ	2005	702
Energy	kcal	480	168
Protein	g	6.3	2.2
Carbohydrate	g	58	20.3
Sugars	g	3.3	1.2
Starch	g	N/A	N/A
Fat	g	25	8.8
Saturates	g	2.0	0.7
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	4.3	1.5
Salt	g	1.68	0.59
Sodium	g	0.66	0.23

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 38

Composite Sample Name: Potato crisps fried in high oleic sunflower oil

Sub-sample Number: 38.9

Sub-sample Name: Morrisons Classic Crisps

Full Product Name: Morrisons Classic Crisps

Brand: Morrisons

Pack size: 6 x 25g (2 x Cheese & Onion, 2 x Ready Salted, 2 x Salt & Vinegar)

Purchase Date: 08.03.10

Place of Purchase: Morrisons, Norwich

Sell by Date:

Use by Date/Best Before Date: 15.05.10

Batch Number: S 0047 13:57 M7

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Sub-sample Number: 38.9

Sub-sample Name: Morrisons Classic Crisps

**Ingredients:**

**Salt & Vinegar**

Potatoes, High Oleic Sunflower Oil, Seasoning (Rice Flour, Salt, Acidity Regulators (Citric Acid, Tartaric Acid, Barley Malt Vinegar, Spirit Vinegar, Yeast Extract Powder, Sucrose), Salt

**Ready Salted**

Potatoes, High Oleic Sunflower Oil, Salt

**Cheese & Onion**

Potatoes, High Oleic Sunflower Oil, Seasoning (Onion Powder, Whey Powder, Salt, Sugar, Yeast Powder, Potassium Chloride, Cheese Powder, Yeast Extract, Citric Acid, Flavouring), Salt

**Label claim(s):**

No artificial flavours or colours

Made with high oleic sunflower oil which is naturally lower in saturated fats

Produced in a factory which uses gluten, milk and soya ingredients

Salt & Vinegar contains gluten

Cheese & Onion contains milk

Produced in the UK

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

**Nutrient Information:**

**Salt & Vinegar**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per 25g bag</b>
Energy	kJ	2147	537
Energy	kcal	514	129
Protein	g	5.1	1.3
Carbohydrate	g	53.5	13.4
Sugars	g	0.9	0.2
Starch	g	N/A	N/A
Fat	g	31.1	7.8
Saturates	g	3.2	0.8
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	3.6	0.9
Salt	g	1.8	0.5
Sodium	g	0.7	0.2

**Ready Salted**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per 25g bag</b>
Energy	kJ	2193	548
Energy	kcal	526	131
Protein	g	5	1.3
Carbohydrate	g	52.8	13.2
Sugars	g	0.7	0.2
Starch	g	N/A	N/A
Fat	g	32.7	8.2
Saturates	g	3.3	0.8
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	3.8	1
Salt	g	1.5	0.5
Sodium	g	0.6	0.2

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

**Cheese & Onion**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per 25g bag</b>
Energy	kJ	2157	539
Energy	kcal	517	129
Protein	g	5.6	1.4
Carbohydrate	g	53.6	13.4
Sugars	g	3.1	0.8
Starch	g	N/A	N/A
Fat	g	31.1	7.8
Saturates	g	3.2	0.8
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	3.9	1
Salt	g	1.5	0.5
Sodium	g	0.6	0.2

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 38

Composite Sample Name: Potato crisps fried in high oleic sunflower oil

Sub-sample Number: 38.10

Sub-sample Name: Knights Savoury Crisps Selection

Full Product Name: Knights Savoury Crisps Selection

Brand: Knights

Pack size: 24 packs (6 x Roast Chicken, 6 x Prawn Cocktail, 6 x Smokey Bacon, 6 x BBQ)

Purchase Date: 08.03.10

Place of Purchase: Lidl, Norwich

Sell by Date:

Use by Date/Best Before Date: 29.05.2010

Batch Number: MPD043 08:11

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Sub-sample Number: 38.10

Sub-sample Name: Knights Savoury Crisps Selection

**Ingredients:**

**Roast Chicken**

Potatoes, Sunflower Oil, Roast Chicken Flavour (Rusk (Wheat Flour Salt), Dextrose, Flavour Enhancers: E621, E635; Sucrose, Autolysed Yeast Powder, Fat Powder, Onion Powder, Skimmed Milk Powder, Flavourings, Vegetable Oil, Ground Herbs, Anticaking Agents: E551, E341; Citric Acid, Herb Extract, Ground Spices, Colour: E160c; Spice Extract)

**Prawn Cocktail**

Potatoes, Sunflower Oil, Prawn Cocktail Flavour (Dextrose, Salt, Acidity Regulators: E262, E330; Sugar, Whey Powder (Milk), Vegetable Powder, Flavour Enhancers: E621, E635; Yeast Extract, Anticaking Agent: E551; Rapeseed Oil, Colour: E160c, Artificial Sweeteners: E951, E954; Flavouring)

Contains a source of phenylalanine

**Smokey Bacon**

Potatoes, Sunflower Oil, Smokey Bacon Flavour (Rusk, Salt, Wheat Flour, Dried Yeast Powder, Dextrose, Sucrose, Flavour Enhancers: E621, E635; Yeast Extract Powder, Flavourings, Anticaking Agent: E551; Vegetable Oil, Colour: E160c)

**Barbecue**

Sunflower Oil, Barbeque Flavour (Salt, Whey Powder (Milk), Rusk (Wheat Flour, Salt), Flavour Enhancer: E621; Sucrose, Onion Powder, Dextrose, Colour: E160c; Tomato Powder, Flavourings, Yeast Extract Powder, Garlic Powder, Citric Acid, Malic Acid, Vegetable Oil, Anticaking Agents: E551, E341; Artificial Sweetener: E951)

Contains a source of phenylalanine

**Label claim(s):**

Made with high oleic sunflower oil

**Nutrient Information:**

**Roast Chicken**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>
Energy	kJ	2275
Energy	kcal	546
Protein	g	5.5
Carbohydrate	g	51.3
Sugars	g	1.5
Starch	g	N/A
Fat	g	35.4
Saturates	g	3.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	4.2
Salt	g	N/A
Sodium	g	1.1

**Prawn Cocktail**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>
Energy	kJ	2243
Energy	kcal	538
Protein	g	4.9
Carbohydrate	g	51.1
Sugars	g	3.8
Starch	g	N/A
Fat	g	34.9
Saturates	g	3.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	4.1
Salt	g	N/A
Sodium	g	0.7



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

### Smokey Bacon

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>
Energy	kJ	2266
Energy	kcal	544
Protein	g	5.5
Carbohydrate	g	51.2
Sugars	g	1.4
Starch	g	N/A
Fat	g	35.2
Saturates	g	3.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	4.2
Salt	g	N/A
Sodium	g	1.1

### Barbeque

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>
Energy	kJ	2266
Energy	kcal	543
Protein	g	5.3
Carbohydrate	g	50.9
Sugars	g	2
Starch	g	N/A
Fat	g	35.3
Saturates	g	3.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	4.1
Salt	g	N/A
Sodium	g	1.1

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 38

Composite Sample Name: Potato crisps fried in high oleic sunflower oil

Sub-sample Number: 38.11

Sub-sample Name: Tesco Variety Pack Crisps

Full Product Name: Tesco Variety Pack Crisps

Brand: Tesco

Pack size: 12 packs (3 x Ready Salted, 3 x Salt & Vinegar, 3 x Cheese & Onion, 3 x Prawn Cocktail)

Purchase Date: 05.03.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date:

Use by Date/Best Before Date: 22.05.10

Batch Number: T 00 5410A 01:28

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Sub-sample Number: 38.11

Sub-sample Name: Tesco Variety Pack Crisps

**Ingredients:**

**Salt & Vinegar**

Potato, Sunflower Oil, Salt & Vinegar Seasoning

Salt & Vinegar Seasoning contains: Salt, Spirit Vinegar Powder, Rice Flour, Malt Vinegar Powder, Citric Acid, Yeast Extract Powder, Sugar, Tartaric Acid, Vegetable Oil, Acetic Acid

**Prawn Cocktail**

Potato, Sunflower Oil, Prawn Cocktail Flavour Seasoning

Prawn Cocktail Flavour Seasoning contains: Sugar, Salt, Spirit Vinegar Powder, Yeast Extract Powder, Dried Soured Cream, Malt Vinegar Powder, Citric Acid, Onion Powder, Natural Flavouring, Tomato Powder, Colour (Paprika Extract), Black Pepper Extract

**Cheese & Onion**

Potato, Sunflower Oil, Cheese & Onion Seasoning

Cheese & Onion Seasoning contains: Onion Powder, Yeast Extract Powder, Salt, Dextrose, Cheese Powder, Natural Flavourings, Rice Flour, Dried Cream, Citric Acid, Colour (Paprika Extract), Spice Extracts

**Ready Salted**

Potato, Sunflower Oil, Salt

**Label claim(s):**

No artificial flavours, colours or MSG

Contains milk

Cannot guarantee nut free

Suitable for vegetarians

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

**Nutrient Information:**

**Prawn Cocktail**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per 25g bag</b>
Energy	kJ	2215	555
Energy	kcal	530	135
Protein	g	5.6	1.4
Carbohydrate	g	52.2	13.1
Sugars	g	3	0.8
Starch	g	N/A	N/A
Fat	g	33.2	8.3
Saturates	g	3.3	0.8
Monounsaturates	g	27	6.8
Polyunsaturates	g	2.6	0.7
Fibre	g	3.7	0.9
Salt	g	1.4	0.4
Sodium	g	0.6	0.1

**Ready Salted**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per 25g bag</b>
Energy	kJ	2215	555
Energy	kcal	535	135
Protein	g	5.1	1.3
Carbohydrate	g	51.8	13
Sugars	g	0.6	0.2
Starch	g	N/A	N/A
Fat	g	33.7	8.4
Saturates	g	3.3	0.8
Monounsaturates	g	27.3	6.8
Polyunsaturates	g	2.9	0.7
Fibre	g	4	1
Salt	g	1.5	0.4
Sodium	g	0.6	0.2

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

**Cheese & Onion**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per 25g bag</b>
Energy	kJ	2220	555
Energy	kcal	535	135
Protein	g	6.2	1.6
Carbohydrate	g	51.5	12.9
Sugars	g	2	0.5
Starch	g	N/A	N/A
Fat	g	33.4	8.4
Saturates	g	3.2	0.8
Monounsaturates	g	27	6.8
Polyunsaturates	g	2.7	0.7
Fibre	g	4.3	1.1
Salt	g	1.3	0.3
Sodium	g	0.5	0.1

**Salt & Vinegar**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per 25g bag</b>
Energy	kJ	2205	555
Energy	kcal	530	135
Protein	g	5.5	1.4
Carbohydrate	g	51.8	13
Sugars	g	0.8	0.2
Starch	g	N/A	N/A
Fat	g	33.2	8.3
Saturates	g	3.2	0.8
Monounsaturates	g	27	6.8
Polyunsaturates	g	2.6	0.7
Fibre	g	3.6	0.9
Salt	g	2.4	0.6
Sodium	g	1	0.2

Sample 39: Potato rings (e.g. Hula Hoops)

Composite Sample Number:	39
Composite Sample Name:	Potato rings (e.g. Hula Hoops)
Sub-sample Number:	39.1 - 39.3
Sub-sample Name:	KP Hula Hoops Original
Full Product Name:	KP Hula Hoops Original
Brand:	KP
Pack size:	39.1 (3 x 34g bags), 39.2 (3 x 34g bags), 39.3 (7 x 25g bags)
Purchase Date:	05.03.10
Place of Purchase:	39.1 (Londis, Parmenter Road, Norwich), 39.2 (One Stop, Leopold Road, Norwich), 39.3 (Tesco, Harford Bridges, Norwich)
Sell by Date:	
Use by Date/Best Before Date:	39.1 (01.05.10), 39.2 (05.06.10), 39.3 (26.06.10)
Batch Number:	39.1 (HID 344 12:41), 39.2 (HIB 012 08:28), 39.3 (HM3 056 10:57)
Packaging:	Plastic
Sample Condition As Purchased:	Ambient
Post Purchase Storage:	Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 39.1 - 39.3

Sub-sample Name: KP Hula Hoops Original

**Ingredients:** Potato (Potato Starch & Dried Potato), Sunflower Oil (28%), Rice Flour, Maize Flour, Salt, Potassium Chloride

**Label claim(s):**

May contain milk, soya, gluten, mustard

**Nutrient Information:**

**Sample 39.1 & 39.2**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per pack</b>
Energy	kJ	2150	731
Energy	kcal	514	175
Protein	g	3.2	1.1
Carbohydrate	g	61.5	20.9
Sugars	g	0.4	0.1
Starch	g	N/A	N/A
Fat	g	28.4	9.7
Saturates	g	2.5	0.9
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.9	0.6
Salt	g	2.3	0.8
Sodium	g	0.9	0.3

Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

**Sample 39.3**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per pack</b>
Energy	kJ	2150	538
Energy	kcal	514	129
Protein	g	3.2	0.8
Carbohydrate	g	61.5	15.4
Sugars	g	0.4	0.1
Starch	g	N/A	N/A
Fat	g	28.4	7.1
Saturates	g	2.5	0.6
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.9	0.5
Salt	g	2.3	0.6
Sodium	g	0.9	0.2



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 39

Composite Sample Name: Potato rings (e.g. Hula Hoops)

Sub-sample Number: 39.4

Sub-sample Name: KP Hula Hoops Meaty Faves

Full Product Name: KP Hula Hoops Meaty Faves

Brand: KP

Pack size: 7 x 25g (2 x Roast Chicken, 2 x BBQ Beef, 3 x Original)

Purchase Date: 08.03.10

Place of Purchase: Asda, Norwich

Sell by Date:

Use by Date/Best Before Date: 03.07.10

Batch Number: HM2 063 05:26

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 39.4

Sub-sample Name: KP Hula Hoops Meaty Faves

### **Ingredients:**

#### **Salted**

Potato (Potato Starch & Dried Potato), Sunflower Oil (28%), Rice Flour, Maize Flour, Salt, Potassium Chloride

#### **Roast Chicken**

Potato (Potato Starch & Dried Potato), Sunflower Oil (28%), Rice Flour, Roast Chicken Flavour [Yeast Extract, Dextrose, Maize Starch, Dried Onion, Dried Yeast, Dried Garlic, Flavourings, Sugar, Dried Vegetable Fat, Lactic Acid, Colour: Paprika Extract, Acidity Regulator: Calcium Lactate, Spice Extract, Milk Protein, Glucose Syrup, Wheat Flour, Sage], Maize Flour, Salt, Flavourings, Potassium Chloride

#### **BBQ Beef**

Potato (Potato Starch & Dried Potato), Sunflower Oil (28%), Rice Flour, Barbecue Beef Flavour [Flavourings, Maltodextrin, Sugar, Dextrose, Vegetable Oil, Colour: Paprika Extract, Dried Yeast Extract, Dried Tomato, Dried Onion, Dried Cheese], Maize Flour, Salt, Potassium Chloride, Flavourings

### **Label claim(s):**

Original may contain milk soya, gluten and mustard

Roast Chicken and Barbecue Beef Flavour contains: milk, wheat, barley and gluten. May contain egg, soya and mustard

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

**Nutrient Information:**

**Original**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per pack</b>
Energy	kJ	2150	538
Energy	kcal	514	129
Protein	g	3.2	0.8
Carbohydrate	g	61.5	15.4
Sugars	g	0.4	0.1
Starch	g	N/A	N/A
Fat	g	28.4	7.1
Saturates	g	2.5	0.6
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.9	0.5
Salt	g	2.3	0.6
Sodium	g	0.9	0.2

**Roast Chicken**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per pack</b>
Energy	kJ	2154	539
Energy	kcal	516	129
Protein	g	3.8	1
Carbohydrate	g	60.6	15.2
Sugars	g	1.4	0.4
Starch	g	N/A	N/A
Fat	g	28.6	7.2
Saturates	g	2.6	0.7
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2	0.5
Salt	g	1.8	0.5
Sodium	g	0.7	0.2

Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

**Barbecue Beef**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per pack</b>
Energy	kJ	2139	535
Energy	kcal	512	128
Protein	g	3.4	0.9
Carbohydrate	g	60.4	15.1
Sugars	g	0.9	0.2
Starch	g	N/A	N/A
Fat	g	28.5	7.1
Saturates	g	2.6	0.7
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.8	0.5
Salt	g	2.3	0.6
Sodium	g	0.9	0.2

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 39

Composite Sample Name: Potato rings (e.g. Hula Hoops)

Sub-sample Number: 39.5

Sub-sample Name: KP Hula Hoops Meaty

Full Product Name: KP Hula Hoops Meaty

Brand: KP

Pack size: 12 bags (3 x Smoky Bacon, 3 x Roast Chicken, 3 x BBQ Beef, 3 x Original)

Purchase Date: 08.03.10

Place of Purchase: Sainsbury's, Norwich

Sell by Date:

Use by Date/Best Before Date: 03.07.10

Batch Number: HM 3 062 09:14

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Sub-sample Number: 39.5

Sub-sample Name: KP Hula Hoops Meaty

**Ingredients:**

**Smoky Bacon**

Potato (Potato Starch & Dried Potato), Sunflower Oil (28%), Rice Flour, Smoky Bacon Flavour [Dried Autolysed Yeast Extract, Dextrose, Sugar, Dried Onion, Flavourings, Dried Garlic, Wheat Flour, Citric Acid, Vegetable Oil, Colour: Paprika Extract, Sage], Maize Flour, Salt, Flavourings, Potassium Chloride

**Roast Chicken**

Potato (Potato Starch & Dried Potato), Sunflower Oil (28%), Rice Flour, Roast Chicken Flavour [Yeast Extract, Dextrose, Maize Starch, Dried Onion, Dried Yeast, Dried Garlic, Flavourings, Sugar, Dried Vegetable Fat, Lactic Acid, Colour: Paprika Extract, Acidity Regulator: Calcium Lactate, Spice Extract, Milk Protein, Glucose Syrup, Wheat Flour, Sage], Maize Flour, Salt, Flavourings, Potassium Chloride

**Barbecue Beef**

Potato (Potato Starch & Dried Potato), Sunflower Oil (28%), Rice Flour, Barbecue Beef Flavour [Flavourings, Maltodextrin, Sugar, Dextrose, Vegetable Oil, Colour: Paprika Extract, Dried Yeast Extract, Dried Tomato, Dried Onion, Dried Cheese], Maize Flour, Salt, Potassium Chloride, Flavourings

**Original Salted**

Potato (Potato Starch & Dried Potato), Sunflower Oil (28%), Rice Flour, Maize Flour, Salt, Potassium Chloride

**Label claim(s):**

Smoky Bacon flavour contains: wheat and gluten. May contain milk, soya and mustard

Roast Chicken flavour contains: milk, wheat, barley and gluten. May contain egg, soya and mustard

Barbecue Beef flavour contains: milk. May contain soya, gluten and mustard

Original salted may contain milk, soya, gluten and mustard

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

**Nutrient Information:**

**Smoky Bacon**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per pack</b>
Energy	kJ	2144	536
Energy	kcal	513	128
Protein	g	3.7	0.9
Carbohydrate	g	60.3	15.1
Sugars	g	1.6	0.4
Starch	g	N/A	N/A
Fat	g	28.5	7.1
Saturates	g	2.6	0.7
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2	0.5
Salt	g	2	0.5
Sodium	g	0.8	0.2

**Roast Chicken**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per pack</b>
Energy	kJ	2154	539
Energy	kcal	516	129
Protein	g	3.8	1
Carbohydrate	g	60.6	15.2
Sugars	g	1.4	0.4
Starch	g	N/A	N/A
Fat	g	28.6	7.2
Saturates	g	2.6	0.7
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2	0.5
Salt	g	1.8	0.5
Sodium	g	0.7	0.2

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

**Barbecue Beef**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per pack</b>
Energy	kJ	2139	535
Energy	kcal	512	128
Protein	g	3.4	0.9
Carbohydrate	g	60.4	15.1
Sugars	g	0.9	0.2
Starch	g	N/A	N/A
Fat	g	28.5	7.1
Saturates	g	2.6	0.7
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.8	0.5
Salt	g	2.3	0.6
Sodium	g	0.9	0.2

**Original**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per pack</b>
Energy	kJ	2150	538
Energy	kcal	514	129
Protein	g	3.2	0.8
Carbohydrate	g	61.5	15.4
Sugars	g	0.4	0.1
Starch	g	N/A	N/A
Fat	g	28.4	7.1
Saturates	g	2.5	0.6
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.9	0.5
Salt	g	2.3	0.6
Sodium	g	0.9	0.2



**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 39

Composite Sample Name: Potato rings (e.g. Hula Hoops)

Sub-sample Number: 39.6

Sub-sample Name: KP Hula Hoops Classic

Full Product Name: KP Hula Hoops Classic

Brand: KP

Pack size: 12 packs (3 x Cheese & Onion, 3 x Salt & Vinegar, 3 x BBQ Beef, 3 x Original)

Purchase Date: 05.03.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date:

Use by Date/Best Before Date: 05.06.10

Batch Number: HM3 035 12:35

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Sub-sample Number: 39.6

Sub-sample Name: KP Hula Hoops Classic

**Ingredients:**

**Cheese & Onion**

Potato (Potato Starch & Dried Potato), Sunflower Oil (28%), Rice Flour, Cheese & Onion Flavour [Dried Onion, Sugar, Dried Autolysed Yeast, Dried Yeast Extract, Dried Cheese, Citric Acid, Flavourings, Vegetable Oil, Colour: Paprika Extract, Spice Extracts, Modified Potato Starch, Wheat Maltodextrin, Dextrose], Maize Flour, Salt, Flavourings, Potassium Chloride

**Salt & Vinegar**

Potato (Potato Starch & Dried Potato), Sunflower Oil (28%), Rice Flour, Salt & Vinegar Flavour [Acidity Regulator: Sodium Diacetate, Citric Acid, Maltodextrin, Yeast Extract, Malic Acid, Vegetable Oil, Flavouring, Modified Potato Starch], Maize Flour, Potassium Chloride, Salt, Flavouring

**Barbecue Beef**

Potato (Potato Starch & Dried Potato), Sunflower Oil (28%), Rice Flour, Barbecue Beef Flavour [Flavourings, Maltodextrin, Sugar, Dextrose, Vegetable Oil, Colour: Paprika Extract, Dried Yeast Extract, Dried Tomato, Dried Onion, Dried Cheese], Maize Flour, Salt, Potassium Chloride, Flavourings

**Original Salted**

Potato (Potato Starch & Dried Potato), Sunflower Oil (28%), Rice Flour, Maize Flour, Salt, Potassium Chloride

**Label claim(s):**

Cheese & Onion flavour contains: milk and wheat. May contain soya, gluten and mustard

Salt & Vinegar may contain milk, egg, soya, gluten and mustard

Barbecue Beef flavour contains milk. May contain soya, gluten and mustard

Original Salted may contain milk, soya, gluten and mustard

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

**Nutrient Information:**

**Cheese & Onion**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per pack</b>
Energy	kJ	2151	538
Energy	kcal	515	129
Protein	g	3.6	0.9
Carbohydrate	g	60.9	15.2
Sugars	g	1.3	0.3
Starch	g	N/A	N/A
Fat	g	28.5	7.1
Saturates	g	2.6	0.7
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2	0.5
Salt	g	2	0.5
Sodium	g	0.8	0.2

**Salt & Vinegar**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per pack</b>
Energy	kJ	2155	539
Energy	kcal	515	129
Protein	g	3.1	0.8
Carbohydrate	g	61.7	15.4
Sugars	g	0.6	0.2
Starch	g	N/A	N/A
Fat	g	28.5	7.1
Saturates	g	2.6	0.7
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.8	0.5
Salt	g	2.5	0.6
Sodium	g	1	0.3

Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

**Barbecue Beef**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per pack</b>
Energy	kJ	2139	535
Energy	kcal	512	128
Protein	g	3.4	0.9
Carbohydrate	g	60.4	15.1
Sugars	g	0.9	0.2
Starch	g	N/A	N/A
Fat	g	28.5	7.1
Saturates	g	2.6	0.7
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.8	0.5
Salt	g	2.3	0.6
Sodium	g	0.9	0.2

**Original**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per pack</b>
Energy	kJ	2150	538
Energy	kcal	514	129
Protein	g	3.2	0.8
Carbohydrate	g	61.5	15.4
Sugars	g	0.4	0.1
Starch	g	N/A	N/A
Fat	g	28.4	7.1
Saturates	g	2.5	0.6
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.9	0.5
Salt	g	2.3	0.6
Sodium	g	0.9	0.2

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 39

Composite Sample Name: Potato rings (e.g. Hula Hoops)

Sub-sample Number: 39.7

Sub-sample Name: KP Hula Hoops Classic

Full Product Name: KP Hula Hoops Classic

Brand: KP

Pack size: 7 x 25g (2 x Cheese & Onion, 2 x Salt & Vinegar, 3 x Original)

Purchase Date: 08.03.10

Place of Purchase: Asda, Norwich

Sell by Date:

Use by Date/Best Before Date: 03.07.10

Batch Number: HM2 061 23:57

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Sub-sample Number: 39.7

Sub-sample Name: KP Hula Hoops Classic

**Ingredients:**

**Original Salted**

Potato (Potato Starch & Dried Potato), Sunflower Oil (28%), Rice Flour, Maize Flour, Salt, Potassium Chloride

**Cheese & Onion**

Potato (Potato Starch & Dried Potato), Sunflower Oil (28%), Rice Flour, Cheese & Onion Flavour [Dried Onion, Sugar, Dried Autolysed Yeast, Dried Yeast Extract, Dried Cheese, Citric Acid, Flavourings, Vegetable Oil, Colour: Paprika Extract, Spice Extracts, Modified Potato Starch, Wheat Maltodextrin, Dextrose], Maize Flour, Salt, Flavourings, Potassium Chloride

**Salt & Vinegar**

Potato (Potato Starch & Dried Potato), Sunflower Oil (28%), Rice Flour, Salt & Vinegar Flavour [Acidity Regulator: Sodium Diacetate, Citric Acid, Maltodextrin, Yeast Extract, Malic Acid, Vegetable Oil, Flavouring, Modified Potato Starch], Maize Flour, Potassium Chloride, Salt, Flavouring

**Label claim(s):**

Original Salted may contain milk, soya, gluten and mustard

Cheese & Onion contains milk and wheat. May contain soya, gluten and mustard

Salt & Vinegar flavour may contain milk, egg, soya, gluten and mustard

**Nutrient Information:**

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

**Original**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per pack</b>
Energy	kJ	2150	538
Energy	kcal	514	129
Protein	g	3.2	0.8
Carbohydrate	g	61.5	15.4
Sugars	g	0.4	0.1
Starch	g	N/A	N/A
Fat	g	28.4	7.1
Saturates	g	2.5	0.6
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.9	0.5
Salt	g	2.3	0.6
Sodium	g	0.9	0.2

**Cheese & Onion**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per pack</b>
Energy	kJ	2151	538
Energy	kcal	515	129
Protein	g	3.6	0.9
Carbohydrate	g	60.9	15.2
Sugars	g	1.3	0.3
Starch	g	N/A	N/A
Fat	g	28.5	7.1
Saturates	g	2.6	0.7
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2	0.5
Salt	g	2	0.5
Sodium	g	0.8	0.2

Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

**Salt & Vinegar**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per pack</b>
Energy	kJ	2155	539
Energy	kcal	515	129
Protein	g	3.1	0.8
Carbohydrate	g	61.7	15.4
Sugars	g	0.6	0.2
Starch	g	N/A	N/A
Fat	g	28.5	7.1
Saturates	g	2.6	0.7
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.8	0.5
Salt	g	2.5	0.6
Sodium	g	1	0.3



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 39

Composite Sample Name: Potato rings (e.g. Hula Hoops)

Sub-sample Number: 39.8

Sub-sample Name: Sainsbury's Basics Potato Rings

Full Product Name: Sainsbury's Basics Potato Rings

Brand: Sainsbury's Basics

Pack size: 8 x 20g

Purchase Date: 16.03.10

Place of Purchase: Sainsbury's, Longwater, Norwich

Sell by Date:

Use by Date/Best Before Date: 15.05.10

Batch Number: K0051 10:00 05

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 39.8

Sub-sample Name: Sainsbury's Basics Potato Rings

**Ingredients:** Dried Potato, Potato Starch, Sunflower Oil, Salt

### Label claim(s):

Made with sunflower oil which is naturally lower in saturated fats and higher in polyunsaturated fats

No added MSG or flavour enhancers

Produced in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 20g pack
Energy	kJ	1990	398
Energy	kcal	474	95
Protein	g	3.8	0.8
Carbohydrate	g	74.1	14.8
Sugars	g	0.4	Tr
Starch	g	71.3	14.3
Fat	g	18	3.6
Saturates	g	2.1	0.4
Monounsaturates	g	3.9	0.8
Polyunsaturates	g	11.9	2.4
Fibre	g	2.4	0.5
Salt	g	1.75	0.35
Sodium	g	0.7	0.14

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 39

Composite Sample Name: Potato rings (e.g. Hula Hoops)

Sub-sample Number: 39.9

Sub-sample Name: Tesco Value Potato Rings

Full Product Name: Tesco Value Potato Rings

Brand: Tesco Value

Pack size: 8 x 20g

Purchase Date: 05.03.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date:

Use by Date/Best Before Date: 22.05.10

Batch Number: K0057 01:17 05

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 39.9

Sub-sample Name: Tesco Value Potato Rings

**Ingredients:** Dried Potato, Potato Starch, Sunflower Oil, Salt

### Label claim(s):

Suitable for vegetarians

Cannot guarantee nut free

Made using a sunflower oil low in saturates and high in polyunsaturates

Produced in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Each 20g bag
Energy	kJ	1990	400
Energy	kcal	475	95
Protein	g	3.8	0.8
Carbohydrate	g	74.1	14.8
Sugars	g	0.4	Tr
Starch	g	N/A	N/A
Fat	g	18	3.6
Saturates	g	2.1	0.4
Monounsaturates	g	3.9	0.8
Polyunsaturates	g	11.9	2.4
Fibre	g	2.4	0.5
Salt	g	1.8	0.4
Sodium	g	0.7	0.1

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 39

Composite Sample Name: Potato rings (e.g. Hula Hoops)

Sub-sample Number: 39.10

Sub-sample Name: Morrisons Salted Potato Rings

Full Product Name: Morrisons Salted Potato Rings

Brand: Morrisons

Pack size: 100g

Purchase Date: 16.03.10

Place of Purchase: Morrisons, Norwich

Sell by Date:

Use by Date/Best Before Date: 22.05.10

Batch Number: 0053

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 39.10

Sub-sample Name: Morrisons Salted Potato Rings

**Ingredients:** Potato Starch, Dried Potato, Sunflower Oil, Rice Flour, Maize Flour, Salt

### Label claim(s):

Natural flavour

Vegetarian

Produced in a factory which uses gluten, milk, mustard and soya ingredients

Produced in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per ¼ bag (25g)
Energy	kJ	2160	540
Energy	kcal	520	130
Protein	g	3.2	0.8
Carbohydrate	g	61.8	15.5
Sugars	g	0.4	0.1
Starch	g	N/A	N/A
Fat	g	28.4	7.1
Saturates	g	2.5	0.6
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.8	0.5
Salt	g	2.3	0.5
Sodium	g	0.9	0.2

Sample 41: Tortilla chips in Sunseed or high oleic sunflower oil (e.g. Doritos)

Composite Sample Number: 41

Composite Sample Name: Tortilla chips in Sunseed or high oleic sunflower oil (e.g. Doritos)

Sub-sample Number: 41.1

Sub-sample Name: Doritos Tangy Cheese

Full Product Name: Doritos Tangy Cheese

Brand: Doritos

Pack size: 225g

Purchase Date: 16.03.10

Place of Purchase: Waitrose, Wymondham, Norfolk

Sell by Date:

Use by Date/Best Before Date: 19.06.10

Batch Number: GBC 207 063 16:16 0199 A2

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 41.1

Sub-sample Name: Doritos Tangy Cheese

**Ingredients:** Corn (Whole Maize Kernels), Sunflower Oil (27%), Tangy Cheese Flavour [Cheese Powder from Milk (2.5%), Buttermilk Powder, Whey Solids (from Milk), Wheat Flour, Flavouring, Flavour Enhancers (Monosodium Glutamate, Disodium 5'-Ribonucleotide), Dextrose, Colours (Paprika Extract, Annatto, Plain Caramel), Citric Acid, Sugar], Salt

### Label claim(s):

Suitable for vegetarians

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 35g serving
Energy	kJ	2091	732
Energy	kcal	500	175
Protein	g	8.2	2.9
Carbohydrate	g	57.1	20
Sugars	g	2.8	1
Starch	g	N/A	N/A
Fat	g	26.5	9.3
Saturates	g	3	1.1
Monounsaturates	g	19.6	6.9
Polyunsaturates	g	2.9	1
Fibre	g	3	1.1
Salt	g	1.83	0.64
Sodium	g	0.72	0.25



Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 41

Composite Sample Name: Tortilla chips in Sunseed or high oleic sunflower oil (e.g. Doritos)

Sub-sample Number: 41.2

Sub-sample Name: Doritos Cool Original

Full Product Name: Doritos Cool Original

Brand: Doritos

Pack size: 225g

Purchase Date: 16.03.10

Place of Purchase: Waitrose, Wymondham

Sell by Date:

Use by Date/Best Before Date: 19.06.10

Batch Number: GBC 207060 C2 22:55 3705

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 41.2

Sub-sample Name: Doritos Cool Original

**Ingredients:** Corn (Whole Maize Kernels), Sunflower Oil (27%), Cool Original Flavour [Buttermilk, Glucose, Whey Powder (from Milk), Milk Proteins, Flavouring, Flavour Enhancers (Monosodium Glutamate, Disodium 5'-Ribonucleotide), Cheese Solids, Sugar, Malic Acid, Acidity Regulator (Sodium Diacetate), Vegetable Oil, Colour (Annatto)], Salt

### Label claim(s):

Suitable for vegetarians

Suitable for coeliacs

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 35g serving
Energy	kJ	2090	730
Energy	kcal	500	175
Protein	g	7.5	2.6
Carbohydrate	g	58	20
Sugars	g	4	1.4
Starch	g	N/A	N/A
Fat	g	27	9.5
Saturates	g	2.5	0.9
Monounsaturates	g	20	7
Polyunsaturates	g	3	1.1
Fibre	g	3	1.1
Salt	g	1.91	0.67
Sodium	g	0.75	0.26

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 41

Composite Sample Name: Tortilla chips in Sunseed or high oleic sunflower oil (e.g. Doritos)

Sub-sample Number: 41.3 & 41.4

Sub-sample Name: Doritos Variety Pack

Full Product Name: Doritos Variety Pack

Brand: Doritos

Pack size: 10 pack (3 x Chilli Heatwave, 3 x Cool Original, 4 x Tangy Cheese)

Purchase Date: 41.3 (16.03.10), 41.4 (18.03.10)

Place of Purchase: Sainsbury's, Longwater, Norwich

Sell by Date:

Use by Date/Best Before Date: 08.05.10

Batch Number: 41.3 (GBC 05039 17:34 0501), 41.4 (GBC 05039 12:02 0501)

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Sub-sample Number: 41.3 & 41.4

Sub-sample Name: Doritos Variety Pack

**Ingredients:**

**Chilli Heatwave**

Corn (Whole Maize Kernels), Sunflower Oil (26%), Chilli Heatwave Flavour [Sugar, Flavourings (contains Soya, Wheat), Flavour Enhancers (Monosodium Glutamate, Disodium 5'-Ribonucleotide), Fructose, Soy Sauce Powder (contains Soya Beans, Wheat), Acidity Regulator (Sodium Diacetate), Hydrolysed Soya Protein, Colours (Sulphite Ammonia Caramel, Paprika Extract, Beetroot Powder), Citric Acid, Malic Acid], Salt, Potassium Chloride

**Cool Original**

Corn (Whole Maize Kernels), Sunflower Oil (27%), Cool Original Flavour [Buttermilk, Glucose, Whey Powder (From Milk), Milk Proteins, Flavouring, Flavour Enhancers (Monosodium Glutamate, Disodium 5'-Ribonucleotide), Cheese Solids, Sugar, Malic Acid, Acidity Regulator (Sodium Diacetate), Vegetable Oil, Colour (Annatto)], Salt

**Tangy Cheese**

Corn (Whole Maize Kernels), Sunflower Oil (27%), Tangy Cheese Flavour [Cheese Powder from Milk (2.5%), Buttermilk Powder, Whey Solids (from Milk), Wheat Flour, Flavouring, Flavour Enhancers (Monosodium Glutamate, Disodium 5'-Ribonucleotide), Dextrose, Colours (Paprika Extract, Annatto, Plain Caramel), Citric Acid, Sugar], Salt

**Label claim(s):**

Suitable for vegetarians

Cool Original Flavour is suitable for coeliacs

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

**Nutrient Information:**

**Chilli Heatwave**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per 30g pack</b>
Energy	kJ	2100	630
Energy	kcal	500	150
Protein	g	7	2
Carbohydrate	g	60	18
Sugars	g	4	1.2
Starch	g	N/A	N/A
Fat	g	26	8
Saturates	g	2.2	0.7
Monounsaturates	g	20	6
Polyunsaturates	g	3	0.9
Fibre	g	3	0.9
Salt	g	1.37	0.41
Sodium	g	0.54	0.16

**Cool Original Flavour**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per 30g pack</b>
Energy	kJ	2090	630
Energy	kcal	500	150
Protein	g	7.5	2
Carbohydrate	g	58	17
Sugars	g	4	1.2
Starch	g	N/A	N/A
Fat	g	27	8
Saturates	g	2.5	0.8
Monounsaturates	g	20	6
Polyunsaturates	g	3	0.9
Fibre	g	3	0.9
Salt	g	1.91	0.57
Sodium	g	0.75	0.23

Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

**Tangy Cheese**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per 30g pack</b>
Energy	kJ	2091	627
Energy	kcal	500	150
Protein	g	8.2	2.5
Carbohydrate	g	57.1	17.1
Sugars	g	2.8	0.8
Starch	g	N/A	N/A
Fat	g	26.5	8
Saturates	g	3	0.9
Monounsaturates	g	19.6	5.9
Polyunsaturates	g	2.9	0.9
Fibre	g	3	0.9
Salt	g	1.83	0.55
Sodium	g	0.72	0.22

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 41

Composite Sample Name: Tortilla chips in Sunseed or high oleic sunflower oil (e.g. Doritos)

Sub-sample Number: 41.5

Sub-sample Name: Marks & Spencer Lightly Salted Tortilla Chips

Full Product Name: Marks & Spencer Lightly Salted Tortilla Chips

Brand: Marks & Spencer

Pack size: 175g

Purchase Date: 16.03.10

Place of Purchase: M&S, Norwich

Sell by Date: 04.05.10

Use by Date/Best Before Date: 18.05.10

Batch Number: 00189F 10:42

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 41.5

Sub-sample Name: Marks & Spencer Lightly Salted Tortilla Chips

**Ingredients:** Cornflour, Sunflower Oil, Salt

### Label claim(s):

Suitable for vegetarians

Made with a healthier oil – Sun Kernal™. This is a special sunflower oil which is higher in monounsaturated fats and lower in saturated fats

Made in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 1/3 pack
Energy	kJ	2040	1190
Energy	kcal	485	285
Protein	g	6.4	3.7
Carbohydrate	g	58.3	34
Sugars	g	1.4	0.8
Starch	g	N/A	N/A
Fat	g	25.4	14.8
Saturates	g	2.3	1.3
Monounsaturates	g	20.3	11.8
Polyunsaturates	g	2.8	1.6
Fibre	g	6.1	3.6
Salt	g	0.8	0.48
Sodium	g	0.32	0.19



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 41

Composite Sample Name: Tortilla chips in Sunseed or high oleic sunflower oil (e.g. Doritos)

Sub-sample Number: 41.6

Sub-sample Name: Tesco Value Tortilla Chips

Full Product Name: Tesco Value Tortilla Chips

Brand: Tesco Value

Pack size: 100g

Purchase Date: 16.03.10

Place of Purchase: Co-op, 5 Ways Roundabout, Norwich

Sell by Date:

Use by Date/Best Before Date: 09.05.10

Batch Number: 00627 B 01:09 C

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 41.6

Sub-sample Name: Tesco Value Tortilla Chips

**Ingredients:** Maize, Sunflower Oil, Salt

**Label claim(s):**

High Oleic Sunflower Oil

High in monounsaturates

Cannot guarantee nut free

Suitable for vegetarians

Produced in the UK

**Nutrient Information:**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving One quarter of a pack (25g)</b>
Energy	kJ	2010	505
Energy	kcal	480	120
Protein	g	5.8	1.5
Carbohydrate	g	59	14.8
Sugars	g	0.5	0.1
Starch	g	N/A	N/A
Fat	g	24.5	6.1
Saturates	g	2.4	0.6
Monounsaturates	g	19.2	4.8
Polyunsaturates	g	2.7	0.7
Fibre	g	7.1	1.8
Salt	g	0.8	0.2
Sodium	g	0.3	0.1

