



Nutrient analysis of fish and fish products

Sampling Report

Prepared by the Institute of Food Research

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Executive summary

The aim of this survey was to provide up-to-date nutrient composition data for a range of fish and fish products, reflecting the increasing range of commonly consumed fish and fish products and new species which are growing in popularity (such as pangasius), as well as changes in production methods since fish and fish products were last analysed.

The results from this analytical survey will update and extend the data currently held by the Department of Health¹ and will be incorporated into the nutrient databank that supports dietary surveys and also disseminated via the authoritative UK food composition tables, *McCance and Widdowson's The Composition of Foods*.

This project analysed 56 composite samples that were each made up of between 4 and 15 sub-samples. An additional 6 composites (made up of between 3 and 6 sub-samples) were investigated for weight loss on cooking only. Samples were purchased from retail outlets and prepared for analysis between November 2010 and February 2011.

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

Sampling notes

1. Samples were collected according to a sample protocol produced in agreement with the Department of Health (DH).
2. Sub-samples were agreed with DH based on a review of market shares and nutrient content.
3. All sub-samples were collected between the 12th November 2010 and 15th February 2011.
4. Sub-samples were stored at an appropriate temperature before being combined in equal weights to form a composite sample for analysis.
5. All composites were prepared and processed between the 18th November 2010 and 25th February 2011.
6. Cooking samples were prepared according to package instructions or based on general guidelines from Seafish UK.
7. Composite samples were stored at -40°C before being sent to laboratories for analysis.
8. Ingredients, label claims and nutrient information presented in this report have been taken directly from product packaging.

Composite Sample list

Sample Number	Sample Name	Description
1	Cod, raw, flesh only	11 samples, 11 products, frozen and chilled
2	Cod, baked, flesh only	11 samples, 11 products, frozen and chilled
3	Cod, microwaved, flesh only	11 samples, 11 products, frozen and chilled
4	Haddock, raw, flesh only	11 samples, 11 products, frozen and chilled
5	Haddock, grilled, flesh only	11 samples, 11 products, frozen and chilled
6	Haddock, steamed, flesh only	11 samples, 11 products, frozen and chilled
7	Alaskan pollock, raw, flesh only	9 samples, 8 products, frozen and chilled
8	Sole, raw, flesh only	7 samples, 6 products, frozen and chilled
9	Sole, grilled, flesh only	7 samples, 6 products, frozen and chilled
10	Plaice, raw, flesh only	10 samples, 9 products, frozen and chilled
11	Pangasius, raw, flesh only	6 samples, 6 products, frozen and chilled
12	Coley, raw, flesh only	8 samples, 8 products, frozen and chilled
13	Sea bass, raw, flesh only	10 samples, 10 products, frozen and chilled
14	Sea bass, baked, flesh only	10 samples, 10 products, frozen and chilled
15	Prawns, cold-water (<i>Pandalus borealis</i>), purchased cooked	15 samples, 15 products
16	Prawns, king, warm-water (<i>Penaeus vannamei</i>), raw	9 samples, 9 products, frozen and chilled
17	Prawns, king, warm-water (<i>Penaeus vannamei</i>), grilled from raw	9 samples, 9 products, frozen and chilled
18	Prawns, king, warm-water (<i>Penaeus vannamei</i>), purchased cooked	11 samples, 11 products

Nutrient Analysis of Fish and Fish Products

Sample Number	Sample Name	Description
19	Mussels, purchased cooked	7 samples, 6 products
20	Crab, brown meat, purchased cooked	7 samples, 6 products
21	Crab, white meat, purchased cooked	7 samples, 6 products
22	Mackerel, raw, flesh only	7 samples, 7 products, frozen and chilled
23	Mackerel, grilled, flesh only	7 samples, 7 products, frozen and chilled
24	Trout, rainbow, raw, flesh only	9 samples, 9 products, frozen and chilled
25	Trout, rainbow, baked, flesh only	9 samples, 9 products, frozen and chilled
26	Kippers (analysed without butter), grilled, flesh only	7 samples, 7 products, frozen and chilled
27	Kippers, boil in the bag, with butter, cooked, flesh only	9 samples, 7 products, frozen and chilled
28	Tuna, raw, flesh only	9 samples, 9 products, frozen and chilled
29	Tuna, baked, flesh only	9 samples, 9 products, frozen and chilled
30	Sardines, raw, flesh only	6 samples, 5 products, frozen and chilled
31	Haddock, smoked, poached	10 samples, 10 products, frozen and chilled
32	Plaice, coated in breadcrumbs, baked	6 samples, 6 products
33	Calamari, coated in batter, baked	5 samples, 2 products
34	Fish fingers, cod, grilled / baked	10 samples, 7 products
35	Fish fingers, cod, fried	10 samples, 7 products
36	Fish fingers, salmon, grilled / baked	5 samples, 2 products
37	Cod, coated in batter, fried	10 samples, 8 products

Nutrient Analysis of Fish and Fish Products

Sample Number	Sample Name	Description
38	Fishcakes, white fish, coated in breadcrumbs, baked	12 samples, 12 products
39	Fishcakes, salmon, coated in breadcrumbs, baked	8 samples, 8 products
40	Scampi, coated in breadcrumbs, baked	11 samples, 11 products
41	Scampi, coated in breadcrumbs, fried	11 samples, 11 products
42	Fish pie, white fish, retail, baked	9 samples, 9 products
43	Mussels in white wine sauce, cooked	6 samples, 6 products
44	Salmon, smoked (cold-smoked)	11 samples, 11 products
45	Salmon, smoked (hot-smoked)	7 samples, 7 products
46	Mackerel, smoked	11 samples, 11 products
47	Seafood sticks	8 samples, 7 products
48	Tuna, canned in brine	11 samples, 10 products
49	Tuna, canned in sunflower oil	11 samples, 10 products
50	Salmon, red, canned	10 samples, 10 products
51	Salmon, red, canned, skinless and boneless	4 samples, 3 products
52	Salmon, pink, canned	9 samples, 7 products
53	Mackerel, canned in brine	4 samples, 3 products
54	Sardines, canned in tomato sauce, whole contents	9 samples, 8 products
55	Sardines, canned in brine	6 samples, 5 products
56	Langoustine, boiled	Small, medium and large from 3 fishing areas

Nutrient Analysis of Fish and Fish Products

Samples for measurement of weight loss on cooking		
Sample Number	Sample Name	Description
57	Herring	4 samples
58	Hake	4 samples
59	Sea bream	6 samples
60	Tilapia	4 samples
61	Halibut	4 samples
62	Swordfish	3 samples

Nutrient Analysis of Fish and Fish Products

Sample 1: Cod, raw, flesh only

Composite Sample Number: 1

Composite Sample Name: Cod, raw, flesh only

Sub-sample Number: 1.1

Sub-sample Name: Tesco, cod fillets

Brand: Tesco

Pack size: 317g

Purchase Date: 18.11.2010

Place of Purchase: Tesco, Harford Bridges, Norwich

Display until: 20.11.2010

Use by Date: 20.11.2010

Batch Number: 4 318 07:59 UK GG314 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 1.1
Sub-sample Name: Tesco, cod fillets

Ingredients: Cod (*Gadus morhua* or *Gadus macrocephalus*) fillets, skin on, bone in

Label claim(s):

Caught in North East Atlantic – Norway
Catch method: bottom trawl
Low fat
Packed in the UK
Contains bones
May have been previously frozen
Packaged in a protective atmosphere

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/typical fillet (185g)
Energy	kJ	340	625
Energy	kcal	80	150
Protein	g	17.9	33.1
Carbohydrate	g	0.0	0.0
Sugars	g	0.0	0.0
Starch	g	N/A	N/A
Fat	g	0.9	1.7
Saturates	g	0.2	0.4
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.0	0.0
Salt	g	0.3	0.5
Sodium	g	0.1	0.2

Nutrient Analysis of Fish and Fish Products

Composite Sample Name: Cod, raw, flesh only

Sub-sample Number: 1.2

Sub-sample Name: Asda, chosen by you, cook from frozen cod fillets

Brand: Asda

Pack size: 400g (inclusive of ice glaze), 360g (net of ice glaze)

Purchase Date: 12.11.2010

Place of Purchase: Asda, Norwich

Sell by Date:

Best Before End: 05.10.2011

Batch Number: P-D 10278 UK VY104 EC

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 1.2

Sub-sample Name: Asda, chosen by you, cook from frozen cod fillets

Ingredients: Cod, ice glaze

Label claim(s):

Caught in North-East Atlantic

Skinless and boneless

Contains fish

Produced in Norway, Iceland

Packed in the UK

Some bones may remain

Nutrient Information:

Nutrient	Unit	Amount/100g ovenbaked
Energy	kJ	341
Energy	kcal	81
Protein	g	17.9
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	N/A
Fat	g	1.0
Saturates	g	0.3
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.0
Salt	g	0.2
Sodium	g	0.07

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 1

Composite Sample Name: Cod, raw, flesh only

Sub-sample Number: 1.3

Sub-sample Name: Sainsbury's, line caught cod fillet

Brand: Sainsbury's

Pack size: 398g

Purchase Date: 18.11.2010

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

Sell by Date:

Use by Date: 21.11.2010

Batch Number: UK GG199 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 1.3

Sub-sample Name: Sainsbury's, line caught cod fillet

Ingredients: Cod

Label claim(s):

Landed in Norway

Contains fish

Caught in the North East Atlantic Ocean

Packed in the UK

Packaged in a protective environment

May contain bones

Nutrient Information:

Nutrient	Unit	Amount/100g steamed as per instructions	Amount/ 100g serving
Energy	kJ	350	N/A
Energy	kcal	83	83
Protein	g	18.6	N/A
Carbohydrate	g	0.0	N/A
Sugars	g	0.0	0.0
Starch	g	N/A	N/A
Fat	g	0.9	0.9
Saturates	g	0.2	0.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.0	N/A
Salt	g	0.16	0.16
Sodium	g	0.07	N/A

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 1

Composite Sample Name: Cod, raw, flesh only

Sub-sample Number: 1.4

Sub-sample Name: Your fishmonger, fresh cod fillet with parsley

Brand: Your fishmonger

Pack size: 175g

Purchase Date: 18.11.2010

Place of Purchase: Morrisons, Norwich

Sell by Date:

Use by Date: 19.11.2010

Batch Number:

Packaging: Polystyrene with cling film

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 1.4

Sub-sample Name: Your fishmonger, fresh cod fillet with parsley

Ingredients: Gadus Morhua

Label claim(s):

May contain bones

Caught in North East Atlantic

Line and seine net caught in Icelandic waters

Prepared in store

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 1

Composite Sample Name: Cod, raw, flesh only

Sub-sample Number: 1.5

Sub-sample Name: Tesco, cod fillets

Brand: Tesco

Pack size: 450g (net of ice glaze), 477g (including ice glaze)

Purchase Date: 12.11.2010

Place of Purchase: Tesco, Harford Bridges, Norwich

Display until end: 02.08.2011

Best Before Date: 02.11.2011

Batch Number: 0 306 13:01 PL 32611801 WE

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 1.5
Sub-sample Name: Tesco, cod fillets

Ingredients: Cod, water

Label claim(s):

Skinless and boneless

Contains fish

Recipe: no nuts

Ingredients: cannot guarantee nut free

Factory: no nuts

Product can contain minor bones

Caught in the North East Atlantic Ocean and/or the Baltic Sea

Produced in Poland

Low fat – less than 3%

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	330
Energy	kcal	80
Protein	g	17.8
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	N/A
Fat	g	0.7
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.0
Salt	g	0.3
Sodium	g	0.1

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 1

Composite Sample Name: Cod, raw, flesh only

Sub-sample Number: 1.6

Sub-sample Name: Marks and Spencer, 2 cod loin fillets

Brand: Marks and Spencer

Pack size: 247g

Purchase Date: 18.11.2010

Place of Purchase: Marks and Spencer, Norwich

Sell by Date:

Display Until Date: 20.11.2010

Use By Date 20.11.2010

Batch Number: UK BB 011 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 1.6

Sub-sample Name: Marks and Spencer, 2 cod loin fillets

Ingredients: No information

Label claim(s):