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 41

Composite Sample Name: Tortilla chips in Sunseed or high oleic sunflower oil (e.g. Doritos)

Sub-sample Number: 41.7

Sub-sample Name: Sainsbury's Cool Flavour Tortilla Chips

Full Product Name: Sainsbury's Cool Flavour Tortilla Chips

Brand: Sainsbury's

Pack size: 200g

Purchase Date: 16.03.10

Place of Purchase: Sainsbury's, Longwater, Norwich

Sell by Date:

Use by Date/Best Before Date: 03.07.10

Batch Number: A00547

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 41.7

Sub-sample Name: Sainsbury's Cool Flavour Tortilla Chips

**Ingredients:** Maize Flour, Sunflower Oil, Cool Flavouring (Salt, Buttermilk Powder \*, Yeast Extract, Whey Powder\*, Sugar, Garlic Powder, Dextrose, Tomato Powder, Maltodextrin (from Wheat), Cheese Powder \*, Citric Acid, Paprika Flakes, Natural Flavourings, Rapeseed Oil, Natural Colour: Paprika Extract

\* From Cow's Milk

### Label claim(s):

No MSG

Contains milk and wheat gluten

Produced in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per ¼ pack
Energy	kJ	2074	1037
Energy	kcal	495	248
Protein	g	6.8	3.4
Carbohydrate	g	62.3	31.2
Sugars	g	5.2	2.6
Starch	g	57.1	28.6
Fat	g	24.3	12.2
Saturates	g	2.1	1.1
Monounsaturates	g	19	9.5
Polyunsaturates	g	2.1	1.1
Fibre	g	2.8	1.4
Salt	g	1.94	0.97
Sodium	g	0.78	0.39

Sample 42: Corn snacks (e.g. Monster Munch, Wotsits)

Composite Sample Number:	42
Composite Sample Name:	Corn snacks (e.g. Monster Munch, Wotsits)
Sub-sample Number:	42.1 – 42.3
Sub-sample Name:	Walkers Wotsits (Cheese)
Full Product Name:	Walkers Wotsits (Cheese)
Brand:	Walkers
Pack size:	42.1 (4 x 19g individual bags), 42.2 & 42.3 (6 x packs)
Purchase Date:	42.1 & 42.2 (05.03.10), 42.3 (08.03.10)
Place of Purchase:	42.1 (One Stop, Leopold Road, Norwich), 42.2 (Tesco, Harford Bridges, Norwich), 42.3 (Asda, Norwich)
Sell by Date:	
Use by Date/Best Before Date:	42.1 (27.03.10), 42.2 (29.05.10), 42.3 (29.__.10)
Batch Number:	42.1 (GBB604357 02:31 1632), 42.2 (GBP 188059 22:12 0767), 42.3 (GBP 186059 00:03 6 297)
Packaging:	Plastic
Sample Condition As Purchased:	Ambient
Post Purchase Storage:	Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 42.1 – 42.3

Sub-sample Name: Walkers Wotsits (Cheese)

**Ingredients:** Maize, Vegetable Oil, Cheese Flavour [Dried Cheese (7%), Milk Lactose, Flavour Enhancer (Disodium 5'ribonucleotide, Colours (Paprika Extract, Annatto, Natural Flavourings), Salt, Potassium Chloride

### Label claim(s):

Suitable for vegetarians

Suitable for coeliacs

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per pack
Energy	kJ	2270	397
Energy	kcal	547	99
Protein	g	5.5	1
Carbohydrate	g	56	9.8
Sugars	g	8.5	1.5
Starch	g	N/A	N/A
Fat	g	33	5.8
Saturates	g	4	0.7
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.1	0.2
Salt	g	1.98	0.35
Sodium	g	0.78	0.14

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 42

Composite Sample Name: Corn snacks (e.g. Monster Munch, Wotsits)

Sub-sample Number: 42.4

Sub-sample Name: Walkers Monster Munch (variety pack)

Full Product Name: Walkers Monster Munch (variety pack)

Brand: Walkers

Pack size: 15 packs (5 x Roast Beef, 5 x Pickled Onion, 5 x Flamin' Hot)

Purchase Date: 08.03.10

Place of Purchase: Morrisons, Norwich

Sell by Date:

Use by Date/Best Before Date: 22.05.10

Batch Number: IBS 01 047 14:28 2874

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Sub-sample Number: 42.4

Sub-sample Name: Walkers Monster Munch (variety pack)

**Ingredients:**

**Roast Beef**

Maize, Vegetable Oil, Roast Beef Flavour [Wheat Rusk, Hydrolysed Soya Protein, Lactose (from Milk), Flavourings, Flavour Enhancers (Monosodium Glutamate, Sodium 5'Ribonucleotide), Colour (Ammonia Caramel)], Salt, Wheat Flour

**Pickled Onion**

Maize, Vegetable Oil, Pickled Onion Flavour [Acidity Regulator (Sodium Diacetate), Lactose (from Milk), Onion Powder, Flavourings, Citric Acid, Acetic Acid, Wheat Rusk, Hydrolysed Soya Protein (from Wheat), Flavour Enhancers (Monosodium Glutamate, Disodium 5 Ribonucleotide), Fructose, Celery Seed Oil, Colour (Sulphite Ammonia Caramel)], Salt, Potassium Chloride, Wheat Flour

**Flamin' Hot**

Maize, Vegetable Oil, Flamin Hot Flavour [Hydrolysed Soya Protein, Fructose, Flavourings, Lactose (from Milk), Glucose Syrup ,Flavour Enhancers (Monosodium Glutamate, Sodium 5'Ribonucleotide), Acidity Regulator (Sodium Diacetate), Citric Acid ,Tartaric Acid, Wheat Rusk, Sugar, Malic Acid, Celery Seed Oil, Mustard Seed Oil, Colours (Sulphite Ammonia Caramel (from Wheat), Paprika Extract, Curcumin (from Wheat))], Salt, Potassium Chloride, Wheat Flour

**Label claim(s):**

Suitable for vegetarians



**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

**Nutrient Information:**

**Roast Beef**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per pack</b>
Energy	kJ	2050	451
Energy	Kcal	490	108
Protein	g	7	1.5
Carbohydrate	g	59	13
Sugars	g	3	0.7
Starch	g	N/A	N/A
Fat	g	25	5.5
Saturates	g	2.2	0.5
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.7	0.4
Salt	g	1.68	0.37
Sodium	g	0.66	0.15

**Pickled Onion**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per pack</b>
Energy	kJ	2050	451
Energy	kcal	490	108
Protein	g	6	1.3
Carbohydrate	g	60	13.2
Sugars	g	3	0.7
Starch	g	N/A	N/A
Fat	g	25	5.5
Saturates	g	2.1	0.5
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.7	0.4
Salt	g	0.53	0.34
Sodium	g	1.55	0.13

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

**Flamin' Hot**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per pack</b>
Energy	kJ	2050	451
Energy	kcal	490	108
Protein	g	7	1.5
Carbohydrate	g	59	13
Sugars	g	3	0.7
Starch	g	N/A	N/A
Fat	g	25	5.5
Saturates	g	2.1	0.5
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.5	0.3
Salt	g	1.7	0.37
Sodium	g	0.67	0.15

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 42

Composite Sample Name: Corn snacks (e.g. Monster Munch, Wotsits)

Sub-sample Number: 42.5

Sub-sample Name: Walkers Monster Munch (pickled onion)

Full Product Name: Walkers Monster Munch (pickled onion)

Brand: Walkers

Pack size: 3 x 40g

Purchase Date: 25.03.10

Place of Purchase: Your Ideal Shop, Heigham Street, Norwich

Sell by Date:

Use by Date/Best Before Date: 15.05.10

Batch Number: GBS 127043 12:20 2847

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 42.5

Sub-sample Name: Walkers Monster Munch (pickled onion)

**Ingredients:** Maize, Vegetable Oil, Pickled Onion Flavour [Acidity Regulator (Sodium Diacetate), Lactose (from Milk), Onion Powder, Flavourings, Citric Acid, Acetic Acid, Wheat Rusk, Hydrolysed Soya Protein (from Wheat), Flavour Enhancers (Monosodium Glutamate, Disodium 5 Ribonucleotide), Fructose, Celery Seed Oil, Colour (Sulphite Ammonia Caramel)], Salt, Potassium Chloride, Wheat Flour

### Label claim(s):

Suitable for vegetarians

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 40g serving
Energy	kJ	2050	820
Energy	kcal	490	196
Protein	g	6	2.4
Carbohydrate	g	60	24
Sugars	g	3	1.2
Starch	g	N/A	N/A
Fat	g	25	10
Saturates	g	2.1	0.8
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.7	0.7
Salt	g	1.55	0.62
Sodium	g	0.61	0.24

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 42

Composite Sample Name: Corn snacks (e.g. Monster Munch, Wotsits)

Sub-sample Number: 42.6

Sub-sample Name: Golden Wonder Transform-a-snack (pickled onion and spicy flavour)

Full Product Name: Golden Wonder Transform-a-snack (pickled onion and spicy flavour)

Brand: Golden Wonder

Pack size: Pickled onion (2 x 28g), Spicy (2 x 28g)

Purchase Date: 20.03.10

Place of Purchase: Wilkinson, Epsom. KT19 8BA

Sell by Date:

Use by Date/Best Before Date: Pickled onion (19.06.10), Spicy (24.06.10)

Batch Number: Pickled onion (A18 10026 10:37)

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 42.6

Sub-sample Name: Golden Wonder Transform-a-snack (pickled onion and spicy flavour)

### Ingredients:

#### Pickled Onion

Maize, Vegetable Oil, Pickled Onion Flavouring [Acidity Regulator: Sodium Diacetate; Wheat Flour, Salt, Lactose (from milk), Onion Powder, Mustard Powder, Yeast Extract, Citric Acid, Flavourings, Ground Spices, Sugar, Whey Powder (from Milk), Colour: Turmeric Extract], Dried Potato

#### Spicy

Maize, Vegetable Oil, Spicy Flavouring [Lactose (from milk), Sugar, Acidity Regulator: Sodium Diacetate, Salt, Onion Powder, Flavour Enhancer: Monosodium Glutamate; Citric Acid, Flavourings, Garlic Powder, Colour: Paprika Extract; Spice), Dried Potato

### Label claim(s):

Pickled Onion Flavour contains: milk, wheat, gluten and mustard. Suitable for vegetarians, no artificial colours

Spicy Flavour contains milk. Suitable for vegetarians. No artificial colours

### Nutrient Information:

#### Pickled Onion

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per pack (28g)
Energy	kJ	1997	559
Energy	kcal	477	134
Protein	g	5.3	1.5
Carbohydrate	g	61	17.1
Sugars	g	3.2	0.9
Starch	g	N/A	N/A
Fat	g	23.5	6.6
Saturates	g	1.6	0.4
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	3.1	0.9
Salt	g	2.8	0.8
Sodium	g	1.12	0.31

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

**Spicy**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per pack (28g)</b>
Energy	kJ	2104	589
Energy	kcal	503	141
Protein	g	5.1	1.4
Carbohydrate	g	61.4	17.2
Sugars	g	6.4	1.8
Starch	g	N/A	N/A
Fat	g	26.3	7.4
Saturates	g	2.9	0.8
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.6	0.7
Salt	g	2.1	0.6
Sodium	g	0.84	0.24

Sample 43: Mixed toffees (including liquorice toffees), not premium

Composite Sample Number:	43
Composite Sample Name:	Mixed toffees (including liquorice toffees), not premium
Sub-sample Number:	43.1
Sub-sample Name:	Werthers Original Chewy Toffees
Full Product Name:	Werthers Original Chewy Toffees
Brand:	Werthers
Pack size:	150g
Purchase Date:	10.03.10
Place of Purchase:	Tesco Extra, Norwich
Sell by Date:	
Use by Date/Best Before Date:	11.2010
Batch Number:	BD14B
Packaging:	Plastic
Sample Condition As Purchased:	Ambient
Post Purchase Storage:	Ambient



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 43.1

Sub-sample Name: Werthers Original Chewy Toffees

**Ingredients:** Glucose Syrup, Sweetened Condensed Skimmed Milk (21.6%), Sugar, Vegetable Oil, Humectant: Sorbitol, Whey Powder, Cream (3.8%), Condensed Whey, Butter (2.4%), Salt, Cane Sugar Syrup, Emulsifier: Soya Lecithin, Flavouring

### Label claim(s):

Contains milk and soya  
Suitable for vegetarians

### Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	1834
Energy	kcal	436
Protein	g	3.5
Carbohydrate	g	71.3
Sugars	g	40.7
Starch	g	N/A
Fat	g	15.2
Saturates	g	9.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	<0.1
Salt	g	N/A
Sodium	g	0.2

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 43

Composite Sample Name: Mixed toffees (including liquorice toffees), not premium

Sub-sample Number: 43.2

Sub-sample Name: Morrisons Assorted Toffees

Full Product Name: Morrisons Assorted Toffees

Brand: Morrisons

Pack size: 195g

Purchase Date: 08.03.10

Place of Purchase: Morrisons, Norwich

Sell by Date:

Use by Date/Best Before Date: 09.2010

Batch Number: C9306

Packaging: Plastic and paper

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 43.2

Sub-sample Name: Morrisons Assorted Toffees

**Ingredients:** Glucose Syrup, Sugar, Vegetable Fat, Skimmed Milk, Molasses, Butter, Flavouring, Salt, Emulsifiers (Soya Lecithin, Mono- and Di-Glycerides of Fatty Acids), Invert Sugar Syrup

### Label claim(s):

No artificial colours

No artificial flavourings

Vegetarian

Contains milk, soya and sulphite

Produced in a factory which uses nut ingredients

Produced in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g as sold	Amount/Unit/serving Per 2 sweets (16g) as sold
Energy	kJ	1852	296
Energy	kcal	441	71
Protein	g	1.9	0.3
Carbohydrate	g	69.5	11.1
Sugars	g	69.5	11.1
Starch	g	N/A	N/A
Fat	g	17.2	2.8
Saturates	g	9.8	1.6
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0	0
Salt	g	1.5	0.3
Sodium	g	0.6	0.1

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 43

Composite Sample Name: Mixed toffees (including liquorice toffees), not premium

Sub-sample Number: 43.3

Sub-sample Name: Marks & Spencer Double Devon Toffees

Full Product Name: Marks & Spencer Double Devon Toffees

Brand: Marks & Spencer

Pack size: No information on pack

Purchase Date: 10.03.10

Place of Purchase: M&S, Norwich

Sell by Date: 18.06.2010

Use by Date/Best Before Date: 22.06.2010

Batch Number: 12:12 L0040 M4

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 43.3

Sub-sample Name: Marks & Spencer Double Devon Toffees

**Ingredients:** Glucose Syrup, Sugar, Sweetened Condensed Skimmed Milk (Skimmed Milk, Sugar), Palm Oil, Butter (6%), Salt, Emulsifier: Soya Lecithin, Natural Flavouring

**Label claim(s):**

No artificial colours or flavourings

Contains Cow's Milk, Soya

Made in the UK

**Nutrient Information:**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per sweet</b>
Energy	kJ	1980	160
Energy	kcal	470	40
Protein	g	2	0.2
Carbohydrate	g	77.7	6.2
Sugars	g	51.1	4.1
Starch	g	N/A	N/A
Fat	g	16.9	1.4
Saturates	g	6.8	0.5
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.3	Tr
Salt	g	0.83	Tr
Sodium	g	0.33	Tr

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 43

Composite Sample Name: Mixed toffees (including liquorice toffees), not premium

Sub-sample Number: 43.4

Sub-sample Name: Sainsbury's Dairy Toffees

Full Product Name: Sainsbury's Dairy Toffees

Brand: Sainsbury's

Pack size: 227g

Purchase Date: 08.03.10

Place of Purchase: Sainsbury's, Queens Road, Norwich

Sell by Date:

Use by Date/Best Before Date: 10.11.10

Batch Number: 0041 07:18 M4

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 43.4

Sub-sample Name: Sainsbury's Dairy Toffees

**Ingredients:** Glucose Syrup; Sugar; Sweetened Condensed Skimmed Milk (from Cows' Milk); Palm Oil; Butter (from Cows' Milk) (5%); Salt; Emulsifier: Mono- and Diglycerides of Fatty Acids; Molasses; Natural Flavouring

Sweetened Condensed Skimmed Milk (from Cows' Milk) contains: Milk, Sugar

### Label claim(s):

Contains milk

Produced in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per ¼ pack
Energy	kJ	1980	1124
Energy	kcal	471	267
Protein	g	2.2	1.2
Carbohydrate	g	75.3	42.7
Sugars	g	54.8	31.1
Starch	g	20.5	11.6
Fat	g	17.9	10.2
Saturates	g	11	6.2
Monounsaturates	g	5.4	3.1
Polyunsaturates	g	1.1	0.6
Fibre	g	0.1	Tr
Salt	g	0.88	0.5
Sodium	g	0.35	0.2

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 43

Composite Sample Name: Mixed toffees (including liquorice toffees), not premium

Sub-sample Number: 43.5

Sub-sample Name: Asda Classic Favourites Toffee Assortment

Full Product Name: Asda Classic Favourites Toffee Assortment

Brand: Asda

Pack size: 200g

Purchase Date: 08.03.10

Place of Purchase: Asda, Norwich

Sell by Date:

Use by Date/Best Before Date: 10.2010

Batch Number: L30029 11:10

Packaging: Plastic and foil wrappers

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 43.5

Sub-sample Name: Asda Classic Favourites Toffee Assortment

**Ingredients:** Glucose Syrup, Sugar, Sweetened Condensed Skimmed Milk, Vegetable Oil, Butter Oil (6.0%) (Milk), Invert Sugar Syrup, Brown Sugar, Salt, Liquorice Extract, Flavourings, Emulsifier (Soya Lecithins)

### Label claim(s):

No artificial colours, flavours or hydrogenated fat

Suitable for vegetarians

Contains milk and soya

Produced in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per serving (1 average sweet)
Energy	kJ	1783	150
Energy	kcal	424	36
Protein	g	1.6	0.1
Carbohydrate	g	68	5.7
Sugars	g	45.8	3.8
Starch	g	N/A	N/A
Fat	g	16.2	1.4
Saturates	g	8.8	0.7
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0	0
Salt	g	0.9	0.1
Sodium	g	0.36	Tr

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 43

Composite Sample Name: Mixed toffees (including liquorice toffees), not premium

Sub-sample Number: 43.6

Sub-sample Name: Tesco Value Toffees

Full Product Name: Tesco Value Toffees

Brand: Tesco Value

Pack size: 200g

Purchase Date: 05.03.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date:

Use by Date/Best Before Date: Feb 2011

Batch Number: A0043

Packaging: Plastic and paper

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 43.6

Sub-sample Name: Tesco Value Toffees

**Ingredients:** Glucose Syrup, Sugar, Vegetable Fat, Skimmed Milk, Butter, Salt, Emulsifiers (Soya Lecithins, Mono- and Di-Glycerides of Fatty Acids)

### Label claim(s):

Contains milk and soya

Cannot guarantee nut free

Suitable for vegetarians

Produced in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Three sweets (24g)
Energy	kJ	1925	465
Energy	kcal	460	110
Protein	g	1.9	0.5
Carbohydrate	g	73.4	17.6
Sugars	g	56.7	13.6
Starch	g	N/A	N/A
Fat	g	17.4	4.2
Saturates	g	9.6	2.3
Monounsaturates	g	5.8	1.4
Polyunsaturates	g	1.2	0.3
Fibre	g	0.2	0.1
Salt	g	0.8	0.2
Sodium	g	0.3	0.1

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 43

Composite Sample Name: Mixed toffees (including liquorice toffees), not premium

Sub-sample Number: 43.7

Sub-sample Name: Bluebird Assorted Toffee

Full Product Name: Bluebird Assorted Toffee

Brand: Bluebird

Pack size: 200g

Purchase Date: 18.03.10

Place of Purchase: Co-op Petrol Station, Dereham Road, Norwich

Sell by Date:

Use by Date/Best Before Date: Mar 2011

Batch Number: A0060

Packaging: Plastic and foil wrappers

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 43.7

Sub-sample Name: Bluebird Assorted Toffee

### **Ingredients:**

Ingredients may vary in proportions

Glucose Syrup, Sugar, Vegetable Fat, Skimmed Milk, Butter, Molasses, Flavouring, Liquorice Extract, Salt, Emulsifiers (Soya Lecithin, Mono- and Di-Glycerides of Fatty Acids), Colour (Vegetable Carbon), Black Cocoa Powder

### **Label claim(s):**

No artificial colours or flavours

Contains milk and soya

May contain traces of nuts

Suitable for vegetarians

Made in the UK

**Nutrient Information:** No information

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 43

Composite Sample Name: Mixed toffees (including liquorice toffees), not premium

Sub-sample Number: 43.8

Sub-sample Name: Asda Smart Price Dairy Toffee

Full Product Name: Asda Smart Price Dairy Toffee

Brand: Asda Smart Price

Pack size: 175g

Purchase Date: 16.03.10

Place of Purchase: Asda, Norwich

Sell by Date:

Use by Date/Best Before Date: Oct 2010

Batch Number: L3 0036 21:37

Packaging: Plastic and paper

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 43.8

Sub-sample Name: Asda Smart Price Dairy Toffee

**Ingredients:** Glucose Syrup, Sugar, Sweetened Condensed Skimmed Milk, Vegetable Oil, Butter (Milk), Butter Oil (Milk), Salt, Emulsifier (Soya Lecithins), Flavouring

### Label claim(s):

Contains milk and soya

No artificial colours, flavours or aspartame

No hydrogenated fat

Suitable for vegetarians

Produced in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per sweet
Energy	kJ	1710	143
Energy	kcal	407	34
Protein	g	1.3	0.1
Carbohydrate	g	68.4	5.7
Sugars	g	37.4	3.1
Starch	g	N/A	N/A
Fat	g	14.2	1.2
Saturates	g	7.5	0.6
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0	0
Salt	g	0.6	Tr
Sodium	g	0.25	Tr

Sample 44: Chew sweets (e.g. Starburst, Chewits, Blackjacks)

Composite Sample Number: 44

Composite Sample Name: Chew sweets (e.g. Starburst, Chewits, Blackjacks)

Sub-sample Number: 44.1

Sub-sample Name: Starburst 4 Variety Pack

Full Product Name: Starburst 4 Variety Pack

Brand: Starburst

Pack size: 4 x 45g (2 x Fruity Chews, 1 x Smoothies, 1 x Sour Chews)

Purchase Date: 08.03.10

Place of Purchase: Asda, Norwich

Sell by Date:

Use by Date/Best Before Date: 18.01.11

Batch Number: 171 A

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient



Sub-sample Number: 44.1

Sub-sample Name: Starburst 4 Variety Pack

**Ingredients:**

**Original**

Glucose Syrup, Sugar, Fruit Juices (13%) (Apple, Blackcurrant, Strawberry, Orange, Lime, Lemon), Vegetable Fat, Acids (Citric Acid, Malic Acid), Modified Starch, Natural Flavourings, Dextrin, Maltodextrin, Vitamin C, Emulsifier (Soya Lecithin), Colours (Beta Carotene, Anthocyanins, Chlorophyllin)

**Sours**

Glucose Syrup, Sugar, Vegetable Fat, Fruit Juices (4.8%) (Apple, Pineapple, Raspberry, Cherry), Acids (Citric Acid, Malic Acid), Natural Flavourings, Modified Starch, Dextrin, Maltodextrin, Vitamin C, Emulsifier (Soya Lecithin), Colours (Beta Carotene, Antocyanins, Chlorophyllin)

**Smoothies**

Glucose Syrup, Sugar, Vegetable Fat, Fruit Juices (4.6%) (Strawberry, Banana, Mango, Passion Fruit, Blueberry), Acid (Malic Acid), Natural Flavourings, Modified Starch, Dextrin, Maltodextrin, Salt, Emulsifier (Soya Lecithin), Natural Colours (Paprika Extract, Turmeric Root Extract, Elderberry Juice)

**Label claim(s):**

No artificial colours or flavours

Suitable for vegetarians

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

**Nutrient Information:**

**Original**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per 45g</b>
Energy	kJ	1689	760
Energy	kcal	403	181
Protein	g	0	0
Carbohydrate	g	83.4	37.6
Sugars	g	61.2	27.5
Starch	g	N/A	N/A
Fat	g	7.4	3.3
Saturates	g	4	1.8
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0	0
Salt	g	N/A	N/A
Sodium	g	0.01	0.00
Vitamin C	mg	40	18

**Sours**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per 45g</b>
Energy	kJ	1643	739
Energy	kcal	392	176
Protein	g	0	0
Carbohydrate	g	82	36.9
Sugars	g	60.2	27.1
Starch	g	N/A	N/A
Fat	g	7.1	3.2
Saturates	g	3.9	1.8
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0	0
Salt	g	N/A	N/A
Sodium	g	0.01	0.00
Vitamin C	mg	40	18

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

### Smoothies

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per 45g</b>
Energy	kJ	1689	760
Energy	kcal	403	181
Protein	g	0	0
Carbohydrate	g	83.4	37.5
Sugars	g	61.3	27.6
Starch	g	N/A	N/A
Fat	g	7.2	3.2
Saturates	g	4	1.8
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0	0
Salt	g	N/A	N/A
Sodium	g	0.03	0.01

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 44

Composite Sample Name: Chew sweets (e.g. Starburst, Chewits, Blackjacks)

Sub-sample Number: 44.2 & 44.3

Sub-sample Name: Starburst Fruity Chews (original)

Full Product Name: Starburst Fruity Chews (original)

Brand: Starburst

Pack size: 44.2 (3 x 44g), 44.3 (215g bag)

Purchase Date: 05.03.10

Place of Purchase: 44.2 (Londis, Parmenter Road, Norwich), 44.3 (Tesco, Harford Bridges, Norwich)

Sell by Date:

Use by Date/Best Before Date: 44.2 (10.10.10), 44.3 (04.02.11)

Batch Number: 44.2 (CZ D2G1), 44.3 (171 B2)

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 44.2 & 44.3

Sub-sample Name: Starburst Fruity Chews (original)

**Ingredients:** Glucose Syrup, Sugar, Fruit Juices (13%) (Apple, Blackcurrant, Strawberry, Orange, Lime, Lemon), Vegetable Fat, Acids (Citric Acid, Malic Acid), Modified Starch, Natural Flavourings, Dextrin, Maltodextrin, Vitamin C, Emulsifier (Soya Lecithin), Colours (Beta Carotene, Anthocyanins, Chlorophyllin)

### Label claim(s):

Suitable for vegetarians

### Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	1689
Energy	kcal	403
Protein	g	0
Carbohydrate	g	83.4
Sugars	g	61.2
Starch	g	N/A
Fat	g	7.4
Saturates	g	4
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0
Salt	g	0.03
Sodium	g	0.01
Vitamin C	mg	40

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 44

Composite Sample Name: Chew sweets (e.g. Starburst, Chewits, Blackjacks)

Sub-sample Number: 44.4

Sub-sample Name: Fruitella Chewy Mix

Full Product Name: Fruitella Chewy Mix

Brand: Fruitella

Pack size: 4 x 41g

Purchase Date: 05.03.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date:

Use by Date/Best Before Date: 01.2012

Batch Number: V072175

Packaging: Paper and foil

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Sub-sample Number: 44.4

Sub-sample Name: Fruitella Chewy Mix

**Ingredients:** Glucose Syrup, Sugar, Hydrogenated Vegetable Oil, Fruit Juices from Concentrate (Strawberry, Blackcurrant, Orange, Lemon, Apple, Blackberry, Pear, Raspberry) (3%), Acid (Citric Acid), Gelatine, Humectant (Glycerol), Concentrates (Elderberry, Black Carrot), Flavourings, Gelling Agent (Gum Arabic), Dextrin, Spinach and Nettle Extract, Carrot Extract, Paprika Extract

**Label claim(s):**

Natural colouring

Natural flavours

**Nutrient Information:** No information on pack

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 44

Composite Sample Name: Chew Sweets (e.g. Starburst, Chewits, Blackjacks)

Sub-sample Number: 44.5

Sub-sample Name: Chewits

Full Product Name: Chewits

Brand: Chewits

Pack size: 150g (Pack of 5: Strawberry, Blackcurrant & Fruit Salad)

Purchase Date: 05.03.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date:

Use by Date/Best Before Date: 01.2011

Batch Number: 330

Packaging: Plastic and paper

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 44.5

Sub-sample Name: Chewits

**Ingredients:** Glucose Syrup, Sugar, Fruit Juice (3%) (Strawberry, Blackcurrant, Orange, Pineapple, Raspberry, from concentrate), Vegetable Oil, Lactic Acid, Egg White, Hydrolysed Rice Protein, Flavouring, Colours: Anthocyanin, Mixed Carotenes

### Label claim(s):

Contains egg and soya

No artificial colours

No hydrogenated fats

Contains fruit juice

### Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	1630
Energy	kcal	385
Protein	g	0.2
Carbohydrate	g	87.5
Sugars	g	49
Starch	g	N/A
Fat	g	3
Saturates	g	2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0
Salt	g	N/A
Sodium	g	0.1

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 44

Composite Sample Name: Chew Sweets (e.g. Starburst, Chewits, Blackjacks)

Sub-sample Number: 44.6

Sub-sample Name: Amanie Soft Fruit Chews Selection

Full Product Name: Amanie Soft Fruit Chews Selection

Brand: Amanie

Pack size: 500g

Purchase Date: 08.03.10

Place of Purchase: Lidl, Norwich

Sell by Date:

Use by Date/Best Before Date: 14.12.2010

Batch Number: F2 IFN 066622

Packaging: Plastic and paper

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 44.6

Sub-sample Name: Amanie Soft Fruit Chews Selection

**Ingredients:** Sugar, Glucose Syrup, Vegetable Fat, Pork Gelatine, Citric Acid, Concentrated Mixed Fruit Juice 1% (Apple, Orange, Pineapple, Banana, Passion Fruit, Lemon, Blood Orange, Mango, Pear, Papaya, Guava, Apricot), Emulsifier: Soya Lecithin; Colours: Paprika Extract, Curcumin, Carotenes; Natural Flavourings

### Label claim(s):

No artificial flavourings or colours

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 5g
Energy	kJ	1743	87
Energy	kcal	413	21
Protein	g	1.9	0.1
Carbohydrate	g	81	4
Sugars	g	61	3
Starch	g	N/A	N/A
Fat	g	8.7	0.4
Saturates	g	4.8	0.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0	0
Salt	g	0	0
Sodium	g	0	0

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 44

Composite Sample Name: Chew sweets (e.g. Starburst, Chewits, Blackjacks)

Sub-sample Number: 44.7

Sub-sample Name: Swizzels Matlow Chew Chew

Full Product Name: Swizzels Matlow Chew Chew

Brand: Swizzels Matlow

Pack size: 240g

Purchase Date: 08.03.10

Place of Purchase: Morrisons, Norwich

Sell by Date:

Use by Date/Best Before Date: 10.2010

Batch Number: L 9302

Packaging: Plastic and paper

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Sub-sample Number: 44.7

Sub-sample Name: Swizzels Matlow Chew Chew

**Ingredients:** Glucose Syrup, Sugar, Vegetable Oil, Sweetened Condensed Skimmed Milk, Acidity Regulators: Citric Acid, Tartaric Acid; Gelling Agent: Magnesium Carbonate; Magnesium, Stearate, Colours: Anthocyanin, Ammonia Caramel, Cooper Chlorophyllin, Lutein, Paprika

**Label claim(s):**

No artificial colours

**Nutrient Information:** No information on pack

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 44

Composite Sample Name: Chew sweets (e.g. Starburst, Chewits, Blackjacks)

Sub-sample Number: 44.8

Sub-sample Name: Maoam Stripes

Full Product Name: Maoam Stripes

Brand: Maoam

Pack size: 160g

Purchase Date: 05.03.10

Place of Purchase: One Stop, Leopold Road, Norwich

Sell by Date:

Use by Date/Best Before Date: 05.2011

Batch Number: L494 03410 02007 DO 3909

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 44.8

Sub-sample Name: Maoam Stripes

**Ingredients:** Sugar, Glucose Syrup, Vegetable Oil, Humectant (Sorbitol Syrup), Gelatine, Citric Acid, Flavourings

### Label claim(s):

#### Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	1666
Energy	kcal	394
Protein	g	1
Carbohydrate	g	83.7
Sugars	g	N/A
Starch	g	N/A
Fat	g	6.4
Saturates	g	N/A
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	N/A
Salt	g	N/A
Sodium	g	N/A

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 44

Composite Sample Name: Chew sweets (e.g. Starburst, Chewits, Blackjacks)

Sub-sample Number: 44.9

Sub-sample Name: Barratt Fruit Salad and Black Jacks Bag

Full Product Name: Barratt Fruit Salad and Black Jacks Bag

Brand: Barratt

Pack size: 190g

Purchase Date: 08.03.10

Place of Purchase: Morrisons, Norwich

Sell by Date:

Use by Date/Best Before Date: 08.2010

Batch Number: 4E9308 CR 13:10

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 44.9

Sub-sample Name: Barratt Fruit Salad and Black Jacks Bag

### Ingredients:

#### Black Jacks

Glucose Syrup, Sugar, Vegetable Oil, Natural Colours (Vegetable Carbon, Paprika Extract, Anthocyanins), Citric Acid, Beef Gelatine, Aniseed Oil, Emulsifier (Soya Lecithins), Natural Flavourings

#### Fruit Salad (Raspberry & Pineapple Chews)

Glucose Syrup, Sugar, Vegetable Oil, Citric Acid, Beef Gelatine, Natural Flavourings (Pineapple, Raspberry), Natural Colours (Paprika Extract, Anthocyanins), Emulsifier (Soya Lecithins)

### Label claim(s):

Only natural colours and flavours

Contains soya. May contain traces of milk

### Nutrient Information:

#### Black Jacks

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per chew
Energy	kJ	1680	71
Energy	kcal	395	17
Protein	g	0.8	Tr
Carbohydrate	g	84.5	3.6
Sugars	g	N/A	N/A
Starch	g	N/A	N/A
Fat	g	6	0.3
Saturates	g	N/A	N/A
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	N/A	N/A
Salt	g	N/A	N/A
Sodium	g	N/A	N/A

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

### Fruit Salad

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per Chew</b>
Energy	kJ	1680	71
Energy	kcal	395	17
Protein	g	0.8	Tr
Carbohydrate	g	84.1	3.6
Sugars	g	N/A	N/A
Starch	g	N/A	N/A
Fat	g	6.1	0.3
Saturates	g	N/A	N/A
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	N/A	N/A
Salt	g	N/A	N/A
Sodium	g	N/A	N/A

Sample 45: Milk chocolate bar

Composite Sample Number: 45

Composite Sample Name: Milk Chocolate Bar

Sub-sample Number: 45.1

Sub-sample Name: Cadbury Dairy Milk (large bar)

Full Product Name: Cadbury Dairy Milk (large bar)

Brand: Cadbury

Pack size: 230g

Purchase Date: 05.03.10

Place of Purchase: Martin McColl Ltd, Coleman Road, Norwich

Sell by Date:

Use by Date/Best Before Date: 12.2010

Batch Number: L0007DA1 14:56

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 45.1

Sub-sample Name: Cadbury Dairy Milk (large bar)

**Ingredients:** Milk \*\*, Fairtrade Sugar, Fairtrade Cocoa Butter, Fairtrade Cocoa Mass, Vegetable Fat, Emulsifier (E442), Flavourings

\*\*The equivalent of 426ml of fresh liquid milk in every 227g of milk chocolate

### Label claim(s):

Contains milk

May contain nuts, wheat and soya

Milk solids 20% minimum, actual 23%. Cocoa solids 20% minimum.

Suitable for vegetarians

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 5 chunks
Energy	kJ	2200	635
Energy	kcal	525	150
Protein	g	7.5	2.2
Carbohydrate	g	57	16.4
Sugars	g	56.7	16.3
Starch	g	N/A	N/A
Fat	g	29.8	8.6
Saturates	g	18.5	5.3
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.7	0.2
Salt	g	0.23	0.08
Sodium	g	0.09	0.03

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 45

Composite Sample Name: Milk Chocolate Bar

Sub-sample Number: 45.2

Sub-sample Name: Cadbury Dairy Milk 5 pack

Full Product Name: Cadbury Dairy Milk 5 pack

Brand: Cadbury

Pack size: 196g

Purchase Date: 05.03.10

Place of Purchase: One Stop, Leopold Road

Sell by Date:

Use by Date/Best Before Date: 08.2010

Batch Number: L9264 LA

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 45.2

Sub-sample Name: Cadbury Dairy Milk 5 pack

**Ingredients:** Milk\*, Sugar, Cocoa Butter, Cocoa Mass, Vegetable Fat, Emulsifiers (E442, E476), Flavourings

The equivalent of three quarters of a pint of fresh liquid milk in every half pound of milk chocolate

### Label claim(s):

Contains milk

May contain nuts, wheat and soya

Suitable for vegetarians

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per bar
Energy	kJ	2190	860
Energy	kcal	525	205
Protein	g	7.5	2.9
Carbohydrate	g	57	22.3
Sugars	g	56.7	22.2
Starch	g	N/A	N/A
Fat	g	29.8	11.7
Saturates	g	18.5	7.3
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.7	0.3
Salt	g	0.23	0.1
Sodium	g	0.09	0.04

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 45

Composite Sample Name: Milk Chocolate Bar

Sub-sample Number: 45.3

Sub-sample Name: Cadbury Dairy Milk Buttons

Full Product Name: Cadbury Dairy Milk Buttons

Brand: Cadbury

Pack size: 96g (3 x bags)

Purchase Date: 05.03.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date:

Use by Date/Best Before Date: 08.2010

Batch Number: L934 3DK

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 45.3

Sub-sample Name: Cadbury Dairy Milk Buttons

**Ingredients:** Milk\*, Sugar, Cocoa Butter, Cocoa Mass, Vegetable Fat, Emulsifier (E442), Flavourings

\*The equivalent of 426ml of fresh liquid milk in every 227g of milk chocolate

### Label claim(s):

Contains milk

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per Bag
Energy	kJ	2205	725
Energy	kcal	525	175
Protein	g	7.5	2.5
Carbohydrate	g	56.8	18.7
Sugars	g	56.6	18.7
Starch	g	N/A	N/A
Fat	g	30	9.9
Saturates	g	18.7	6.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.7	0.2
Salt	g	0.25	0.08
Sodium	g	0.1	0.03



**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 45

Composite Sample Name: Milk Chocolate Bar

Sub-sample Number: 45.4

Sub-sample Name: Cadbury Flake

Full Product Name: Cadbury Flake

Brand: Cadbury

Pack size: 5 bars (128g)

Purchase Date: 16.03.10

Place of Purchase: Waitrose, Wymondham

Sell by Date:

Use by Date/Best Before Date: 08.2010

Batch Number: PT L0018 KPB

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 45.4

Sub-sample Name: Cadbury Flake

**Ingredients:** Milk, Sugar, Cocoa Butter, Cocoa Mass, Vegetable Fat, Emulsifier (E442), Flavourings

### Label claim(s):

Contains milk

Milk solids 14% minimum

Cocoa solids 25% minimum

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per bar
Energy	kJ	2200	570
Energy	kcal	530	135
Protein	g	8.1	2.1
Carbohydrate	g	55.6	14.2
Sugars	g	55.2	14.1
Starch	g	N/A	N/A
Fat	g	30.8	7.9
Saturates	g	19	4.9
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.7	0.2
Salt	g	0.25	0.06
Sodium	g	0.1	0.03

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 45

Composite Sample Name: Milk chocolate bar

Sub-sample Number: 45.5

Sub-sample Name: Cadbury Twirl

Full Product Name: Cadbury Twirl

Brand: Cadbury

Pack size: 5 bars (173g)

Purchase Date: 10.03.10

Place of Purchase: Co-op, Long Stratton, Norwich

Sell by Date:

Use by Date/Best Before Date: 10.2010

Batch Number: TP L9349 KPC

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 45.5

Sub-sample Name: Cadbury Twirl

**Ingredients:** Milk, Sugar, Cocoa Butter, Cocoa Mass, Vegetable Fat, Emulsifier (E442), Flavourings

### Label claim(s):

Milk solid 14% minimum

Cocoa solids 25% minimum

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per Bar
Energy	kJ	2220	765
Energy	kcal	530	180
Protein	g	7.5	2.6
Carbohydrate	g	56.1	19.3
Sugars	g	55.7	19.2
Starch	g	N/A	N/A
Fat	g	30.8	10.6
Saturates	g	19	6.5
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.8	0.3
Salt	g	N/A	N/A
Sodium	g	0.1	Tr

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 45

Composite Sample Name: Milk chocolate bar

Sub-sample Number: 45.6

Sub-sample Name: Galaxy Milk Chocolate (large bar)

Full Product Name: Galaxy Milk Chocolate (large bar)

Brand: Mars

Pack size: 125g

Purchase Date: 05.03.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date:

Use by Date/Best Before Date: 12.09.10

Batch Number: UB2 #0

Packaging: Paper

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 45.6

Sub-sample Name: Galaxy Milk Chocolate (large bar)

**Ingredients:** Sugar, Cocoa Ingredients (Cocoa Butter, Cocoa Mass), Skimmed Milk Powder, Milk Fat, Lactose, Whey Powder, Vegetable Fat, Emulsifiers (Soya Lecithin), Natural Vanilla Extract

Milk Chocolate contains Milk Solids 14% minimum and Cocoa Solids 25% minimum.

**Label claim(s): No information**

### Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	2270
Energy	kcal	544
Protein	g	6.6
Carbohydrate	g	56.1
Sugars	g	55.4
Starch	g	N/A
Fat	g	32.5
Saturates	g	19.4
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.5
Salt	g	0.28
Sodium	g	0.11

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 45

Composite Sample Name: Milk chocolate bar

Sub-sample Number: 45.7

Sub-sample Name: Galaxy Milk Chocolate (small bars from multipack)

Full Product Name: Galaxy Milk Chocolate (small bars from multipack)

Brand: Mars

Pack size: 10 x 24.5g

Purchase Date: 08.03.10

Place of Purchase: Asda, Norwich

Sell by Date:

Use by Date/Best Before Date: 20.08.10

Batch Number: UC2

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 45.7

Sub-sample Name: Galaxy Milk Chocolate (small bars from multipack)

**Ingredients:** Sugar, Cocoa Ingredients (Cocoa Butter, Cocoa Mass), Skimmed Milk Powder, Milk Fat, Lactose, Whey Powder, Vegetable Fat, Emulsifier (Soya Lecithin), Natural Vanilla Extract

### Label claim(s):

Milk solids 14% minimum

Cocoa solids 25% minimum

Suitable for vegetarians

### Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	2270
Energy	kcal	544
Protein	g	6.6
Carbohydrate	g	56.1
Sugars	g	N/A
Starch	g	N/A
Fat	g	32.5
Saturates	g	N/A
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	N/A
Salt	g	N/A
Sodium	g	N/A



**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 45

Composite Sample Name: Milk chocolate bar

Sub-sample Number: 45.8

Sub-sample Name: Nestle Aero

Full Product Name: Nestle Aero

Brand: Nestle

Pack size: 120g

Purchase Date: 05.03.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date:

Use by Date/Best Before Date: 08.2010

Batch Number: 93381012 LEG2 05:15

Packaging: Paper

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 45.8

Sub-sample Name: Nestle Aero

**Ingredients:** Milk Chocolate (Sugar, Dried Whole Milk, Cocoa Mass, Cocoa Butter, Vegetable Fat, Whey Powder, Lactose, Emulsifier (Soya Lecithin), Butterfat, Flavouring), Sugar, Vegetable Fat, Whey Powder, Dried Skimmed Milk, Butterfat, Emulsifier (Soya Lecithin), Flavouring, Colours (E100, E133)

**Label claim(s):** No information

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 1/5 bar
Energy	kJ	2266	558
Energy	kcal	542	133
Protein	g	5.1	1.3
Carbohydrate	g	60.6	14.9
Sugars	g	60	14.8
Starch	g	N/A	N/A
Fat	g	30.8	7.6
Saturates	g	17.7	4.4
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.9	0.2
Salt	g	0.3	0.1
Sodium	g	0.1	Tr

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 45

Composite Sample Name: Milk chocolate bar

Sub-sample Number: 45.9

Sub-sample Name: Tesco Value Milk Chocolate

Full Product Name: Tesco Value Milk Chocolate

Brand: Tesco Value

Pack size: 100g

Purchase Date: 05.03.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date:

Use by Date/Best Before Date: 07.2011

Batch Number: BS0 019

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 45.9

Sub-sample Name: Tesco Value Milk Chocolate

**Ingredients:** Sugar, Cocoa Butter, Dried Whole Milk, Cocoa Mass, Milk Sugar, Whey Powder, Vegetable Fat, Emulsifiers (Soya Lecithins, Polyglycerol Polyricinoleate)

**Label claim(s):**

Cocoa solids 27% minimum

Milk solids 14% minimum

Contains milk and soya

Cannot guarantee nut free

Produced in the UK

**Nutrient Information:**

Nutrient	Unit	Amount/100g	Amount/Unit/serving ¼ of a pack (25g)
Energy	kJ	2155	540
Energy	kcal	520	130
Protein	g	6.8	1.7
Carbohydrate	g	51.2	12.8
Sugars	g	50.7	12.7
Starch	g	N/A	N/A
Fat	g	31.6	7.9
Saturates	g	15.5	3.9
Monounsaturates	g	11.5	2.9
Polyunsaturates	g	1.8	0.5
Fibre	g	Tr	Tr
Salt	g	Tr	Tr
Sodium	g	Tr	Tr

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 45

Composite Sample Name: Milk chocolate bar

Sub-sample Number: 45.10

Sub-sample Name: Asda Milk Chocolate

Full Product Name: Asda Milk Chocolate

Brand: Asda

Pack size: 200g

Purchase Date: 08.03.10

Place of Purchase: Asda, Norwich

Sell by Date:

Use by Date/Best Before Date: Feb 2011

Batch Number: L400525

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 45.10

Sub-sample Name: Asda Milk Chocolate

**Ingredients:** Sugar, Whole Milk Powder, Cocoa Butter, Cocoa Mass, Skimmed Milk Powder, Vegetable Fat, Whey Powder (Milk), Butterfat (Milk), Emulsifier (Soya Lecithins), Natural Flavourings

### Label claim(s):

No artificial flavours, colours or hydrogenated fat

Cocoa solids 27% minimum

Milk solids 23% minimum

Contains milk and soya

May contain traces of nuts and /or seeds

Produced in Germany

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 1/12 bar
Energy	kJ	2226	371
Energy	kcal	533	89
Protein	g	7.7	1.3
Carbohydrate	g	54	9
Sugars	g	52.8	8.8
Starch	g	N/A	N/A
Fat	g	31.8	5.3
Saturates	g	19.2	3.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.1	0.4
Salt	g	0.4	0.1
Sodium	g	0.14	0.02

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 45

Composite Sample Name: Milk chocolate bar

Sub-sample Number: 45.11

Sub-sample Name: Lindt Swiss Classics Milk Chocolate

Full Product Name: Lindt Swiss Classics Milk Chocolate

Brand: Lindt

Pack size: 125g

Purchase Date: 18.03.10

Place of Purchase: Tesco Extra, Norwich

Sell by Date:

Use by Date/Best Before Date: 31.01.11

Batch Number: L1970

Packaging: Foil and paper

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 45.11

Sub-sample Name: Lindt Swiss Classics Milk Chocolate

**Ingredients:** Sugar, Cocoa Butter, Whole Milk Powder, Cocoa Mass, Lactose, Skimmed Milk Powder, Emulsifier (Soya Lecithin), Barley Malt Extract, Flavouring

### Label claim(s):

May contain traces of hazelnuts and almonds

Cocoa solids: 31% min

Milk solids: 14% min

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 42g serving
Energy	kJ	2220	933
Energy	kcal	N/A	N/A
Protein	g	6.7	2.8
Carbohydrate	g	56	23.5
Sugars	g	55.7	23.4
Starch	g	N/A	N/A
Fat	g	31	13
Saturates	g	19.4	8.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	N/A	N/A
Salt	g	N/A	N/A
Sodium	mg	185	78



Sample 46: Chocolate covered caramels (e.g. Cadbury's caramel)

Composite Sample Number:	46
Composite Sample Name:	Chocolate covered caramels (e.g. Cadburys caramel)
Sub-sample Number:	46.1
Sub-sample Name:	Cadbury Dairy Milk Caramel Bar
Full Product Name:	Cadbury Dairy Milk Caramel Bar
Brand:	Cadbury
Pack size:	230g
Purchase Date:	05.03.10
Place of Purchase:	Asda, Norwich
Sell by Date:	
Use by Date/Best Before Date:	11.2010
Batch Number:	L93412 08:08
Packaging:	Plastic
Sample Condition As Purchased:	Ambient
Post Purchase Storage:	Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 46.1

Sub-sample Name: Cadbury Dairy Milk Caramel Bar

**Ingredients:** Milk Chocolate (Milk\*, Sugar, Cocoa Butter, Cocoa Mass, Vegetable Fat, Emulsifiers (E442, E476), Flavourings), Caramel (30%) (Glucose Syrup, Vegetable Oil, Glucose-Fructose Syrup, Dried Whey, Sugar, Flavourings, Salt, Emulsifier (E471))

\*The equivalent of 426ml of fresh liquid milk in every 227g of milk chocolate

### Label claim(s):

Contains milk

May contain nuts, wheat, soya

Milk solids 20% minimum, actual 23%

Suitable for vegetarians

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per chunk
Energy	kJ	2050	170
Energy	kcal	490	40
Protein	g	5.5	0.5
Carbohydrate	g	61.2	5
Sugars	g	50.2	4.1
Starch	g	N/A	N/A
Fat	g	24.8	2
Saturates	g	15	1.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.5	Tr
Salt	g	0.35	0.03
Sodium	g	0.14	0.01

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 46

Composite Sample Name: Chocolate covered caramels (e.g. Cadburys caramel)

Sub-sample Number: 46.2 - 46.4

Sub-sample Name: Cadbury Dairy Milk Caramel Bar

Full Product Name: Cadbury Dairy Milk Caramel Bar

Brand: Cadbury

Pack size: 46.2 (8 pack 312g), 46.3 (5 pack 196g), 46.4 (2 x 47g bars)

Purchase Date: 46.2 (08.03.10), 46.3 (10.03.10), 46.4 (05.03.10)

Place of Purchase: 46.2 (Morrisons, Norwich), 46.3 (Tesco Extra, Norwich), 46.4 (Martin McColls, Coleman Road, Norwich)

Sell by Date:

Use by Date/Best Before Date: 46.2 (09.2010), 46.3 (08.2010), 46.4 (04.2010)

Batch Number: 46.2 (L9258N51 20:28), 46.3 (L9343051 15:27), 46.4 (L9197 3 21:25)

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Sub-sample Number: 46.2 - 46.4

Sub-sample Name: Cadbury Dairy Milk Caramel Bar

**Ingredients:** Milk Chocolate (Milk\*, Sugar, Cocoa Butter, Cocoa Mass, Vegetable Fat, Emulsifiers (E442, E476), Flavourings), Caramel (40%) (Glucose Syrup, Vegetable Oil, Glucose-Fructose Syrup, Dried Whey, Sugar, Flavourings, Salt, Emulsifier (E471))

\* The equivalent of 426ml of fresh liquid milk in every 227g of milk chocolate

**Label claim(s):**

Contains milk  
 May contain nuts, wheat, soya  
 Milk solids 20% minimum, actual 23%  
 Suitable for vegetarians

**Nutrient Information:**

**5 and 8 pack**

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per bar
Energy	kJ	2005	780
Energy	kcal	480	185
Protein	g	4.8	1.9
Carbohydrate	g	62.8	24.5
Sugars	g	48.2	18.8
Starch	g	N/A	N/A
Fat	g	23.1	9
Saturates	g	13.7	5.3
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.4	0.2
Salt	g	0.4	0.15
Sodium	g	0.16	0.06

**47g bar**

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per bar
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## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Energy	kJ	2005	945
Energy	kcal	480	225
Protein	g	4.8	2.3
Carbohydrate	g	62.8	29.5
Sugars	g	48.2	22.7
Starch	g	N/A	N/A
Fat	g	23.1	10.9
Saturates	g	13.7	6.4
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.4	0.2
Salt	g	0.4	0.2
Sodium	g	0.16	0.08

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 46

Composite Sample Name: Chocolate covered caramels (e.g. Cadburys caramel)

Sub-sample Number: 46.5

Sub-sample Name: Cadbury Dairy Milk Caramel Nibbles

Full Product Name: Cadbury Dairy Milk Caramel Nibbles

Brand: Cadbury

Pack size: 175g

Purchase Date: 05.03.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date:

Use by Date/Best Before Date: 07.2010

Batch Number: L9 310 D7 13:06

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 46.5

Sub-sample Name: Cadbury Dairy Milk Caramel Nibbles

**Ingredients:** Milk Chocolate (Milk\*, Sugar, Cocoa Butter, Cocoa Mass, Vegetable Fat, Emulsifiers (E442), Flavourings), Caramel (25%) (Glucose Syrup, Invert sugar syrup, Vegetable Oil, Sugar, Dried Whey, Salt, Flavouring)

\* The equivalent of 426ml of fresh liquid milk in every 227g of milk chocolate

### Label claim(s):

Contains milk

May contain nuts and soya

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per ¼ bag
Energy	kJ	2070	905
Energy	kcal	495	215
Protein	g	5.8	2.5
Carbohydrate	g	59.7	26.1
Sugars	g	53.2	23.3
Starch	g	N/A	N/A
Fat	g	25.8	11.3
Saturates	g	15.6	6.8
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.5	0.2
Salt	g	0.33	0.15
Sodium	g	0.13	0.06

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 46

Composite Sample Name: Chocolate covered caramels (e.g. Cadburys caramel)

Sub-sample Number: 46.6

Sub-sample Name: Cadbury Curly Wurly

Full Product Name: Cadbury Curly Wurly

Brand: Cadbury

Pack size: 4 x 36g bars

Purchase Date: 05.03.10

Place of Purchase: One Stop, Leopold Road, Norwich

Sell by Date:

Use by Date/Best Before Date: 08.2010

Batch Number: L9329 F 01:34

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 46.6

Sub-sample Name: Cadbury Curly Wurlly

**Ingredients:** Caramel (69%) (Glucose Syrup, Sweetened Condensed Skimmed Milk, Sugar, Vegetable Oil, Emulsifiers (Soya Lecithin, E471), Salt, Flavourings), Milk Chocolate (Sugar, Dried Whole Milk, Cocoa Butter, Cocoa Mass, Dried Whey, Vegetable Fat, Emulsifiers (E442, E476), Flavourings)

### Label claim(s):

May contain traces of nuts and egg

Milk solids 14% minimum

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per bar
Energy	kJ	1880	490
Energy	kcal	450	115
Protein	g	3.6	0.9
Carbohydrate	g	69.3	18
Sugars	g	N/A	N/A
Starch	g	N/A	N/A
Fat	g	17.5	4.6
Saturates	g	N/A	N/A
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	N/A	N/A
Salt	g	N/A	N/A
Sodium	g	N/A	N/A

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 46

Composite Sample Name: Chocolate covered caramels (e.g. Cadburys caramel)

Sub-sample Number: 46.7

Sub-sample Name: Nestle Rolo

Full Product Name: Nestle Rolo

Brand: Nestle

Pack size: 5 pack (260g)

Purchase Date: 08.03.10

Place of Purchase: Morrisons, Norwich

Sell by Date:

Use by Date/Best Before Date: 10.2010

Batch Number: 05:07 93281011

Packaging: Foil and paper

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 46.7

Sub-sample Name: Nestle Rolo

**Ingredients:** Milk Chocolate (Sugar, Cocoa Butter, Dried Skimmed Milk, Cocoa Mass, Whey Powder, Butterfat, Emulsifiers (Soya Lecithin, E476), Flavouring), Glucose-Fructose Syrup, Sugar, Sweetened Condensed Skimmed Milk, Butterfat, Vegetable Fat, Salt, Flavouring

### Label claim(s):

Milk chocolates with a soft toffee centre (45%)

May contain traces of wheat gluten

Milk solids 14% minimum

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 5 rolos
Energy	kJ	1986	526
Energy	kcal	473	125
Protein	g	4.5	1.2
Carbohydrate	g	67.9	18
Sugars	g	N/A	N/A
Starch	g	N/A	N/A
Fat	g	20.3	5.4
Saturates	g	N/A	N/A
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	N/A	N/A
Salt	g	N/A	N/A
Sodium	g	N/A	N/A

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 46

Composite Sample Name: Chocolate covered caramels (e.g. Cadburys caramel)

Sub-sample Number: 46.8

Sub-sample Name: Galaxy Caramel

Full Product Name: Galaxy Caramel

Brand: Galaxy

Pack size: 135g

Purchase Date: 08.03.10

Place of Purchase: Asda, Norwich

Sell by Date:

Use by Date/Best Before Date: 22.08.10

Batch Number: PE32

Packaging: Paper

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 46.8

Sub-sample Name: Galaxy Caramel

**Ingredients:** Sugar, Glucose Syrup, Cocoa Butter, Skimmed Milk Powder, Milk Fat, Cocoa Mass, Lactose, Whey Powder, Vegetable Fat, Emulsifier (Soya Lecithin), Salt, Flavouring

### Label claim(s):

Traces: peanut, hazelnut, almond and other nuts, sesame and wheat

Milk solids 14% minimum

### Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	2083
Energy	kcal	498
Protein	g	5.3
Carbohydrate	g	60.2
Sugars	g	56.7
Starch	g	N/A
Fat	g	26.2
Saturates	g	15.8
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.1
Salt	g	0.38
Sodium	g	0.15

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 46

Composite Sample Name: Chocolate covered caramels (e.g. Cadburys caramel)

Sub-sample Number: 46.9

Sub-sample Name: Morrisons Milk chocolate Caramels

Full Product Name: Morrisons Milk chocolate Caramels

Brand: Morrisons

Pack size: 185g

Purchase Date: 08.03.10

Place of Purchase: Morrisons, Norwich

Sell by Date:

Use by Date/Best Before Date: 02.2011

Batch Number: A0049

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 46.9

Sub-sample Name: Morrisons Milk chocolate Caramels

**Ingredients:** Glucose Syrup, Milk Chocolate (25%) (Sugar, Cocoa Butter, Dried Whole Milk, Cocoa Mass, Whey Powder, Emulsifier (Soya Lecithin)), Sugar, Vegetable Oil, Skimmed Milk, Butter, Salt, Emulsifier (Mono- and Di-Glycerides of Fatty Acids)

### Label claim(s):

No artificial colours or flavours

Suitable for vegetarians

Cocoa solids 25% minimum

Milk solids 14% minimum

Contains milk and soya

Produced in a factory which uses egg, gluten and nut ingredients

Produced in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 2 sweets
Energy	kJ	1988	438
Energy	kcal	474	104
Protein	g	3.4	0.7
Carbohydrate	g	63.9	14.1
Sugars	g	63.7	14
Starch	g	N/A	N/A
Fat	g	22.8	5
Saturates	g	13.7	3
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.4	Tr
Salt	g	1.3	0.3
Sodium	g	0.5	0.1

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 46

Composite Sample Name: Chocolate covered caramels (e.g. Cadburys caramel)

Sub-sample Number: 46.10

Sub-sample Name: Paynes Toffee Poppets

Full Product Name: Paynes Toffee Poppets

Brand: Paynes

Pack size: 41g

Purchase Date: 08.03.10

Place of Purchase: Asda, Norwich

Sell by Date:

Use by Date/Best Before Date: 15.12.10

Batch Number: B

Packaging: Cardboard

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 46.10

Sub-sample Name: Paynes Toffee Poppets

**Ingredients:** Sugar, Glucose Syrup, Full Cream Sweetened Condensed Milk (Whole Milk Sugar), Vegetable Fat, Cocoa Butter, Whole Milk Powder, Cocoa Mass, Glazing Agents (Shellac, Gum Aracia), Emulsifiers (Soya Lecithin, Mono- and Di-Glycerides of Fatty Acids), Tapioca Dextrine, Salt, Flavouring, Vanillin

### Label claim(s):

May contain traces of nuts

Suitable for vegetarians

Made in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per pack
Energy	kJ	2104	863
Energy	kcal	501	205
Protein	g	3.5	1.4
Carbohydrate	g	74.9	30.7
Sugars	g	59.6	24.4
Starch	g	N/A	N/A
Fat	g	21.7	8.9
Saturates	g	12.7	5.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1	0.4
Salt	g	0.3	0.1
Sodium	g	0.1	0

Sample 47: Dark chocolate with crème or mint fondant centre

Composite Sample Number: 47

Composite Sample Name: Dark chocolate with crème or mint fondant centre

Sub-sample Number: 47.1 - 47.3

Sub-sample Name: Nestle After Eight Mints

Full Product Name: Nestle After Eight Mints

Brand: Nestle

Pack size: 300g

Purchase Date: 05.03.10

Place of Purchase: 47.1 (Martin McColl Ltd, Coleman Road, Norwich), 47.2 (One Stop, Leopold Road, Norwich), 47.3 (Tesco, Harford Bridges, Norwich)

Sell by Date:

Use by Date/Best Before Date: 47.1 (11.2010), 47.2 (10.2010), 47.3 (12.2010)

Batch Number: 47.1 (93181001A 06:14), 47.2 (93031001B 05:53), 47.3 (93501001B 10:04)

Packaging: Cardboard

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 47.1 - 47.3

Sub-sample Name: Nestle After Eight Mints

**Ingredients:** Sugar, Dark Chocolate (Sugar, Cocoa Mass, Cocoa Butter, Butterfat, Emulsifier (Soya Lecithin), Flavouring), Glucose Syrup, Peppermint Oil, Citric Acid, Invertase

**Label claim(s):**

May contain traces of milk protein

**Nutrient Information:**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per sweet</b>
Energy	kJ	1759	148
Energy	kcal	418	35
Protein	g	2.5	0.2
Carbohydrate	g	72.9	6.1
Sugars	g	N/A	N/A
Starch	g	N/A	N/A
Fat	g	12.9	1.1
Saturates	g	N/A	N/A
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	N/A	N/A
Salt	g	N/A	N/A
Sodium	g	N/A	N/A

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 47

Composite Sample Name: Dark chocolate with crème or mint fondant centre

Sub-sample Number: 47.4

Sub-sample Name: Nestle After Eight Mints Bitesize

Full Product Name: Nestle After Eight Mints Bitesize

Brand: Nestle

Pack size: 2 x 60g packs

Purchase Date: 10.03.10

Place of Purchase: Norfolk News, Surry Street, Norwich

Sell by Date:

Use by Date/Best Before Date: 07.2010

Batch Number: 932110114C

Packaging: Paper

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 47.4

Sub-sample Name: Nestle After Eight Mints Bitesize

**Ingredients:** Dark Chocolate (Sugar, Cocoa Mass, Cocoa Butter, Butterfat, Emulsifier (Soya Lecithin), Flavouring), Sugar, Glucose Syrup, Peppermint Oil, Citric Acid, Invertase

### Label claim(s):

May contain traces of wheat gluten and milk protein

### Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	1937
Energy	kcal	461
Protein	g	3.6
Carbohydrate	g	66
Sugars	g	N/A
Starch	g	N/A
Fat	g	18.1
Saturates	g	N/A
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	N/A
Salt	g	N/A
Sodium	g	N/A

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 47

Composite Sample Name: Dark chocolate with crème or mint fondant centre

Sub-sample Number: 47.5

Sub-sample Name: Bendicks Bitter Mints

Full Product Name: Bendicks Bitter Mints

Brand: Bendicks

Pack size: 200g

Purchase Date: 05.03.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date:

Use by Date/Best Before Date: Sep 2010

Batch Number: 9334 13:18

Packaging: Cardboard

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 47.5

Sub-sample Name: Bendicks Bitter Mints

**Ingredients:** Sugar, Cocoa Mass, Glucose Syrup, Peppermint Oil, Emulsifier: Soya Lecithin

### Label claim(s):

Cocoa solids 95% minimum

Contains soya

May contain traces of nuts

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per chocolate
Energy	kJ	1800	330
Energy	kcal	430	80
Protein	g	4.3	0.8
Carbohydrate	g	66.3	12.1
Sugars	g	57.6	10.5
Starch	g	N/A	N/A
Fat	g	16.3	3
Saturates	g	10.5	1.9
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	5.1	0.9
Salt	g	N/A	N/A
Sodium	g	Tr	Tr

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 47

Composite Sample Name: Dark chocolate with crème or mint fondant centre

Sub-sample Number: 47.6

Sub-sample Name: Morrisons Dark Chocolate Mint Thins

Full Product Name: Morrisons Dark Chocolate Mint Thins

Brand: Morrisons

Pack size: 200g

Purchase Date: 08.03.10

Place of Purchase: Morrisons, Norwich

Sell by Date:

Use by Date/Best Before Date: 01.2011

Batch Number: L2 0027 08:36

Packaging: Cardboard

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 47.6

Sub-sample Name: Morrisons Dark Chocolate Mint Thins

**Ingredients:** Dark Chocolate (65%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (Soya Lecithins), Vanilla), Sugar, Glucose Syrup, Water, Invert Sugar Syrup, Peppermint Extract

**Label claim(s):**

Cocoa solid 50% minimum

Contains soya

Produced in a factory which uses milk, nut and peanut ingredients

Produced in the UK

**Nutrient Information:**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per 2 thins</b>
Energy	kJ	1866	373
Energy	kcal	445	89
Protein	g	4.9	1
Carbohydrate	g	64.4	12.9
Sugars	g	56.3	11.3
Starch	g	N/A	N/A
Fat	g	18.6	3.7
Saturates	g	11.5	2.3
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	7.4	1.5
Salt	g	Tr	Tr
Sodium	g	Tr	Tr

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 47

Composite Sample Name: Dark chocolate with crème or mint fondant centre

Sub-sample Number: 47.7

Sub-sample Name: Asda Dark Chocolate Mint Thins

Full Product Name: Asda Dark Chocolate Mint Thins

Brand: Asda

Pack size: 200g

Purchase Date: 08.03.10

Place of Purchase: Asda, Norwich

Sell by Date:

Use by Date/Best Before Date: 02.2011

Batch Number: L1 0041 11:36

Packaging: Cardboard

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 47.7

Sub-sample Name: Asda Dark Chocolate Mint Thins

**Ingredients:** Dark Chocolate (65%) [Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (Soya Lecithins), Vanilla], Sugar, Glucose Syrup, Invert Sugar Syrup, Peppermint Oil

### Label claim(s):

Cocoa solids 50% minimum

Contains soya

May contain traces of nuts and / or seeds

Not suitable for milk allergy sufferers

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per thin
Energy	kJ	1866	188
Energy	kcal	445	45
Protein	g	4.9	0.5
Carbohydrate	g	64.4	6.4
Sugars	g	56.3	5.6
Starch	g	N/A	N/A
Fat	g	18.6	1.9
Saturates	g	11.5	1.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	7.4	0.7
Salt	g	Tr	Tr
Sodium	g	Tr	Tr

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 47

Composite Sample Name: Dark chocolate with crème or mint fondant centre

Sub-sample Number: 47.8

Sub-sample Name: Frys Chocolate Cream

Full Product Name: Frys Chocolate Cream

Brand: Frys

Pack size: 4 x 49g

Purchase Date: 05.03.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date:

Use by Date/Best Before Date: 01.2011

Batch Number: L0049DK

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 47.8

Sub-sample Name: Frys Chocolate Cream

**Ingredients:** Fondant (53%) (Sugar, Glucose Syrup, Humectant (Glycerol), Flavourings), Chocolate (Sugar, Cocoa Mass, Cocoa Butter, Vegetable Fat, Emulsifiers (Soya Lecithin, E476), Flavourings)

### Label claim(s):

Contains soya

May contain nuts, milk and cereals

Made in the EU

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per bar
Energy	kJ	1740	855
Energy	kcal	415	205
Protein	g	2.8	1.4
Carbohydrate	g	70.8	34.7
Sugars	g	66.2	32.4
Starch	g	N/A	N/A
Fat	g	13.2	6.5
Saturates	g	7.9	3.9
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.2	0.6
Salt	g	Tr	Tr
Sodium	g	Tr	Tr

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 47

Composite Sample Name: Dark chocolate with crème or mint fondant centre

Sub-sample Number: 47.9

Sub-sample Name: Tesco Value After Dinner Mints

Full Product Name: Tesco Value After Dinner Mints

Brand: Tesco Value

Pack size: 200g

Purchase Date: 05.03.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date:

Use by Date/Best Before Date: 01.2011

Batch Number: L2 0019 17:18

Packaging: Cardboard

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 47.9

Sub-sample Name: Tesco Value After Dinner Mints

**Ingredients:** Plain Chocolate (65%), Sugar, Glucose Syrup, Invert Sugar Syrup, Peppermint Oil

Plain Chocolate contains: Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (Soya Lecithins), Flavouring

### Label claim(s):

Suitable for vegetarians

Contains soya

Plain chocolate may contain milk

Cannot guarantee nut free

Cocoa solids 50 % minimum

Produced in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving 2 mints (20g)
Energy	kJ	1889	378
Energy	kcal	450	90
Protein	g	5.1	1
Carbohydrate	g	64.9	13
Sugars	g	51.3	10.3
Starch	g	N/A	N/A
Fat	g	18.9	3.8
Saturates	g	11.4	2.3
Monounsaturates	g	5.8	1.2
Polyunsaturates	g	0.8	0.2
Fibre	g	5	1
Salt	g	N/A	Tr
Sodium	g	Tr	Tr

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 47

Composite Sample Name: Dark chocolate with crème or mint fondant centre

Sub-sample Number: 47.10

Sub-sample Name: Thorntons Dark Chocolate Peppermint Cremes

Full Product Name: Thorntons Dark Chocolate Peppermint Cremes

Brand: Thorntons

Pack size: 125g

Purchase Date: 10.03.10

Place of Purchase: Thorntons, Gentlemans Walk, Norwich

Sell by Date:

Use by Date/Best Before Date: 31.08.10

Batch Number: K0060 11:52

Packaging: Plastic and foil

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 47.10

Sub-sample Name: Thorntons Dark Chocolate Peppermint Cremes

**Ingredients:** Sugar, Cocoa Mass, Glucose Syrup, Water, Cocoa Butter, Fat Reduced Cocoa Powder, Emulsifier (Soya Lecithin), Dextrose, Natural Peppermint Flavouring, Dried Free Range Egg White, Milk Protein

### Label claim(s):

Cocoa solids 60% minimum

Contains milk, soya and egg

May contain nut traces

Suitable for vegetarians

Gluten-free recipe

Made in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per chocolate
Energy	kJ	1816	168
Energy	kcal	432	40
Protein	g	3.1	0.3
Carbohydrate	g	70.4	6.5
Sugars	g	N/A	N/A
Starch	g	N/A	N/A
Fat	g	14.2	1.3
Saturates	g	N/A	N/A
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	N/A	N/A
Salt	g	N/A	N/A
Sodium	g	N/A	N/A

Sample 48: Mars bar (and own brand equivalents)

Composite Sample Number:	48
Composite Sample Name:	Mars bar (and own brand equivalents)
Sub-sample Number:	48.1 - 48.8
Sub-sample Name:	Mars Bars
Brand:	Mars
Pack size:	48.1 & 48.6 (9 standard (58g) bars (522g)), 48.2, 48.3, 48.4 (5 standard (58g) bars (290g)), 48.5 (3 standard (58g) bars (174g)), 48.7 & 48.8 (standard bar 58g)
Purchase Date:	48.1, 48.2, 48.3, 48.4 (27.01.2012), 48.5, 48.6, 48.7, 48.8 (30.01.2012),
Place of Purchase:	48.1, 48.2, 48.3 (Sainsbury's, Longwater, Norwich), 48.4 (Asda, Norwich), 48.5 (Iceland, Norwich), 48.6 (Morrisons, Norwich), 48.7 & 48.8 (Tesco, Blue Boar Lane, Norwich)
Display Until Date:	
Best Before Date:	48.1 (16 Sept 2012), 48.2, 48.3 (09 Sept 2012), 48.4 (07 Oct 2012), 48.5 (06 May 2012), 48.6 (12 Aug 2012), 48.7, 48.8 (08 Jul 2012)
Batch Number:	48.1 (UB1 #03), 48.2 (UG1 #U), 48.3 (UF2 #U), 48.4 (UA2 #03), 48.5 (134E11SG11 M8), 48.6 (#3 146E2SL000), 48.7 (#10 141 D2SL000), 48.8 (#10 141 E2SL000)
Packaging:	Plastic
Sample Condition As Purchased:	Ambient
Post Purchase Storage:	Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 48.1 - 48.8

Sub-sample Name: Mars Bars

**Ingredients:** Sugar, glucose syrup, skimmed milk powder, cocoa butter, cocoa mass, sunflower oil, lactose, milk fat, vegetable fat, whey powder, fat reduced cocoa, barley malt extract, emulsifier (soya lecithin), salt, egg white powder, hydrolysed milk protein, natural vanilla extract. (Traces:peanut).

### Label claim(s):

Milk chocolate contains milk solids 14% minimum

Milk chocolate contains vegetable fats in addition to cocoa butter

Milk chocolate with soft nougat (32%) and caramel centre (27%)

45% less saturated fat than the average of the top 25 chocolate brands

Free from artificial colours, flavours and preservatives

Made in Slough, UK

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount per bar (58g)
Energy	kJ	1888	1095
Energy	kcal	449	260
Protein	g	4.3	2.5
Carbohydrate	g	68.9	40.0
Sugars	g	59.7	34.6
Starch	g	N/A	N/A
Fat	g	17.1	9.9
Saturates	g	8.3	4.8
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.2	0.7
Sodium	g	0.16	0.09
Salt	g	0.41	0.23

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 48

Composite Sample Name: Mars bar (and own brand equivalents)

Sub-sample Number: 48.9 - 48.11

Sub-sample Name: Snacksized Mars Bars

Brand: Mars

Pack size: 48.9, 48.10, 48.11 (10 Snacksized bars (36.5g) 365g total)

Purchase Date: 48.9 & 48.10 (27.01.2012), 48.11 (30.01.2012)

Place of Purchase: 48.9 (Sainsbury's, Longwater, Norwich), 48.10 (Asda, Norwich), 48.11 (Iceland, Norwich)

Display Until Date:

Best Before Date: 48.9 (09 Sept 2012), 48.10 & 48.11 (16 Sept 2012)

Batch Number: 48.9 (#02 09-09-12 UF2), 48.10 (#02 16-09-12 UA1), 48.11 (#02 16-09-12 UA2)

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 48.9 - 48.11

Sub-sample Name: Snacksize Mars Bars

**Ingredients:** Sugar, glucose syrup, skimmed milk powder, cocoa butter, cocoa mass, sunflower oil, lactose, milk fat, vegetable fat, whey powder, fat reduced cocoa, barley malt extract, emulsifier (soya lecithin), salt, egg white powder, hydrolysed milk protein, natural vanilla extract. (Traces:peanut).

### Label claim(s):

Milk chocolate contains milk solids 14% minimum

Milk chocolate contains vegetable fats in addition to cocoa butter

Milk chocolate with soft nougat (32%) and caramel centre (27%)

45% less saturated fat than the average of the top 25 chocolate brands

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount per bar (36.5g)
Energy	kJ	1888	689
Energy	kcal	449	164
Protein	g	4.3	1.6
Carbohydrate	g	68.9	25.1
Sugars	g	59.7	21.8
Starch	g	N/A	N/A
Fat	g	17.1	6.2
Saturates	g	8.3	3.0
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.2	0.4
Sodium	g	0.16	0.06
Salt	g	0.41	0.15

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 48

Composite Sample Name: Mars bar (and own brand equivalents)

Sub-sample Number: 48.12 - 48.14

Sub-sample Name: Funsized Mars Bars

Brand: Mars

Pack size: 48.12 & 48.14 (16 Funsized bars (18) 288g total), 48.13 (397.5g Funsized Variety)

Purchase Date: 48.12, 48.13, 48.14 (27.01.2012)

Place of Purchase: 48.12 & 48.13 (Sainsbury's, Longwater, Norwich), 48.14 (Asda, Norwich)

Display Until Date:

Best Before Date: 48.12 (08 July 2012), 48.13 & 48.14 (20 May 2012)

Batch Number: 48.12 (141 D2 NLD 0413), 48.13 (148E41GM01), 48.14 (134 G3 NLD 0412)

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 48.12 - 48.14

Sub-sample Name: Funsized Mars Bars

**Ingredients:** Sugar, glucose syrup, cocoa butter, full cream milk powder, cocoa mass, sunflower oil, lactose, skimmed milk powder, whey powder, fat reduced cocoa, milk fat, barley malt extract, salt, emulsifier (soya lecithin), egg white powder, vegetable fat, hydrolysed milk protein, natural vanilla extract. (Traces:peanut).

### Label claim(s):

Milk chocolate contains milk solids 14% minimum

Milk chocolate (36%) with soft nougat (34%) and caramel centre (29%)

45% less saturated fat than the average of the top 25 chocolate brands

Free from artificial colours, flavours & preservatives

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount per bar (18g)
Energy	kJ	1858	334
Energy	kcal	442	80
Protein	g	3.6	0.6
Carbohydrate	g	70.9	12.8
Sugars	g	64.4	11.6
Starch	g	N/A	N/A
Fat	g	15.7	2.8
Saturates	g	7.5	1.3
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.1	0.2
Sodium	g	0.18	0.03
Salt	g	0.45	0.08

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 48  
Composite Sample Name: Mars bar (and own brand equivalents)  
Sub-sample Number: 48.15  
Sub-sample Name: Tesco Crazy Caramel  
Brand: Tesco  
Pack size: 8x40g bars, 320g  
Purchase Date: 30.01.2012  
Place of Purchase: Tesco, Blue Boar Lane, Norwich  
Display Until Date:  
Best Before Date: Sept 2012  
Batch Number: L414946  
Packaging: Plastic  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: Ambient



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 48.15

Sub-sample Name: Tesco Crazy Caramel

**Ingredients:** **Milk chocolate:** sugar, cocoa butter, dried whole milk, cocoa mass, milk sugar, whey powder, dried cream, emulsifier (soya lecithins), salt, vanilla extract. **Nougat filling:** sugar, glucose syrup, vegetable fat, fat reduced cocoa powder, dried skimmed milk, caramelised sugar syrup, barley malt extract, dried egg white, salt, vanilla extract. **Caramel filling:** glucose syrup, vegetable fat, condensed skimmed milk, sugar, humectant (sorbitol syrup), caramelised sugar syrup, salt, barley malt extract, emulsifier (soya lecithins), vanilla extract, natural flavouring.

### Label claim(s):

Milk chocolate (40%) nougat filling (32%) caramel filling (28%)  
No artificial flavours or colours

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount per bar (40g)
Energy	kJ	1935	775
Energy	kcal	460	185
Protein	g	4.1	1.6
Carbohydrate	g	68.4	27.4
Sugars	g	58.6	23.4
Starch	g	N/A	N/A
Fat	g	18.9	7.6
Saturates	g	11.7	4.7
Monounsaturates	g	6.2	2.5
Polyunsaturates	g	0.9	0.4
Fibre	g	1.4	0.6
Sodium	g	0.2	0.1
Salt equivalent	g	0.6	0.2

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 48  
Composite Sample Name: Mars bar (and own brand equivalents)  
Sub-sample Number: 48.16  
Sub-sample Name: Asda Caramel Bites  
Brand: Asda, chosen by you  
Pack size: 14 bites, 280g  
Purchase Date: 27.01.2012  
Place of Purchase: Asda, Norwich  
Display Until Date:  
Best Before Date: 13 Oct 2012  
Batch Number: L414192  
Packaging: Plastic  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 48.16

Sub-sample Name: Asda Caramel Bites

**Ingredients: Milk chocolate:** sugar, cocoa butter, whole milk powder, cocoa mass, lactose (milk), whey powder (milk), cream powder, emulsifier (soya lecithins), salt, vanilla extract.

**Nougat filling:** sugar, glucose syrup, vegetable fat, fat reduced cocoa powder, skimmed milk powder, caramelised sugar syrup, barley malt extract, egg white powder, salt, vanilla extract.

**Caramel filling:** glucose syrup, sweetened condensed skimmed milk, vegetable fat, humectant (sorbitol syrup), caramelised sugar syrup, salt, barley malt extract, emulsifier (soya lecithins), vanilla extract, natural flavouring.