Packed in Scotland

Caught in the North East Atlantic by hook and line

May have been previously frozen

Some small bones may remain

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	380
Energy	kcal	90
Protein	g	18.8
Carbohydrate	g	0.3
Sugars	g	0.3
Starch	g	N/A
Fat	g	1.5
Saturates	g	1.0
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.3
Salt	g	0.2
Sodium	g	0.06

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 1

Composite Sample Name: Cod, raw, flesh only

Sub-sample Number: 1.7

Sub-sample Name: Iceland, cook from frozen, Atlantic cod fillets

Brand: Iceland

Pack size: 750g (excluding protective ice glaze)

Purchase Date: 18.11.2010

Place of Purchase: Iceland, Norwich

Sell by Date:

Best Before Date: 16.02.2012

Batch Number: 0228 421 EU NO 3700/02306

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 1.7

Sub-sample Name: Iceland, cook from frozen, Atlantic cod fillets

Ingredients: Atlantic cod fillet, water (as a protective ice glaze)

Label claim(s):

Skinless and boneless

Some bones may remain

Caught in the North-East Atlantic

Nutrient Information:

Nutrient	Unit	Amount/100g grilled
Energy	kJ	426
Energy	kcal	100
Protein	g	24.1
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	N/A
Fat	g	0.4
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.0
Salt	g	0.3
Sodium	g	0.1

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 1

Composite Sample Name: Cod, raw, flesh only

Sub-sample Number: 1.8

Sub-sample Name: Young's, Atlantic cod, 4 chunky fillets

Brand: Young's

Pack size: 400g

Purchase Date: 12.11.2010

Place of Purchase: Asda, Norwich

Sell by Date:

Best Before End: Sep 2011

Batch Number: L0267 UK GG 268 EC

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 1.8

Sub-sample Name: Young's, Atlantic cod, 4 chunky fillets

Ingredients: Cod

Label claim(s):

Individually wrapped
Skinless and boneless
Caught in the Atlantic Ocean
Some bones may remain
Contains fish

Nutrient Information:

Nutrient	Unit	Amount/100g as sold	Amount/100g fillets as consumed
Energy	kJ	289	380
Energy	kcal	68	90
Protein	g	17.1	21.8
Carbohydrate	g	0.0	0.0
Sugars	g	0.0	0.0
Starch	g	N/A	N/A
Fat	g	1.2	1.2
Saturates	g	0.3	0.4
Omega 3 (EPA/DHA)	mg	233	236
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.0	0.0
Salt	g	0.2	0.25
Sodium	g	0.1	0.1

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 1

Composite Sample Name: Cod, raw, flesh only

Sub-sample Number: 1.9

Sub-sample Name: Cod fillet

Brand:

Pack size:

Purchase Date: 18.11.2010

Place of Purchase: Independent Fishmonger, Norwich

Sell by Date:

Use by Date/Best Before Date:

Batch Number:

Packaging: Paper

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 1.9

Sub-sample Name: Cod fillet

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 1

Composite Sample Name: Cod, raw, flesh only

Sub-sample Number: 1.10

Sub-sample Name: Chef's Larder, small cod fillets

Brand: Chef's Larder

Pack size: 1.5kg (inclusive of ice glaze), 1.36kg (net of ice glaze),
110g-140g fillets

Purchase Date: 12.11.2010

Place of Purchase: Booker, Norwich

Sell by Date:

Best Before End Date: Mar 2012

Batch Number: UK BB 001 EC L10259K

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 1.10

Sub-sample Name: Chef's Larder, small cod fillets

Ingredients: Cod (*Gadus morhua*) fillets, water (as ice glaze)

Label claim(s):

Contains small bones

Caught in the North East Atlantic

Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g as sold
Energy	kJ	322
Energy	kcal	76
Protein	g	17.4
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	N/A
Fat	g	0.7
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.0
Salt	g	N/A
Sodium	g	0.1

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 1

Composite Sample Name: Cod, raw, flesh only

Sub-sample Number: 1.11

Sub-sample Name: Brakes, cod fillet

Brand: Brakes

Pack size: 1-2kg (1 count)

Purchase Date: 16.11.2010

Place of Purchase: Brake Ltd delivery

Sell by Date:

Best Before Date: Use within 48 hours of delivery

Batch Number: 21312/1 UK GG 147FE EEC Van:TF0001

Packaging: Cardboard and ice

Sample Condition As Purchased: Chilled

Post Purchase Storage: Processed on day of purchase and stored frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 1.11

Sub-sample Name: Brakes, cod fillet

Ingredients: No information

Label claim(s):

Skin on

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Sample 2: Cod, baked, flesh only

Composite Sample Number: 2

Composite Sample Name: Cod, baked, flesh only

Sub-sample Number: 2.1

Sub-sample Name: Tesco, cod fillets

Brand: Tesco

Pack size: 326g

Purchase Date: 18.11.2010

Place of Purchase: Tesco, Harford Bridges, Norwich

Display until: 20.11.2010

Use by Date: 20.11.2010

Batch Number: 4 318 07:59 UK GG314 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 2.1
Sub-sample Name: Tesco, cod fillets

Ingredients: Cod (*Gadus morhua* or *Gadus macrocephalus*) fillets, skin on, bone in

Label claim(s):

Caught in North East Atlantic – Norway
Catch method: bottom trawl
Low fat
Packed in the UK
Contains bones
May have been previously frozen
Packaged in a protective atmosphere

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/typical fillet (185g)
Energy	kJ	340	625
Energy	kcal	80	150
Protein	g	17.9	33.1
Carbohydrate	g	0.0	0.0
Sugars	g	0.0	0.0
Starch	g	N/A	N/A
Fat	g	0.9	1.7
Saturates	g	0.2	0.4
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.0	0.0
Salt	g	0.3	0.5
Sodium	g	0.1	0.2

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 2

Composite Sample Name: Cod, baked, flesh only

Sub-sample Number: 2.2

Sub-sample Name: Asda, Chosen by you, cook from frozen cod fillets

Brand: Asda, Chosen by you

Pack size: 400g (inclusive of ice glaze), 360g (net of ice glaze)

Purchase Date: 12.11.2010

Place of Purchase: Asda, Norwich

Sell by Date:

Best Before End: 05.10.11

Batch Number: P-D 10278 UK VY104 EC

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 2.2

Sub-sample Name: Asda, Chosen by you, cook from frozen cod fillets

Ingredients: Cod, ice glaze

Label claim(s):

Caught in North-East Atlantic

Skinless and boneless

Contains fish

Produced in Norway, Iceland

Packed in the UK

Some bones may remain

Nutrient Information:

Nutrient	Unit	Amount/100g ovenbaked
Energy	kJ	341
Energy	kcal	81
Protein	g	17.9
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	N/A
Fat	g	1.0
Saturates	g	0.3
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.0
Salt	g	0.2
Sodium	g	0.07

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 2

Composite Sample Name: Cod, baked, flesh only

Sub-sample Number: 2.3

Sub-sample Name: Sainsbury's, line caught cod fillet

Brand: Sainsbury's

Pack size: 365g

Purchase Date: 18.11.2010

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

Sell by Date:

Use by Date: 20.11.2010

Batch Number: UK GG199 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 2.3

Sub-sample Name: Sainsbury's, line caught cod fillet

Ingredients: Cod

Label claim(s):

Landed in Norway

Contains fish

Caught in the North East Atlantic Ocean

Packed in the UK

Packaged in a protective environment

May contain bones

Nutrient Information:

Nutrient	Unit	Amount/100g steamed as per instructions	Amount/100g serving
Energy	kJ	350	N/A
Energy	kcal	83	83
Protein	g	18.6	N/A
Carbohydrate	g	0.0	N/A
Sugars	g	0.0	0.0
Starch	g	N/A	N/A
Fat	g	0.9	0.9
Saturates	g	0.2	0.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.0	N/A
Salt	g	0.16	0.16
Sodium	g	0.07	N/A

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 2

Composite Sample Name: Cod, baked, flesh only

Sub-sample Number: 2.4

Sub-sample Name: Your Fishmonger, fresh cod fillet with parsley

Brand: Your Fishmonger

Pack size: 230g

Purchase Date: 18.11.2010

Place of Purchase: Morrisons, Norwich

Sell by Date:

Use by Date: 19.11.2010

Batch Number:

Packaging: Polystyrene with cling film

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 2.4

Sub-sample Name: Your Fishmonger, fresh cod fillet with parsley

Ingredients: Gadus Morhua

Label claim(s):

May contain bones

Caught in North East Atlantic

Line and seine net caught in Icelandic waters

Prepared in store

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 2

Composite Sample Name: Cod, baked, flesh only

Sub-sample Number: 2.5

Sub-sample Name: Tesco, cod fillets

Brand: Tesco

Pack size: 450g (net of ice glaze), 477g (including ice glaze)

Purchase Date: 12.11.2010

Place of Purchase: Tesco, Harford Bridges, Norwich

Display until end: 02.08.2011

Best Before Date: 02.11.2011

Batch Number: 0 306 13:01 PL 32611801 WE

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 2.5
Sub-sample Name: Tesco, cod fillets

Ingredients: Cod, water

Label claim(s):

Skinless and boneless

Contains fish

Recipe: no nuts

Ingredients: cannot guarantee nut free

Factory: no nuts

Can contain minor bones

Caught in the North East Atlantic Ocean and/or the Baltic Sea

Produced in Poland

Low fat – less than 3%

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	330
Energy	kcal	80
Protein	g	17.8
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	N/A
Fat	g	0.7
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.0
Salt	g	0.3
Sodium	g	0.1

Nutrient Analysis of Fish and Fish Products

Composite Sample Number:	2
Composite Sample Name:	Cod, baked, flesh only
Sub-sample Number:	2.6
Sub-sample Name:	Marks and Spencer, 2 cod loin fillets
Brand:	Marks and Spencer
Pack size:	245g
Purchase Date:	18.11.2010
Place of Purchase:	Marks and Spencer, Norwich
Sell by Date:	
Display Until Date:	18.11.2010
Use By Date:	18.11.2010
Batch Number:	UK BB 011 EC
Packaging:	Plastic
Sample Condition As Purchased:	Chilled
Post Purchase Storage:	Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 2.6

Sub-sample Name: Marks and Spencer, 2 cod loin fillets

Ingredients: No information

Label claim(s):

Packed in Scotland

Caught in the North East Atlantic by hook and line

Some small bones may remain

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	380
Energy	kcal	90
Protein	g	18.8
Carbohydrate	g	0.3
Sugars	g	0.3
Starch	g	N/A
Fat	g	1.5
Saturates	g	1.0
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.3
Salt	g	0.2
Sodium	g	0.06

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 2

Composite Sample Name: Cod, baked, flesh only

Sub-sample Number: 2.7

Sub-sample Name: Iceland, cook from frozen, Atlantic cod fillets

Brand: Iceland

Pack size: 750g (excluding protective ice glaze)

Purchase Date: 18.11.2010

Place of Purchase: Iceland, Norwich

Sell by Date:

Best Before Date: 16.02.2012

Batch Number: 0228 421 EU NO 3700/02306

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 2.7

Sub-sample Name: Iceland, cook from frozen, Atlantic cod fillets

Ingredients: Atlantic cod fillet, water (as a protective ice glaze)

Label claim(s):

Skinless and boneless

Some bones may remain

Caught in the North-East Atlantic

Nutrient Information:

Nutrient	Unit	Amount/100g grilled
Energy	kJ	426
Energy	kcal	100
Protein	g	24.1
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	N/A
Fat	g	0.4
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.0
Salt	g	0.3
Sodium	g	0.1

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 2

Composite Sample Name: Cod, baked

Sub-sample Number: 2.8

Sub-sample Name: Young's, Atlantic cod, 4 chunky fillets

Brand: Young's

Pack size: 400g

Purchase Date: 12.11.2010

Place of Purchase: Asda, Norwich

Sell by Date:

Best Before End: Sep 2011

Batch Number: L0267 UK GG 268 EC

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 2.8

Sub-sample Name: Young's, Atlantic cod, 4 chunky fillets

Ingredients: Cod

Label claim(s):

Skinless and boneless

Caught in the Atlantic Ocean

Some bones may remain

Contains fish

Nutrient Information:

Nutrient	Unit	Amount/100g as sold	Amount/100g fillets as consumed
Energy	kJ	289	380
Energy	kcal	68	90
Protein	g	17.1	21.8
Carbohydrate	g	0.0	0.0
Sugars	g	0.0	0.0
Starch	g	N/A	N/A
Fat	g	1.2	1.2
Saturates	g	0.3	0.4
Omega 3 (EPA/DHA)	mg	233	236
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.0	0.0
Salt	g	0.2	0.25
Sodium	g	0.1	0.1

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 2

Composite Sample Name: Cod, baked, flesh only

Sub-sample Number: 2.9

Sub-sample Name: Cod fillet

Brand:

Pack size:

Purchase Date: 18.11.2010

Place of Purchase: Independent Fishmonger, Norwich

Sell by Date:

Use by Date/Best Before Date:

Batch Number:

Packaging: Paper

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 2.9

Sub-sample Name: Cod fillet

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 2

Composite Sample Name: Cod, baked, flesh only

Sub-sample Number: 2.10

Sub-sample Name: Chef's Larder, small cod fillets

Brand: Chef's Larder

Pack size: 1.5kg (inclusive of ice glaze) 1.36kg (net of ice glaze),
110g-140g fillets

Purchase Date: 12.11.2010

Place of Purchase: Booker, Norwich

Sell by Date:

Best Before End Date: Mar 2012

Batch Number: UK BB 001 EC L10259K

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 2.10

Sub-sample Name: Chef's Larder, small cod fillets

Ingredients: Cod (*Gadus morhua*) fillets, water (as ice glaze)

Label claim(s):

Contains small bones

Caught in the North East Atlantic

Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g as sold
Energy	kJ	322
Energy	kcal	76
Protein	g	17.4
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	N/A
Fat	g	0.7
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.0
Salt	g	N/A
Sodium	g	0.1

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 2

Composite Sample Name: Cod, baked, flesh only

Sub-sample Number: 2.11

Sub-sample Name: Brakes, cod fillet

Brand: Brakes

Pack size: 1-2kg (1 count)

Purchase Date: 16.11.2010

Place of Purchase: Brake Ltd delivery

Sell by Date:

Best Before Date: Use within 48 hours of delivery

Batch Number: 21312/1 UK GG 147FE EEC Van:TF0001

Packaging: Cardboard and ice

Sample Condition As Purchased: Chilled

Post Purchase Storage: Processed on day of purchase and stored frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 2.11

Sub-sample Name: Brakes, cod fillet

Ingredients: No information

Label claim(s):

Skin on

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Sample 3: Cod, microwaved, flesh only

Composite Sample Number:	3
Composite Sample Name:	Cod, microwaved, flesh only
Sub-sample Number:	3.1
Sub-sample Name:	Tesco, cod fillets
Brand:	Tesco
Pack size:	290g
Purchase Date:	18.11.2010
Place of Purchase:	Tesco, Harford Bridges, Norwich
Display until:	20.11.2010
Use by Date:	20.11.2010
Batch Number:	4 318 07:59 UK GG314 EC
Packaging:	Plastic
Sample Condition As Purchased:	Chilled
Post Purchase Storage:	Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 3.1
Sub-sample Name: Tesco, cod fillets

Ingredients: Cod (*Gadus morhua* or *Gadus macrocephalus*) fillets, skin on, bone in

Label claim(s):

Caught in North East Atlantic – Norway
Catch method: bottom trawl
Low fat
Packed in the UK
Contains bones
Packaged in a protective environment

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/typical fillet (185g)
Energy	kJ	340	625
Energy	kcal	80	150
Protein	g	17.9	33.1
Carbohydrate	g	0.0	0.0
Sugars	g	0.0	0.0
Starch	g	N/A	N/A
Fat	g	0.9	1.7
Saturates	g	0.2	0.4
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.0	0.0
Salt	g	0.3	0.5
Sodium	g	0.1	0.2

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 3

Composite Sample Name: Cod, microwaved, flesh only

Sub-sample Number: 3.2

Sub-sample Name: Asda, Chosen by you, cook from frozen cod fillets

Brand: Asda, Chosen by you

Pack size: 400g (inclusive of ice glaze), 360g (net of ice glaze)

Purchase Date: 12.11.2010

Place of Purchase: Asda, Norwich

Sell by Date:

Best Before End: 05.10.2011

Batch Number: P-D 10278 UK VY104 EC

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 3.2

Sub-sample Name: Asda, Chosen by you, cook from frozen cod fillets

Ingredients: Cod, ice glaze

Label claim(s):

Caught in North-East Atlantic

Skinless and boneless

Contains fish

Produced in Norway, Iceland

Packed in the UK

Some bones may remain

Nutrient Information:

Nutrient	Unit	Amount/100g ovenbaked
Energy	kJ	341
Energy	kcal	81
Protein	g	17.9
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	N/A
Fat	g	1.0
Saturates	g	0.3
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.0
Salt	g	0.2
Sodium	g	0.07

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 3

Composite Sample Name: Cod, microwaved, flesh only

Sub-sample Number: 3.3

Sub-sample Name: Sainsbury's, line caught cod fillet

Brand: Sainsbury's

Pack size: 398g

Purchase Date: 18.11.2010

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

Sell by Date:

Use by Date: 21.11.2010

Batch Number: UK GG199 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 3.3

Sub-sample Name: Sainsbury's, line caught cod fillet

Ingredients: Cod

Label claim(s):

Landed in Norway

Contains fish

Caught in the North East Atlantic Ocean

Packed in the UK

Packaged in a protective environment

May contain bones

Nutrient Information:

Nutrient	Unit	Amount/100g steamed as per instructions	Amount/100g serving
Energy	kJ	350	N/A
Energy	kcal	83	83
Protein	g	18.6	N/A
Carbohydrate	g	0.0	N/A
Sugars	g	0.0	0.0
Starch	g	N/A	N/A
Fat	g	0.9	0.9
Saturates	g	0.2	0.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.0	N/A
Salt	g	0.16	0.16
Sodium	g	0.07	N/A

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 3

Composite Sample Name: Cod, microwaved, flesh only

Sub-sample Number: 3.4

Sub-sample Name: Morrisons, fresh cod fillet with parsley

Brand: Morrisons

Pack size: 180g

Purchase Date: 18.11.2010

Place of Purchase: Morrisons, Norwich

Sell by Date:

Use by Date: 19.11.2010

Batch Number:

Packaging: Polystyrene with cling film

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 3.4

Sub-sample Name: Morrisons, fresh cod fillet with parsley

Ingredients: Gadus Morhua

Label claim(s):

May contain bones

Caught in North East Atlantic

Line and seine net caught in Icelandic waters

Prepared in store

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 3

Composite Sample Name: Cod, microwaved, flesh only

Sub-sample Number: 3.5

Sub-sample Name: Tesco, cod fillets

Brand: Tesco

Pack size: 450g (net of ice glaze), 477g (including ice glaze)

Purchase Date: 12.11.2010

Place of Purchase: Tesco, Harford Bridges, Norwich

Display Until Date: 02.08.2011

Best Before Date: 02.11.2011

Batch Number: 0 306 13:01 PL 32611801 WE

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 3.5
Sub-sample Name: Tesco, cod fillets

Ingredients: Cod, water

Label claim(s):

Low fat, less than 3% fat

Skinless and boneless

Caught in the North East Atlantic Ocean and/or the Baltic Sea

Produced in Poland

Product can contain minor bones

Contains fish

Recipe: no nuts

Ingredients: cannot guarantee nut free

Factory: no nuts

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	330
Energy	kcal	80
Protein	g	17.8
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	N/A
Fat	g	0.7
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.0
Salt	g	0.3
Sodium	g	0.1

Nutrient Analysis of Fish and Fish Products

Composite Sample Number:	3
Composite Sample Name:	Cod, microwaved, flesh only
Sub-sample Number:	3.6
Sub-sample Name:	Marks and Spencer, 2 cod loin fillets
Brand:	Marks and Spencer
Pack size:	248g
Purchase Date:	18.11.2010
Place of Purchase:	Marks and Spencer, Norwich
Display until Date:	19.11.2010
Use by Date:	19.11.2010
Batch Number:	UK BB 011 EC
Packaging:	Plastic
Sample Condition As Purchased:	Chilled
Post Purchase Storage:	Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 3.6

Sub-sample Name: Marks and Spencer, 2 cod loin fillets

Ingredients: No information

Label claim(s):

Some small bones may remain

Packed in Scotland

Caught in the North East Atlantic with hook and line

The product may have been frozen and returned to chill temperature

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	380
Energy	kcal	90
Protein	g	18.8
Carbohydrate	g	0.3
Sugars	g	0.3
Starch	g	N/A
Fat	g	1.5
Saturates	g	1.0
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.3
Salt	g	0.2
Sodium	g	0.06

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 3

Composite Sample Name: Cod, microwaved, flesh only

Sub-sample Number: 3.7

Sub-sample Name: Iceland, cook from frozen, Atlantic cod fillets

Brand: Iceland

Pack size: 750g (excluding protective ice glaze)

Purchase Date: 18.11.2010

Place of Purchase: Iceland, Norwich

Sell by Date:

Best Before Date: 16.02.2012

Batch Number: 0228 421 EU NO 3700/02306

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 3.7

Sub-sample Name: Iceland, cook from frozen, Atlantic cod fillets

Ingredients: Atlantic cod fillet, water (as a protective ice glaze)

Label claim(s):

Some bones may remain

Skinless, boneless

Caught in the North-East Atlantic

Nutrient Information:

Nutrient	Unit	Amount/100g grilled
Energy	kJ	426
Energy	kcal	100
Protein	g	24.1
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	N/A
Fat	g	0.4
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.0
Salt	g	0.3
Sodium	g	0.1

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 3

Composite Sample Name: Cod, microwaved, flesh only

Sub-sample Number: 3.8

Sub-sample Name: Young's, Atlantic cod 4 chunky fillets

Brand: Young's

Pack size: 400g

Purchase Date: 12.11.2010

Place of Purchase: Asda, Norwich

Sell by Date:

Best Before Date: Sep 2011

Batch Number: UK GG 268 EC L0267

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 3.8

Sub-sample Name: Young's, Atlantic cod 4 chunky fillets

Ingredients: Cod

Label claim(s):

Skinless and boneless

Caught in the Atlantic Ocean

Contains fish

Some bones may remain

Nutrient Information:

Nutrient	Unit	Amount/100g as sold	Amount/100g fillet as consumed
Energy	kJ	289	380
Energy	kcal	68	90
Protein	g	17.1	21.8
Carbohydrate	g	0.0	0.0
Sugars	g	0.0	0.0
Starch	g	N/A	N/A
Fat	g	1.2	1.2
Saturates	g	0.3	0.4
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Omega 3 (EPA / DHA)	mg	233	236
Fibre	g	0.0	0.0
Salt	g	0.2	0.25
Sodium	g	0.1	0.1

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 3

Composite Sample Name: Cod, microwaved, flesh only

Sub-sample Number: 3.9

Sub-sample Name: Cod fillet

Brand:

Pack size:

Purchase Date: 18.11.2010

Place of Purchase: Independent Fishmonger, Norwich

Sell by Date:

Use by Date/Best Before Date:

Batch Number:

Packaging: Paper

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 3.9

Sub-sample Name: Cod fillet

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 3

Composite Sample Name: Cod, microwaved, flesh only

Sub-sample Number: 3.10

Sub-sample Name: Chef's Larder, small cod fillets

Brand: Chef's Larder

Pack size: 1.5 kg (inclusive of ice glaze), 1.36kg (net of ice glaze),
110g-140g fillets

Purchase Date: 12.11.2010

Place of Purchase: Booker, Norwich

Sell by Date:

Best Before Date: Mar 2012

Batch Number: UK BB 001 EC L10259K

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 3.10

Sub-sample Name: Chef's Larder small cod fillets

Ingredients: Cod (*Gadus morhua*) fillets, water (as ice glaze)

Label claim(s):

Contains small bones

Packed in the UK

Caught in the North East Atlantic

Skin on

Nutrient Information:

Nutrient	Unit	Amount/100g as sold
Energy	kJ	322
Energy	kcal	76
Protein	g	17.4
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	N/A
Fat	g	0.7
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.0
Salt	g	N/A
Sodium	g	0.1