### Label claim(s):

Milk chocolate (40%) nougat filling (32%) caramel filling (28%)

No artificial colours, flavours or hydrogenated fat

Milk chocolate contains: cocoa solids 27% minimum and milk solids 14% minimum

Produced in Germany

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount per bar (40g)
Energy	kJ	1943	389
Energy	kcal	463	93
Protein	g	4.1	0.8
Carbohydrate	g	68.4	13.7
Sugars	g	58.6	11.7
Starch	g	N/A	N/A
Fat	g	18.9	3.8
Saturates	g	11.7	2.3
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.4	0.3
Sodium	g	0.22	Tr
Salt equivalent	g	0.6	0.1

### Sample 49: Maltesters (and similar products)

Composite Sample Number:	49
Composite Sample Name:	Maltesers (and similar products)
Sub-sample Number:	49.1 – 49.6
Sub-sample Name:	Maltesers
Full Product Name:	Maltesers
Brand:	Mars
Pack size:	49.1 & 49.2 (135g pouch), 49.3 (4 x 37g bags), 49.4 (230g pouch), 49.5 (135g), 49.6 (120g box)
Purchase Date:	49.1 – 49.4 (05.03.10), 49.5 & 49.6 (08.03.10)
Place of Purchase:	49.1 (Martin McColl Ltd, Coleman Road), 49.2 (One Stop, Leopold Road, Norwich), 49.3 & 49.4 (Tesco, Harford Bridges, Norwich), 49.5 & 49.6 (Asda, Norwich)
Sell by Date:	
Use by Date/Best Before Date:	49.1 (29.08.10), 49.2 (18.07.10), 49.3 (22.08.10), 49.5 (05.09.10), 49.6 (12.09.10)
Batch Number:	49.1 (UC1 10:41 Z), 49.2 (UD1 15:57 Z), 49.3 (005B11GM00), 49.4 (V29081OUB2 #1), 49.5 (UF2 05:46 Z), 49.6 (UF2)
Packaging:	49.1 – 49.5 (plastic), 49.6 (Cardboard)
Sample Condition As Purchased:	Ambient
Post Purchase Storage:	Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 49.1 – 49.6

Sub-sample Name: Maltesers

**Ingredients:** Sugar, Skimmed Milk Powder, Cocoa Butter, Glucose Syrup, Barley Malt Extract, Vegetable Fat, Cocoa Mass, Lactose, Whey Powder, Milk Fat, Wheat Flour, Emulsifiers (Soya Lecithin, E492), Raising Agents (Monocalcium Phosphate, Sodium Hydrogen Carbonate, Potassium Hydrogen Carbonate), Gelling Agent (Pectin), Salt, Natural Vanilla Extract

### 120g box

Sugar, Skimmed Milk Powder, Cocoa Butter, Glucose Syrup, Barley Malt Extract, Vegetable Fat, Cocoa Mass, Lactose, Whey Powder, Milk Fat, Wheat Flour, Emulsifiers (Soya Lecithin, E492), Raising Agents (E341, E500, E501), Gelling Agent (Pectin), Salt, Natural Vanilla Extract

### Label claim(s):

Chocolates with crisp, light honeycombed centres (23%)

Milk solids 14% minimum

Suitable for vegetarians

### Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	2113
Energy	kcal	505
Protein	g	8
Carbohydrate	g	61.8
Sugars	g	53.2
Starch	g	N/A
Fat	g	25
Saturates	g	15.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.1
Salt	g	0.38
Sodium	g	0.15

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

**37g bags**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per bag (37g)</b>
Energy	kJ	2113	782
Energy	kcal	505	187
Protein	g	8	3
Carbohydrate	g	61.8	22.9
Sugars	g	53.2	19.7
Starch	g	N/A	N/A
Fat	g	25	9.3
Saturates	g	15.1	5.6
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.1	0.4
Salt	g	0.38	0.15
Sodium	g	0.15	0.06

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 49

Composite Sample Name: Maltesers (and similar products)

Sub-sample Number: 49.7

Sub-sample Name: White Maltesers

Full Product Name: White Maltesers

Brand: Mars

Pack size: 130g

Purchase Date: 05.03.10

Place of Purchase: Martin McColl Ltd, Coleman Road, Norwich

Sell by Date:

Use by Date/Best Before Date: 08.08.10

Batch Number: 001 CZ NLD 0803

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 49.7

Sub-sample Name: White Maltesers

**Ingredients:** Sugar, Cocoa Butter, Full Cream, Milk Powder, Skimmed Milk Powder, Glucose Syrup, Barley Malt Extract, Vegetable Fat, Wheat Flour, Raising Agents (Monocalcium Phosphate, Sodium Hydrogen Carbonate, Potassium Hydrogen Carbonate), Emulsifier (Soya Lecithin), Whey Powder, Gelling Agent (Pectin), Natural Vanilla Extract, Salt

### Label claim(s):

Milk solids 14% minimum

### Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	2106
Energy	kcal	502
Protein	g	8.3
Carbohydrate	g	63.6
Sugars	g	55.5
Starch	g	N/A
Fat	g	23.9
Saturates	g	15.4
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.1
Salt	g	0.38
Sodium	g	0.15



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 49

Composite Sample Name: Maltesers (and similar products)

Sub-sample Number: 49.8 & 49.9

Sub-sample Name: Tesco Milk Chocolate Crunchy Malty Balls

Full Product Name: Tesco Milk Chocolate Crunchy Malty Balls

Brand: Tesco

Pack size: 135g

Purchase Date: 49.8 (05.03.10), 49.9 (10.03.10)

Place of Purchase: 49.8 (Tesco, Harford Bridges, Norwich), 49.9 (Tesco Extra, Norwich)

Sell by Date:

Use by Date/Best Before Date: 01.2011

Batch Number: 49.8 (L501810 15:34), 49.9 (L501910 16:05)

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 49.8 & 49.9

Sub-sample Name: Tesco Milk Chocolate Crunchy Malty Balls

**Ingredients:** Milk Chocolate, Malt Balls (33%), Glazing Agents (Acacia, Shellac)

Milk Chocolate contains: Sugar, Dried Whole Milk, Cocoa Butter, Cocoa Mass, Vegetable Oil, Emulsifier (Soya Lecithins), Natural Flavouring

Malt Balls contains: Glucose Syrup, Whey Powder, Sugar, Wheat Flour, Milk, Malt Extract, Coconut Oil, Emulsifier (Glyceryl Monostearate), Raising Agent (Sodium Bicarbonate), Salt

### Label claim(s):

No artificial colours or flavours

Contains milk, wheat, gluten and soya

Cannot guarantee nut free

Suitable for vegetarians

Cocoa solids 25% minimum

Milk solids 14% minimum

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving ¼ bag (32.5g)
Energy	kJ	1995	648
Energy	kcal	475	154
Protein	g	4.5	1.5
Carbohydrate	g	70	22.8
Sugars	g	55.5	18
Starch	g	N/A	N/A
Fat	g	19.6	6.4
Saturates	g	11.8	3.8
Monounsaturates	g	6.6	2.1
Polyunsaturates	g	0.9	0.3
Fibre	g	1.6	0.5
Salt	g	0.3	0.1
Sodium	g	0.1	0.03

Sample 50: Milk chocolate covered caramel and biscuit fingers

Composite Sample Number: 50

Composite Sample Name: Milk chocolate covered caramel and biscuit fingers

Sub-sample Number: 50.1 & 50.2

Sub-sample Name: Twix (twin bars)

Full Product Name: Twix (twin bars)

Brand: Mars

Pack size: 50.1 (2 x 58g individual), 50.2 (5 x 58g pack)

Purchase Date: 50.1 (05.03.10), 50.2 (08.03.10)

Place of Purchase: 50.1 (Nisa, Parmenter Road, Norwich), 50.2 (Asda, Norwich)

Sell by Date:

Use by Date/Best Before Date: 50.1 (27.06.10), 50.2 (12.09.10)

Batch Number: 50.1 (948G3 NLD0503), 50.2 (006AINLD0505)

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 50.1 & 50.2

Sub-sample Name: Twix (twin bars)

### Ingredients:

#### 5 x 58g pack

Sugar, Glucose Syrup, Wheat Flour, Vegetable Fat, Skimmed Milk Powder, Cocoa Butter, Cocoa Mass, Milk Fat, Demineralised Whey Powder, Lactose, Fat Reduced Cocoa, Salt, Emulsifier (Soya Lecithin), Raising Agent (Sodium Hydrogen Carbonate), Natural Vanilla Extract

#### Individual bar

Sugar, Glucose Syrup, Wheat Flour, Vegetable Fat, Skimmed Milk Powder, Cocoa Butter, Cocoa Mass, Lactose, Milk Fat, Whey Powder, Fat Reduced Cocoa, Salt, Emulsifier (Soya Lecithin), Raising Agent (E500), Natural Vanilla Extract

### Label claim(s):

No artificial colours, flavours or preservatives

Traces of hazelnut and almond

Milk chocolate (35%) covered caramel (32%) and biscuit

### Nutrient Information:

#### 5 x 58g pack

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per piece (29g)
Energy	kJ	2054	596
Energy	kcal	490	142
Protein	g	4.7	1.4
Carbohydrate	g	64.5	19
Sugars	g	49.2	14.3
Starch	g	N/A	N/A
Fat	g	23.7	6.9
Saturates	g	13.5	3.9
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.5	0.4
Salt	g	0.43	0.13
Sodium	g	0.17	0.05

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

**Individual 58g**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per piece</b>
Energy	kJ	2054	596
Energy	kcal	490	142
Protein	g	4.7	1.4
Carbohydrate	g	64.5	19
Sugars	g	49.2	14.3
Starch	g	N/A	N/A
Fat	g	23.7	6.9
Saturates	g	13.5	3.9
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.5	0.4
Salt	g	0.43	0.13
Sodium	g	0.17	0.05

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 50

Composite Sample Name: Milk chocolate covered caramel and biscuit fingers

Sub-sample Number: 50.3 & 50.4

Sub-sample Name: Twix Biscuit Fingers

Full Product Name: Twix Biscuit Fingers

Brand: Mars

Pack size: 9 x 23g packs

Purchase Date: 05.03.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date:

Use by Date/Best Before Date: 19.09.10

Batch Number: 50.3 (007 F3 NLD0702), 50.4 (007 F3 NLD0705)

Packaging: Cardboard and plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 50.3 & 50.4

Sub-sample Name: Twix Biscuit Fingers

**Ingredients:** Sugar, Glucose Syrup, Wheat Flour, Vegetable Fat, Skimmed Milk Powder, Cocoa Butter, Cocoa Mass, Lactose, Milk Fat, Whey Powder, Fat Reduced Cocoa, Salt, Emulsifier (Soya Lecithin), Raising Agent (E500), Natural Vanilla Extract

### Label claim(s):

Traces of hazelnut and almond

No artificial colours, flavours or artificial preservatives

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per bar (23g)
Energy	kJ	2054	472
Energy	kcal	490	113
Protein	g	4.7	1.1
Carbohydrate	g	64.5	14.8
Sugars	g	49.2	11.3
Starch	g	N/A	N/A
Fat	g	23.7	5.5
Saturates	g	13.5	3.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.5	0.3
Salt	g	0.43	0.1
Sodium	g	0.17	0.04

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 50

Composite Sample Name: Milk chocolate covered caramel and biscuit fingers

Sub-sample Number: 50.5

Sub-sample Name: Twix Funsized

Full Product Name: Twix Funsized

Brand: Mars

Pack size: 320g

Purchase Date: 05.03.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date:

Use by Date/Best Before Date: 08.08.10

Batch Number: G E311

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 50.5

Sub-sample Name: Twix Funsized

**Ingredients:** Sugar, Glucose Syrup, Wheat Flour, Vegetable Fat, Skimmed Milk Powder, Cocoa Butter, Cocoa Mass, Lactose, Milk Fat, Whey Powder, Fat Reduced Cocoa, Salt, Emulsifier (Soya Lecithin), Raising Agent (Sodium Hydrogen Carbonate), Natural Vanilla Extract

### Label claim(s):

Traces of hazelnut and almond

No artificial colours, flavours or preservatives

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per bar (20g)
Energy	kJ	2054	411
Energy	kcal	490	98
Protein	g	4.7	0.9
Carbohydrate	g	64.5	12.9
Sugars	g	49.2	9.8
Starch	g	N/A	N/A
Fat	g	23.7	4.7
Saturates	g	13.5	2.7
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.5	0.3
Salt	g	0.43	0.08
Sodium	g	0.17	0.03

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 50

Composite Sample Name: Milk chocolate covered caramel and biscuit fingers

Sub-sample Number: 50.6

Sub-sample Name: Mister Choc Caramel Biscuit

Full Product Name: Mister Choc Caramel Biscuit

Brand: Mister Choc

Pack size: 8 x 2 x 29g = 464g

Purchase Date: 08.03.10

Place of Purchase: Lidl, Norwich

Sell by Date:

Use by Date/Best Before Date: 02.2011

Batch Number: L500375

Packaging: Plastic and cardboard

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 50.6

Sub-sample Name: Mister Choc Caramel Biscuit

**Ingredients:** Sugar, Wheat Flour, Vegetable Oils, Skimmed Condensed Milk, Glucose Syrup, Cocoa Butter, Whole Milk Powder, Cocoa Mass, Humectant: Sorbitol Syrup; Lactose, Fat Reduced Cocoa Powder, Emulsifier: Soya Lecithin; Salt, Raising Agent: Sodium Carbonate; Flavouring

### Label claim(s):

Biscuit (31%) and caramel (33%) covered in milk chocolate (36%)

Cocoa: 27% minimum

Milk solids: 14% minimum

May contain traces of peanuts, other nuts and egg

### Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	1955
Energy	kcal	467
Protein	g	4.6
Carbohydrate	g	56
Sugars	g	N/A
Starch	g	N/A
Fat	g	25
Saturates	g	N/A
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	N/A
Salt	g	N/A
Sodium	g	N/A

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 50

Composite Sample Name: Milk chocolate covered caramel and biscuit fingers

Sub-sample Number: 50.7

Sub-sample Name: Sainsbury's 7 Toffee Biscuit Chocolate Bars

Full Product Name: Sainsbury's 7 Toffee Biscuit Chocolate Bars

Brand: Sainsbury's

Pack size: 7 x 40g (280g)

Purchase Date: 08.03.10

Place of Purchase: Sainsbury's, Norwich

Sell by Date:

Use by Date/Best Before Date: 02.02.11

Batch Number: N/A

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 50.7

Sub-sample Name: Sainsbury's 7 Toffee Biscuit Chocolate Bars

**Ingredients:** Milk Chocolate; Caramel (34%); Biscuit (31%)

Milk Chocolate contains: Sugar, Cocoa Butter, Skimmed Milk Powder (from Cows' Milk), Cocoa Mass, Lactose (from Cows' Milk), Whey Powder (from Cows' Milk), Butter Oil (from Cows' Milk), Emulsifiers: Soya Lecithin, Polyglycerol Polyricinoleate; Natural Flavouring: Vanilla

Caramel contains: Glucose-Fructose Syrup, Palm Oil, Sugar, Skimmed Milk Powder (from Cows' Milk), Whey Powder (from Cows' Milk), Butter Oil (from Cows' Milk), Salt, Emulsifier: Soya Lecithin; Natural Flavouring: Vanilla

Biscuit contains: Wheat Flour, Palm Oil, Sugar, Skimmed Milk Powder (from Cows' Milk), Fat Reduced Cocoa Powder, Salt, Raising Agent: Sodium Hydrogen Carbonate

**Label claim(s):**

Cocoa solids 27% minimum

Milk solids 14% minimum

Vegetarian

Contains milk, wheat gluten & soya

Not suitable for peanut, nut, egg or barley allergy sufferers due to the methods used in the manufacture of this product

Produced and packed in Spain

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

### Nutrient Information:

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per bar</b>
Energy	kJ	2061	824
Energy	kcal	492	197
Protein	g	5	2
Carbohydrate	g	64	25.6
Sugars	g	47	18.8
Starch	g	12	4.8
Fat	g	24	9.6
Saturates	g	14	5.6
Monounsaturates	g	8.5	3.4
Polyunsaturates	g	1.5	0.6
Fibre	g	1.7	0.7
Salt	g	0.4	0.16
Sodium	g	0.16	0.06

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 50

Composite Sample Name: Milk chocolate covered caramel and biscuit fingers

Sub-sample Number: 50.8

Sub-sample Name: Asda Bickey Bites

Full Product Name: Asda Bickey Bites

Brand: Asda

Pack size: 315g

Purchase Date: 08.03.10

Place of Purchase: Asda, Norwich

Sell by Date:

Use by Date/Best Before Date: 02.2011

Batch Number: L200563

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 50.8

Sub-sample Name: Asda Bickey Bites

**Ingredients:** Milk Chocolate (36%) [Sugar, Cocoa Butter, Whole Milk Powder, Cocoa Mass, Lactose (Milk), Emulsifier (Soya Lecithins) , Natural Flavouring] , Caramel Filling (33%) [Sweetened Condensed Skimmed Milk [Condensed Milk, Sugar], Glucose Syrup, Vegetable Oil, Humectant (Sorbitol Syrup)] , Biscuit (31%) [Wheat Flour, Vegetable Oil, Sugar, Fat Reduced Cocoa Powder, Salt, Raising Agent (Sodium Bicarbonate), Emulsifier (Soya Lecithins)]

### Label claim(s):

Produced in Germany

Cocoa solids 27% minimum

Milk solids 14% minimum

Contains gluten, milk, wheat and soya

May contain traces of nuts and / or seeds

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per bar
Energy	kJ	2029	417
Energy	kcal	484	100
Protein	g	5.3	1.1
Carbohydrate	g	64	13
Sugars	g	44	9.2
Starch	g	N/A	N/A
Fat	g	23	4.8
Saturates	g	14	2.9
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.5	0.3
Salt	g	0.5	0.1
Sodium	g	0.2	Tr



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 50

Composite Sample Name: Milk chocolate covered caramel and biscuit fingers

Sub-sample Number: 50.9

Sub-sample Name: Nestle Munchies

Full Product Name: Nestle Munchies

Brand: Nestle

Pack size: 150g pouch

Purchase Date: 05.03.10

Place of Purchase: Martin McColl Ltd, Coleman Road, Norwich

Sell by Date:

Use by Date/Best Before Date: 30.04.10

Batch Number: 92500945 09:42

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 50.9

Sub-sample Name: Nestle Munchies

**Ingredients:** Milk Chocolate (Sugar, Cocoa Butter, Dried Skimmed Milk, Cocoa Mass, Whey Powder, Butterfat, Emulsifiers (Soya Lecithin, E476), Flavouring), Glucose-Fructose Syrup, Wheat flour, Sugar, Sweetened Condensed Skimmed Milk, Hydrogenated Vegetable Oil, Vegetable Fat, Barley Malt Extract, Salt, Raising Agents (Sodium Bicarbonate, Ammonium Bicarbonate), Flavouring

### Label claim(s):

Milk chocolates with soft caramel (24%) and crisp biscuit centre (9%)

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per ¼ bag
Energy	kJ	2071	784
Energy	kcal	494	187
Protein	g	5.8	2.2
Carbohydrate	g	63	23.9
Sugars	g	56	21.2
Starch	g	N/A	N/A
Fat	g	24.2	9.2
Saturates	g	14.6	5.5
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.6	0.6
Salt	g	0.6	0.2
Sodium	g	0.2	0.1

Sample 51: Chocolate-covered bar with caramel and cereal

Composite Sample Number: 51

Composite Sample Name: Chocolate-covered bar with caramel and cereal

Sub-sample Number: 51.1

Sub-sample Name: Nestle Toffee Crisp (biscuit)

Full Product Name: Nestle Toffee Crisp (biscuit)

Brand: Nestle

Pack size: 7 bars (294g)

Purchase Date: 05.03.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date:

Use by Date/Best Before Date: 10.2010

Batch Number: 00091001 00:47

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 51.1

Sub-sample Name: Nestle Toffee Crisp (biscuit)

**Ingredients:** Milk Chocolate (Sugar, Dried Whole Milk, Cocoa Butter, Cocoa Mass, Whey Powder, Vegetable Fat, Emulsifier (Soya Lecithin), Butterfat, Flavouring), Vegetable Fat, Sugar, Glucose Syrup, Rice Flour, Whey Powder, Sweetened Condensed Skimmed Milk, Wheat Flour, Fat-Reduced Cocoa Powder, Malted Wheat, Barley Malt Extract, Salt, Glucose-Fructose Syrup, Raising Agents (Sodium Bicarbonate, Calcium Carbonate), Flavourings, Emulsifiers (Soya Lecithin, E471), Cocoa Mass, Iron, Vitamins (B3, B5, D, B6, B2, Folic Acid, B1, B12), Dried Whole Milk, Cocoa Butter, Yeast, Dried Skimmed Milk, Lactose, Butterfat

### Label claim(s):

No artificial colours, sweeteners or preservatives

No hydrogenated fat

Suitable for vegetarians

No nuts or eggs

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per bar
Energy	kJ	2156	414
Energy	kcal	515	99
Protein	g	3.9	0.8
Carbohydrate	g	63	12.1
Sugars	g	48.2	9.2
Starch	g	N/A	N/A
Fat	g	27.1	5.2
Saturates	g	17.5	3.4
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.4	0.3
Salt	g	0.4	0.1
Sodium	g	0.1	Tr

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 51

Composite Sample Name: Chocolate-covered bar with caramel and cereal

Sub-sample Number: 51.2

Sub-sample Name: Nestle Toffee Crisp (snack size)

Full Product Name: Nestle Toffee Crisp (snack size)

Brand: Nestle

Pack size: 10 bars

Purchase Date: 05.03.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date:

Use by Date/Best Before Date: 09.2010

Batch Number: 93411001 00:53

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 51.2

Sub-sample Name: Nestle Toffee Crisp (snack size)

**Ingredients:** Milk Chocolate (Sugar, Dried Whole Milk, Cocoa Butter, Cocoa Mass, Whey Powder, Vegetable Fat, Emulsifier (Soya Lecithin), Butterfat, Flavouring), Vegetable Fat, Sugar, Glucose Syrup, Rice Flour, Whey Powder, Sweetened Condensed Skimmed Milk, Fat-Reduced Cocoa Powder, Salt, Wheat Flour, Glucose-Fructose Syrup, Barley Malt Extract, Flavourings, Emulsifiers (Soya Lecithin, E471), Cocoa Mass, Vitamins (B3, B5, D, B6, B2, Folic Acid, B1, B12), Iron, Dried Whole Milk, Cocoa Butter, Raising Agents (Sodium Bicarbonate, Calcium Carbonate), Malted Wheat, Yeast, Dried Skimmed Milk, Lactose, Butterfat

### Label claim(s):

Toffee crisp contains toffee (18%) and crisped cereal (11%)

Milk solids 14%

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per bar (30g)
Energy	kJ	2171	651
Energy	kcal	519	156
Protein	g	3.7	1.1
Carbohydrate	g	62.8	18.9
Sugars	g	48	14.4
Starch	g	N/A	N/A
Fat	g	27.6	8.3
Saturates	g	18	5.4
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.4	0.4
Salt	g	0.3	0.1
Sodium	g	0.1	Tr

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 51

Composite Sample Name: Chocolate-covered bar with caramel and cereal

Sub-sample Number: 51.3

Sub-sample Name: Nestle Toffee Crisp (individual)

Full Product Name: Nestle Toffee Crisp (individual)

Brand: Nestle

Pack size: 44g

Purchase Date: 05.03.10

Place of Purchase: Nisa, Parmenter Road, Norwich

Sell by Date:

Use by Date/Best Before Date: 01.04.10

Batch Number: 12:12 920910013

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 51.3

Sub-sample Name: Nestle Toffee Crisp (individual)

**Ingredients:** Milk Chocolate (Sugar, Dried Whole Milk, Cocoa Butter, Cocoa Mass, Whey Powder, Vegetable Fat, Emulsifier (Soya Lecithin), Butterfat, Flavouring), Vegetable Fat, Sugar, Glucose Syrup, Rice Flour, Whey Powder, Sweetened Condensed Skimmed Milk, Fat-Reduced Cocoa Powder, Salt, Wheat Flour, Glucose-fructose Syrup, Barley Malt Extract, Flavourings, Emulsifiers (Soya Lecithin, E471), Cocoa Mass, Vitamins (B3, B5, D, B6, B2, Folic Acid, B1, B12), Iron, Dried Whole Milk, Cocoa Butter, Raising Agent (Sodium Bicarbonate, Calcium Carbonate), Malted Wheat, Yeast, Dried Skimmed Milk, Lactose, Butterfat.

**Label claim(s): No information**

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per bar (44g)
Energy	kJ	2171	955
Energy	kcal	519	228
Protein	g	3.7	1.6
Carbohydrate	g	62.8	27.7
Sugars	g	N/A	N/A
Starch	g	N/A	N/A
Fat	g	27.6	12.2
Saturates	g	N/A	N/A
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	N/A	N/A
Salt	g	N/A	N/A
Sodium	g	N/A	N/A



**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 51

Composite Sample Name: Chocolate-covered bar with caramel and cereal

Sub-sample Number: 51.4

Sub-sample Name: Nestle Toffee Crisp Clusters

Full Product Name: Nestle Toffee Crisp Clusters

Brand: Nestle

Pack size: 150g

Purchase Date: 05.03.10

Place of Purchase: One Stop, Leopold Road, Norwich

Sell by Date:

Use by Date/Best Before Date: 06.2010

Batch Number: 11:55 L9267 0734

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 51.4

Sub-sample Name: Nestle Toffee Crisp Clusters

**Ingredients:** Sugar, Caramel Pieces [Glucose Syrup, Sweetened Condensed Skimmed Milk, Vegetable Fat, Sugar, Water, Fondant (Sugar, Glucose Syrup), Cornflour, Humectant (Glycerol), Salt, Emulsifier (Mono- and Di-glycerides of fatty acids), Flavouring], Cocoa Butter, Cocoa Mass, Skimmed Milk Powder, Crisped Rice [Rice, Sugar, Salt, Barley Malt Extract, Iron, Vitamins (B3, B5, B6, B2, B1, Folic Acid, D, B12)], Whey Powder, Butterfat, Emulsifiers (Soya Lecithin, Polyglycerol, Polyricinoleate), Flavouring

### Label claim(s):

Milk chocolate (75%) with crisped rice (8%) and caramel pieces (17%)

May contain traces of nuts

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per ¼ bag (37.5g)
Energy	kJ	2134	800
Energy	kcal	510	191
Protein	g	5.8	2.2
Carbohydrate	g	58.5	21.9
Sugars	g	41.8	15.7
Starch	g	N/A	N/A
Fat	g	26.9	10.1
Saturates	g	15.5	5.8
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.2	0.8
Salt	g	0.2	0.1
Sodium	g	0.1	Tr

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 51

Composite Sample Name: Chocolate-covered bar with caramel and cereal

Sub-sample Number: 51.5

Sub-sample Name: Nestle Lion Bar

Full Product Name: Nestle Lion Bar

Brand: Nestle

Pack size: 5 x 42g

Purchase Date: 08.03.10

Place of Purchase: Lidl, Norwich

Sell by Date:

Use by Date/Best Before Date: 10.2010

Batch Number: 11:16 L9335081525

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 51.5

Sub-sample Name: Nestle Lion Bar

**Ingredients:** Sugar, Glucose-fructose Syrup, Sweetened Condensed Milk, Hydrogenated Vegetable Fats, Skimmed Milk Powder, Cocoa Butter, Lactose, Crisped Cereal (5%) (Wheat Flour, Sugar, Wheat Starch, Vegetable Fat, Raising Agent: Sodium Bicarbonate, Salt, Caramelised Sugar), Cocoa Mass, Whey Powder, Butterfat, Wheat Flour, Emulsifiers (Soya Lecithin, E476), Flavourings, Stabiliser (Carrageenan), Salt, Raising Agent (Sodium Carbonate)

### Label claim(s):

Filled wafer, caramel (30%) and cereals (5%), covered in milk chocolate (41%)

May contain traces of nuts

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per bar (42g)
Energy	kJ	2047	860
Energy	kcal	489	205
Protein	g	5.4	2.3
Carbohydrate	g	64.1	26.9
Sugars	g	N/A	N/A
Starch	g	N/A	N/A
Fat	g	23.1	9.7
Saturates	g	N/A	N/A
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	N/A	N/A
Salt	g	N/A	N/A
Sodium	g	N/A	N/A

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 51

Composite Sample Name: Chocolate-covered bar with caramel and cereal

Sub-sample Number: 51.6

Sub-sample Name: Sainsbury's Caramel Crisp (taken from Sainsbury's 50 Bite Size Chocolate Bars)

Full Product Name: Sainsbury's Caramel Crisp (taken from Sainsbury's 50 Bite Size Chocolate Bars)

Brand: Sainsbury's

Pack size: 20g (Sainsbury's pack: 1.05 kg)

Purchase Date: 23.03.10

Place of Purchase: Sainsbury's, Longwater, Norwich

Sell by Date:

Use by Date/Best Before Date: 16.02.11

Batch Number:

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 51.6

Sub-sample Name: Sainsbury's Caramel Crisp (taken from Sainsbury's 50 Bite Size Chocolate Bars)

**Ingredients:** Milk Chocolate, Caramel (31%), Wafer (22%), Rice Crispies (5%)

Milk Chocolate contains: Sugar, Cocoa Butter, Skimmed Milk Powder\*, Cocoa Mass, Lactose\*, Whey Powder\*, Butter Oil\*, Emulsifiers: Soya Lecithin, Polyglycerol Polyricinoleate; Natural Flavouring: Vanilla

Caramel contains: Glucose-Fructose Syrup, Palm Oil, Sugar, Skimmed Milk Powder\*, Whey Powder\*, Butter Oil\*, Salt, Emulsifier: Soya Lecithin; Flavouring: Natural Flavouring: Vanilla

Wafer contains: Palm Oil, Sugar, Whey Powder\*, Wheat Flour, Fat Reduced Cocoa Powder, Salt, Emulsifier: Soya Lactithin

Rice Crispies contains: Rice Flour, Sugar, Barley Malt Extract, Salt

\* From Cows' Milk

### **Label claim(s):**

Cocoa solids 27%

Milk solids 14% minimum

Contains milk, wheat gluten, barley gluten and soya

Not suitable for peanut, nut or egg allergy sufferers due to the methods used in the manufacture of this product

Vegetarian

Produced and packed in Spain

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

### Nutrient Information:

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per bar (20g)</b>
Energy	kJ	2058	412
Energy	kcal	491	98
Protein	g	5	1
Carbohydrate	g	66	13.2
Sugars	g	53	10.6
Starch	g	7	1.4
Fat	g	23	4.6
Saturates	g	13	2.6
Monounsaturates	g	8	1.6
Polyunsaturates	g	1	0.2
Fibre	g	1	0.2
Salt	g	0.28	0.06
Sodium	g	0.11	0.02

Sample 52: Milky Way bars (and own brand equivalents)

Composite Sample Number:	52
Composite Sample Name:	Milky Way bars (and own brand equivalents)
Sub-sample Number:	52.1 – 52.8
Sub-sample Name:	Milky Way
Brand:	Milky Way
Pack size:	52.1, 52.2, 52.4, 52.7 (6 standard (21.9g) bars, total 131.4g), 52.3 (Asda, Norwich), 52.5 (8 standard (21.9g) bars, total 175.29), 52.6 & 52.8 (standard bar 21.9g)
Purchase Date:	52.1, 52.2, 52.3 (27.01.2012), 52.4, 52.5, 52.6, 52.7, 52.8 (30.01.2012)
Place of Purchase:	52.1, 52.2, 52.3 (Asda, Norwich), 52.4 (Morrisons, Norwich), 52.5 & 52.6 (Tesco, Blue Boar Lane, Norwich), 52.7 & 52.8 (Iceland, Norwich)
Display Until Date:	
Best Before Date:	52.1 & 52.2 (12 Aug 2012), 52.3 (29 July 2012), 52.4 (08 July 2012), 52.5 (30 Sept 2012), 52.6 (29 July 2012), 52.7 (19 Aug 2012), 52.8 (01 July 2012)
Batch Number:	52.1 (FD 24), 52.2 (FE23), 52.3 (14:19 144D2HAG 13), 52.4 (18:01 141B2HAG 6), 52.5 (FD11), 52.6 (14:19 144D2HAG 13), 52.7 (FA2 4), 52.8 (09:15 140B1HAG 8)
Packaging:	Plastic
Sample Condition As Purchased:	Ambient
Post Purchase Storage:	Ambient



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 52.1 – 52.8

Sub-sample Name: Milky Way

**Ingredients:** sugar, glucose syrup, skimmed milk powder, cocoa butter, sunflower oil, cocoa mass, milk fat, lactose, whey powder, barley malt extract, salt, emulsifier (soya lecithins), vegetable fat, egg white powder, hydrolysed milk protein, natural vanilla extract. (Traces: peanut, hazelnut, almond)

### Label claim(s):

Milk chocolate with a light whipped white centre (61%)

Free from artificial colours, flavours & preservatives

Milk chocolate contains milk solids 14% minimum

45% less saturated fat than the average of the top 25 chocolate bars

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount per bar (21.9g)
Energy	kJ	1887	N/A
Energy	kcal	449	98
Protein	g	4.0	N/A
Carbohydrate	g	71.8	N/A
Sugars	g	66.8	14.6
Starch	g	N/A	N/A
Fat	g	16.1	3.5
Saturates	g	7.7	1.7
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.6	N/A
Sodium	g	0.22	N/A
Salt	g	0.56	0.13

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 52

Composite Sample Name: Milky Way bars (and own brand equivalents)

Sub-sample Number: 52.9-52.14

Sub-sample Name: Milky Way Funsized

Brand: Milky Way

Pack size: 52.9, 52.11, 52.12, 52.13, 52.14 (15 Funsized bars (15.5g), total 248g), 52.10 (Funsized variety, total 248g)

Purchase Date: 52.9, 52.10 (27.01.2012), 52.11, 52.12, 52.13, 52.14 (30.01.2012)

Place of Purchase: 52.9, 52.10 (Sainsbury's, Longwater, Norwich), 52.11, 52.12 (Morrisons, Norwich), 52.13, 52.14 (Tesco, Blue Boar Lane, Norwich)

Display Until Date:

Best Before Date: 52.9 (08 July 2012), 52.10 (20 May 2012), 52.11 (29 April 2012), 52.12 (22 April 2012), 52.13 (10 June 2012), 52.14 (05 Aug 2012)

Batch Number: 52.9 (141 A1 NLD 0413), 52.10 (148E41GM01), 52.11 (131 A2 NLD 0414), 52.12 (130 A3 NLD 0412), 52.13 (137 B2 NLD 0411), 52.14 (145 G2 NLD 0413)

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 52.9 – 52.14

Sub-sample Name: Milky Way Funsized

**Ingredients:** sugar, glucose syrup, skimmed milk powder, cocoa butter, sunflower oil, cocoa mass, milk fat, lactose, whey powder, barley malt extract, salt, emulsifier (soya lecithins), egg white powder, vegetable fat, hydrolysed milk protein, natural vanilla extract. (Traces: peanut, hazelnut, almond)

### Label claim(s):

Milk chocolate with a light whipped white centre (62%)

Milk chocolate contains milk solids 14% minimum

45% less saturated fat than the average of the top 25 chocolate bars

Free from artificial colours, flavours & preservatives

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount per bar (15.5g)
Energy	kJ	1876	291
Energy	kcal	446	69
Protein	g	3.8	0.6
Carbohydrate	g	72.4	11.2
Sugars	g	67.2	10.4
Starch	g	N/A	N/A
Fat	g	15.5	2.4
Saturates	g	7.4	1.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.5	0.1
Sodium	g	0.23	0.04
Salt	g	0.58	0.10

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 52  
Composite Sample Name: Milky Way bars (and own brand equivalents)  
Sub-sample Number: 52.15  
Sub-sample Name: Mister Choc Candy Minis  
Brand: Mister Choc  
Pack size: 17.5g mini bars, total 350g  
Purchase Date: 30.01.2012  
Place of Purchase: Sainsbury's, Longwater, Norwich  
Display Until Date:  
Best Before Date: Nov 2012  
Batch Number: L114662  
Packaging: Plastic  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 52.15

Sub-sample Name: Mister Choc Candy Minis

**Ingredients:** sugar, glucose syrup, cocoa butter, dried whole milk, vegetable fat, cocoa mass, barley malt extract, lactose, dried skimmed milk, dried whey, dried egg white, caramelised sugar syrup, salt, dried cream, emulsifier: soya lecithins; vanilla extract.

### Label claim(s):

Lightly whipped nougat (60%) coated in thick milk chocolate (40%)

Milk chocolate contains: cocoa solids 27% minimum, milk solids 14% minimum

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount per bar (17.5g)
Energy	kJ	1897	332
Energy	kcal	451	79
Protein	g	4.0	0.7
Carbohydrate	g	72.4	12.7
Sugars	g	67.4	11.8
Starch	g	N/A	N/A
Fat	g	16.0	2.8
Saturates	g	10.0	1.8
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.8	0.1
Sodium	g	0.4	0.06
Salt equivalent	g	0.9	0.2

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 52

Composite Sample Name: Milky Way bars (and own brand equivalents)

Sub-sample Number: 52.16

Sub-sample Name: Sainsbury's Light & Whippy Chocolate bar

Brand: Sainsbury's

Pack size: 10 x 26g, total 260g

Purchase Date: 30.01.2012

Place of Purchase: Sainsbury's, Longwater, Norwich

Display Until Date:

Best Before Date: 21 Oct 2012

Batch Number: 6808849 12:10

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Sub-sample Number: 52.16

Sub-sample Name: Sainsbury's Light & Whippy Chocolate bar

**Ingredients: Nougat:** glucose-fructose syrup, sugar, palm oil, barley malt extract, skimmed milk powder\*, egg white, cocoa butter, whey powder\*, cocoa mass, salt, butteroil\*, lactose\*, milk proteins\*, fat reduced cocoa powder, emulsifiers:soya lecithin, polyglycerol polyricinoleate, flavouring.

**Milk chocolate:** sugar, cocoa butter, skimmed milk powder\*, cocoa mass, lactose\*, whey powder\*, butteroil\*, emulsifiers:soya lecithin, polyglycerol polyricinoleate; flavouring.

\*From cows milk

**Label claim(s):**

Whipped nougat (61%)

Milk chocolate contains: cocoa solids 27% minimum, milk solids 14% minimum

Produced in Spain

Flavourings used in this product are from natural sources

**Nutrient Information:**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount per bar (26g)</b>
Energy	kJ	1893	492
Energy	kcal	451	117
Protein	g	4.0	1.0
Carbohydrate	g	70.0	18.2
Sugars	g	65.0	16.9
Starch	g	4.0	1.0
Fat	g	17.0	4.4
Saturates	g	10.0	2.6
Monounsaturates	g	6.0	1.6
Polyunsaturates	g	1.0	0.3
Fibre	g	0.8	0.2
Salt	g	0.35	Tr
Sodium	g	0.14	Tr

Sample 53: Snickers bars (and own brand equivalents)

Composite Sample Number:	53
Composite Sample Name:	Snickers bars (and own brand equivalents)
Sub-sample Number:	53.1 – 53.8
Sub-sample Name:	Snickers
Brand:	Snickers
Pack size:	53.1, 53.2, 53.3, 53.8 (5 standard (58g) bars, total 290g), 53.4 (3 standard (58g) bars, total 174g), 53.5 (7 standard (58g) bars, total 406g), 53.6, 53.7 (standard bar 58g)
Purchase Date:	53.1, 53.2, 53.3 (27.01.2012), 53.4, 53.5, 53.6, 53.7, 53.8 (30.01.2012)
Place of Purchase:	53.1, 53.2, 53.3 (Sainsbury's, Longwater, Norwich), 53.4 (Iceland, Norwich), 53.5 (Morrisons, Norwich), 53.6 (Tesco, Blue Boar Lane, Norwich), 53.7 (Iceland, Norwich), 53.8 (Asda, Norwich)
Display Until Date:	
Best Before Date:	53.1 (12 Aug 2012), 53.2, 53.3, 53.4 (24 June 2012), 53.5 (08 July 2012), 53.6 (12 Aug 2012), 53.7 (06 May 2012), 53.8 (26 Aug 2012)
Batch Number:	53.1 (UG2 #1), 53.2 (#1 147G2SLO00), 53.3 (v#1 147F2SLO00), 53.4 (149D11SG01), 53.5 (UF1 #01), 53.6 (#6 202B1SLO00), 53.7 (#09 UC2), 53.8 (UG2)
Packaging:	Plastic
Sample Condition As Purchased:	Ambient
Post Purchase Storage:	Ambient



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 53.1 – 53.8

Sub-sample Name: Snickers

**Ingredients:** sugar, peanuts, glucose syrup, skimmed milk powder, cocoa butter, cocoa mass, sunflower oil, vegetable fat, lactose, whey powder, milk fat, emulsifier (soya lecithins), salt, egg white powder, natural vanilla extract, hydrolysed milk protein.

**Label claim(s):**

Milk chocolate (35%) with soft nougat (14%) and caramel centre (27%) with fresh roasted peanuts (24%)

Milk chocolate contains vegetable fats in addition to cocoa butter

Free from artificial colours, flavours & preservatives

Milk chocolate contains milk solids 14% minimum

**Nutrient Information:**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount per bar (58g)</b>
Energy	kJ	2136	1239
Energy	kcal	511	296
Protein	g	9.4	5.5
Carbohydrate	g	54.3	31.5
Sugars	g	45.2	26.2
Starch	g	N/A	N/A
Fat	g	28.2	16.4
Saturates	g	9.5	5.5
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.3	0.8
Sodium	g	0.18	0.10
Salt	g	0.46	0.25

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 53

Composite Sample Name: Snickers bars (and own brand equivalents)

Sub-sample Number: 53.9 – 53.13

Sub-sample Name: Snickers snacksize

Brand: Snickers snacksize

Pack size: 53.9, 53.10, 53.11, 53.12, 53.13 (10 snacksize (40.7g) bars, total 407g)

Purchase Date: 53.9 (27.01.2012), 53.10, 53.11, 53.12, 53.13 (30.01.2012)

Place of Purchase: 53.9 (Asda, Norwich), 53.10 (Morrisons, Norwich), 53.11, 53.13 (Tesco, Blue Boar Lane, Norwich), 53.12 (Asda, Norwich)

Display Until Date:

Best Before Date: 53.9, 53.11 (08 July 2012), 53.10 (24 June 2012), 53.12 (12 Aug 2012), 53.13 (26 Aug 2012)

Batch Number: 53.9 (#02 UG1), 53.10 (#2 147D1SLO00), 53.11, 53.13 (#02 UD1), 53.12 (#02 UB2)

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 53.9 – 53.13

Sub-sample Name: Snickers snacksize

**Ingredients:** sugar, peanuts, glucose syrup, skimmed milk powder, cocoa butter, cocoa mass, sunflower oil, vegetable fat, lactose, whey powder, milk fat, emulsifier (soya lecithins), salt, egg white powder, natural vanilla extract, hydrolysed milk protein.

### Label claim(s):

Milk chocolate (35%) with soft nougat (14%) and caramel centre (27%) with fresh roasted peanuts (24%)

Milk chocolate contains vegetable fats in addition to cocoa butter

Free from artificial colours, flavours & preservatives

Milk chocolate contains milk solids 14% minimum

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount per bar (40.7g)
Energy	kJ	2136	869
Energy	kcal	511	208
Protein	g	9.4	3.8
Carbohydrate	g	54.3	22.1
Sugars	g	45.2	18.4
Starch	g	N/A	N/A
Fat	g	28.2	11.5
Saturates	g	9.5	3.9
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.3	0.5
Sodium	g	0.18	0.07
Salt	g	0.45	0.18

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 53  
Composite Sample Name: Snickers bars (and own brand equivalents)  
Sub-sample Number: 53.14  
Sub-sample Name: Snickers funsize  
Brand: Snickers funsize  
Pack size: Funsize variety pack, total 397.5g  
Purchase Date: 27.01.2012  
Place of Purchase: Sainsbury's. Longwater, Norwich  
Display Until Date:  
Best Before Date: 20 May 2012  
Batch Number: 148E41GM01  
Packaging: Plastic  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 53.14

Sub-sample Name: Snickers funsize

**Ingredients:** sugar, peanuts, glucose syrup, skimmed milk powder, cocoa butter, cocoa mass, sunflower oil, lactose, milk fat, vegetable fat, whey powder, salt, emulsifier (soya lecithins), egg white powder, natural vanilla extract, hydrolysed milk protein.

### Label claim(s):

Milk chocolate (35%) with soft nougat (14%) and caramel centre (27%) with fresh roasted peanuts (24%)

Milk chocolate contains milk solids 14% minimum

Milk chocolate contains vegetable fats in addition to cocoa butter

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount per bar (18g)
Energy	kJ	2108	N/A
Energy	kcal	504	91
Protein	g	9.5	N/A
Carbohydrate	g	55.5	N/A
Sugars	g	47.9	8.6
Starch	g	N/A	N/A
Fat	g	26.9	4.8
Saturates	g	9.0	1.6
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.2	N/A
Sodium	g	0.23	N/A
Salt	g	0.58	0.10

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 53  
Composite Sample Name: Snickers bars (and own brand equivalents)  
Sub-sample Number: 53.15  
Sub-sample Name: Tesco Nutty Nougat Caramel  
Brand: Tesco  
Pack size: 8 (40g) bars, total 320g  
Purchase Date: 30.01.2012  
Place of Purchase: Tesco, Blue Boar Lane, Norwich  
Display Until Date:  
Best Before Date: Sept 2012  
Batch Number: L51497G  
Packaging: Plastic  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 53.15

Sub-sample Name: Tesco Nutty Nougat Caramel

**Ingredients: Milk chocolate:** sugar, cocoa butter, dried whole milk, cocoa mass, milk sugar, whey powder, dried cream, emulsifier (soya lecithins), salt, vanilla extract. **Caramel filling:** glucose syrup, vegetable fat, condensed skimmed milk, sugar, humectant (sorbitol syrup), milk sugar, natural flavouring, salt, vanilla extract. **Nougat filling:** sugar, glucose syrup, vegetable fat, barley malt extract, salt, dried egg white, dried skimmed milk, natural flavouring.

### Label claim(s):

Produced in Germany

No artificial flavours or colours

Milk chocolate (36%), caramel filling (27%), peanut (24%), nougat filling (13%)

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount per bar (40g)
Energy	kJ	2050	820
Energy	kcal	490	200
Protein	g	8.7	3.5
Carbohydrate	g	52.7	21.1
Sugars	g	47.1	18.8
Starch	g	N/A	N/A
Fat	g	27.2	10.9
Saturates	g	11.4	4.6
Monounsaturates	g	12.4	5.0
Polyunsaturates	g	3.3	1.3
Fibre	g	3.8	1.5
Sodium	g	0.3	0.1
Salt equivalent	g	0.9	0.4

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 53  
Composite Sample Name: Snickers bars (and own brand equivalents)  
Sub-sample Number: 53.16  
Sub-sample Name: Morrisons Nutty Caramel & Peanut Bars  
Brand: Morrisons  
Pack size: 8 (40g) bars, total 320g  
Purchase Date: 30.01.2012  
Place of Purchase: Morrisons, Norwich  
Display Until Date:  
Best Before Date: 15 Sept 2012  
Batch Number: L413716  
Packaging: Plastic  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: Ambient



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 53.16

Sub-sample Name: Morrisons Nutty Caramel & Peanut Bars

**Ingredients: Milk chocolate (36%):** sugar, cocoa butter, dried whole milk, cocoa mass, lactose, whey powder, dried cream, emulsifier (soya lecithins), salt, vanilla extract. **Caramel filling (27%):** glucose syrup, sweetened condensed skimmed milk (condensed skimmed milk, sugar), palm fat, humectant (sorbitol syrup), lactose, natural flavouring, salt, vanilla extract. **Peanuts (24%). Nougat filling (13%):** sugar, glucose syrup, palm fat, barley malt extract, salt, dried egg white, dried skimmed milk, natural flavouring.

### Label claim(s):

Produced in Germany

No artificial flavours or colours

Milk chocolate (36%), caramel filling (27%), peanut (24%), nougat filling (13%)

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount per bar (40g)
Energy	kJ	2050	820
Energy	kcal	490	196
Protein	g	8.7	3.5
Carbohydrate	g	52.7	21.1
Sugars	g	47.1	18.8
Starch	g	N/A	N/A
Fat	g	27.2	10.9
Saturates	g	11.4	4.6
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	3.8	1.5
Sodium	g	0.3	0.1
Salt equivalent	g	0.9	0.3

## Sample 54: Chocolate spread

Composite Sample Number: 54

Composite Sample Name: Chocolate spread

Sub-sample Number: 54.1

Sub-sample Name: Cadburys Milk Chocolate Spread

Full Product Name: Cadbury Milk Chocolate Spread

Brand: Cadbury

Pack size: 600g

Purchase Date: 14/01/2010

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date:

Use by Date/Best Before Date: 12.2010

Batch Number: L9309108 05:53

Packaging: Plastic jar

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 54.1

Sub-sample Name: Cadburys Milk Chocolate Spread

### Ingredients:

Sugar, Vegetable Oil, Milk Chocolate Crumb (7%) (Milk, Sugar, Cocoa Mass), Dried Whole Milk, Fat Reduced Cocoa, Dried Whey, Emulsifier (Soya Lecithin), Flavouring

### Label claim(s):

Contains milk, soya

May contain nuts

Manufactured in Belgium

### Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	2385
Energy	kcal	570
Protein	g	3.9
Carbohydrate	g	53.9
Sugars	g	N/A
Starch	g	N/A
Fat	g	37.8
Saturates	g	N/A
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	N/A
Salt	g	N/A
Sodium	g	N/A

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 54

Composite Sample Name: Chocolate spread

Sub-sample Number: 54.2

Sub-sample Name: Cadburys Milk Chocolate Spread

Full Product Name: Cadbury Milk Chocolate Spread

Brand: Cadbury

Pack size: 600g

Purchase Date: 14/01/2010

Place of Purchase: Sainsbury's, Queens Road

Sell by Date:

Use by Date/Best Before Date: 01.2011

Batch Number: L9356108 08:41

Packaging: Plastic jar

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 54.2

Sub-sample Name: Cadburys Milk Chocolate Spread

### Ingredients:

Sugar, Vegetable Oil, Milk Chocolate Crumb (7%) (Milk, Sugar, Cocoa Mass), Dried Whole Milk, Fat Reduced Cocoa, Dried Whey, Emulsifier (Soya Lecithin), Flavouring

### Label claim(s):

Contains milk, soya

May contain nuts

Manufactured in Belgium

### Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	2385
Energy	kcal	570
Protein	g	3.9
Carbohydrate	g	53.9
Sugars	g	N/A
Starch	g	N/A
Fat	g	37.8
Saturates	g	N/A
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	N/A
Salt	g	N/A
Sodium	g	N/A

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 54

Composite Sample Name: Chocolate spread

Sub-sample Number: 54.3

Sub-sample Name: Cadburys Milk Chocolate Spread

Full Product Name: Cadbury Milk Chocolate Spread

Brand: Cadbury

Pack size: 600g

Purchase Date: 15/01/2010

Place of Purchase: Tesco, Blue Boar Lane

Sell by Date:

Use by Date/Best Before Date: 02.2011

Batch Number: L0011308 15:45

Packaging: Plastic jar

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 54.3

Sub-sample Name: Cadburys Milk Chocolate Spread

### Ingredients:

Sugar, Vegetable Oil, Milk Chocolate Crumb (7%) (Milk, Sugar, Cocoa Mass), Dried Whole Milk, Fat Reduced Cocoa, Dried Whey, Emulsifier (Soya Lecithin), Flavouring

### Label claim(s):

Contains milk, soya

May contain nuts

Manufactured in Belgium

### Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	2385
Energy	kcal	570
Protein	g	3.9
Carbohydrate	g	53.9
Sugars	g	N/A
Starch	g	N/A
Fat	g	37.8
Saturates	g	N/A
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	N/A
Salt	g	N/A
Sodium	g	N/A

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 54

Composite Sample Name: Chocolate spread

Sub-sample Number: 54.4

Sub-sample Name: Tesco Chocolate Spread

Full Product Name: Tesco Chocolate Spread

Brand: Tesco

Pack size: 400g

Purchase Date: 14/01/2010

Place of Purchase: Tesco, Blue Boar Lane, Norwich

Sell by Date:

Use by Date/Best Before Date: 12.2010

Batch Number: L9330408 18:13

Packaging: Plastic jar

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 54.4

Sub-sample Name: Tesco Chocolate Spread

### Ingredients:

Sugar, Vegetable Oil, Milk sugar, Vegetable fat, Whey powder, Non fat milk powder, Fat Reduced Cocoa powder (4%), Emulsifier (Soya Lecithins), Natural flavouring, Salt

### Label claim(s):

Contains milk, soya

Recipe: No nuts

Ingredients: Cannot guarantee nut free

Factory: Before being prepared for manufacture of this product, the equipment was previously used to make products containing nuts.

Suitable for vegetarians

Produced in Belgium

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Tablespoon (15g)
Energy	kJ	2400	360
Energy	kcal	580	90
Protein	g	2.9	0.4
Carbohydrate	g	55.3	8.3
Sugars	g	54.8	8.2
Starch	g	N/A	N/A
Fat	g	38.1	5.7
Saturates	g	8.6	1.3
Monounsaturates	g	20.5	3.1
Polyunsaturates	g	9.0	1.4
Fibre	g	1.2	0.2
Salt equivalent	g	0.3	Tr
Sodium	g	0.1	Tr

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 54

Composite Sample Name: Chocolate spread

Sub-sample Number: 54.5

Sub-sample Name: Tesco Value Chocolate Spread

Full Product Name: Tesco Value Chocolate Spread

Brand: Tesco

Pack size: 600g

Purchase Date: 14/01/2010

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date:

Use by Date/Best Before Date: 01.2011

Batch Number: L9341108 03:55

Packaging: Plastic jar

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 54.5

Sub-sample Name: Tesco Value Chocolate Spread

### Ingredients:

Sugar, Vegetable Oil, Fat Reduced Cocoa powder (8%), Milk sugar, Whey powder, Carob powder, Emulsifier (Soya Lecithins), Natural flavouring

### Label claim(s):

Contains milk, soya

Recipe: No nuts

Ingredients: Cannot guarantee nut free

Factory: Before being prepared for manufacture of this product, the equipment was previously used to make products containing nuts.

Suitable for vegetarians

Produced in Belgium

### Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	2340
Energy	kcal	560
Protein	g	2.5
Carbohydrate	g	55.9
Sugars	g	54.6
Starch	g	N/A
Fat	g	36.3
Saturates	g	7.9
Monounsaturates	g	19.7
Polyunsaturates	g	8.6
Fibre	g	2.6
Salt equivalent	g	0.2
Sodium	g	0.1

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 54

Composite Sample Name: Chocolate spread

Sub-sample Number: 54.6

Sub-sample Name: Sainsbury's Belgian Chocolate Spread

Full Product Name: Sainsbury's Belgian Chocolate Spread

Brand: Sainsbury's

Pack size: 400g

Purchase Date: 14/01/2010

Place of Purchase: Sainsbury's, Queens Road, Norwich

Sell by Date:

Use by Date/Best Before Date: 12.2010

Batch Number: L9335108 03:18

Packaging: Glass jar, plastic lid

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 54.6

Sub-sample Name: Sainsbury's Belgian Chocolate Spread

### Ingredients:

Sugar, Rapeseed Oil, Palm Oil, Lactose (from cows' milk), Fat Reduced Cocoa Powder (4%), Skimmed Milk Powder (4%) (from Cows' Milk), Whey powder, Emulsifier: Soya Lecithin; Vanilla

### Label claim(s):

Contains milk and soya

Not suitable for nut allergy sufferers

Vegetarian

Produced in Belgium

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 15g
Energy	kJ	2333	350
Energy	kcal	559	84
Protein	g	3.4	0.5
Carbohydrate	g	60.9	9.1
Sugars	g	56.0	8.4
Starch	g	Tr	Tr
Fat	g	33.5	5.0
Saturates	g	5.7	0.8
Monounsaturates	g	20.0	3.0
Polyunsaturates	g	7.6	1.1
Fibre	g	1.2	0.2
Salt	g	0.19	Tr
Sodium	g	0.08	Tr

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 54

Composite Sample Name: Chocolate spread

Sub-sample Number: 54.7

Sub-sample Name: Morrisons Value Chocolate Spread

Full Product Name: Morrisons Value Chocolate Spread

Brand: Morrisons

Pack size: 350g

Purchase Date: 15/01/2010

Place of Purchase: Morrisons, Norwich

Sell by Date:

Use by Date/Best Before Date: 12.2010

Batch Number: L9334306 00:17

Packaging: Plastic jar

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 54.7

Sub-sample Name: Morrisons Value Chocolate Spread

### Ingredients:

Sugar, Vegetable oil, Fat reduced cocoa, Whey powder, Carob powder, Emulsifier (Soya lecithin), Flavouring

### Label claim(s):

Contains milk and soya

Produced in a factory that uses nut ingredients

Vegetarian

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 15g
Energy	kJ	2339	352
Energy	kcal	557	84
Protein	g	2.6	0.4
Carbohydrate	g	54.6	8.2
Sugars	g	53.8	8.1
Starch	g	N/A	N/A
Fat	g	36.5	5.5
Saturates	g	7.8	1.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.8	0.4
Salt	g	0.3	Tr
Sodium	g	0.1	Tr

Sample 55: Cream of tomato soup, canned

Composite Sample Number: 55

Composite Sample Name: Cream of tomato soup, canned

Sub-sample Number: 55.1 – 55.6

Sub-sample Name: Heinz Cream of Tomato Soup, Canned

Full Product Name: Heinz Cream of Tomato Soup, Canned

Brand: Heinz

Pack size: 400g

Purchase Date: 55.1-55.3 (09.01.10), 55.4-55.6 (14.01.10)

Place of Purchase: 55.1 (Co-op, Dereham Road, Norwich), 55.2-55.5 (Asda, Norwich), 55.6 (Sainsbury's, Queens Road, Norwich)

Sell by Date:

Use by Date/Best Before Date: 55.1-55.3 (01.2011), 55.4-55.6 (03.2011)

Batch Number: 55.1 (9283 02:43 ST6), 55.2 (9292 22:23), 55.3 (9296 16:26), 55.4 (9357 15:32), 55.5 (9352 05:22), 55.6 (9358 11:46)

Packaging: Metal can

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 55.1 – 55.6

Sub-sample Name: Heinz Cream of Tomato Soup, Canned

**Ingredients:** Tomatoes (84%), Water, Vegetable Oil, Sugar, Modified Cornflour, Salt, Dried Skimmed Milk, Milk Proteins, Cream, Spice Extracts, Herb Extract, Citric Acid

### Label claim(s):

Low in fat

Low in sugar

Contains milk

Suitable for a gluten free diet

Suitable for vegetarians

No artificial colours, flavours or preservatives

Made in England

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per ½ can (200g)
Energy	kJ	237	475
Energy	kcal	57	113
Protein	g	0.9	1.8
Carbohydrate	g	6.6	13.3
Sugars	g	4.9	9.8
Starch	g	N/A	N/A
Fat	g	3	5.9
Saturates	g	0.2	0.4
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.4	0.8
Salt	g	0.7	1.4
Sodium	g	0.3	0.6

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 55

Composite Sample Name: Cream of tomato soup, canned

Sub-sample Number: 55.7

Sub-sample Name: Soupreme cream of tomato soup (Aldi)

Full Product Name: Soupreme cream of tomato soup (Aldi)

Brand: Soupreme

Pack size: 400g

Purchase Date: 15.01.10

Place of Purchase: Aldi, Norwich

Sell by Date:

Use by Date/Best Before Date: Nov 2011

Batch Number: 4639 1006

Packaging: Metal can

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 55.7

Sub-sample Name: Soupreme cream of tomato soup (Aldi)

**Ingredients:** Reconstituted tomato puree (91%), sugar, vegetable oil, modified maize starch, salt, whey protein, whipping cream, colour: paprika extract, onion powder, yeast extract, acidity regulator, citric acid, paprika powder, ground mustard seeds

### Label claim(s):

No artificial colours, flavours or preservatives

Vegetarian

Contains milk and mustard

May contain traces of peanuts and other nuts, egg, gluten, wheat, barley, soya and celery

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per ½ can (200g)
Energy	kJ	257	514
Energy	kcal	67	123
Protein	g	1.8	3.6
Carbohydrate	g	6.3	13.6
Sugars	g	6.8	13.6
Starch	g	N/A	N/A
Fat	g	3	6
Saturates	g	0.4	0.8
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.5	3
Salt	g	0.5	1
Sodium	g	0.2	0.4

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 55

Composite Sample Name: Cream of tomato soup, canned

Sub-sample Number: 55.8

Sub-sample Name: Baxters Favourites Cream of Tomato Soup, canned

Full Product Name: Baxters Favourites Cream of Tomato Soup, canned

Brand: Baxters

Pack size: 415g

Purchase Date: 09.01.10

Place of Purchase: Asda, Norwich

Sell by Date:

Use by Date/Best Before Date: Dec 2011

Batch Number: L296E 1312

Packaging: Metal can

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 55.8

Sub-sample Name: Baxters Favourites Cream of Tomato Soup, canned

**Ingredients:** Water, concentrated tomato paste (9%, equivalent to 62% raw tomato), sugar, milk, modified cornflour, wheatflour, vegetable oil, potato starch, double cream (1%), butterfat, skimmed milk powder, salt, citric acid, dried onion, white pepper

### Label claim(s):

Contains milk, wheat, gluten

Less than 3% fat

Suitable for vegetarians

No artificial colour, flavours or preservatives

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per ½ can (207g)
Energy	kJ	260	539
Energy	kcal	62	128
Protein	g	1	2.1
Carbohydrate	g	8.4	17.4
Sugars	g	4.9	10.2
Starch	g	N/A	N/A
Fat	g	2.7	5.6
Saturates	g	1.1	2.3
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.3	0.6
Salt	g	0.5	1
Sodium	g	0.2	0.42

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 55

Composite Sample Name: Cream of tomato soup, canned

Sub-sample Number: 55.9

Sub-sample Name: Tesco Cream of Tomato Soup, canned

Full Product Name: Tesco Cream of Tomato Soup, canned

Brand: Tesco

Pack size: 400g

Purchase Date: 14.01.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date:

Use by Date/Best Before Date: Dec 2011

Batch Number: 1335 16:44 W E4TW

Packaging: Metal can

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 55.9

Sub-sample Name: Tesco Cream of Tomato Soup, canned

**Ingredients:** Tomato Purée (72%), Water, Sugar, Vegetable Oil, Modified Maize Starch, Salt, Whey Protein, Potato Starch, Double Cream, Citric Acid, Paprika Extract, Natural Flavouring

### Label claim(s):

Contains milk  
Cannot guarantee nut free  
Suitable for vegetarians

Produced in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per half a can (200g)
Energy	kJ	255	505
Energy	kcal	60	120
Protein	g	1	2
Carbohydrate	g	7.3	14.6
Sugars	g	4.2	8.4
Starch	g	N/A	N/A
Fat	g	3	6
Saturates	g	0.2	0.4
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.5	1
Salt	g	0.7	1.3
Sodium	g	0.3	0.5

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 55

Composite Sample Name: Cream of tomato soup, canned

Sub-sample Number: 55.10

Sub-sample Name: Asda Cream of Tomato Soup, canned

Full Product Name: Asda Cream of Tomato Soup, canned

Brand: Asda

Pack size: 400g

Purchase Date: 09.01.10

Place of Purchase: Asda, Norwich

Sell by Date:

Use by Date/Best Before Date: Nov 2011

Batch Number: 9307 22:53 09E46Z

Packaging: Metal can

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 55.10

Sub-sample Name: Asda Cream of Tomato Soup, canned

**Ingredients:** Tomatoes (90%), Sugar, Rapeseed Oil, Modified Maize Starch, Double Cream (1.2%) (Milk), Whey Powder (Milk), Salt, Water, Acidity Regulator (Citric Acid), Paprika, Rice Flour, Clove Extract, Capsicum Extract, Cinnamon Extract, Natural Flavouring, Garlic Oil

### Label claim(s):

No artificial colours, flavours or hydrogenated fat

Contains milk

Produced in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per ½ can (200g)
Energy	kJ	254	509
Energy	kcal	61	122
Protein	g	0.7	1.4
Carbohydrate	g	7.3	14.6
Sugars	g	5	10
Starch	g	N/A	N/A
Fat	g	3.2	6.4
Saturates	g	0.4	0.8
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.7	1.4
Salt	g	0.5	1
Sodium	g	0.19	0.38

Sample 56: Instant soup, as purchased

Composite Sample Number:	56
Composite Sample Name:	Instant soup, as purchased
Sub-sample Number:	56.1
Sub-sample Name:	Batchelors Cup A Soup Cream of Mushroom
Full Product Name:	Batchelors Cup A Soup Cream of Mushroom with Croutons
Brand:	Batchelors
Pack size:	104g
Purchase Date:	14.01.10
Place of Purchase:	Asda, Norwich
Sell by Date:	
Use by Date/Best Before Date:	Nov 2011
Batch Number:	9348AB 19:05
Packaging:	Foil sachets inside a cardboard box
Sample Condition As Purchased:	Ambient
Post Purchase Storage:	Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 56.1

Sub-sample Name: Batchelors Cup A Soup Cream of Mushroom

**Ingredients:** Ingredients as served (greatest first): Water, Glucose Syrup, Mushroom (2%), Vegetable Oil, Maize Starch, Croutons (1%) (Wheat Flour, Vegetable Oil, Salt, Yeast, Rosemary Extract), Potato Starch, Mushroom Extract, Salt, Onion, Flavour Enhancers (Monosodium Glutamate, Disodium 5'-Ribonucleotides), Milk Proteins, Yeast Extract (contains Barley), Parsley, Flavouring, Emulsifier (Mono- and Diglycerides of Fatty Acids), Acidity Regulator (Dipotassium Phosphate), Potassium Chloride, Natural Flavourings (contains Celery)

### Label claim(s):

No artificial colours or preservatives

Suitable for vegetarians

Low in fat

Low in sugar

Contains wheat, barley, gluten, milk, celery

### Nutrient Information:

Nutrient	Unit	Amount/100g as served	Amount/Unit/serving Per serving as prepared
Energy	kJ	205	529
Energy	kcal	49	126
Protein	g	0.5	1.2
Carbohydrate	g	6.1	15.8
Sugars	g	1	2.7
Starch	g	N/A	N/A
Fat	g	2.5	6.5
Saturates	g	1.5	3.8
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.2	0.6
Salt	g	0.6	1.55
Sodium	g	0.24	0.62

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 56

Composite Sample Name: Instant soup, as purchased

Sub-sample Number: 56.2

Sub-sample Name: Batchelors Cup A Soup Minestrone

Full Product Name: Batchelors Cup A Soup Minestrone with Croutons

Brand: Batchelors

Pack size: 99g

Purchase Date: 14.01.10

Place of Purchase: Asda, Norwich

Sell by Date:

Use by Date/Best Before Date: Nov 2011

Batch Number: 9341AB 12:41

Packaging: Foil sachets within a cardboard box

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 56.2

Sub-sample Name: Batchelors Cup A Soup Minestrone

**Ingredients:** Ingredients as served (greatest first): Water, Tomato (17%), Vegetables (6%) (Carrot, Onion, Peas, Leek), Ring Noodles (2.5%) (Durum Wheat Semolina, Salt), Maize Starch, Croutons (1%) (Wheat Flour, Vegetable Oil, Salt, Yeast, Rosemary Extract), Potato Starch, Sugar, Flavouring (contains Milk), Salt, Maltodextrin, Flavour Enhancers (Monosodium Glutamate, Disodium 5-Ribonucleotides, Disodium Guanylate), Parsley, Vegetable Oil

### Label claim(s):

No artificial colours or preservatives

Suitable for vegetarians

Contains wheat, gluten, milk

Low in fat

Low in sugar

### Nutrient Information:

Nutrient	Unit	Amount/100g as served	Amount/Unit/serving Per serving as prepared
Energy	kJ	153	394
Energy	kcal	36	93
Protein	g	0.7	1.9
Carbohydrate	g	6.8	17.4
Sugars	g	2	5
Starch	g	N/A	N/A
Fat	g	0.7	1.8
Saturates	g	0.3	0.9
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.5	1.3
Salt	g	0.53	1.35
Sodium	g	0.21	0.54

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 56

Composite Sample Name: Instant soup, as purchased

Sub-sample Number: 56.3

Sub-sample Name: Batchelors Cup A Soup Chicken & Vegetable

Full Product Name: Batchelors Cup A Soup Chicken & Vegetable with  
Croutons

Brand: Batchelors

Pack size: 115g

Purchase Date: 14.01.10

Place of Purchase: Asda, Norwich

Sell by Date:

Use by Date/Best Before Date: Oct 2011

Batch Number: 9330AB 06:23

Packaging: Foil sachets in a cardboard box

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 56.3

Sub-sample Name: Batchelors Cup A Soup Chicken & Vegetable

**Ingredients:** Ingredients as served (greatest first):, Water, Vegetables (4%) (Carrot, Onion, Peas), Glucose Syrup, Maize Starch, Vegetable Oil, Potato Starch, Croutons (1.4%) (Wheat Flour, Vegetable Oil, Salt, Yeast, Rosemary Extract), Chicken (1%), Salt, Yeast Extract, Flavour Enhancers (Monosodium Glutamate, Disodium 5'-Ribonucleotides), Milk Proteins, Parsley, Flavourings, Emulsifier (Mono- and Diglycerides of Fatty Acids), Acidity Regulators (Dipotassium Phosphate), Barley Malt Extract, Natural Flavourings (contain Celery), Sugar

### Label claim(s):

Low in fat

Low in sugar

No artificial colours or preservatives

Contains wheat, barley, gluten, milk, celery

### Nutrient Information:

Nutrient	Unit	Amount/100g as served	Amount/Unit/serving Per serving as prepared
Energy	kJ	220	570
Energy	kcal	53	136
Protein	g	0.6	1.5
Carbohydrate	g	6.9	17.9
Sugars	g	1.1	2.9
Starch	g	N/A	N/A
Fat	g	2.5	6.5
Saturates	g	1.5	3.9
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.6	1.6
Salt	g	0.58	1.5
Sodium	g	0.23	0.6

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 56

Composite Sample Name: Instant soup, as purchased

Sub-sample Number: 56.4

Sub-sample Name: Batchelors Cup A Soup Tomato

Full Product Name: Batchelors Cup A Soup Tomato

Brand: Batchelors

Pack size: 123g

Purchase Date: 09.01.10

Place of Purchase: Asda, Norwich

Sell by Date:

Use by Date/Best Before Date: Aug 2011

Batch Number: 9273AA 04:28

Packaging: Foil sachets contained in a cardboard box

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 56.4

Sub-sample Name: Batchelors Cup A Soup Tomato

**Ingredients:** Ingredients as served (greatest first): Water, Tomato (27%), Sugar, Maize Starch, Glucose Syrup, Vegetable Oil, Salt, Onion, Flavouring, Emulsifiers (Pentasodium Triphosphate, Mono- and Diacetyl Tartaric Acid Esters of Fatty Acids), Flavour Enhancers (Monosodium Glutamate, Disodium 5'-Ribonucleotides), Parsley, Stabiliser (Monopotassium Phosphate), Colours (Beetroot Red, Beta Carotene), Citric Acid, Garlic, Antioxidants (Ascorbyl Palmitate, Alpha-Tocopherol), Natural Flavouring (contains Celery)

### Label claim(s):

No artificial colours or preservatives

Low in fat

Low in Sugar

Suitable for vegetarians

### Nutrient Information:

Nutrient	Unit	Amount/100g as served	Amount/Unit/serving Per serving as prepared
Energy	kJ	156	393
Energy	kcal	37	93
Protein	g	0.4	0.9
Carbohydrate	g	6.8	17.4
Sugars	g	3.6	9.3
Starch	g	N/A	N/A
Fat	g	0.9	2.2
Saturates	g	0.4	1.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.4	0.9
Salt	g	0.53	1.35
Sodium	g	0.21	0.54

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 56

Composite Sample Name: Instant soup, as purchased

Sub-sample Number: 56.5

Sub-sample Name: Batchelors Cup A Soup Cream or Asparagus

Full Product Name: Batchelors Cup A Soup Cream or Asparagus with  
Croutons

Brand: Batchelors

Pack size: 123g

Purchase Date: 14.01.10

Place of Purchase: Asda, Norwich

Sell by Date:

Use by Date/Best Before Date: Oct 2011

Batch Number: 9308AB 13:20

Packaging: Foil sachets in a cardboard box

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 56.5

Sub-sample Name: Batchelors Cup A Soup Cream or Asparagus

**Ingredients:** Ingredients as served (greatest first): Water, Asparagus (5%), Maize Starch, Glucose Syrup, Vegetable Oil, Croutons (1%) (Wheat Flour, Vegetable Oil, Salt, Yeast, Rosemary Extract), Lactose (from Milk), Potato Starch, Salt, Onion Powder (0.4%), Milk Proteins, Flavouring, Flavour Enhancers (Monosodium Glutamate, Disodium 5'-ribonucleotides), Emulsifier (Mono- and Diglycerides of Fatty Acids), Acidity Regulator (Dipotassium Phosphate), Yeast Extract (contains Barley), Turmeric, Natural Flavouring (contains Celery)

### Label claim(s):

Suitable for vegetarians

Low in fat

Low in sugar

No artificial colours or preservatives

### Nutrient Information:

Nutrient	Unit	Amount/100g as served	Amount/Unit/serving Per serving as prepared
Energy	kJ	227	592
Energy	kcal	54	141
Protein	g	0.4	1
Carbohydrate	g	7.3	19.1
Sugars	g	1.5	4
Starch	g	N/A	N/A
Fat	g	2.6	6.8
Saturates	g	1.6	4.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.6	1.6
Salt	g	0.55	1.48
Sodium	g	0.22	0.59

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 56

Composite Sample Name: Instant soup, as purchased

Sub-sample Number: 56.6

Sub-sample Name: Batchelors Cup A Soup Cream of Vegetable

Full Product Name: Batchelors Cup A Soup Cream of Vegetable with Croutons

Brand: Batchelors

Pack size: 126g

Purchase Date: 14.01.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date:

Use by Date/Best Before Date: Nov 2011

Batch Number: 9351AB 11:18

Packaging: Foil sachets within a cardboard box

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 56.6

Sub-sample Name: Batchelors Cup A Soup Cream of Vegetable

**Ingredients:** Ingredients as served (greatest first): Water, Vegetables (11%) (Carrot (3%), Yellow Peas (2.5%), Leek (2%), Swede (1.5%), Onion, Peas), Glucose Syrup, Maize Starch, Vegetable Oil, Croutons (1%) (Wheat Flour, Vegetable Oil, Salt, Yeast, Rosemary Extract), Potato Starch, Flavour Enhancers (Monosodium Glutamate, Disodium 5'-ribonucleotides), Potassium Chloride, Salt, Parsley, Milk Proteins, Garlic, Yeast Extract (contains Barley), Flavourings, Sugar, Emulsifier (Mono- and Diglycerides of Fatty Acids), Acidity Regulator (Dipotassium Phosphate), Turmeric, Natural Flavourings

### Label claim(s):

No artificial colours or preservatives

Low in fat

Low in sugar

Contains wheat, barley, gluten, milk

### Nutrient Information:

Nutrient	Unit	Amount/100g as served	Amount/Unit/serving Per serving as prepared
Energy	kJ	213	557
Energy	kcal	51	133
Protein	g	0.7	1.8
Carbohydrate	g	6.8	17.8
Sugars	g	1.4	3.7
Starch	g	N/A	N/A
Fat	g	2.3	6
Saturates	g	1.3	3.3
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1	2.7
Salt	g	0.5	1.28
Sodium	g	0.2	0.51

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 56

Composite Sample Name: Instant soup, as purchased

Sub-sample Number: 56.7

Sub-sample Name: Batchelors Cup A Soup Golden Vegetable

Full Product Name: Batchelors Cup A Soup Golden Vegetable

Brand: Batchelors

Pack size: 109g

Purchase Date: 09.01.10

Place of Purchase: Co-op, Dereham Road, Norwich

Sell by Date:

Use by Date/Best Before Date: Sep 2011

Batch Number: 9293AA 14:46

Packaging: Foil sachets in a cardboard box

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 56.7

Sub-sample Name: Batchelors Cup A Soup Golden Vegetable

**Ingredients:** Ingredients as served (greatest first):, Water, Vegetables (8%) (Swede, Onion, Carrot, Leek, Peas), Glucose Syrup, Maize Starch, Vegetable Oil, Salt, Yeast Extract (contains Barley), Sugar, Flavour Enhancers (Monosodium Glutamate, Disodium 5'-Ribonucleotides), Milk Proteins, Parsley, Flavourings, Emulsifier (Mono- and Diglycerides of Fatty Acids), Acidity Regulators (Dipotassium Phosphate), Natural Flavourings (contains Celery), Turmeric

### Label claim(s):

Low in fat

Low in sugar

No artificial colour or preservatives

Contains milk, celery, barley, gluten

Suitable for vegetarians

### Nutrient Information:

Nutrient	Unit	Amount/100g as served	Amount/Unit/serving Per serving as prepared
Energy	kJ	142	354
Energy	kcal	34	84
Protein	g	0.4	0.9
Carbohydrate	g	5.8	14.7
Sugars	g	1.4	3.5
Starch	g	N/A	N/A
Fat	g	1	2.4
Saturates	g	0.6	1.4
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.6	1.4
Salt	g	0.58	1.48
Sodium	g	0.23	0.59

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 56

Composite Sample Name: Instant soup, as purchased

Sub-sample Number: 56.8

Sub-sample Name: Batchelors Cup A Soup Chicken Noodle

Full Product Name: Batchelors Cup A Soup Chicken Noodle

Brand: Batchelors

Pack size: 98g

Purchase Date: 09.01.10

Place of Purchase: Asda, Norwich

Sell by Date:

Use by Date/Best Before Date: Sep 2011

Batch Number: 9303AB 04:30

Packaging: Foil sachets in a cardboard box

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 56.8

Sub-sample Name: Batchelors Cup A Soup Chicken Noodle

**Ingredients:** Ingredients as served (greatest first):, Water, Noodles (10%) (Durum Wheat Semolina, Salt), Chicken (5%), Leek (3%), Maltodextrin, Flavour Enhancers (Monosodium Glutamate, Disodium 5'-Ribonucleotides), Maize Starch, Potato Starch, Yeast Extract (contains Barley), Salt, Parsley, Natural Flavourings, Turmeric

### Label claim(s):

No artificial colours or preservatives

Low in fat

Low in sugar

Contains wheat, barley, gluten

Produced in a factory which handles milk powder

### Nutrient Information:

Nutrient	Unit	Amount/100g as served	Amount/Unit/serving Per serving as prepared
Energy	kJ	163	421
Energy	kcal	39	99
Protein	g	1.5	3.9
Carbohydrate	g	7	18
Sugars	g	0.9	2.3
Starch	g	N/A	N/A
Fat	g	0.5	1.3
Saturates	g	0.2	0.4
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.3	0.7
Salt	g	0.55	1.43
Sodium	g	0.22	0.57

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 56

Composite Sample Name: Instant soup, as purchased

Sub-sample Number: 56.9

Sub-sample Name: Batchelors Cup A Soup Chicken & Leek

Full Product Name: Batchelors Cup A Soup Chicken & Leek

Brand: Batchelors

Pack size: 114g

Purchase Date: 09.01.10

Place of Purchase: Co-op, Dereham Road, Norwich

Sell by Date:

Use by Date/Best Before Date: Sep 2011

Batch Number: 9298AA 07:53

Packaging: Foil sachets in a cardboard box

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 56.9

Sub-sample Name: Batchelors Cup A Soup Chicken & Leek

**Ingredients:** Water, Leek (5%), Onion (3%), Maize Starch, Glucose Syrup, Vegetable Oil, Chicken (1%), Salt, Yeast Extract (contains Barley), Milk Proteins, Flavour Enhancers (Monosodium Glutamate, Disodium 5'-Ribonucleotides), Emulsifier (Mono- and Diglycerides of Fatty Acids), Flavourings, Acidity Regulator (Dipotassium Phosphate), Turmeric, Natural Flavouring

### Label claim(s):

Low in fat

Low in sugar

No artificial colours or preservatives

Contains milk

Produced in a factory which handles wheatflour

### Nutrient Information:

Nutrient	Unit	Amount/100g as served	Amount/Unit/serving Per serving as prepared
Energy	kJ	163	409
Energy	kcal	39	97
Protein	g	0.5	1.2
Carbohydrate	g	5.4	13.7
Sugars	g	1.2	3
Starch	g	N/A	N/A
Fat	g	1.7	4.2
Saturates	g	0.9	2.4
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.5	1.2
Salt	g	0.6	1.5
Sodium	g	0.24	0.6

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 56

Composite Sample Name: Instant soup, as purchased

Sub-sample Number: 56.10

Sub-sample Name: Morrisons Thick & Tasty Cup Soup, Tomato

Full Product Name: Morrisons Thick & Tasty Cup Soup, Tomato

Brand: Morrisons

Pack size: 104g

Purchase Date: 15.01.10

Place of Purchase: Morrisons, Norwich

Sell by Date:

Use by Date/Best Before Date: Oct 2011

Batch Number: 932533 04:51

Packaging: Foil sachets in a cardboard box

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 56.10

Sub-sample Name: Morrisons Thick & Tasty Cup Soup, Tomato

**Ingredients:** Modified starch (potato, maize), Tomato powder (17%), Dried glucose syrup, Sugar, Vegetable oil, Dried vegetables in variable proportions (carrot, peas, leek), Maltodextrin, Salt, Yeast extract, Flavourings, Colours (beetroot red, paprika extract), Thickener (guar gum), Onion powder, Milk protein, Emulsifiers (dipotassium phosphate, trisodium citrate), Citric acid, Mixed herbs

### Label claim(s):

Contains celery, milk and sulphite

Produced in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100ml as prepared	Amount/Unit/serving Per sachet as prepared
Energy	kJ	184	415
Energy	kcal	43	98
Protein	g	0.5	1.1
Carbohydrate	g	8	18.1
Sugars	g	1.9	4.4
Starch	g	N/A	N/A
Fat	g	1.1	2.4
Saturates	g	0.6	1.3
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.4	1
Salt	g	0.5	1.3
Sodium	g	0.2	0.5

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 56

Composite Sample Name: Instant soup, as purchased

Sub-sample Number: 56.11

Sub-sample Name: Tesco Soup in a Mug Variety Pack

Full Product Name: Tesco Soup in a Mug Variety Pack with Croutons  
(2xTomato & Vegetable, 2xMinestrone, 2xChicken &  
Vegetable, 2xVegetable)

Brand: Tesco

Pack size: 184g

Purchase Date: 14.01.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date:

Use by Date/Best Before Date: April 2011

Batch Number: 9350 13:47

Packaging: Foil sachets in a cardboard box

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Sub-sample Number: 56.11

Sub-sample Name: Tesco Soup in a Mug Variety Pack

**Ingredients:**

**TOMATO & VEGETABLE:** Sugar, Potato Starch, Croutons (11%), Tomato Powder (10%), Maize Starch, Maltodextrin, Vegetable Oil, Dried Glucose Syrup, Onion Powder, Salt, Yeast Extract, Dried Vegetables (2%) (Carrot, Peas, Leek), Natural Flavourings (contain Celery), Colours (Beetroot Red, Paprika Extract), Milk Proteins, Emulsifiers (Dipotassium Phosphate, Mono- and Di-Glycerides of Fatty Acids), Citric Acid, Dried Parsley. Croutons contain: Wheat Flour, Vegetable Oil, Salt, Yeast, Rosemary Extract

**CHICKEN & VEGETABLE:** Maltodextrin, Potato Starch, Vegetable Oil, Dried Glucose Syrup, Croutons (9%), Natural Flavourings, Yeast Extract, Dried Vegetables (2%) (Carrots, Peas), Chicken Powder (2%), Salt, Onion Powder, Milk Proteins, Emulsifiers (Mono- and Di-Glycerides of Fatty Acids, Dipotassium Phosphate), Dried Parsley. Croutons contain: Wheat Flour, Vegetable Oil, Salt, Yeast, Rosemary Extract

**MINESTRONE:** Maltodextrin, Potato Starch, Croutons (11%), Dried Pasta (7%), Tomato Powder (7%), Yeast Extract, Natural Flavourings (contain Milk, Celery), Sugar, Onion Powder, Dried Vegetables (2.5%) (Carrot, Peas), Salt, Dried Herbs (Parsley, Oregano, Rosemary). Croutons contain: Wheat Flour, Vegetable Oil, Salt, Yeast, Rosemary Extract. Dried Pasta contains: Durum Wheat Semolina, Salt

**VEGETABLE:** Potato Starch, Vegetable Oil, Maltodextrin, Dried Glucose Syrup, Croutons (11%), Vegetable Powders (10%) (Potato, Carrot, Onion, Leek), Natural Flavourings, Salt, Sugar, Yeast Extract, Dried Vegetables (2%) (Peas, Carrot), Milk Proteins, Emulsifiers (Mono- and Di-Glycerides of Fatty Acids, Dipotassium Phosphate), Dried Parsley, Ground Black Pepper. Croutons contain: Wheat Flour, Vegetable Oil, Salt, Yeast, Rosemary Extract.