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 3

Composite Sample Name: Cod, microwaved, flesh only

Sub-sample Number: 3.11

Sub-sample Name: Brakes, cod fillet

Brand: Brakes

Pack size: 1-2kg

Purchase Date: 16.11.2010

Place of Purchase: Brakes Ltd delivery

Sell by Date:

Best Before Date: Use within 48 hours of delivery

Batch Number: 21312/1 UK GG 147FE EEC Van:TF0001

Packaging: Cardboard and ice

Sample Condition As Purchased: Chilled

Post Purchase Storage: Processed on day of purchase and stored frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 3.11

Sub-sample Name: Brakes, cod fillets

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Sample 4: Haddock, raw, flesh only

Composite Sample Number: 4

Composite Sample Name: Haddock, raw, flesh only

Sub-sample Number: 4.1

Sub-sample Name: Tesco, haddock fillets

Brand: Tesco

Pack size: 370g

Purchase Date: 23.11.2010

Place of Purchase: Tesco, Harford Bridges, Norwich

Display until Date: 24.11.2010

Use by Date: 24.11.2010

Batch Number: UK GG314 EC 4 322 18:17

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 4.1
Sub-sample Name: Tesco, haddock fillets

Ingredients: Haddock (*Melanogrammus aeglefinus*) fillets

Label claim(s):

Contains bones
Product may have been previously frozen
Packaged in a protective atmosphere
Caught in the North East Atlantic - Iceland
Packed in the UK
Catch method: long line
Low fat
Skin on, bone in

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/typical fillet (185g)
Energy	kJ	310	570
Energy	kcal	75	135
Protein	g	17	31.5
Carbohydrate	g	0.0	0.0
Sugars	g	0.0	0.0
Starch	g	N/A	N/A
Fat	g	0.5	0.9
Saturates	g	0.2	0.4
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.0	0.0
Salt	g	0.3	0.5
Sodium	g	0.1	0.2

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 4

Composite Sample Name: Haddock, raw, flesh only

Sub-sample Number: 4.2

Sub-sample Name: Sainsbury's, line caught haddock fillets

Brand: Sainsbury's

Pack size: 326g

Purchase Date: 23.11.2010

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

Sell by Date:

Use by Date: 27.11.2010

Batch Number: UK GG 199 EC 3 07:03

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 4.2

Sub-sample Name: Sainsbury's, line caught haddock fillets

Ingredients: Haddock

Label claim(s):

Landed in Norway

Packaged in a protective atmosphere

Packed in the UK

Caught in the North East Atlantic Ocean

May contain bones

Contains fish

Nutrient Information:

Nutrient	Unit	Amount/100g ovenbaked	Amount/100g serving
Energy	kJ	443	N/A
Energy	kcal	104	104
Protein	g	24.3	N/A
Carbohydrate	g	0.0	N/A
Sugars	g	0.0	0.0
Starch	g	N/A	N/A
Fat	g	0.8	0.8
Saturates	g	0.2	0.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.0	N/A
Salt	g	0.22	0.22
Sodium	g	0.09	N/A

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 4

Composite Sample Name: Haddock, raw, flesh only

Sub-sample Number: 4.3

Sub-sample Name: Asda, Chosen by you, cook from frozen haddock fillets

Brand: Asda, Chosen by you

Pack size: 360g (net of ice glaze), 400g (inclusive of ice glaze)

Purchase Date: 12.11.2010

Place of Purchase: Asda, Norwich

Sell by Date:

Best Before Date: 28.11.2011

Batch Number: P-D 10301 UK VY104 EC

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 4.3

Sub-sample Name: Asda, Chosen by you, cook from frozen haddock fillets

Ingredients: Haddock fillet, protective ice glaze

Label claim(s):

Caught in the North East Atlantic
Produced in Norway, Iceland, Russian Federation
Packed in the UK
Frozen at sea
Skinless, bone in
Contains fish
Contains bones

Nutrient Information:

Nutrient	Unit	Amount/100g ovenbaked
Energy	kJ	362
Energy	kcal	86
Protein	g	18.9
Carbohydrate	g	0.0
Sugars	g	0.2
Starch	g	N/A
Fat	g	1.1
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.0
Salt	g	0.3
Sodium	g	0.1

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 4

Composite Sample Name: Haddock, raw, flesh only

Sub-sample Number: 4.4

Sub-sample Name: Your Fishmonger, haddock fillets

Brand: Your Fishmonger

Pack size: 1.145 kg

Purchase Date: 23.11.2010

Place of Purchase: Morrisons, Norwich

Sell by Date:

Use by Date : 25.11.2010

Batch Number:

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 4.4

Sub-sample Name: Morrisons, haddock fillets

Ingredients: No information

Label claim(s):

May contain fish bones

May contain allergens

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 4

Composite Sample Name: Haddock, raw, flesh only

Sub-sample Number: 4.5

Sub-sample Name: Tesco, haddock fillets

Brand: Tesco

Pack size: 450g (net of ice glaze), 477g (including ice glaze)

Purchase Date: 12.11.2010

Place of Purchase: Tesco, Harford Bridges, Norwich

Display until Date: 25.07.2011

Best Before Date: 25.10.2011

Batch Number: PL 32611801 WE 0 298 09:36

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 4.5
Sub-sample Name: Tesco, haddock fillets

Ingredients: Haddock, water

Label claim(s):

Caught in the North East Atlantic Ocean
Produced in Poland
Can contain minor bones
Contains fish
Recipe: no nuts
Ingredients: cannot guarantee nut free
Factory: no nuts
Low fat – less than 3%
Skinless and boneless

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	360
Energy	kcal	85
Protein	g	18.9
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	N/A
Fat	g	1.0
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.0
Salt	g	0.3
Sodium	g	0.1

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 4

Composite Sample Name: Haddock, raw, flesh only

Sub-sample Number: 4.6

Sub-sample Name: Waitrose, line caught prime Icelandic haddock fillet

Brand: Waitrose

Pack size: 314g

Purchase Date: 23.11.2010

Place of Purchase: Waitrose, Norwich

Display Until Date: 23.11.2010

Use by Date: 23.11.2010

Batch Number: UK GR 006 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 4.6

Sub-sample Name: Waitrose, line caught prime Icelandic haddock fillet

Ingredients: No information

Label claim(s):