**Label claim(s):**

TOMATO & VEGETABLE contains milk, wheat, gluten and celery. Suitable for vegetarians

CHICKEN & VEGETABLE contains milk, wheat, gluten

MINESTRONE contains milk, wheat, gluten, celery. Suitable for vegetarians

VEGETABLE contains milk, wheat, gluten. Suitable for vegetarians

Cannot guarantee nut free

Produced in the UK

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

**Nutrient Information:**

***Tomato & Vegetable with Croutons***

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100ml</b>	<b>Amount/Unit/serving Per sachet (224ml)</b>
Energy	kJ	173	390
Energy	kcal	41	95
Protein	g	0.9	2
Carbohydrate	g	6.9	15.5
Sugars	g	2.3	5.2
Starch	g	N/A	N/A
Fat	g	1.1	2.5
Saturates	g	0.5	1.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.5	1.1
Salt	g	0.6	1.2
Sodium	g	0.2	0.5

***Minestrone with Croutons***

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100ml</b>	<b>Amount/Unit/serving Per sachet (223ml)</b>
Energy	kJ	155	345
Energy	kcal	37	85
Protein	g	0.9	2
Carbohydrate	g	7.1	15.8
Sugars	g	1.1	2.5
Starch	g	N/A	N/A
Fat	g	0.5	1.1
Saturates	g	0.2	0.4
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.4	0.9
Salt	g	0.6	1.3
Sodium	g	0.2	0.5



**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

***Chicken & Vegetable with Croutons***

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100ml</b>	<b>Amount/Unit/serving Per sachet (222ml)</b>
Energy	kJ	176	395
Energy	kcal	42	95
Protein	g	0.8	1.8
Carbohydrate	g	6.1	13.5
Sugars	g	0.5	1.1
Starch	g	N/A	N/A
Fat	g	1.6	3.6
Saturates	g	0.8	1.8
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.4	0.9
Salt	g	0.6	1.3
Sodium	g	0.2	0.5

***Vegetable with Croutons***

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100ml</b>	<b>Amount/Unit/serving Per sachet (223ml)</b>
Energy	kJ	189	425
Energy	kcal	45	105
Protein	g	0.9	2
Carbohydrate	g	6.1	13.6
Sugars	g	0.7	1.6
Starch	g	N/A	N/A
Fat	g	1.9	4.2
Saturates	g	1	2.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.4	0.9
Salt	g	0.5	1.1
Sodium	g	0.2	0.4

### Sample 57: Mayonnaise, retail, standard

Composite Sample Number:	57
Composite Sample Name:	Mayonnaise, retail, standard
Sub-sample Number:	57.1 to 57.4
Sub-sample Name:	Hellman's Real Mayonnaise
Full Product Name:	Hellman's Real Mayonnaise
Brand:	Hellmann's
Pack size:	57.1 to 57.3 (400g), 57.4 (200g)
Purchase Date:	57.1 to 57.3 (09.01.10), 57.4 (14.01.10)
Place of Purchase:	57.1, 57.2 & 57.4 (Asda, Norwich), 57.3 (Lidl, Norwich)
Sell by Date:	
Use by Date/Best Before Date:	57.1 & 57.2 (Sep 2010), 57.3 (July 2010), 57.4 (Oct 2010)
Batch Number:	57.1 (L92660C624 09:20), 57.2 (L92470A624 16:13), 57.3 (L92100A624 22:35), 57.4 (L9274BN099 H 20:05)
Packaging:	Glass
Sample Condition As Purchased:	Ambient
Post Purchase Storage:	Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 57.1 to 57.4

Sub-sample Name: Hellman's Real Mayonnaise

**Ingredients:** Vegetable Oil (77%), Water, Pasteurised Egg & Egg Yolk (8%), Spirit Vinegar, Salt, Sugar, Lemon Juice, Mustard Flavouring, Antioxidant (Calcium Disodium EDTA), Paprika Extract

### Label claim(s):

Made with pasteurised egg  
Good natural source of Omega 3  
Suitable for vegetarians

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per tbsp (14g)
Energy	kJ	2970	416
Energy	kcal	722	101
Protein	g	1.1	0.2
Carbohydrate	g	1.5	0.2
Sugars	g	1.3	0.2
Starch	g	N/A	N/A
Fat	g	79.1	11.1
Saturates	g	6.6	0.9
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	25.2	3.5
Omega 3 fatty acids	g	8.4	1.2
Omega 6 fatty acids	g	16.8	2.4
Fibre	g	0	0
Salt	g	1.5	0.2
Sodium	g	0.6	0.1

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 57

Composite Sample Name: Mayonnaise, retail, standard

Sub-sample Number: 57.5

Sub-sample Name: Hellman's Real Mayonnaise - Squeezy

Full Product Name: Hellman's Real Mayonnaise - Squeezy

Brand: Hellman's

Pack size: 430ml

Purchase Date: 09.01.10

Place of Purchase: Co-op, Dereham Road, Norwich

Sell by Date:

Use by Date/Best Before Date: Aug 2010

Batch Number: L9243CJ009 H 20:05

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 57.5

Sub-sample Name: Hellman's Real Mayonnaise - Squeezy

**Ingredients:** Vegetable Oil (77%), Water, Pasteurised Egg & Egg Yolk (8%), Spirit Vinegar, Salt, Sugar, Lemon Juice, Mustard Flavouring, Antioxidant (Calcium Disodium EDTA), Paprika Extract

### Label claim(s):

Suitable for vegetarians

Made with pasteurised egg

Good source of Omega 3

### Nutrient Information:

Nutrient	Unit	Amount/100ml	Amount/Unit/serving Per tbsp (15ml)
Energy	kJ	2749	412
Energy	kcal	668	100
Protein	g	1	0.2
Carbohydrate	g	1.4	0.2
Sugars	g	1.2	0.2
Starch	g	N/A	N/A
Fat	g	73.2	11
Saturates	g	6.1	0.9
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	23.3	3.5
Fibre	g	0	0
Salt	g	1.5	0.2
Sodium	g	0.6	0.1

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 57

Composite Sample Name: Mayonnaise, retail, standard

Sub-sample Number: 57.6 & 57.7

Sub-sample Name: Tesco Mayonnaise

Full Product Name: Tesco Mayonnaise

Brand: Tesco

Pack size: 250ml

Purchase Date: 14.01.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date:

Use by Date/Best Before Date: Oct 2010

Batch Number: 57.6 (L9308VH 00:40), 57.7 (L9307VH 22:00)

Packaging: Glass

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 57.6 & 57.7

Sub-sample Name: Tesco Mayonnaise

**Ingredients:** Vegetable Oil (77%), Water, Pasteurised Egg Yolk (4%), Spirit Vinegar, Salt, Sugar, Concentrated Lemon Juice, Stabiliser (Xanthan Gum), Natural Flavouring (contains Mustard)

### Label claim(s):

Contains egg, mustard.

Cannot guarantee nut free

Suitable for vegetarians

Produced in Belgium

### Nutrient Information:

Nutrient	Unit	Amount/100ml	Amount/Unit/serving Per tablespoon (15ml)
Energy	kJ	3075	465
Energy	kcal	750	115
Protein	g	0.6	Tr
Carbohydrate	g	1.3	0.2
Sugars	g	1.3	0.2
Starch	g	N/A	N/A
Fat	g	82.2	12.3
Saturates	g	6.8	1
Monounsaturates	g	50	7.5
Polyunsaturates	g	25.3	3.8
Fibre	g	0	0
Salt	g	1.5	0.2
Sodium	g	0.6	0.1

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 57

Composite Sample Name: Mayonnaise, retail, standard

Sub-sample Number: 57.8

Sub-sample Name: Tesco Mayonnaise (top down)

Full Product Name: Tesco Mayonnaise (top down)

Brand: Tesco

Pack size: 480ml

Purchase Date: 15.01.10

Place of Purchase: Tesco Extra, Norwich

Sell by Date:

Use by Date/Best Before Date: Nov 2010

Batch Number: L9336VH 17:29

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 57.8

Sub-sample Name: Tesco Mayonnaise (top down)

**Ingredients:** Vegetable Oil (77%), Water, Pasteurised Egg Yolk (4%), Spirit Vinegar, Salt, Sugar, Concentrated Lemon Juice, Stabiliser (Xanthan Gum), Natural Flavouring (contains Mustard)

### Label claim(s):

Contains egg, mustard

Cannot guarantee nut free

Suitable for vegetarians

Produced in Belgium

### Nutrient Information:

Nutrient	Unit	Amount/100ml	Amount/Unit/serving Per tbsp (15ml)
Energy	kJ	3075	465
Energy	kcal	750	115
Protein	g	0.6	Tr
Carbohydrate	g	1.3	0.2
Sugars	g	1.3	0.2
Starch	g	N/A	N/A
Fat	g	82.2	12.3
Saturates	g	6.8	1
Monounsaturates	g	50	7.5
Polyunsaturates	g	25.3	3.8
Fibre	g	0	0
Salt	g	1.5	0.2
Sodium	g	0.6	0.1

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 57

Composite Sample Name: Mayonnaise, retail, standard

Sub-sample Number: 57.9

Sub-sample Name: Asda Real Mayonnaise

Full Product Name: Asda Real Mayonnaise

Brand: Asda

Pack size: 500ml

Purchase Date: 27.01.10

Place of Purchase: Asda, Norwich

Sell by Date:

Use by Date/Best Before Date: Oct 2010

Batch Number: L9307G 03:07

Packaging: Glass

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 57.9

Sub-sample Name: Asda Real Mayonnaise

**Ingredients:** Vegetable Oil (69%) , Water , Spirit Vinegar , Pasteurised Egg Yolk (5.0%) , Sugar , Dijon Mustard [Water, Mustard Seeds, Vinegar, Salt, Preservative (Potassium Metabisulphite), Acidity Regulator (Citric Acid)] , Salt , Modified Maize Starch , Concentrated Lemon Juice , Antioxidant (Calcium Disodium Ethylene)

### Label claim(s):

Suitable for vegetarians

Contains egg, sulphur dioxide and mustard

No artificial colours, flavours or hydrogenated fat

Produced in France

### Nutrient Information:

Nutrient	Unit	Amount/100ml	Amount/Unit/serving Per dessertspoon (10ml)
Energy	kJ	2560	255
Energy	kcal	622	62
Protein	g	0.9	0.1
Carbohydrate	g	3.4	0.3
Sugars	g	2.6	0.3
Starch	g	N/A	N/A
Fat	g	67.2	6.7
Saturates	g	5.3	0.5
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0	0
Salt	g	1.4	0.2
Sodium	g	0.55	0.06

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 57

Composite Sample Name: Mayonnaise, retail, standard

Sub-sample Number: 57.10

Sub-sample Name: Vitakrone Mayonnaise (Lidl)

Full Product Name: Vitakrone Mayonnaise (Lidl)

Brand: Vitakrone

Pack size: 500ml

Purchase Date: 15.01.10

Place of Purchase: Lidl, Norwich

Sell by Date:

Use by Date/Best Before Date: 19.10.10

Batch Number: 9292 L 11:15

Packaging: Glass

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 57.10

Sub-sample Name: Vitakrone Mayonnaise (Lidl)

**Ingredients:** Vegetable oil, water, egg yolk, lemon juice, spirit vinegar, chicken egg white, salt, sugar, acidity regulators: glucono-delta-lacton – citric acid, mustard, preservative: potassium sorbate, flavouring, spice extract, thickeners: guar gum – xanthan gum, antioxidant: Calcium disodium EDTA

### Label claim(s):

With egg

### Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	2834
Energy	kcal	689
Protein	g	1
Carbohydrate	g	1.4
Sugars	g	N/A
Starch	g	N/A
Fat	g	75.4
Saturates	g	N/A
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	N/A
Salt	g	N/A
Sodium	g	N/A

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 57

Composite Sample Name: Mayonnaise, retail, standard

Sub-sample Number: 57.11

Sub-sample Name: Sainsbury's Mayonnaise, Thick and Creamy

Full Product Name: Sainsbury's Mayonnaise

Brand: Sainsbury's

Pack size: 250ml

Purchase Date: 17.01.10

Place of Purchase: Sainsbury's, Longwater, Norwich

Sell by Date:

Use by Date/Best Before Date: Nov 2010

Batch Number: 9317 01:11

Packaging: Glass

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 57.11

Sub-sample Name: Sainsbury's Mayonnaise, Thick and Creamy

**Ingredients:** Rapeseed oil (70%), Water, Pasteurised egg yolk (3%), Sugar, Spirit Vinegar, Salt, Thickener : modified corn starch, Acidity Regulator: Lactic Acid, Preservative : potassium sorbate

### Label claim(s):

Contains egg  
Suitable for coeliacs  
Vegetarian

Produced in France

### Nutrient Information:

Nutrient	Unit	Amount/100ml	Amount/Unit/serving Per 15ml serving
Energy	kJ	2568	385
Energy	kcal	624	94
Protein	g	0.4	0.1
Carbohydrate	g	2.6	0.4
Sugars	g	1.9	0.3
Starch	g	0.6	0.1
Fat	g	67.9	10.2
Saturates	g	5.2	0.8
Monounsaturates	g	40.7	6.1
Polyunsaturates	g	21.5	3.2
Fibre	g	0	0
Salt	g	1.3	0.2
Sodium	g	0.5	0.1

### Sample 58: Baby rusks

Composite Sample Number: 58

Composite Sample Name: Baby Rusks

Sub-sample Number: 58.1

Sub-sample Name: Heinz Farley's Original Rusks

Full Product Name: Heinz Farley's Original Rusks

Brand: Heinz

Pack size: 150g

Purchase Date: 03.02.10

Place of Purchase: Morrisons, Norwich

Sell by Date:

Use by Date/Best Before Date: 01.01.2011

Batch Number: 9194 10:06

Packaging: Foil wrapper inside a cardboard box

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient



**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Sub-sample Number: 58.1

Sub-sample Name: Heinz Farley's Original Rusks

**Ingredients:** Wheat Flour, Sugar, Vegetable Oil, Raising Agents (Ammonium Carbonates), Calcium Carbonate, Emulsifier (Monoglycerides), Niacin, Iron, Thiamin, Riboflavin, Vitamin A, Vitamin D

**Label claim(s):**

Source of Iron & Calcium

5 added vitamins

No artificial colours, flavours or preservatives

Very low salt

Egg free

No GM ingredients

Suitable for vegetarians

Gluten, wheat

No added milk ingredients, but made in a bakery which uses milk

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

**Nutrient Information:**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per rusk (17g)</b>
Energy	kJ	1737	294
Energy	kcal	411	70
Protein	g	7	1.2
Carbohydrate	g	79.5	13.5
Sugars	g	29	4.9
Starch	g	N/A	N/A
Fat	g	7.2	1.2
Saturates	g	3.1	0.5
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.1	0.4
Salt	g	N/A	N/A
Sodium	g	0.01	Tr
Vitamin A	µg	450	77
Vitamin D	µg	10	1.7
Thiamin	mg	0.53	0.09
Riboflavin	mg	0.82	0.14
Niacin	mg	8.8	1.5
Calcium	mg	390	66
Iron	mg	7	1.2

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 58

Composite Sample Name: Baby Rusks

Sub-sample Number: 58.2

Sub-sample Name: Heinz Farley's Mini Rusks

Full Product Name: Heinz Farley's Mini Rusks Original

Brand: Heinz

Pack size: 120g

Purchase Date: 17.01.10

Place of Purchase: Sainsbury's, Longwater, Norwich

Sell by Date:

Use by Date/Best Before Date: 01.12.10

Batch Number: 9350 13:25

Packaging: Individual plastic bags

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 58.2

Sub-sample Name: Heinz Farley's Mini Rusks

**Ingredients:** Wheat flour, Sugar, Vegetable Oil, Raising Agents (Ammonium Carbonates), Calcium Carbonate, Emulsifier (Monoglycerides), Niacin, Iron, Thiamin, Riboflavin, Vitamin A, Vitamin D

### Label claim(s):

Source of Iron & Calcium

5 added vitamins

No artificial colours or preservatives

Gluten, wheat

No added milk ingredients but made in a bakery that uses milk

Made in England

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per bag (30g)
Energy	kJ	1737	521
Energy	kcal	411	123
Protein	g	7	2.1
Carbohydrate	g	79.5	23.9
Sugars	g	29	8.7
Starch	g	N/A	N/A
Fat	g	7.2	2.2
Saturates	g	3.1	0.9
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.1	0.6
Salt	g	N/A	N/A
Sodium	g	0.01	Tr
Vitamin A	µg	450	135
Vitamin D	µg	10	3
Thiamin	mg	0.53	0.16
Riboflavin	mg	0.82	0.25
Niacin	mg	8.8	2.6
Calcium	mg	350	105
Iron	mg	7	2.1

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 58

Composite Sample Name: Baby Rusks

Sub-sample Number: 58.3

Sub-sample Name: Heinz Farley's Wholemeal Rusks

Full Product Name: Heinz Farley's Wholemeal Rusks

Brand: Heinz

Pack size: 150g

Purchase Date: 14.01.10

Place of Purchase: Asda, Norwich

Sell by Date:

Use by Date/Best Before Date: 01.03.11

Batch Number: 9267 15:19

Packaging: Foil packaging in a cardboard box.

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Sub-sample Number: 58.3

Sub-sample Name: Heinz Farley's Wholemeal Rusks

**Ingredients:** Organic Wholemeal Wheat Flour, Wheat Flour, Maize Flour, Sugar, Vegetable Oil, Dextrose, Raising Agents (Ammonium Carbonates), Calcium Carbonate, Emulsifier (Monoglycerides), Niacin, Iron, Thiamin, Riboflavin, Vitamin A, Vitamin D

**Label claim(s):**

Source of Iron & Calcium

5 added vitamins

No artificial colours, flavours or preservatives

Reduced sugar – contains 30% less sugars than Farley's Original rusks

Very low salt

Egg free

No GM ingredients

Suitable for vegetarians

Gluten, wheat

May contain lupin

No added milk ingredients, but made in a bakery which uses milk

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

**Nutrient Information:**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per rusk (17g)</b>
Energy	kJ	1741	295
Energy	kcal	412	70
Protein	g	7	1.2
Carbohydrate	g	75.8	12.9
Sugars	g	20.3	3.5
Starch	g	N/A	N/A
Fat	g	9	1.5
Saturates	g	4	0.7
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	3.6	0.6
Salt	g	N/A	N/A
Sodium	g	0.01	Tr
Vitamin A	µg	450	77
Vitamin D	µg	10	1.7
Thiamin	mg	0.53	0.09
Riboflavin	mg	0.82	0.14
Niacin	mg	8.8	1.5
Calcium	mg	390	66
Iron	mg	7	1.2

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 58

Composite Sample Name: Baby Rusks

Sub-sample Number: 58.4

Sub-sample Name: Heinz Farley's Rusks – gluten free

Full Product Name: Heinz Farley's Rusks – gluten free

Brand: Heinz

Pack size: 250g

Purchase Date: 14.01.10

Place of Purchase: Asda, Norwich

Sell by Date:

Use by Date/Best Before Date: 01.03.11

Batch Number: 9267 15:19

Packaging: Foil wrapper inside a cardboard box

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 58.4

Sub-sample Name: Heinz Farley's Rusks – gluten free

**Ingredients:** Flours (Rice, Soya), Maize Starch, Potato Starch, Sugar, Vegetable Oil, Milk Protein, Raising Agents (Ammonium Carbonates), Calcium Carbonate, Emulsifier (Soya Lecithin), Niacin, Iron, Thiamin, Riboflavin, Vitamin A, Vitamin D

### Label claim(s):

No artificial colours, preservatives or flavours

Suitable for a gluten free diet

Very low salt

Egg free

No GM ingredients

Suitable for vegetarians

Contains milk and soya

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 14g = ½ rusk
Energy	kJ	1843	258
Energy	kcal	438	61
Protein	g	10.2	1.4
Carbohydrate	g	68.6	9.6
Sugars	g	21.7	3
Starch	g	N/A	N/A
Fat	g	13.6	1.9
Saturates	g	5.4	0.8
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.9	0.3
Salt	g	N/A	N/A
Sodium	g	0.03	Tr
Vitamin A	µg	550	77
Vitamin D	µg	12	1.7
Thiamin	mg	0.64	0.09
Riboflavin	mg	1	0.14
Niacin	mg	11	1.5
Calcium	mg	430	60
Iron	mg	8.6	1.2

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 58

Composite Sample Name: Baby Rusks

Sub-sample Number: 58.5

Sub-sample Name: Heinz Farley's Rusks – reduced sugar

Full Product Name: Heinz Farley's Rusks – reduced sugar

Brand: Heinz

Pack size: 150g

Purchase Date: 14.01.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date:

Use by Date/Best Before Date: 01.04.11

Batch Number: 9294 22:36

Packaging: Foil packaging in a cardboard box.

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Sub-sample Number: 58.5

Sub-sample Name: Heinz Farley's Rusks – reduced sugar

**Ingredients:** Wheat Flour, Maize flour, Sugar, Vegetable Oil, Dextrose, Raising Agents (Ammonium Carbonates), Calcium Carbonate, Emulsifier (Monoglycerides), Niacin, Iron, Thiamin, Riboflavin, Vitamin A, Vitamin D

**Label claim(s):**

No artificial colours, preservatives or flavours

Reduced sugar

Very low salt

Egg free

No GM ingredients

Suitable for vegetarians

Contains 30% less sugars than Farley's Original Rusks

Gluten, wheat

No added milk ingredients, but made in a bakery which uses milk

Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

**Nutrient Information:**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per rusk (17g)</b>
Energy	kJ	1771	300
Energy	kcal	419	71
Protein	g	6.6	1.1
Carbohydrate	g	78	13.3
Sugars	g	20.3	3.5
Starch	g	N/A	N/A
Fat	g	9	1.5
Saturates	g	4	0.7
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.1	0.4
Salt	g	N/A	N/A
Sodium	g	0.01	Tr
Vitamin A	µg	450	77
Vitamin D	µg	10	1.7
Thiamin	mg	0.53	0.09
Riboflavin	mg	0.82	0.14
Niacin	mg	8.8	1.5
Calcium	mg	390	66
Iron	mg	7	1.2

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 58

Composite Sample Name: Baby Rusks

Sub-sample Number: 58.6

Sub-sample Name: Organix rusks

Full Product Name: Organix Finger Foods Organic Soft Rusks

Brand: Organix

Pack size: 175g

Purchase Date: 14.01.10

Place of Purchase: Sainsbury's, Queens Road, Norwich

Sell by Date:

Use by Date/Best Before Date: 06.07.10

Batch Number: 094102 09:53

Packaging: Individual plastic packaging holding two rusks each, contained in a cardboard box.

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 58.6

Sub-sample Name: Organix rusks

**Ingredients:** Organic wholegrain wheat flour (34%), organic grape juice concentrate (33%), organic rice flour (18%), organic unhydrogenated palm oil (7%), organic sunflower oil (4%), organic skimmed milk powder (2%)

Raising agents - sodium bicarbonate, potassium carbonate (1%), organic vanilla extract (<1%), thiamin (Trace)

### Label claim(s):

Contains gluten & milk

Produced in a factory that makes foods containing nuts

Suitable for vegetarians

No added salt, no colourings, no hydrogenated fat.

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per rusk (14.5g)
Energy	kJ	1600	232
Energy	kcal	381	55
Protein	g	5.6	0.8
Carbohydrate	g	62.3	9
Sugars	g	17.5	2.5
Starch	g	N/A	N/A
Fat	g	12	1.7
Saturates	g	4.2	0.6
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	3.7	0.5
Salt	g	0.2	Tr
Sodium	g	0.1	Tr
Thiamin	mg	1.0	0.1

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 58

Composite Sample Name: Baby Rusks

Sub-sample Number: 58.7

Sub-sample Name: Hipp Organic Ruskits

Full Product Name: Hipp Organic Ruskits

Brand: Hipp

Pack size: 120g

Purchase Date: 14.01.10

Place of Purchase: Asda, Norwich

Sell by Date:

Use by Date/Best Before Date: 30.09.10

Batch Number: L36

Packaging: Rusks contained in a plastic package within a cardboard box.

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 58.7

Sub-sample Name: Hipp Organic Ruskits

**Ingredients:** Organic wheat flour (34%), organic wheat starch, organic sugar, organic vegetable oils (palm oil, sunflower oil), organic skimmed milk powder (1%), raising agent (potassium hydrogen carbonate, tartaric acid (L+)), salt, thiamin

### Label claim(s):

Uses no GM ingredients

Suitable for vegetarians

Contains gluten, wheat, cow's milk

May contain traces of egg, nuts and sesame.

Product of Switzerland

### Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	1855
Energy	kcal	440
Protein	g	5
Carbohydrate	g	78
Sugars	g	25
Starch	g	N/A
Fat	g	12
Saturates	g	6
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	2
Salt	g	N/A
Sodium	g	0.2
Thiamin	mg	0.8



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 58

Composite Sample Name: Baby Rusks

Sub-sample Number: 58.8

Sub-sample Name: Boots Baby Organic Rusks

Full Product Name: Boots Baby Organic Rusks

Brand: Boots

Pack size: 7 twin packs / 200g

Purchase Date: 28.01.10

Place of Purchase: Boots, Chapelfield, Norwich

Sell by Date:

Use by Date/Best Before Date: 05.2010

Batch Number: S62651 17:21:41

Packaging: Plastic packages holding two biscuits each, contained in a cardboard box.

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 58.8

Sub-sample Name: Boots Baby Organic Rusks

**Ingredients:** Organic wheat flour (69%), organic cane sugar (15%), organic margarine (organic oils and fats (palm, palm kernel, sunflower), water, emulsifier (soya lecithin), acidity regulator (citric acid)), organic soya flour, raising agents (sodium bicarbonate, ammonium bicarbonate), thiamine

### Label claim(s):

Organic

No artificial colours, flavours or preservatives

Reduced sugar

No added egg

No added milk products

No added salt

Vegetarian

Contains wheat, gluten and soya

Produced in a factory which also makes foods containing nuts

Product of Belgium

### Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	1903
Energy	kcal	452
Protein	g	8.3
Carbohydrate	g	71
Sugars	g	18
Starch	g	N/A
Fat	g	15
Saturates	g	7.4
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1
Salt	g	N/A
Sodium	g	0.3
Thiamin	mg	0.5

Sample 59: Ice cream, non dairy, vanilla, soft scoop

Composite Sample Number: 59

Composite Sample Name: Ice cream, non dairy, vanilla, soft scoop

Sub-sample Number: 59.1 & 59.2

Sub-sample Name: Walls Vanilla Soft Scoop Ice Cream

Full Product Name: Walls Soft Scoop Vanilla Flavour Ice Cream

Brand: Walls

Pack size: 2 litres

Purchase Date: 11.02.10

Place of Purchase: Waitrose, Norwich

Sell by Date:

Use by Date/Best Before Date: 02.2012

Batch Number: 59.1 (L0006BK0201), 59.2 (L0006BK0202)

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 59.1 & 59.2

Sub-sample Name: Walls Vanilla Soft Scoop Ice Cream

**Ingredients:** Reconstituted Skimmed Milk, Water, Glucose Syrup, Vegetable Fat, Glucose-Fructose Syrup, Sugar, Whey Solids, Emulsifier (Mono and Diglycerides of Fatty Acids), Stabilisers (Locust Bean Gum, Tara Gum, Guar Gum, Carrageenan), Colours (Annatto, Curcumin), Flavouring

**Label claim(s): No information**

### Nutrient Information:

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per 2 scoops</b>
Energy	kJ	780	350
Energy	kcal	190	85
Protein	g	3	1.5
Carbohydrate	g	23	10
Sugars	g	21	10
Starch	g	N/A	N/A
Fat	g	9	4
Saturates	g	5	2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	<0.5	<0.5
Salt	g	0.2	0.1
Sodium	g	0.08	0.04

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 59

Composite Sample Name: Ice cream, non dairy, vanilla, soft scoop

Sub-sample Number: 59.3 & 59.4

Sub-sample Name: Carte D'Or Vanilla Ice Cream

Full Product Name: Carte D'Or Vanilla Ice Cream

Brand: Carte D'Or

Pack size: 1 litre

Purchase Date: 11.02.10

Place of Purchase: Waitrose, Norwich

Sell by Date:

Use by Date/Best Before Date: 02.2012

Batch Number: 59.3 (L0026BL020E 10:28), 59.4 (L0026BL020W 10:30)

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 59.3 & 59.4

Sub-sample Name: Carte D'Or Vanilla Ice Cream

**Ingredients:** Reconstituted Skimmed Milk, Glucose-Fructose Syrup, Sugar, Vegetable Fat, Water, Whey Solids, Emulsifier (Mono and Diglycerides of Fatty Acids), Stabilisers (Locust Bean Gum, Guar Gum, Carrageenan) , Natural Vanilla Extract from Madagascar, Colour (Carotenes), Vanilla Bean Pieces, Natural Flavouring

### Label claim(s):

Without artificial colours or flavours

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per portion
Energy	kJ	850	430
Energy	kcal	200	100
Protein	g	3	1.5
Carbohydrate	g	28	14
Sugars	g	N/A	N/A
Starch	g	N/A	N/A
Fat	g	9	4.5
Saturates	g	N/A	N/A
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	N/A	N/A
Salt	g	N/A	N/A
Sodium	g	N/A	N/A

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 59

Composite Sample Name: Ice cream, non dairy, vanilla, soft scoop

Sub-sample Number: 59.5

Sub-sample Name: Tesco Vanilla Soft Scoop Ice Cream

Full Product Name: Tesco Vanilla Soft Scoop Ice Cream

Brand: Tesco

Pack size: 2 litres

Purchase Date: 11.02.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date:

Use by Date/Best Before Date: 01.2011

Batch Number: 0014GG1 06:47

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 59.5

Sub-sample Name: Tesco Vanilla Soft Scoop Ice Cream

**Ingredients:** Partially Reconstituted Whey Protein Concentrate, Sugar, Vegetable Oil, Glucose Syrup, Dextrose, Whey Powder, Stabilisers (Guar Gum, Carob Gum), Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Flavourings, Concentrated Beetroot Juice, Colour (Carotenes)

### Label claim(s):

No artificial preservatives, flavours or colours

Contains milk

Cannot guarantee nut free

Suitable for vegetarians

Produced in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per scoop (43g)
Energy	kJ	700	305
Energy	kcal	170	75
Protein	g	2.7	1.2
Carbohydrate	g	24.9	10.8
Sugars	g	21.3	9.2
Starch	g	N/A	N/A
Fat	g	6.2	2.7
Saturates	g	3.4	1.5
Monounsaturates	g	2.1	0.9
Polyunsaturates	g	0.5	0.2
Fibre	g	0.5	0.2
Salt	g	0.2	Tr
Sodium	g	0.1	Tr



**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 59

Composite Sample Name: Ice cream, non dairy, vanilla, soft scoop

Sub-sample Number: 59.6

Sub-sample Name: Tesco Vanilletta Ice Cream

Full Product Name: Tesco Vanilletta Ice Cream

Brand: Tesco

Pack size: 1 litre

Purchase Date: 11.02.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date: 08.2010

Use by Date/Best Before Date: 11.2010

Batch Number: L9330A9 13:54

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 59.6

Sub-sample Name: Tesco Vanilletta Ice Cream

**Ingredients:** Water, Reconstituted Dried Skimmed Milk, Sugar, Vegetable Fat, Buttermilk Powder, Dextrose, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Stabilisers (Guar Gum, Sodium Alginate), Colour (Annatto), Natural Flavouring, Vanilla Pods

### Label claim(s):

No artificial preservatives, flavours or colours

Vegetarian

Contains milk

Cannot guarantee nut free

Produced in Spain

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 55g
Energy	kJ	815	450
Energy	kcal	195	110
Protein	g	3	1.7
Carbohydrate	g	22.9	12.6
Sugars	g	22.9	12.6
Starch	g	N/A	N/A
Fat	g	10.1	5.6
Saturates	g	8.4	4.6
Monounsaturates	g	0.7	0.4
Polyunsaturates	g	0.2	0.1
Fibre	g	0.8	0.4
Salt	g	0.1	Tr
Sodium	g	0.1	Tr

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 59

Composite Sample Name: Ice cream, non dairy, vanilla, soft scoop

Sub-sample Number: 59.7

Sub-sample Name: Sainsbury's Basics Vanilla Flavour Ice Cream

Full Product Name: Sainsbury's Basics Vanilla Soft Scoop Ice Cream

Brand: Sainsbury's Basics

Pack size: 2 litres

Purchase Date: 11.02.10

Place of Purchase: Sainsbury's Queens Road, Norwich

Sell by Date:

Use by Date/Best Before Date: 2011

Batch Number: R L9350BB

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 59.7

Sub-sample Name: Sainsbury's Basics Vanilla Flavour Ice Cream

**Ingredients:** Reconstituted Whey Protein (from Cows' Milk), Sugar, Palm Oil, Whey Powder (from Cows' Milk), Dextrose, Emulsifier: Mono- and Diglycerides of Fatty Acids; Natural Flavouring, Stabilisers: Guar Gum, Sodium Alginate

### Label claim(s):

Contains milk

Not suitable for nut allergy sufferers

Vegetarian

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 85g serving
Energy	kJ	565	480
Energy	kcal	134	114
Protein	g	2.5	2.1
Carbohydrate	g	19.7	16.7
Sugars	g	17.5	14.9
Starch	g	2.2	1.9
Fat	g	5.1	4.3
Saturates	g	3.2	2.7
Monounsaturates	g	1.5	1.3
Polyunsaturates	g	0.3	0.3
Fibre	g	0.2	0.2
Salt	g	0.18	0.15
Sodium	g	0.07	0.06

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 59

Composite Sample Name: Ice cream, non dairy, vanilla, soft scoop

Sub-sample Number: 59.8

Sub-sample Name: Asda Soft Scoop Ice Cream - Vanilla

Full Product Name: Asda Vanilla Easy Scoop

Brand: Asda

Pack size: 2 litres

Purchase Date: 12.02.10

Place of Purchase: Asda, Norwich

Sell by Date:

Use by Date/Best Before Date: 07.01.2011

Batch Number: R 0007GG1 07:16

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 59.8

Sub-sample Name: Asda Soft Scoop Ice Cream - Vanilla

**Ingredients:** Reconstituted Whey Protein (Milk), Sugar, Vegetable Oil, Dextrose, Whey Powder (Milk), Emulsifier (Mono and Diglycerides of Fatty Acids), Stabilisers (Guar Gum, Sodium Alginate), Natural Flavouring, Colour (Carotenes)

### Label claim(s):

No artificial colours, flavours, or hydrogenated fat  
Suitable for vegetarians

Produced in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 85g
Energy	kJ	718	610
Energy	kcal	171	145
Protein	g	2.8	2.4
Carbohydrate	g	22	18.7
Sugars	g	21	17.9
Starch	g	N/A	N/A
Fat	g	8	6.8
Saturates	g	5.7	4.8
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.2	0.2
Salt	g	0.3	0.3
Sodium	g	0.1	0.1

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 59

Composite Sample Name: Ice cream, non dairy, vanilla, soft scoop

Sub-sample Number: 59.9

Sub-sample Name: Family Favourite Vanilla Flavour Soft Scoop Ice Cream (Lidl)

Full Product Name: Family Favourite Vanilla Flavour Soft Scoop Ice Cream (Lidl)

Brand: Family Favourite

Pack size: 2 litres

Purchase Date: 12.02.10

Place of Purchase: Lidl, Norwich

Sell by Date:

Use by Date/Best Before Date: 07.07.2011

Batch Number: R 0007GG1 10:08

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 59.9

Sub-sample Name: Family Favourite Vanilla Flavour Soft Scoop Ice Cream (Lidl)

**Ingredients:** Partially Reconstituted Whey Protein Concentrate (from Milk), Sugar, Vegetable Oil, Dextrose, Whey Powder (from Milk), Emulsifier: Mono- and Diglycerides of Fatty Acids; Stabilisers: Guar Gum, Sodium Alginate; Flavouring, Colours: Curcumin, Annatto

### Label claim(s):

May contain traces of nuts

Contains milk

Suitable for vegetarians

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 43.5g (100ml) scoop
Energy	kJ	694	303
Energy	kcal	166	72
Protein	g	2.8	1.2
Carbohydrate	g	21.5	9.4
Sugars	g	21.3	9.3
Starch	g	N/A	N/A
Fat	g	7.6	3.3
Saturates	g	4.9	2.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.1	0.04
Salt	g	Tr	Tr
Sodium	g	0.1	0.04



**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 59

Composite Sample Name: Ice cream, non dairy, vanilla, soft scoop

Sub-sample Number: 59.10

Sub-sample Name: Co-op Vanilla Flavour Ice Cream

Full Product Name: Co-op Vanilla Flavour Ice Cream

Brand: Co-op

Pack size: 2 litres

Purchase Date: 12.02.10

Place of Purchase: Co-op, Earlham Road, Norwich

Sell by Date:

Use by Date/Best Before Date: 06.2011

Batch Number: R9343GG1 05:13

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 59.10

Sub-sample Name: Co-op Vanilla Flavour Ice Cream

**Ingredients:** Water, Sugar, Skimmed Milk Concentrate, Palm Oil, Whey Protein Concentrate (Milk), Dextrose, Whey Powder (Milk), Colours (Carotenes, Curcumin, Beetroot Red), Emulsifier (Mono- and diglycerides of fatty acids – Vegetable), Flavouring, Stabilisers (Sodium alginate, Guar gum)

### Label claim(s):

Suitable for vegetarians

Contains milk

May contain traces of nuts

Made in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 1/12 tub (approx. 70g)
Energy	kJ	640	450
Energy	kcal	155	105
Protein	g	2.7	1.9
Carbohydrate	g	20.5	14.4
Sugars	g	20.5	14.4
Starch	g	N/A	N/A
Fat	g	6.7	4.7
Saturates	g	4.1	2.9
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.1	0.1
Salt	g	0.3	0.2
Sodium	g	0.1	0.1

Sample 60: Ice cream, dairy, vanilla, soft scoop

Composite Sample Number: 60

Composite Sample Name: Ice cream, dairy, vanilla, soft scoop

Sub-sample Number: 60.1 – 60.3

Sub-sample Name: Wall's Dairy Cream of Cornish Ice Cream

Full Product Name: Wall's Dairy Cream of Cornish Ice Cream

Brand: Wall's

Pack size: 2 litres

Purchase Date: 11.02.10

Place of Purchase: 60.1 & 60.2 (Tesco, Harford Bridges, Norwich), 60.3 (Sainsbury's, Queens Road, Norwich)

Sell by Date:

Use by Date/Best Before Date: 60.3 (11.2011)

Batch Number: 60.1 (L9309CK0203 12:07), 60.2 (L9309CK0204 12:09), 60.3 (L9322AK0204 02:21)

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 60.1 – 60.3

Sub-sample Name: Wall's Dairy Cream of Cornish Ice Cream

**Ingredients:** Reconstituted Skimmed Milk, Water, Sugar, Glucose-Fructose Syrup, Fresh Cornish Cream (6%), Whey Solids, Glucose Syrup, Butteroil, Emulsifier (Mono and Diglycerides of Fatty Acids), Stabilisers (Locust Bean Gum, Guar Gum, Carrageenan), Colours (Annatto, Curcumin), Flavourings

Label claim(s):  
Without artificial colours and flavours

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 2 scoops
Energy	kJ	740	330
Energy	kcal	180	80
Protein	g	3	1.5
Carbohydrate	g	25	11
Sugars	g	20	9
Starch	g	N/A	N/A
Fat	g	7	3
Saturates	g	4.5	2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	<0.5	<0.5
Salt	g	0.2	0.1
Sodium	g	0.09	0.04

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 60

Composite Sample Name: Ice cream, dairy, vanilla, soft scoop

Sub-sample Number: 60.4 & 60.5

Sub-sample Name: Mackies Dairy Vanilla Ice Cream

Full Product Name: Mackies Traditional Luxury Dairy Ice Cream

Brand: Mackies

Pack size: 1 litre

Purchase Date: 11.02.10

Place of Purchase: 60.4 (Morrisons, Norwich), 60.5 (Sainsbury's, Queens Road, Norwich)

Sell by Date:

Use by Date/Best Before Date: 06.2011

Batch Number: 60.4 (349 789V 11:35), 60.5 (348 1234S 09:34)

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 60.4 & 60.5

Sub-sample Name: Mackies Dairy Vanilla Ice Cream

**Ingredients:** Fresh Whole Milk (64%), Double Cream (16%), Sugar, Milk Solids, Glycerine, Emulsifier (Mono- and Diglycerides of Fatty Acids), Free Range Eggs, Stabilisers (Sodium Alginate and Guar Gum)

### Label claim(s):

No artificial flavours, colours or preservatives

Contains milk and eggs

May contain traces of nuts

Suitable for vegetarians

Gluten free

### Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	855
Energy	kcal	204
Protein	g	3.6
Carbohydrate	g	23.2
Sugars	g	N/A
Starch	g	N/A
Fat	g	10.8
Saturates	g	N/A
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	N/A
Salt	g	N/A
Sodium	g	N/A

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 60

Composite Sample Name: Ice cream, dairy, vanilla, soft scoop

Sub-sample Number: 60.6

Sub-sample Name: Tesco Cornish Ice Cream

Full Product Name: Tesco Cornish Ice Cream

Brand: Tesco

Pack size: 2 litres

Purchase Date: 11.02.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date: 08.2010

Use by Date/Best Before Date: 09.2010

Batch Number: 9309GG2 07:46

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 60.6

Sub-sample Name: Tesco Cornish Ice Cream

**Ingredients:** Reconstituted Skimmed Milk Concentrate, Sugar, Butteroil, Glucose Syrup, Double Cream (5%), Whey Protein Concentrate, Dextrose, Clotted Cream (1.5%), Flavouring, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Stabilisers (Carob Gum, Guar Gum), Concentrated Beetroot Juice, Colour (Carotenes)

### Label claim(s):

No artificial preservatives, flavours or colours

Vegetarian

Contains milk

Cannot guarantee nut free

Produced in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per scoop (52g)
Energy	kJ	837	439
Energy	kcal	200	105
Protein	g	3.9	2
Carbohydrate	g	22.2	11.6
Sugars	g	21.9	11.5
Starch	g	N/A	N/A
Fat	g	10.7	5.6
Saturates	g	6.8	3.5
Monounsaturates	g	2.8	1.5
Polyunsaturates	g	0.4	0.2
Fibre	g	0.5	0.3
Salt	g	0.2	Tr
Sodium	g	0.1	Tr



**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 60

Composite Sample Name: Ice cream, dairy, vanilla, soft scoop

Sub-sample Number: 60.7

Sub-sample Name: Asda Cornish Easy Scoop Ice Cream

Full Product Name: Asda Cornish Easy Scoop Ice Cream

Brand: Asda

Pack size: 2 litres

Purchase Date: 12.02.10

Place of Purchase: Asda, Norwich

Sell by Date:

Use by Date/Best Before Date: 03.12.2010

Batch Number: R9337GG2 16:03

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 60.7

Sub-sample Name: Asda Cornish Easy Scoop Ice Cream

**Ingredients:** Reconstituted Skimmed Milk, Sugar, Partially Reconstituted Whey Powder (Milk), Butter Oil, Glucose Syrup, Dextrose, Double Cream (2.5%), Clotted Cream (1.5%), Emulsifier (Mono and Diglycerides of Fatty Acids), Natural Flavouring , Stabilisers (Carob Bean Gum, Guar Gum), Colour (Carotenes)

### Label claim(s):

No artificial colours, flavours or hydrogenated fat

Suitable for vegetarians

Contains milk

May contain traces of nuts and/or seeds

Produced in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 85g
Energy	kJ	876	745
Energy	kcal	209	178
Protein	g	3.6	3.1
Carbohydrate	g	24	20.4
Sugars	g	22.4	19
Starch	g	N/A	N/A
Fat	g	11	9.4
Saturates	g	7	6
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.1	0.1
Salt	g	0.3	0.3
Sodium	g	0.1	0.1

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 60

Composite Sample Name: Ice cream, dairy, vanilla, soft scoop

Sub-sample Number: 60.8

Sub-sample Name: Sainsbury's Dairy Vanilla Ice Cream

Full Product Name: Sainsbury's Dairy Vanilla Ice Cream

Brand: Sainsbury's

Pack size: 1 litre

Purchase Date: 11.02.10

Place of Purchase: Sainsbury's, Queens Road, Norwich

Sell by Date:

Use by Date/Best Before Date: 05.2011

Batch Number: RL9314AA3 09:20

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 60.8

Sub-sample Name: Sainsbury's Dairy Vanilla Ice Cream

**Ingredients:** Skimmed Milk\*, Double Cream\*(18%), Sugar, Glucose Syrup, Whey Protein Concentrate\*, Stabilisers: Carob Gum, Guar Gum; Emulsifier: Mono- and Diglycerides of Fatty Acids; Natural Flavouring, Ground Vanilla Bean, Concentrated Beetroot Juice, Natural Colour: Carotenes. \*from Cows' Milk

### Label claim(s):

British milk & cream

Vegetarians

Contains milk

Not suitable for nut allergy sufferers

Produced in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 1/8 pot
Energy	kJ	715	447
Energy	kcal	171	107
Protein	g	3.7	2.3
Carbohydrate	g	20.4	12.8
Sugars	g	17.1	10.7
Starch	g	3.4	2.1
Fat	g	8.2	5.1
Saturates	g	5.3	3.3
Monounsaturates	g	2.1	1.3
Polyunsaturates	g	0.3	0.2
Fibre	g	1.8	1.1
Salt	g	0.2	0.13
Sodium	g	0.08	0.05

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 60

Composite Sample Name: Ice cream, dairy, vanilla, soft scoop

Sub-sample Number: 60.9

Sub-sample Name: Frosty's Luxury Vanilla Dairy Ice Cream (Aldi)

Full Product Name: Frosty's Continental Bourbon Vanilla Flavoured Dairy Ice Cream, made with cream (Aldi)

Brand: Frosty's

Pack size: 750 ml

Purchase Date: 12.02.10

Place of Purchase: Aldi, Norwich

Sell by Date:

Use by Date/Best Before Date: 30.03.11

Batch Number: A 9273 11:25

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 60.9

Sub-sample Name: Frosty's Luxury Vanilla Dairy Ice Cream (Aldi)

**Ingredients:** Partially Reconstituted Skimmed Milk Concentrate, Whipping Cream (28%), Glucose Syrup, Glucose-Fructose Syrup, Sugar, Emulsifier: Mono- and Diglycerides of Fatty Acids; Stabilisers: Locust Bean Gum, Guar Gum; Bourbon Vanilla Flavouring, Colour: Carotenes; Ground Vanilla Pods, Salt

### Label claim(s):

No artificial colours or flavourings

Contains milk

May contain traces of peanuts, other nuts, wheat, gluten, soya and eggs

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 157ml serving (~75g)
Energy	kJ	905	682
Energy	kcal	216	163
Protein	g	3	2.3
Carbohydrate	g	27.4	20.6
Sugars	g	24.3	18.2
Starch	g	N/A	N/A
Fat	g	10.5	7.9
Saturates	g	7	5.3
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.2	0.2
Salt	g	0.08	0.06
Sodium	g	0.03	0.02

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 60

Composite Sample Name: Ice cream, dairy, vanilla, soft scoop

Sub-sample Number: 60.10

Sub-sample Name: Morrisons Vanilla Flavoured Dairy Ice Cream

Full Product Name: Morrisons Vanilla Flavoured Dairy Ice Cream

Brand: Morrisons

Pack size: 950ml

Purchase Date: 11.02.10

Place of Purchase: Morrisons, Norwich

Sell by Date:

Use by Date/Best Before Date: 06.2011

Batch Number: R9335AA2 17:22

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 60.10

Sub-sample Name: Morrisons Vanilla Flavoured Dairy Ice Cream

**Ingredients:** Partially reconstituted whey protein concentrate, Sugar, Butter oil, Glucose syrup, Dextrose, Emulsifier (mono- and diglycerides of fatty acids), Natural flavouring, Stabilisers (guar gum, sodium alginate), Ground vanilla pods, Colours (curcumin, annatto)

### Label claim(s):

Vegetarian

Contains milk

Produced in a factory which uses nut, peanut and sesame ingredients

Produced in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100ml	Amount/Unit/serving Per 125ml serving
Energy	kJ	370	462
Energy	kcal	88	110
Protein	g	1.3	1.6
Carbohydrate	g	10.7	13.3
Sugars	g	10.7	13.3
Starch	g	N/A	N/A
Fat	g	4.5	5.6
Saturates	g	2.8	3.5
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.1	0.1
Salt	g	0.1	0.2
Sodium	g	0.1	0.1



Sample 61: Chocolate/choc mint and nut cone (e.g. Cornetto)

Composite Sample Number: 61

Composite Sample Name: Chocolate/choc mint and nut cone (e.g. Cornetto)

Sub-sample Number: 61.1 – 61.3

Sub-sample Name: Walls Cornetto Choc n Nut

Full Product Name: Walls Cornetto Classico

Brand: Walls

Pack size: 6 pack (360g)

Purchase Date: 61.1 (11.02.10), 61.2 & 61.3 (12.02.10)

Place of Purchase: 61.1 (Waitrose, Norwich), 61.2 & 61.3 (Asda, Norwich)

Sell by Date:

Use by Date/Best Before Date: 05.2011

Batch Number: 61.1 (L93200B020W 23:24), 61.2 (L9316AB020E 00:59),  
61.3 (L9316AN020W 00:59)

Packaging: Foil coated paper wrapper in a cardboard box

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 61.1 – 61.3

Sub-sample Name: Walls Cornetto Choc n Nut

**Ingredients:** Reconstituted skimmed milk, vegetable fat, sugar, glucose-fructose syrup, wheat flour, hazelnut pieces (2%), whey solids, fat reduced cocoa powder, wheat starch, emulsifiers (mono and di-glycerides of fatty acids, lecithin, ammonium phosphatides), stabilisers (sodium alginate), wheat fibre, salt, caramelised sugar, natural flavourings, maltodextrin, skimmed milk powder, glucose syrup, potato starch, egg white, milk protein

### Label claim(s):

Traces: other nuts and peanuts

Without artificial colours and flavours

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving
			Per cone
Energy	kJ	1300	780
Energy	kcal	300	180
Protein	g	4	2.5
Carbohydrate	g	34	20
Sugars	g	23	14
Starch	g	N/A	N/A
Fat	g	17	10
Saturates	g	13	8
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.5	0.9
Salt	g	0.2	0.12
Sodium	g	0.07	0.04

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 61

Composite Sample Name: Chocolate/choc mint and nut cone (e.g. Cornetto)

Sub-sample Number: 61.4

Sub-sample Name: Tesco Cones Nut & Chocolate

Full Product Name: Tesco Chocolate & Nut Cones

Brand: Tesco

Pack size: 6 x 100ml

Purchase Date: 13.02.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date: Jul 2010

Use by Date/Best Before Date: Oct 2010

Batch Number: 0029HH 3:42

Packaging: Foil covered paper wrapper in a cardboard box

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 61.4

Sub-sample Name: Tesco Cones Nut & Chocolate

**Ingredients:** Partially Reconstituted Whey Protein Concentrate, Biscuit Cone (18%), Chocolate Flavoured Coating (14%), Double Cream (9%), Chocolate Flavoured Sauce (7%), Sugar, Hazelnuts (2%), Dextrose, Glucose Syrup, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Flavouring, Stabilisers (Carob Gum, Guar Gum)

Biscuit Cone contains: Wheat Flour, Sugar, Vegetable Oil, Emulsifier (Soya Lecithins)

Chocolate Flavoured Coating contains: Coconut Oil, Sugar, Cocoa Powder, Cornflour, Emulsifier (Soya Lecithins)

Chocolate Flavoured Sauce contains: Glucose Syrup, Water, Sugar, Cocoa Powder, Cocoa Mass, Sweetened Condensed Skimmed Milk (Condensed Skimmed Milk, Sugar), Gelling Agent (Pectin), Salt

### Label claim(s):

Vegetarian

No artificial preservatives, flavours or colours

Contains milk, wheat, gluten, soya

Contains hazelnuts

May contain traces of other nuts

Produced in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per cone (63g)
Energy	kJ	1275	805
Energy	kcal	305	195
Protein	g	4.4	2.8
Carbohydrate	g	40.1	25.3
Sugars	g	19.3	12.2
Starch	g	N/A	N/A
Fat	g	13.9	8.8
Saturates	g	9.3	5.9
Monounsaturates	g	3.3	2.1
Polyunsaturates	g	0.6	0.4
Fibre	g	0.2	0.1
Salt	g	0.2	0.1
Sodium	g	0.1	0.1

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 61

Composite Sample Name: Chocolate/choc mint and nut cone (e.g. Cornetto)

Sub-sample Number: 61.5

Sub-sample Name: Asda Cones – mint

Full Product Name: Asda Cones – mint

Brand: Asda

Pack size: 6 cones (6 x 100ml)

Purchase Date: 12.02.10

Place of Purchase: Asda, Norwich

Sell by Date:

Use by Date/Best Before Date: 18.09.2010

Batch Number: R9322HH 21:51

Packaging: Foil covered paper wrapper in a cardboard box

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 61.5

Sub-sample Name: Asda Cones – mint

**Ingredients:** Mint and White Mint Ice Creams [Reconstituted Skimmed Milk, Partially Reconstituted Whey Protein Concentrate (Milk), Glucose Syrup, Sugar, Coconut Oil, Vegetable Concentrates [Spirulina, Safflower], Emulsifier (Mono and Diglycerides of Fatty Acids), Stabilisers (Carob Bean Gum, Guar Gum), Natural Flavouring]

Biscuit Cone (17%) [Wheat Flour, Sugar, Palm Oil, Emulsifier (Soya Lecithins)]

Chocolate Flavour Sauce (12%) [Glucose Syrup, Water, Sugar, Cocoa Powder, Cocoa Mass, Sweetened Condensed Skimmed Milk [Skimmed Milk, Sugar], Gelling Agent (Pectin), Salt]

Chocolate Flavour Coating (9.2%) [Coconut Oil, Sugar, Cocoa Powder, Maize Starch, Emulsifier (Soya Lecithins)]

Crunchy Mint Chocolate Pieces (3.1%) [Dark Chocolate [Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (Soya Lecithins)], Sugar, Peppermint Oil, Glazing Agent (Gum Arabic), Glucose Syrup, Sugar, Vegetable Oil, Acidity Regulator (Citric Acid)]

### **Label claim(s):**

Vegetarian

Contains gluten, milk, wheat and soya

May contain traces of nuts and/or seeds

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per cone
Energy	kJ	1181	702
Energy	kcal	281	167
Protein	g	3.3	2
Carbohydrate	g	41.6	24.7
Sugars	g	25.8	15.3
Starch	g	N/A	N/A
Fat	g	11.3	6.7
Saturates	g	8.3	4.9
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.2	1.3
Salt	g	0.1	0.1
Sodium	g	0.05	0.03

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 61

Composite Sample Name: Chocolate/choc mint and nut cone (e.g. Cornetto)

Sub-sample Number: 61.6

Sub-sample Name: Sainsbury's Basics Vanilla Cones

Full Product Name: Sainsbury's Basics Vanilla & Choc Cones

Brand: Sainsbury's Basics

Pack size: 6 x 67g

Purchase Date: 15.02.10

Place of Purchase: Sainsbury's, Longwater, Norwich

Sell by Date:

Use by Date/Best Before Date: 07.2011

Batch Number: L0018PP 06:53

Packaging: Foil coated paper wrapper in a cardboard box

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 61.6

Sub-sample Name: Sainsbury's Basics Vanilla Cones

**Ingredients:** Vanilla Flavoured Ice Cream (73%); Biscuit Cone (17%); Chocolate Flavoured Coating (10%). Vanilla Flavoured Ice Cream contains: Skimmed Milk\*, Milk Proteins\*, Water, Sugar, Coconut Fat, Glucose Syrup, Emulsifier: Mono- and Diglycerides of Fatty Acids; Stabiliser: Carob Gum, Guar Gum; Natural Flavouring

Biscuit Cone contains: Wheat Flour, Sugar, Potato Starch, Coconut Fat, Emulsifier: Soya Lecithin; Colour: Caramel; Water, Salt

Chocolate Flavoured Coating contains: Coconut Fat, Sugar, Fat Reduced Cocoa Powder, Milk Proteins\*, Emulsifier: Soya Lecithin.\*From Cows' Milk

### Label claim(s):

Vegetarian

Contains milk, wheat gluten & soya

Not suitable for nut allergy sufferers due to the methods used in the manufacture of this product

Produced and packed in Belgium

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per cone
Energy	kJ	1086	722
Energy	kcal	259	172
Protein	g	3	2
Carbohydrate	g	34.3	22.8
Sugars	g	24.2	16.1
Starch	g	7.9	5.3
Fat	g	12.2	8.1
Saturates	g	10.9	7.2
Monounsaturates	g	0.8	0.5
Polyunsaturates	g	0.2	0.1
Fibre	g	0.3	0.2
Salt	g	0.33	0.22
Sodium	g	0.13	0.09

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 61

Composite Sample Name: Chocolate/choc mint and nut cone (e.g. Cornetto)

Sub-sample Number: 61.7

Sub-sample Name: Frosty's Ice Cream Cones Vanilla and Hazelnut (Aldi)

Full Product Name: Frosty's Ice Cream Cones Vanilla and Hazelnut (Aldi)

Brand: Frosty's

Pack size: 6 cones (720ml)

Purchase Date: 12.02.10

Place of Purchase: Aldi, Norwich

Sell by Date:

Use by Date/Best Before Date: 16.02.11

Batch Number: B9320 19:03 SL

Packaging: Foil coated paper wrapper in a cardboard box

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 61.7

Sub-sample Name: Frosty's Ice Cream Cones Vanilla and Hazelnut (Aldi)

**Ingredients:** Water, Sugar, Vegetable Fat, Wheat Flour, Glucose-Fructose Syrup, Whey Powder, Fat Reduced Cocoa Powder, Invert Sugar Syrup, Glucose Syrup, Emulsifiers: Mono- and Diglycerides of Fatty Acids, Soya Lecithin; Stabilisers: Locust Bean Gum, Guar Gum; Hazelnut Paste, Hazelnuts, Salt, Modified Maize Starch, Flavouring.  
Wafer Cone 16%; Chocolate flavour sauce:6%; caramelised hazelnut pieces:2%

### Label claim(s):

No added colours

Vegetarian

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per cone
Energy	kJ	1222	844
Energy	kcal	292	202
Protein	g	3.7	2.6
Carbohydrate	g	36.6	25.3
Sugars	g	26.5	18.3
Starch	g	N/A	N/A
Fat	g	14.5	10
Saturates	g	12.1	8.3
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.4	1
Salt	g	0.1	Tr
Sodium	g	Tr	Tr

Sample 62: Ice cream, luxury, dairy with chocolate/caramel

Composite Sample Number: 62

Composite Sample Name: Ice cream, luxury, dairy with chocolate/caramel

Sub-sample Number: 62.1 & 62.2

Sub-sample Name: Ben & Jerry's Choc Chip Cookie Dough

Full Product Name: Ben & Jerry's Cookie Dough

Brand: Ben & Jerry's

Pack size: 500ml

Purchase Date: 11.02.10

Place of Purchase: 62.1 (Morrisons, Norwich), 62.2 (Tesco, Harford Bridges, Norwich)

Sell by Date:

Use by Date/Best Before Date: May 2011

Batch Number: 62.1 (L93080L011 01:06 "1"), 62.2 (L93070L011 04:20 "3")

Packaging: Cardboard tub

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 62.1 & 62.2

Sub-sample Name: Ben & Jerry's Choc Chip Cookie Dough

**Ingredients:** Cream 27%, Water, Condensed skimmed Milk, Sugar, Unbleached wheat flour, Brown sugar, Free range egg yolks, Butter, Eggs, Expeller pressed soybean oil, Cocoa mass, Coconut oil, Natural flavourings, Cocoa powder, Stabilisers (guar gum, carrageenan), Molasses, Salt, Cocoa butter, Milk, Fat, Emulsifier (soya lecithin)

**Label claim(s):** No information

### Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	1110
Energy	kcal	270
Protein	g	4
Carbohydrate	g	31
Sugars	g	N/A
Starch	g	N/A
Fat	g	14
Saturates	g	N/A
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	N/A
Salt	g	N/A
Sodium	g	N/A

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 62

Composite Sample Name: Ice cream, luxury, dairy, with chocolate/caramel

Sub-sample Number: 62.3 & 62.4

Sub-sample Name: Ben & Jerry's Phish Food

Full Product Name: Ben & Jerry's Phish Food

Brand: Ben & Jerry's

Pack size: 428g

Purchase Date: 11.02.10

Place of Purchase: 62.3 (Tesco, Harford Bridges, Norwich), 62.4 (Morrisons, Norwich)

Sell by Date:

Use by Date/Best Before Date: May 2011

Batch Number: 62.3 (L93150K011 17:18), 62.4 (Morrisons, Norwich)

Packaging: Cardboard tub

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 62.3 & 62.4

Sub-sample Name: Ben & Jerry's Phish Food

**Ingredients:** Water, cream (22%), sugar, glucose syrup, condensed skimmed milk, cocoa powder, coconut oil, milk fat, free range egg yolks, egg whites, natural flavourings, stabilisers (guar gum, pectin, carrageenan), salt, emulsifier (soya lecithin)

**Label claim(s):** No information

### Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	1145
Energy	kcal	275
Protein	g	3.5
Carbohydrate	g	36
Sugars	g	N/A
Starch	g	N/A
Fat	g	13
Saturates	g	N/A
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	N/A
Salt	g	N/A
Sodium	g	N/A

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 62

Composite Sample Name: Ice cream, luxury, dairy, with chocolate/caramel

Sub-sample Number: 62.5 & 62.6

Sub-sample Name: Ben & Jerry's Chocolate Fudge Brownie

Full Product Name: Ben & Jerry's Chocolate Fudge Brownie

Brand: Ben & Jerry's

Pack size: 408g

Purchase Date: 11.02.10

Place of Purchase: 62.5 (Tesco, Harford Bridges, Norwich), 62.6 (Morrisons, Norwich)

Sell by Date:

Use by Date/Best Before Date: May 2011

Batch Number: 62.5 (L93170K011 01:57), 62.6 (L93160K011 22:35)

Packaging: Cardboard tub

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 62.5 & 62.6

Sub-sample Name: Ben & Jerry's Chocolate Fudge Brownie

**Ingredients:** Water, cream (25%), sugar, condensed skimmed milk, cocoa powder, unbleached wheat flour, butter, free range egg yolks, eggs, egg whites, glucose-fructose syrup, soya flour, stabilisers (guar gum, carrageenan), salt, raising agent (sodium carbonate), vanilla extract

**Label claim(s):** No information

### Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	1050
Energy	kcal	250
Protein	g	4
Carbohydrate	g	32
Sugars	g	N/A
Starch	g	N/A
Fat	g	13
Saturates	g	N/A
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	N/A
Salt	g	N/A
Sodium	g	N/A

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 62

Composite Sample Name: Ice cream, luxury, dairy, with chocolate/caramel

Sub-sample Number: 62.7

Sub-sample Name: Sainsbury's Taste The Difference Toffee and Honeycomb

Full Product Name: Sainsbury's Taste The Difference Devon Farmhouse  
Toffee and Honeycomb Dairy Ice Cream

Brand: Sainsbury's Taste The Difference

Pack size: 500ml

Purchase Date: 11.02.10

Place of Purchase: Sainsbury's, Queens Road, Norwich

Sell by Date:

Use by Date/Best Before Date: Sep 2010

Batch Number: L9331

Packaging: Cardboard tub

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 62.7

Sub-sample Name: Sainsbury's Taste The Difference Toffee and Honeycomb

**Ingredients:** Whole Jersey Milk\*; Toffee Sauce (22%) (Double Cream\*, Dark Muscovado Sugar, Salt), Double Cream\*(17%); Honeycomb Pieces (9%) (Sugar, Glucose Syrup, Water, Sodium Bicarbonate), Unrefined Cane Sugar; Free Range Egg Yolk; Skimmed Milk Powder\*  
\*from Cows' Milk

### Label claim(s):

Vegetarian

Contains milk and egg

Suitable for coeliacs

Produced in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per ¼ pot
Energy	kJ	1238	1238
Energy	kcal	297	297
Protein	g	3.9	3.9
Carbohydrate	g	29.3	29.3
Sugars	g	28	28
Starch	g	1.3	1.3
Fat	g	18.2	18.2
Saturates	g	11	11
Monounsaturates	g	4.4	4.4
Polyunsaturates	g	0.9	0.9
Fibre	g	0	0
Salt	g	0.3	0.3
Sodium	g	0.13	0.13

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 62

Composite Sample Name: Ice cream, luxury, dairy, with chocolate/caramel

Sub-sample Number: 62.8

Sub-sample Name: Ben & Jerry's Caramel Chew Chew

Full Product Name: Ben & Jerry's Caramel Chew Chew

Brand: Ben & Jerry's

Pack size: 451g

Purchase Date: 11.02.10

Place of Purchase: Sainsbury's, Queens Road, Norwich

Sell by Date:

Use by Date/Best Before Date: May 2011

Batch Number: L93080K011 01:23

Packaging: Cardboard tub

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 62.8

Sub-sample Name: Ben & Jerry's Caramel Chew Chew

**Ingredients:** Cream (27%), water, condensed skimmed milk, sugar, glucose syrup, free range egg yolks, coconut oil, milk fat, butter, fat reduced cocoa powder, whole milk powder, skimmed milk powder, stabilisers (guar gum, carrageenan), salt, emulsifier (soya lecithin), natural flavourings

**Label claim(s):** No information

### Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	1100
Energy	kcal	270
Protein	g	3
Carbohydrate	g	29
Sugars	g	N/A
Starch	g	N/A
Fat	g	16
Saturates	g	N/A
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	N/A
Salt	g	N/A
Sodium	g	N/A

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 62

Composite Sample Name: Ice cream, luxury, dairy, with chocolate/caramel

Sub-sample Number: 62.9

Sub-sample Name: ASDA Extra Special Chocolate Fudge Brownie Ice Cream

Full Product Name: ASDA Extra Special Chocolate Fudge Brownie Ice Cream

Brand: ASDA Extra Special

Pack size: 1 litre

Purchase Date: 12.02.10

Place of Purchase: Asda, Norwich

Sell by Date:

Use by Date/Best Before Date: 20.08.2010

Batch Number: R923211 13:57

Packaging: Cardboard tub

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 62.9

Sub-sample Name: ASDA Extra Special Chocolate Fudge Brownie Ice Cream

**Ingredients:** Skimmed Milk, Double Cream (17%) (Milk), Chocolate Fudge Sauce (15%) [Water, Dark Chocolate [Cocoa Mass, Sugar, Cocoa Butter, Fat Reduced Cocoa Powder, Emulsifier (Soya Lecithins)], Fructose Syrup, Invert Sugar Syrup, Double Cream, Dextrose, Butter (Milk), Maize Starch, Flavouring], Sugar, Concentrated Skimmed Milk, Brownie Fudge Pieces (4.6%) [Sugar, Pasteurised Free Range Egg, Wheat Flour, Butter, Cocoa Powder, Brown Sugar, Salt, Raising Agent (Sodium Bicarbonate)], Dark Chocolate [Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (Soya Lecithins), Flavouring], Fat Reduced Cocoa Powder, Pasteurised Free Range Egg Yolk, Emulsifier (Mono and Diglycerides of Fatty Acids), Stabilisers (Carob Bean Gum, Guar Gum)

### Label claim(s):

No artificial colours, flavours, preservatives or hydrogenated fat

Suitable for vegetarians

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 1/10 tub (100ml)
Energy	kJ	988	643
Energy	kcal	236	154
Protein	g	4	2.6
Carbohydrate	g	27.8	18
Sugars	g	24.3	15.7
Starch	g	N/A	N/A
Fat	g	12.1	7.9
Saturates	g	7.7	5
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.5	1
Salt	g	0.2	0.1
Sodium	g	0.06	0.04

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 62

Composite Sample Name: Ice cream, luxury, dairy, with chocolate/caramel

Sub-sample Number: 62.10

Sub-sample Name: Haagen Dazs Belgian Chocolate

Full Product Name: Haagen Dazs Belgian Chocolate

Brand: Haagen Dazs

Pack size: 500ml / 430g

Purchase Date: 11.02.10

Place of Purchase: Morrisons, Norwich

Sell by Date:

Use by Date/Best Before Date: May 2010

Batch Number: A18 36 07:05

Packaging: Cardboard tub

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 62.10

Sub-sample Name: Haagen Dazs Belgian Chocolate

**Ingredients:** Fresh Cream, Skimmed Milk, Sugar Solution (Sugar, Water), Dark Belgian Chocolate (13%) (Cocoa Mass, Sugar, Emulsifier: Soya Lecithin, Natural Flavouring: Vanilla), Chocolate Chunks with Vegetable Oil (10%) (Chocolate [Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: Soya Lecithin, Natural Flavouring: Vanilla], Cottonseed Oil, Coconut Oil), Egg Yolk, Cocoa Powder, Sugar, Natural Flavouring: Vanilla

**Label claim(s):**

Milk, egg and soya ingredients

**Nutrient Information:**

Nutrient	Unit	Amount/100ml
Energy	kJ	1191
Energy	kcal	286
Protein	g	4
Carbohydrate	g	25.5
Sugars	g	N/A
Starch	g	N/A
Fat	g	18.6
Saturates	g	N/A
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	N/A
Salt	g	N/A
Sodium	g	N/A

Sample 63: Luxury choc ices (e.g. Walls Dream, Bounty, Magnum)

Composite Sample Number:	63
Composite Sample Name:	Luxury choc ices (e.g. Walls Dream, Bounty, Magnum)
Sub-sample Number:	63.1 – 63.4
Sub-sample Name:	Walls Magnum Stick Classic
Full Product Name:	Walls Magnum Stick Classic
Brand:	Walls
Pack size:	3 pack (258g / 360ml)
Purchase Date:	12.02.10
Place of Purchase:	63.1 & 63.2 (Asda, Norwich), 63.3 (Lidl, Norwich), 63.4 (Co-op, Earlham Road, Norwich)
Sell by Date:	
Use by Date/Best Before Date:	63.1 (12.2011), 63.2 (11.2011), 63.3 (08.2011), 63.4 (10.2011)
Batch Number:	63.1 (L9335AD020 04:59), 63.2 (L9313CD020 16:30), 63.3 (L9217AZ004 23:06), 63.4 (L9293BZ004 13:59)
Packaging:	Plastic wrapper in a cardboard box
Sample Condition As Purchased:	Frozen
Post Purchase Storage:	Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 63.1 – 63.4

Sub-sample Name: Walls Magnum Stick Classic

**Ingredients:** Reconstituted skimmed milk, sugar, vegetable fat, cocoa butter, cocoa mass, glucose-fructose syrup, whey solids, whole milk powder, butteroil, emulsifiers (E471, soya lecithin, E476), stabilisers (E410, E412, E407), vanilla bean pieces, flavouring, colour (E160a)

**Label claim(s):** No information

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per stick
Energy	kJ	1300	1100
Energy	kcal	300	260
Protein	g	4	3.5
Carbohydrate	g	29	25
Sugars	g	27	23
Starch	g	N/A	N/A
Fat	g	19	16
Saturates	g	14	12
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.5	1.5
Salt	g	N/A	N/A
Sodium	g	0.06	0.05

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 63

Composite Sample Name: Luxury choc ices (e.g. Walls Dream, Bounty, Magnum)

Sub-sample Number: 63.5 – 63.7

Sub-sample Name: Walls Magnum White

Full Product Name: Walls Magnum White

Brand: Walls

Pack size: 3 pack (258g / 360ml)

Purchase Date: 12.02.10

Place of Purchase: 63.5 & 63.6 (Asda, Norwich), 63.7 (Lidl, Norwich)

Sell by Date:

Use by Date/Best Before Date: 63.5 (08.2011), 63.6 (04.2011), 63.7 (08.2011)

Batch Number: 63.5 (L9236DD020 23:31), 63.6 (L9097CZ004 20:32), 63.7 (L9237CZ004 14:16)

Packaging: Plastic wrappers in a cardboard box

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 63.5 – 63.7

Sub-sample Name: Walls Magnum White

**Ingredients:** Reconstituted skimmed milk, sugar, cocoa butter, vegetable fat, whole milk powder, glucose-fructose syrup, whey solids, emulsifiers (E471, E442, E476), butteroil, stabilisers (E410, E412, E407), vanilla bean pieces, flavouring, colour (E160a)

**Label claim(s):** No information

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per stick
Energy	kJ	1300	1100
Energy	kcal	300	260
Protein	g	4	3.5
Carbohydrate	g	30	26
Sugars	g	29	25
Starch	g	N/A	N/A
Fat	g	19	16
Saturates	g	14	12
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	<0.5	<0.5
Salt	g	0.2	0.17
Sodium	g	0.07	0.06

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 63

Composite Sample Name: Luxury choc ices (e.g. Walls Dream, Bounty, Magnum)

Sub-sample Number: 63.8 & 63.9

Sub-sample Name: Galaxy Vanilla Heaven Choc Ices

Full Product Name: Galaxy Vanilla Heaven Choc Ices

Brand: Mars

Pack size: 5 pack (222.5g / 255ml)

Purchase Date: 12.02.10

Place of Purchase: 63.8 (Morrisons, Norwich), 63.9 (Co-op, Earlham Road, Norwich)

Sell by Date:

Use by Date/Best Before Date: 63.8 (02.2012), 63.9 (10.2011)

Batch Number: 63.8 (L914 BID0E02 5 11:36), 63.9 (L847E2D0E02 15:20 3)

Packaging: Plastic wrappers in a cardboard box

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 63.8 & 63.9

Sub-sample Name: Galaxy Vanilla Heaven Choc Ices

**Ingredients:** Skimmed milk, sugar, cream, cocoa butter, milk fat, water, skimmed milk powder, glucose syrup, cocoa mass, vegetable fat, lactose, demineralised whey powder, lactose, emulsifiers (soya lecithin, E471, E422), stabilisers (E410, E401, E412, E407), natural vanilla flavour, colour (beta carotene), flavourings

### Label claim(s):

Traces of peanut and almond  
Made with real dairy ice cream

### Nutrient Information:

Nutrient	Unit	Amount/100ml	Amount/Unit/serving Per 51ml bar
Energy	kJ	1397	712
Energy	kcal	333	170
Protein	g	3.8	1.9
Carbohydrate	g	30.5	15.6
Sugars	g	N/A	N/A
Starch	g	N/A	N/A
Fat	g	N/A	N/A
Saturates	g	N/A	N/A
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	N/A	N/A
Salt	g	N/A	N/A
Sodium	g	N/A	N/A

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 63

Composite Sample Name: Luxury choc ices (e.g. Walls Dream, Bounty, Magnum)

Sub-sample Number: 63.10

Sub-sample Name: Waitrose Seriously Creamy Milk Chocolate Choc Ices

Full Product Name: Waitrose Seriously Creamy Milk Chocolate Choc Ices

Brand: Waitrose Seriously Creamy

Pack size: 8 x 80ml

Purchase Date: 15.02.10

Place of Purchase: Waitrose, Norwich

Sell by Date:

Use by Date/Best Before Date: Apr 2011

Batch Number: 9301-4 06:25

Packaging: Plastic wrappers contained in a cardboard box

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 63.10

Sub-sample Name: Waitrose Seriously Creamy Milk Chocolate Choc Ices

**Ingredients:** Madagascar vanilla ice cream (60%), Belgian milk chocolate (40%).

Madagascar vanilla ice cream contains partially reconstituted dried skimmed milk, sugar, butter oil, clotted cream (3%), milk whey powder, wheat dextrose, wheat glucose syrup, emulsifier mono and diglycerides of fatty acids, stabilisers locust bean gum and guar gum, Madagascar bourbon vanilla extract, colour carotenes

Belgian milk chocolate contains sugar, cocoa butter, cocoa mass, dried full cream milk, butter oil, emulsifiers soya lecithin, flavouring

### Label claim(s):

Contains milk and soya

May contain traces of nuts

Vegetarian

Produced in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100ml	Amount/Unit/serving Per choc ice
Energy	kJ	1002	821
Energy	kcal	240	197
Protein	g	2.9	2.4
Carbohydrate	g	21.2	17.4
Sugars	g	20.3	16.6
Starch	g	N/A	N/A
Fat	g	16	13.1
Saturates	g	10.2	8.3
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.2	1.0
Salt	g	N/A	N/A
Sodium	g	0.05	0.04

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 63

Composite Sample Name: Luxury choc ices (e.g. Walls Dream, Bounty, Magnum)

Sub-sample Number: 63.11

Sub-sample Name: Tesco MMM Belgian Milk Chocolate Ice Cream Lollies

Full Product Name: Tesco MMM Belgian Milk Chocolate Ice Cream Lollies

Brand: Tesco MMM

Pack size: 3 x 120ml

Purchase Date: 13.02.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date: Oct 2010

Use by Date/Best Before Date: Jan 2011

Batch Number: L10.007 14H22

Packaging: Plastic wrappers in a cardboard box

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 63.11

Sub-sample Name: Tesco MMM Belgian Milk Chocolate Ice Cream Lollies

**Ingredients:** Reconstituted Condensed Skimmed Milk, Belgian Milk Chocolate Coating (25%), Sugar, Vegetable Fat, Glucose-Fructose Syrup, Water, Whey Solids, Glucose Syrup, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Gelling agents (Carob Gum, Guar Gum, Xanthan Gum), Natural Flavourings, Crushed Vanilla Pods, Colour (Mixed Carotenes)  
Belgian Milk Chocolate Coating contains: Sugar, Cocoa Mass, Cocoa Butter, Milk Fat, Dried Skimmed Milk, Emulsifiers (Polyglycerol Polyricinoleate, Soya Lecithins)

### Label claim(s):

Contains milk, soya

Cannot guarantee nut free

Suitable for vegetarians

No artificial preservatives, flavours or colours

Produced in France

### Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	1250
Energy	kcal	300
Protein	g	3.9
Carbohydrate	g	29.8
Sugars	g	25.5
Starch	g	N/A
Fat	g	18.2
Saturates	g	11.9
Monounsaturates	g	5.6
Polyunsaturates	g	0.7
Fibre	g	0.7
Salt	g	0.1
Sodium	g	0.1

Sample 64: Butter, spreadable (75-80% fat)

Composite Sample Number: 64

Composite Sample Name: Butter, spreadable (75-80% fat)

Sub-sample Number: 64.1 & 64.2

Sub-sample Name: Lurpak Spreadable (slightly salted)

Full Product Name: Lurpak Spreadable (slightly salted)

Brand: Lurpak

Pack size: 64.1 (250g), 64.2 (500g)

Purchase Date: 14.01.10

Place of Purchase: 65.1 (Asda, Norwich), 65.2 (Tesco, Harford Bridges, Norwich)

Sell by Date:

Use by Date/Best Before Date: 64.1 (3.3.10), 64.2 (10.3.10)

Batch Number: 64.1 (3592 B2D 06005), 64.2 (1593 B7D 07325)

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 64.1 & 64.2

Sub-sample Name: Lurpak Spreadable (slightly salted)

**Ingredients:** Butter (69%), Vegetable Oil (25%), Lactic Culture, Salt (0.9%)

### Label claim(s):

Contains no additives, artificial colouring or preservatives

Contains no hydrogenated fats or oils

A kosher product.

Produced in Denmark

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 10g
Energy	kJ	2994	299
Energy	kcal	728	73
Protein	g	1	0.1
Carbohydrate	g	1	0.1
Sugars	g	1	0.1
Starch	g	N/A	N/A
Fat	g	80	8
Saturates	g	36.7	3.7
Monounsaturates	g	27.8	2.8
Polyunsaturates	g	8.1	0.8
Fibre	g	0	0
Salt	g	0.9	0.08
Sodium	g	0.36	0.03

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 64

Composite Sample Name: Butter, spreadable (75-80% fat)

Sub-sample Number: 64.3

Sub-sample Name: Country Life British Spreadable Butter

Full Product Name: Country Life British Spreadable

Brand: Country Life

Pack size: 500g

Purchase Date: 14.01.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date:

Use by Date/Best Before Date: 10 March 10

Batch Number: 9364 B 01

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 64.3

Sub-sample Name: Country Life British Spreadable Butter

**Ingredients:** Butter (57%), Vegetable Oil (30%), Water, Salt (1.3%)

**Label claim(s):**

Suitable for vegetarians

Made from the milk of British dairy farms

**Nutrient Information:**

Nutrient	Unit	Amount/100g
Energy	kJ	2835
Energy	kcal	690
Protein	g	0.2
Carbohydrate	g	0.3
Sugars	g	0.3
Starch	g	N/A
Fat	g	76.4
Saturates	g	31.4
Monounsaturates	g	28.8
Polyunsaturates	g	10
Fibre	g	0
Salt	g	N/A
Sodium	g	0.5

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 64

Composite Sample Name: Butter, spreadable (75-80% fat)

Sub-sample Number: 64.4

Sub-sample Name: Country Life British Spreadable Butter, Reduced Salt

Full Product Name: Country Life British Spreadable Butter, Reduced Salt

Brand: Country Life

Pack size: 500g

Purchase Date: 14.01.10

Place of Purchase: Asda, Norwich

Sell by Date:

Use by Date/Best Before Date: 11.3.10

Batch Number: 9365 B 18:32

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 64.4

Sub-sample Name: Country Life British Spreadable Butter, Reduced Salt

**Ingredients:** Butter (60%), Vegetable Oil (31%), Water, Salt (0.8%)

**Label claim(s):**

Suitable for vegetarians

Contains 38% less salt than standard Country Life Spreadable

Contains milk

Made with freshly churned British butter

**Nutrient Information:**

Nutrient	Unit	Amount/100g
Energy	kJ	2980
Energy	kcal	725
Protein	g	0.2
Carbohydrate	g	0.3
Sugars	g	0.3
Starch	g	N/A
Fat	g	80.3
Saturates	g	33
Monounsaturates	g	30.2
Polyunsaturates	g	10.5
Fibre	g	0
Salt	g	N/A
Sodium	g	0.3

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 64

Composite Sample Name: Butter, spreadable (75-80% fat)

Sub-sample Number: 64.5 & 64.6

Sub-sample Name: Anchor Spreadable

Full Product Name: Anchor Spreadable

Brand: Anchor

Pack size: 64.5 (250g), 64.6 (500g)

Purchase Date: 64.5 (14.01.10), 64.6 (15.01.10)

Place of Purchase: 64.5 (Asda, Norwich), 64.6 (Tesco Extra, Norwich)

Sell by Date:

Use by Date/Best Before Date: 64.5 (10.3.10), 64.6 (23.3.10)

Batch Number: 64.5 (15T5 11:07), 64.6 (15G4 01:05)

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 64.5 & 64.6

Sub-sample Name: Anchor Spreadable

**Ingredients:** Butter (58%), Vegetable Oil (33%), Water, Salt (1.3%)

### Label claim(s):

Contains no additives, artificial colourings or preservatives

Contains no hydrogenated fats or oils

Suitable for vegetarians

Made with New Zealand butter in the EU

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 10g
Energy	kJ	2970	297
Energy	kcal	722	72
Protein	g	0.3	0.03
Carbohydrate	g	0.3	0.03
Sugars	g	0.3	0.03
Starch	g	N/A	N/A
Fat	g	80	8
Saturates	g	31.2	3.1
Monounsaturates	g	31	3.1
Polyunsaturates	g	11.3	1.1
Fibre	g	0	0
Salt	g	1.3	0.13
Sodium	g	0.5	0.05

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 64

Composite Sample Name: Butter, spreadable (75-80% fat)

Sub-sample Number: 64.7

Sub-sample Name: Tesco Butterpak Spreadable

Full Product Name: Tesco Butterpak Spreadable

Brand: Tesco

Pack size: 500g

Purchase Date: 14.01.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date: 15.04.10

Use by Date/Best Before Date: 17.04.10

Batch Number: B13 08:19

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 64.7

Sub-sample Name: Tesco Butterpak Spreadable

**Ingredients:** Butteroil (55%), Sunflower Oil, Water, Salt (1%), Buttermilk Powder, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Acidity Regulator (Citric Acid).

### Label claim(s):

Contains milks

Cannot guarantee nut free

Suitable for vegetarians

Produced in the Netherlands

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 10g
Energy	kJ	2970	300
Energy	kcal	725	75
Protein	g	0.2	Tr
Carbohydrate	g	0.2	Tr
Sugars	g	0.2	Tr
Starch	g	N/A	N/A
Fat	g	80	8
Saturates	g	40	4
Monounsaturates	g	20	2
Polyunsaturates	g	17	1.7
Fibre	g	0	0
Salt	g	1	Tr
Sodium	g	0.4	Tr

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 64

Composite Sample Name: Butter, spreadable (75-80% fat)

Sub-sample Number: 64.8

Sub-sample Name: Tesco English Spreadable

Full Product Name: Tesco Spreadable

Brand: Tesco

Pack size: 500g

Purchase Date: 15.01.10

Place of Purchase: Tesco Extra, Norwich

Sell by Date: 21.3.10

Use by Date/Best Before Date: 23.3.10

Batch Number: AA1 22:24

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 64.8

Sub-sample Name: Tesco English Spreadable

**Ingredients:** Butter (66%), Vegetable Oil, Water, Salt (1.7%)

**Label claim(s):**

Contains milk

Cannot guarantee nut free

Suitable for vegetarians

Produced in Ireland

**Nutrient Information:**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per 10g</b>
Energy	kJ	2840	285
Energy	kcal	690	70
Protein	g	0.4	Tr
Carbohydrate	g	1.1	0.1
Sugars	g	0.5	Tr
Starch	g	N/A	N/A
Fat	g	76	7.6
Saturates	g	35.8	3.6
Monounsaturates	g	27.2	2.7
Polyunsaturates	g	9.6	1
Fibre	g	0.4	Tr
Salt	g	1.7	0.2
Sodium	g	0.7	0.1

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 64

Composite Sample Name: Butter, spreadable (75-80% fat)

Sub-sample Number: 64.9

Sub-sample Name: Sainsbury's Buttersoft

Full Product Name: Sainsbury's Buttersoft, Slightly Salted

Brand: Sainsbury's

Pack size: 500g

Purchase Date: 28.01.10

Place of Purchase: Sainsbury's, Queens Road, Norwich

Sell by Date:

Use by Date/Best Before Date: 24.04.10

Batch Number: 13:33 LW5

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 64.9

Sub-sample Name: Sainsbury's Buttersoft

**Ingredients:** Lactic Butter (from Cow's Milk) (70%), Rapeseed Oil (22.6%), Water, Salt (1%)

**Label claim(s):**

Contains cow's milk

Suitable for coeliacs

Produced in the Republic of Ireland

**Nutrient Information:**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per 10g</b>
Energy	kJ	2965	297
Energy	kcal	721	72
Protein	g	0.3	Tr
Carbohydrate	g	0	0
Sugars	g	0	0
Starch	g	0	0
Fat	g	80	8
Saturates	g	38	3.8
Monounsaturates	g	29	2.9
Polyunsaturates	g	7.5	0.8
Fibre	g	0	0
Salt	g	1	0.1
Sodium	g	0.4	Tr

Sample 65: Butter, spreadable, light (60% fat)

Composite Sample Number:	65
Composite Sample Name:	Butter, spreadable, light (60% fat)
Sub-sample Number:	65.1 – 65.3
Sub-sample Name:	Lurpak Lighter Spreadable
Full Product Name:	Lurpak Lighter Spreadable, slightly salted
Brand:	Lurpak
Pack size:	65.1 & 65.2 (250g), 65.3 (500g)
Purchase Date:	65.1 (14.01.10), 65.2 (03.02.10), 65.3 (15.01.10)
Place of Purchase:	65.1 & 65.2 (Asda, Norwich), 65.3 (Co-op, Earlham Road, Norwich)
Sell by Date:	
Use by Date/Best Before Date:	65.1 (10.03.10), 65.2 (31.03.10), 65.3 (17.02.10)
Batch Number:	65.1 (2593 BID 14:06 4), 65.2 (5093 3 B3E 07:39), 65.3 (3590 B7D 9 12423)
Packaging:	Plastic
Sample Condition As Purchased:	Chilled
Post Purchase Storage:	Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 65.1 – 65.3

Sub-sample Name: Lurpak Lighter Spreadable

**Ingredients:** Butter (47%), Water, Vegetable Oil (22%), Lactic culture, Salt (0.9%)

### Label claim(s):

25% less fat than Lurpak spreadable

Half the saturated fat of Lurpak butter

Contains no additive, artificial colourings or preservatives

Contains no hydrogenated fats or oils

A kosher product

Suitable for vegetarians

Contains milk

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 10g
Energy	kJ	2237	224
Energy	kcal	544	54
Protein	g	0.5	0.1
Carbohydrate	g	0.5	0.1
Sugars	g	0.5	0.1
Starch	g	N/A	N/A
Fat	g	60	6
Saturates	g	25.8	2.6
Monounsaturates	g	21.9	2.2
Polyunsaturates	g	6.9	0.7
Fibre	g	0	0
Salt	g	0.9	0.08
Sodium	g	0.36	0.03

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 65

Composite Sample Name: Butter, spreadable, light (60% fat)

Sub-sample Number: 65.4 & 65.5

Sub-sample Name: Country Life British Spreadable Lighter Butter

Full Product Name: Country Life British Spreadable Lighter Butter

Brand: Country Life

Pack size: 65.4 (500g), 65.5 (250g)

Purchase Date: 65.4 (03.02.10), 65.5 (14.01.10)

Place of Purchase: 65.4 (Asda, Norwich), 65.5 (Tesco, Harford Bridges, Norwich)

Sell by Date:

Use by Date/Best Before Date: 65.4 (26.03.10), 65.5 (24.02.10)

Batch Number: 65.4 (0015 B 01:07), 65.5 (9350 B 17:12)

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 65.4 & 65.5

Sub-sample Name: Country Life British Spreadable Lighter Butter

**Ingredients:** Butter (40%), Vegetable Oil (27%), Buttermilk, Water, Salt (1%)

### Label claim(s):

No additives or preservatives

Suitable for vegetarians

Contains milk

### Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	2258
Energy	kcal	549
Protein	g	0.8
Carbohydrate	g	1.2
Sugars	g	1.2
Starch	g	N/A
Fat	g	60.1
Saturates	g	23
Monounsaturates	g	24
Polyunsaturates	g	8.7
Fibre	g	0
Salt	g	N/A
Sodium	g	0.4

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 65

Composite Sample Name: Butter, spreadable, light (60% fat)

Sub-sample Number: 65.6 & 65.7

Sub-sample Name: Anchor Lighter Spreadable

Full Product Name: Anchor Lighter Spreadable

Brand: Anchor

Pack size: 500g

Purchase Date: 65.6 (14.01.10), 65.7 (27.01.10)

Place of Purchase: 65.6 (Asda, Norwich), 65.7 (Tesco, Harford Bridges, Norwich)

Sell by Date:

Use by Date/Best Before Date: 65.6 (08.03.10), 65.7 (23.03.10)

Batch Number: 65.6 (I5G4 07.24), 65.7 (I5G4 12:21)

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 65.6 & 65.7

Sub-sample Name: Anchor Lighter Spreadable

**Ingredients:** Butter (43%), Vegetable Oil (25%), Water, Buttermilk (6%), Salt (1.3%)

### Label claim(s):

50% less saturated fat than Anchor butter

Contains no additives, artificial colourings or preservatives

Contains no hydrogenated fats or oils

Suitable for vegetarians

Contains milk

35% milk fat and 25% vegetable oil

Made with New Zealand butter in the EU

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 10g serving
Energy	kJ	2237	224
Energy	kcal	544	54
Protein	g	0.5	0.05
Carbohydrate	g	0.5	0.05
Sugars	g	0.5	0.05
Starch	g	N/A	N/A
Fat	g	60	6
Saturates	g	23.7	2.4
Monounsaturates	g	23.4	2.3
Polyunsaturates	g	8.9	0.9
Fibre	g	0	0
Salt	g	1.3	0.13
Sodium	g	0.5	0.05

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 65

Composite Sample Name: Butter, spreadable, light (60% fat)

Sub-sample Number: 65.8

Sub-sample Name: Tesco English Spreadable Lighter

Full Product Name: Tesco Spreadable Slightly Salted Lighter

Brand: Tesco

Pack size: 500g

Purchase Date: 15.01.10

Place of Purchase: Tesco Extra, Norwich

Sell by Date: 21.03.10

Use by Date/Best Before Date: 23.03.10

Batch Number: AA3 01:06

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 65.8

Sub-sample Name: Tesco English Spreadable Lighter

**Ingredients:** Butter (42%), Reconstituted Buttermilk, Vegetable Oil, Water, Salt (1%)

### Label claim(s):

Contains milk

Cannot guarantee nut free

Produced in Ireland

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 10g
Energy	kJ	2250	225
Energy	kcal	550	55
Protein	g	0.5	Tr
Carbohydrate	g	1	0.1
Sugars	g	1	0.1
Starch	g	N/A	N/A
Fat	g	60	6
Saturates	g	25.1	2.5
Monounsaturates	g	24.6	2.5
Polyunsaturates	g	7.4	0.7
Fibre	g	0.4	Tr
Salt	g	1	Tr
Sodium	g	0.4	Tr

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 65

Composite Sample Name: Butter, spreadable, light (60% fat)

Sub-sample Number: 65.9

Sub-sample Name: Tesco Butterpak Spreadable Lighter

Full Product Name: Tesco Butterpak Spreadable Lighter

Brand: Tesco

Pack size: 500g

Purchase Date: 14.01.10

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date: 26.03.10

Use by Date/Best Before Date: 28.03.10

Batch Number: A13 23:37

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 65.9

Sub-sample Name: Tesco Butterpak Spreadable Lighter

**Ingredients:** Butteroil (36%), Water, Sunflower Oil, Salt (0.9%), Buttermilk Powder, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Acidity Regulator (Citric Acid), Natural Colouring (Beta-Carotene)

### Label claim(s):

Vegetarian

Contains 25% less fat than standard Tesco Butterpak

Cannot guarantee nut free

Produced in the Netherlands

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 10g serving
Energy	kJ	2225	225
Energy	kcal	545	55
Protein	g	0.1	Tr
Carbohydrate	g	0.1	Tr
Sugars	g	0.1	Tr
Starch	g	N/A	N/A
Fat	g	60	6
Saturates	g	28	2.8
Monounsaturates	g	15	1.5
Polyunsaturates	g	15	1.5
Fibre	g	0	0
Salt	g	0.9	Tr
Sodium	g	0.3	Tr

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 65

Composite Sample Name: Butter, spreadable, light (60% fat)

Sub-sample Number: 65.10

Sub-sample Name: Asda Spreadable Light (slightly salted)

Full Product Name: Asda Spreadable Light (slightly salted)

Brand: Asda

Pack size: 500g

Purchase Date: 14.01.10

Place of Purchase: Asda, Norwich

Sell by Date: 13.02.10

Use by Date/Best Before Date: 20.02.10

Batch Number: BBK A4 16:17

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 65.10

Sub-sample Name: Asda Spreadable Light (slightly salted)

**Ingredients:** Lactic Butter (45%) (Milk), Water, Vegetable Oil, Salt (0.9%), Emulsifier (Mono and Diglycerides of Fatty Acids), Preservative (Potassium Sorbate), Lactic Acid

### Label claim(s):

Suitable for vegetarians

No artificial colours or flavouring

Contains milk

Produced in the Republic of Ireland

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 10g
Energy	kJ	2237	224
Energy	kcal	544	54
Protein	g	0.5	Tr
Carbohydrate	g	0.5	0.1
Sugars	g	0.5	0.1
Starch	g	N/A	N/A
Fat	g	60	6
Saturates	g	28	2.8
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0	0
Salt	g	0.9	0.1
Sodium	g	0.35	Tr

**Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids**

Composite Sample Number: 65

Composite Sample Name: Butter, spreadable, light (60% fat)

Sub-sample Number: 65.11

Sub-sample Name: Sainsbury's Buttersoft Light

Full Product Name: Sainsbury's Buttersoft Light slightly salted

Brand: Sainsbury's

Pack size: 500g

Purchase Date: 28.01.10

Place of Purchase: Sainsbury's, Queens Road, Norwich

Sell by Date:

Use by Date/Best Before Date: 24.04.10

Batch Number: 23:37 T2

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 65.11

Sub-sample Name: Sainsbury's Buttersoft Light

**Ingredients:** Lactic Butter (from Cow's Milk) (45%), Water, Rapeseed Oil (23%), Salt (0.9%), Emulsifier: Mono- and Diglycerides of Fatty Acids, Preservative: Potassium Sorbate, Lactic Acid, Colour: Beta-Carotene

### Label claim(s):

Vegetarian

Suitable for coeliacs

Contains cow's milk

Produced in the Republic of Ireland

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 10g
Energy	kJ	2235	224
Energy	kcal	544	54
Protein	g	0.4	Tr
Carbohydrate	g	0.5	0.1
Sugars	g	0.5	0.1
Starch	g	0	0
Fat	g	60	6
Saturates	g	27	2.7
Monounsaturates	g	22.5	2.3
Polyunsaturates	g	6.5	0.7
Fibre	g	0	0
Salt	g	0.9	0.09
Sodium	g	0.4	0.04

Sample 66: Coleslaw, purchased, economy products only

Composite Sample Number:	66
Composite Sample Name:	Coleslaw, purchased, economy products only
Sub-sample Number:	66.1
Sub-sample Name:	Sainsbury's Basics Coleslaw
Full Product Name:	Sainsbury's Basics Coleslaw
Brand:	Sainsbury's Basics
Pack size:	500g
Purchase Date:	27.01.10
Place of Purchase:	Sainsbury's, Longwater, Norwich
Sell by Date:	
Use by Date/Best Before Date:	2 <sup>nd</sup> February 2010
Batch Number:	Not stated
Packaging:	Plastic
Sample Condition As Purchased:	Chilled
Post Purchase Storage:	Refrigerated



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 66.1

Sub-sample Name: Sainsbury's Basics Coleslaw

**Ingredients:** Cabbage (58%); Mayonnaise (32%); Carrot (8%); Onion (2%). Mayonnaise contains: Water, Rapeseed Oil, Spirit Vinegar, Pasteurised Whole Egg, Salt, Stabilisers: Guar Gum, Xanthan Gum; Dijon Mustard (Water, Mustard Seed, Spirit Vinegar, Salt)

### Label claim(s):

Vegetarian

Not suitable for milk allergy sufferers

Contains egg & mustard

Produced in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving per 100g
Energy	kJ	443	443
Energy	kcal	107	107
Protein	g	1	1
Carbohydrate	g	3.7	3.7
Sugars	g	3.3	3.3
Starch	g	0.4	0.4
Fat	g	9.8	9.8
Saturates	g	0.7	0.7
Monounsaturates	g	5.8	5.8
Polyunsaturates	g	2.9	2.9
Fibre	g	1.6	1.6
Salt	g	0.53	0.53
Sodium	g	0.21	0.21

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number:	66
Composite Sample Name:	Coleslaw, purchased, economy products only
Sub-sample Number:	66.2 – 66.5
Sub-sample Name:	Tesco Value Coleslaw
Full Product Name:	Tesco Value Coleslaw
Brand:	Tesco Value
Pack size:	
Purchase Date:	66.2 & 66.3 (27.01.10), 66.4 & 66.5 (28.01.10)
Place of Purchase:	66.2 & 66.3 (Tesco Harford Bridges, Norwich), 66.4 & 66.5 (Tesco Extra, Norwich)
Sell by Date:	
Use by Date/Best Before Date:	66.2 (10 <sup>th</sup> February 2010), 66.3 (11 <sup>th</sup> February 2010), 66.4 (9 <sup>th</sup> February 2010), 66.5 (14 <sup>th</sup> February 2010)
Batch Number:	66.2 (07:19), 66.3 (07:34), 66.4 (07:34), 66.5 (07:42)
Packaging:	Plastic
Sample Condition As Purchased:	Chilled
Post Purchase Storage:	Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 66.2 – 66.5

Sub-sample Name: Tesco Value Coleslaw

**Ingredients:** Cabbage (63%), Mayonnaise (32%), Carrot (4%), Onion (0.8%), Single Cream. Mayonnaise contains: Water, Vegetable Oil, Spirit Vinegar, Sugar, Salt, Stabilisers (Guar Gum, Xanthan Gum), Dried Egg, Mustard Flour, Preservative (Potassium Sorbate).

### Label claim(s):

Contains milk, egg and mustard

Cannot guarantee nut free

Suitable for vegetarians

Produced in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	470
Energy	kcal	115
Protein	g	1
Carbohydrate	g	6.8
Sugars	g	4
Starch	g	N/A
Fat	g	9
Saturates	g	0.7
Monounsaturates	g	5.4
Polyunsaturates	g	2.5
Fibre	g	1.6
Salt	g	0.5
Sodium	g	0.2

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 66

Composite Sample Name: Coleslaw, purchased, economy products only

Sub-sample Number: 66.6 and 66.7

Sub-sample Name: Asda Smart Price Coleslaw

Full Product Name: Asda Smart Price Coleslaw

Brand: Asda Smart Price

Pack size: 250g

Purchase Date: 27.01.10

Place of Purchase: Asda, Norwich

Sell by Date:

Use by Date/Best Before Date: 66.6 (31<sup>st</sup> January 2010), 66.7 (5<sup>th</sup> February 2010)

Batch Number: None on product packaging

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 66.6 and 66.7

Sub-sample Name: Asda Smart Price Coleslaw

**Ingredients:** Cabbage (60%) , Mayonnaise (34%) [Water, Rapeseed Oil, Spirit Vinegar, Sugar, Egg, Stabilisers (Guar Gum, Xanthan Gum) Mustard Flour], Carrot (5.0%), Onion (1.0%) , Salt

### Label claim(s):

Suitable for vegetarians

Contains egg and mustard

May contain traces of nuts and/or seeds

Produced in the UK

### Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/Unit/serving Per 83g
Energy	kJ	413	342.8
Energy	kcal	100	83
Protein	g	1	0.8
Carbohydrate	g	5.9	4.9
Sugars	g	5.9	4.9
Starch	g	N/A	N/A
Fat	g	8	6.6
Saturates	g	0.7	0.6
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.8	1.5
Salt	g	0.1	0.1
Sodium	g	0.05	Tr

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Composite Sample Number: 66

Composite Sample Name: Coleslaw, purchased, economy products only

Sub-sample Number: 66.8

Sub-sample Name: Morrisons Value Coleslaw

Full Product Name: Morrisons Value Coleslaw

Brand: Morrisons Value

Pack size: 250g

Purchase Date: 28.01.10

Place of Purchase: Morrisons, Norwich

Sell by Date:

Use by Date/Best Before Date: 12<sup>th</sup> Feb 2010

Batch Number: L9 11:38

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Refrigerated

## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

Sub-sample Number: 66.8

Sub-sample Name: Morrisons Value Coleslaw

**Ingredients:** Cabbage (59%), Mayonnaise (34%) (water, rapeseed oil, spirit vinegar, sugar, salt, pasteurised egg yolk, stabilisers (guar gum, xanthan gum), mustard flour), Carrot (5%), Onion (2%), Preservative (potassium sorbate)

**Label claim(s):**

Contains egg and mustard

Produced in a factory which uses nut, peanut and sesame ingredients

**Nutrient Information:**

<b>Nutrient</b>	<b>Unit</b>	<b>Amount/100g</b>	<b>Amount/Unit/serving Per 1/3 pot</b>
Energy	kJ	499	249
Energy	kcal	120	60
Protein	g	0.7	0.4
Carbohydrate	g	6.4	3.2
Sugars	g	6.3	3.2
Starch	g	N/A	N/A
Fat	g	10.2	5.1
Saturates	g	0.9	0.5
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.1	0.6
Salt	g	1.3	0.8
Sodium	g	0.5	0.3

# Sample preparation

Purchased samples were stored according to manufacturers' guidelines and usual consumer practices. Ambient products were stored at room temperature and chilled products were refrigerated. Frozen products were stored at -20°C and either thawed before use or cooked from frozen, depending on product guidelines. Details of all sub-samples were recorded prior to preparation of composite samples and all samples including packaging, ingredient and nutrition information were photographed.

Where further sample preparation or cooking was required, samples were prepared according to manufacturer instructions or according to usual consumer practice.

Equal weights of un-homogenised sub-samples were combined to form single composite samples. The composite samples were homogenised as thoroughly as possible and were split into sub-samples of approximately 100g each. Composite samples were stored frozen at -40°C before being sent to laboratories for analysis.

Details for each sample are given below, including weight changes on cooking and edible portion measurements.

## **Sample 1: Cheese and tomato pizza, retail, all bases, not stuffed crust**

Samples were thawed before cooking and oven baked according to manufacturer guidelines.

Weight loss on cooking is given in Table 1.

Average weight loss on cooking = 12.9%

## **Sample 2: Garlic and herb baguette, baked**

Samples were oven baked according to manufacturer guidelines. Weight loss on cooking is given in Table 1.

Average weight loss on cooking = 8.0%

## **Sample 16: Takeaway chicken pieces, coated, deep fried**

Meat and skin were removed from the bone.



## Nutrient analysis of a range of processed foods with particular reference to *trans* fatty acids

### Edible portion weights

Sub-sample	Total portion weight (g)	Weight meat (g)	Weight skin and coating (g)	Edible portion
16.1	324.9	159.6	44.6	0.63
16.2	343.0	220.2	59.4	0.82
16.3	268.9	152.2	34.9	0.70
16.4	618.8	337.5	117.4	0.74
16.5	239.4	123.2	30.3	0.64
16.6	312.7	195.5	27.4	0.71
Average				0.70

### **Sample 18: Chicken/turkey burger, coated, baked**

Samples were oven baked according to manufacturer guidelines. Weight loss on cooking is given in Table 1.

Average weight loss on cooking = 10.1%

### **Sample 19: Breaded/battered chicken/turkey pieces, cooked**

Samples were oven baked according to manufacturer guidelines. Weight loss on cooking is given in Table 1.

Average weight loss on cooking = 14.4%

### **Sample 20: Chicken breast/steak, coated, baked**

Samples were oven baked according to manufacturer guidelines. Weight loss on cooking is given in Table 1.

Average weight loss on cooking = 14.0%

### **Sample 21: Beef pie, purchased, puff or shortcrust pastry, family size**

Samples were oven baked according to manufacturer guidelines. Weight loss on cooking is given in Table 1.

Average weight loss on cooking = 4.5%

### **Sample 22: Beef pie, purchased, individual, puff or shortcrust pastry**

Samples were oven baked according to manufacturer guidelines. Weight loss on cooking is given in Table 1.

Average weight loss on cooking = 4.4%

### **Sample 23: Cornish pasty, purchased**

Samples were oven baked according to manufacturer guidelines. Weight loss on cooking is given in Table 1.

Average weight loss on cooking = 1.8%

**Sample 26: Chicken/turkey pasties/slices, puff pastry**

Samples were oven baked according to manufacturer guidelines. Weight loss on cooking is given in Table 1.

Average weight loss on cooking = 3.1%

**Sample 27: Cod in batter, fried in commercial oil, from takeaway fish and chip shops**

Average % fish = 56.1

Average % batter = 43.9

Proportions of fish and batter

Sub-sample	Size	Weight of batter (g)	Weight of fish (g)	% fish
27.1	Regular	83.0	90.0	52.0
	Large	104.3	112.7	51.9
27.2	Regular	53.8	114.3	68.0
	Large	78.1	184.6	70.3
27.3	Small	40.6	76.2	65.2
	Large	63.8	136.8	68.2
27.4	Small	81.3	65.3	44.5
	Large	132.0	131.0	49.8
27.5	Unspecified	112.5	109.7	49.4
27.6	Unspecified	108	92.4	46.1
27.7	Regular + Large	203.8	219.4	51.8
27.8	Regular	90.3	137.1	60.3
	Large	98.6	146.0	59.7
27.9	Regular	84.8	96	53.1
27.10	Large	121.2	210.6	63.5

Details of frying oils used and frequency of oil change are given on page 371. Information was obtained by asking staff providing samples to provide details to complete a short questionnaire recording type of oil used and frying practice (e.g. details of oil change policy).

**Sample 28: Cod in batter, frozen/chilled, baked**

Samples were oven baked according to manufacturer guidelines. Weight loss on cooking is given in Table 1.

Average weight loss on cooking = 12.8%

**Sample 29: Cod in breadcrumbs, oven baked**

Samples were oven baked according to manufacturer guidelines. Weight loss on cooking is given in Table 1.

Average weight loss on cooking = 12.0%

**Sample 30: Fish fingers, pollock, grilled**

Samples were grilled according to manufacturer guidelines. Weight loss on cooking is given in Table 1.

Average weight loss on cooking = 13.4%

**Sample 32: Chips, fried in commercial oil, from takeaway fish and chip shops**

Details of frying oils used and frequency of oil change are given on page 435. Information was obtained by asking staff providing samples to provide details to complete a short questionnaire recording type of oil used and frying practice (e.g. details of oil change policy).

**Sample 34: Potato chips, oven ready, baked**

Samples were oven baked according to manufacturer guidelines. Weight loss on cooking is given in Table 1.

Average weight loss on cooking = 30.6%

**Sample 35: Potato chips, oven ready, with batter, baked**

Samples were oven baked according to manufacturer guidelines. Weight loss on cooking is given in Table 1.

Average weight loss on cooking = 27.6%

**Sample 56: Instant soup, as purchased**

Where applicable, croutons were removed from sub-samples prior to preparation of composite sample

Proportions of croutons

Sub-sample	Weight soup powder (g)	Weight croutons (g)	% croutons
56.1	23	4.5	16.4
56.2	20.5	5.8	22.1
56.3	29.1	4	12.1
56.4	24.6	0	0
56.5	25.1	3.7	12.9
56.6	25.4	3.7	12.7
56.7	25.8	0	0
56.8	24.5	0	0
56.9	22.8	0	0
56.10	26.0	0	0
56.11	21.3	1.8	7.8

**Table 1: Weight changes after cooking**

Sub-sample number	Cooking Details	Weight before cooking (g)	Weight after cooking (g)	% Weight loss
1.1	Oven baked, 200°C, 11 min	370.3	320.9	13.3
1.2	Oven baked, 220°C, 12 min	358.2	319.7	10.7
1.3	Oven baked, 190°C, 15 min	295.4	257.4	12.9
1.4	Oven baked, 200°C, 12 min	514.6	455.6	11.5
1.5	Oven baked, 200°C, 13 min	440.4	405.8	7.9
1.6	Oven baked, 190°C, 14 min	360.1	318.9	11.4
1.7	Oven baked, 200°C, 12 min	398.8	351.8	11.8
1.8	Oven baked, 190°C, 18 min	266.5	216.2	18.9
1.9	Oven baked, 190°C, 12 min	281.4	243.9	13.3
1.10	Oven baked, 220°C, 12 min	346.0	285.0	17.6
1.11	Oven baked, 200°C, 9min	346.7	302.4	12.8
<b>Average</b>				12.9
2.1	Oven baked, 200°C, 12 min	222.2	205.0	7.7
2.2	Oven baked, 220°C, 15 min	174.1	162.8	6.5
2.3	Oven baked, 200°C, 12 min	184.9	163.8	11.4
2.4	Oven baked, 200°C, 8 min	154.8	144.4	6.7
2.5	Oven baked, 200°C, 12 min	179.5	170.8	4.8
2.6	Oven baked, 200°C, 12 min	216.8	203.7	6.0
2.7	Oven baked, 200°C, 20 min	167.7	148.6	11.4
2.8	Oven baked, 200°C, 14 min	194.7	177.7	8.7
2.9	Oven baked, 200°C, 12 min	211.6	201.2	4.9
2.10	Oven baked, 200°C, 15 min	175.6	155.5	11.4
<b>Average</b>				8.0
18.1	Oven baked, 230°C, 12 min	96.7	85.1	12.0
18.2	Oven baked, 230°C, 12 min	101.1	90.6	10.4
18.3	Oven baked, 230°C, 12 min	101.8	91.6	10.0
18.4	Oven baked, 220°C, 20 min	116.0	103.4	10.9
18.5	Oven baked, Gas mark 7, 20 min	118.9	104.0	12.5
18.6	Oven baked, Gas mark 7, 20 min	116.7	104.5	10.5
18.7	Oven baked, Gas mark 7, 20 min	118.2	108.8	8.0
18.8	Oven baked, Gas mark 7, 15 min	115.4	108.7	5.8
18.9	Oven baked, 230°C, 14 min	110.0	94.3	14.3
18.10	Oven baked, 220°C, 15 min	115.6	108.4	6.2
<b>Average</b>				10.1
19.1	Oven baked, 210°C, 15 min	142.5	127.6	10.5
19.2	Oven baked, 210°C, 15 min	152.2	134.7	11.5
19.3	Oven baked, 220°C, 15 min	138.9	126.5	8.9
19.4	Oven baked, 200°C, 25 min	180.6	162.5	10.0

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19.5	Oven baked, 220°C, 15 min	149.4	124.3	16.8
19.6	Oven baked, 220°C, 12 min	157.9	130.2	17.5
19.7	Oven baked, 180°C, 17 min	139.0	109.0	21.6
19.8	Oven baked, 220°C, 12 min	159.8	138.3	13.5
19.9	Oven baked, 220°C, 12 min	126.7	101.7	19.7
Average				14.4
20.1	Oven baked, 210°C, 20 min	184.09	164.1	10.9
20.2	Oven baked, 210°C, 20 min	182.1	157.2	13.7
20.3	Oven baked, 200°C, 25 min	193.5	160.4	17.1
20.4	Oven baked, 200°C, 25 min	131.0	97.5	25.6
20.5	Oven baked, 200°C, 25 min	139.8	112.0	19.9
20.6	Oven baked, 200°C, 25 min	155.2	142.5	8.2
20.7	Oven baked, 200°C, 25 min	181.6	165.8	8.7
20.8	Oven baked, 200°C, 25 min	163.3	149.8	8.3
Average				14.0
21.1	Oven baked, 200°C, 45 min	699.4	668.1	4.5
21.2	Oven baked, Gas mark 8, 30 min	551.2	525.0	4.8
21.3	Oven baked, Gas mark 8, 30 min	539.7	512.8	5.0
21.4	Oven baked, Gas mark 7, 25 min	789.6	776.1	1.7
21.5	Oven baked, 200°C, 45 min	795.9	761.1	4.4
21.6	Oven baked, 200°C, 45 min	581.0	569.0	2.1
21.7	Oven baked, 200°C, 45 min	602.6	548.8	8.9
21.8	Oven baked, 200°C, 45 min	711.4	680.1	4.4
Average				4.5
22.1	Oven baked, 180°C, 40 min	178.4	170.6	4.4
22.2	Oven baked, 180°C, 40 min	201.9	193.6	4.1
22.3	Oven baked, 180°C, 35 min	160.2	154.3	3.7
22.4	Oven baked, 200°C, 30 min	155.9	149.6	4.0
22.5	Oven baked, 190°C, 30 min	183.8	175.2	4.7
22.6	Oven baked, 190°C, 22 min	151.3	142.2	6.0
22.7	Oven baked, 200°C, 25 min	165.7	157.9	4.7
22.8	Oven baked, 200°C, 25 min	235.1	229.0	2.6
22.9	Oven baked, 200°C, 55 min	160.1	151.7	5.2
Average				4.4
23.1	Oven baked, Gas mark 4, 25 min	178.3	177.0	0.7
23.2	Oven baked, Gas mark 4, 25 min	232.8	229.0	1.6
23.3	Oven baked, Gas mark 4, 25 min	242.8	239.5	1.4
23.4	Oven baked, Gas mark 4, 20 min	141.5	139.7	1.3
23.5	Oven baked, Gas mark 5, 20 min	147.9	142.1	3.9
23.6	Oven baked, Gas mark 5, 20 min	162.4	159.3	1.9
23.7	Oven baked, Gas mark 4, 25 min	160.0	156.2	2.4
23.8	Oven baked, Gas mark 5, 25 min	267.6	265.8	0.7

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23.9	Oven baked, Gas mark 5, 25 min	190.3	186.1	2.2
23.10	Oven baked, Gas mark 5, 25 min	198.3	195.5	1.4
23.11	Oven baked, Gas mark 5, 20 min	215.5	210.2	2.5
Average				1.8
26.1	Oven baked, Gas mark 4, 20 min	202.8	191.7	5.5
26.2	Oven baked, Gas mark 4, 13 min	115.1	111.9	2.8
26.3	Oven baked, Gas mark 4, 15 min	163.4	159.6	2.3
26.4	Oven baked, Gas mark 4, 15 min	185.1	181.1	2.2
26.5	Oven baked, 190°C, 20 min	178.2	172.6	3.1
26.6	Oven baked, 190°C, 20 min	179.3	173	3.5
26.7	Oven baked, 190°C, 20 min	179.4	174.6	2.7
26.8	Oven baked, Gas mark 4, 20 min	177.1	171.2	3.3
26.9	Oven baked, Gas mark 4, 25 min	181.9	176.8	2.8
26.10	Oven baked, 190°C, 25 min	180.8	176.2	2.5
Average				3.1
28.1	Oven baked, 220°C, 30 min	110.9	98.4	11.3
28.2	Oven baked, 220°C, 30 min	112.0	103.5	7.6
28.3	Oven baked, 230°C, 25 min	125.6	101.3	19.3
28.4	Oven baked, 230°C, 25 min	126.0	103.4	17.9
28.5	Oven baked, 220°C, 25 min	131.8	106.0	19.6
28.6	Oven baked, 220°C, 30 min	133.9	129.6	3.2
28.7	Oven baked, 220°C, 30 min	130.5	121.1	7.2
28.8	Oven baked, 220°C, 30 min	137.7	128.8	6.5
28.9	Oven baked, 220°C, 30 min	123.2	106.9	13.2
28.10	Oven baked, 220°C, 20 min	191.2	149.0	22.1
Average				12.8
29.1	Oven baked, 220°C, 30 min	131.7	124.4	5.5
29.2	Oven baked, 220°C, 30 min	128.6	110.7	13.9
29.3	Oven baked, 220°C, 25 min	130.6	114.2	12.6
29.4	Oven baked, 220°C, 25 min	167.1	148.9	10.9
29.5	Oven baked, 220°C, 25 min	136.8	113.6	17.0
29.6	Oven baked, 220°C, 30 min	144.6	132.5	8.4
29.7	Oven baked, 220°C, 30 min	101.4	83.8	17.4
29.8	Oven baked, 220°C, 30 min	123.4	108.6	12.0
29.9	Oven baked, 220°C, 30 min	166.7	149.2	10.5
29.10	Oven baked, 220°C, 30 min	160.9	142.5	11.4
Average				12.0
30.1	Grilled, 15 min, medium	141.8	126.9	10.5
30.2	Grilled, 15 min, medium	138.8	122.6	11.7
30.3	Grilled, 15 min, medium	143.3	128.9	10.0
30.4	Grilled, 15 min, medium	141.6	127.4	10.0
30.5	Grilled, 10 min, medium	127.7	109.4	14.3

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30.6	Grilled, 10 min, medium	151.7	131.2	13.5
30.7	Grilled, 10 min, medium	150.8	127.5	15.5
30.8	Grilled, 10 min, medium	133.5	111.1	16.8
30.9	Grilled, 10 min, medium	151.5	129.0	14.9
30.10	Grilled, 10 min, medium	124.9	103.8	16.9
Average				13.4
34.1	Oven baked, 220°C, 20 min	135.2	94.1	30.4
34.2	Oven baked, 220°C, 20 min	132.5	92.3	30.3
34.3	Oven baked, 220°C, 20 min	139.5	102.5	26.5
34.4	Oven baked, 230°C, 20 min	143.3	102.5	28.5
34.5	Oven baked, 220°C, 20 min	170.7	108.0	36.7
34.6	Oven baked, 220°C, 20 min	147.7	100.1	32.2
34.7	Oven baked, 230°C, 25 min	186.4	138.1	25.9
34.8	Oven baked, 220°C, 20 min	155.9	106.2	31.9
34.9	Oven baked, 230°C, 20 min	152.0	107.6	29.2
34.10	Oven baked, 230°C, 20 min	145.7	96.9	33.5
34.11	Oven baked, 220°C, 20 min	150.2	103.7	31.0
Average				30.6
35.1	Oven baked, 240°C, 20 min	120.5	74.3	38.3
35.2	Oven baked, 240°C, 20 min	118.5	85.2	28.1
35.3	Oven baked, 240°C, 20 min	118.3	78.8	33.4
35.4	Oven baked, 240°C, 20 min	128.8	98.1	23.8
35.5	Oven baked, 240°C, 23 min	134.1	103.9	22.5
35.6	Oven baked, 240°C, 15 min	120.1	81.6	32.1
35.7	Oven baked, 230°C, 25 min	117.7	86.8	26.3
35.8	Oven baked, 220°C, 25 min	123.1	92.2	25.1
35.9	Oven baked, Gas mark 7, 20 min	127.2	106.2	16.5
35.10	Oven baked, Gas mark 7, 20 min	122.3	85.6	30.0
Average				27.6

# References

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<sup>1</sup> Responsibility for nutrition policy in England transferred from the Food Standards Agency to the Department of Health (DH) on 1st October 2010. Management of the rolling programme of nutrient analysis also transferred to DH.

<sup>2</sup> Composite 37 was analysed, and re-analysed to confirm data. The resulting data did not reflect that expected for potato crisps fried in sunflower oil (levels of polyunsaturated fatty acids were very low, levels of monounsaturated fatty acids were very high). The data is published in the analytical report associated with this project for completeness, but will not be incorporated into the Department of Health's nutrient databanks which support the National Diet and Nutrition Survey and other national dietary surveys