Produced in the UK

Caught in the North East Atlantic

Small bones may remain

Low fat

Packaged in a protective environment

Nutrient Information:

Nutrient	Unit	Amount/100g as sold
Energy	kJ	308
Energy	kcal	73
Protein	g	16.8
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	N/A
Fat	g	0.6
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.0
Salt	g	N/A
Sodium	g	0.12

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 4

Composite Sample Name: Haddock, raw, flesh only

Sub-sample Number: 4.7

Sub-sample Name: The Fishmonger, skinless and boneless haddock fillets

Brand: The Fishmonger

Pack size: 500g (inclusive of protective ice glaze)

Purchase Date: 12.11.2010

Place of Purchase: Aldi, Norwich

Sell by Date:

Best Before Date: 26.04.12

Batch Number: UK HU 048 EC

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 4.7

Sub-sample Name: The Fishmonger, skinless and boneless haddock fillets

Ingredients: Haddock (*Melanogrammus Aeglefinus*) (95%), Water

Label claim(s):

Contains fish

Gluten free

Some small bones may remain

Caught in the North East Atlantic (FAO 27)

Catch method: long line and trawl

Low in fat

Nutrient Information:

Nutrient	Unit	Amount/100g oven baked
Energy	kJ	349
Energy	kcal	82
Protein	g	19.1
Carbohydrate	g	0.1
Sugars	g	Tr
Starch	g	N/A
Fat	g	0.6
Saturates	g	0.3
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.0
Salt	g	0.25
Sodium	g	0.1

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 4

Composite Sample Name: Haddock, raw, flesh only

Sub-sample Number: 4.8

Sub-sample Name: Young's, Atlantic haddock 4 chunky fillets

Brand: Young's

Pack size: 400g

Purchase Date: 12.11.2010

Place of Purchase: Asda, Norwich

Sell by Date:

Best Before Date: Sep 2011

Batch Number: UK GG 268 EC L0267

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 4.8

Sub-sample Name: Young's, Atlantic haddock 4 chunky fillets

Ingredients: Haddock

Label claim(s):

Caught in the Atlantic Ocean

Contains fish

Some bones may remain

Skinless and boneless

Nutrient Information:

Nutrient	Unit	Amount/100g as sold	Amount/100g fillet as consumed
Energy	kJ	325	402
Energy	kcal	77	95
Protein	g	19.6	25.4
Carbohydrate	g	0.0	0.0
Sugars	g	0.0	0.0
Starch	g	N/A	N/A
Fat	g	1.2	1.2
Saturates	g	0.4	0.4
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Omega 3 (EPA/DHA)	mg	250	208
Fibre	g	0.0	0.0
Salt	g	0.4	0.3
Sodium	g	0.15	0.13

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 4

Composite Sample Name: Haddock, raw, flesh only

Sub-sample Number: 4.9

Sub-sample Name: Haddock fillet

Brand:

Pack size:

Purchase Date: 23.11.2010

Place of Purchase: Independent Fishmonger, Norwich

Sell by Date:

Use by Date/Best Before Date:

Batch Number:

Packaging: Paper

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 4.9

Sub-sample Name: Haddock fillet

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 4

Composite Sample Name: Haddock, raw, flesh only

Sub-sample Number: 4.10

Sub-sample Name: Chef's Larder, small haddock fillets

Brand: Chef's Larder

Pack size: 1.5 kg (inclusive of ice glaze), 1.36 kg (net of ice glaze),
110g – 140g fillets

Purchase Date: 12.11.2010

Place of Purchase: Bookers, Norwich

Sell by Date:

Best Before Date: Dec 2011

Batch Number: L10161K UK BB 001 EC

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 4.10

Sub-sample Name: Chef's Larder, small haddock fillets

Ingredients: Haddock (*Melanogrammus aeglefinus*) fillets, water (as ice glaze)

Label claim(s):

Contains small bones

Caught in the North East Atlantic

Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g as sold
Energy	kJ	308
Energy	kcal	73
Protein	g	16.8
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	N/A
Fat	g	0.6
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.0
Salt	g	N/A
Sodium	g	0.1

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 4

Composite Sample Name: Haddock, raw, flesh only

Sub-sample Number: 4.11

Sub-sample Name: Brakes, haddock fillet

Brand: Brakes

Pack size: 7 count, 170 – 230g

Purchase Date: 16.11.2010

Place of Purchase: Brakes delivery

Sell by Date:

Best Before Date: Use within 48 hours of delivery

Batch Number: UK GG 147FE EEC 21312/2 Van:TF0001

Packaging: Cardboard and ice

Sample Condition As Purchased: Chilled

Post Purchase Storage: Processed on day of purchase and stored frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 4.11

Sub-sample Name: Brakes, haddock fillet

Ingredients: No information

Label claim(s):

Skin on

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Sample 5: Haddock, grilled, flesh only

Composite Sample Number: 5

Composite Sample Name: Haddock, grilled, flesh only

Sub-sample Number: 5.1

Sub-sample Name: Tesco, haddock fillets

Brand: Tesco

Pack size: 368g

Purchase Date: 23.11.2010

Place of Purchase: Tesco, Harford Bridges, Norwich

Display until Date: 24.11.2010

Use by Date: 24.11.2010

Batch Number: UK GG314 EC 4 322 18:17

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 5.1
Sub-sample Name: Tesco, haddock fillets

Ingredients: Haddock (*Melanogrammus aeglefinus*) fillets

Label claim(s):

Contains bones
May have been previously frozen
Packaged in a protective atmosphere
Caught in the North East Atlantic - Iceland
Packed in the UK
Catch method: long line
Low fat
Skin on, bone in

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/typical fillet (185g)
Energy	kJ	310	570
Energy	kcal	75	135
Protein	g	17	31.5
Carbohydrate	g	0.0	0.0
Sugars	g	0.0	0.0
Starch	g	N/A	N/A
Fat	g	0.5	0.9
Saturates	g	0.2	0.4
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.0	0.0
Salt	g	0.3	0.5
Sodium	g	0.1	0.2

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 5

Composite Sample Name: Haddock, grilled, flesh only

Sub-sample Number: 5.2

Sub-sample Name: Sainsbury's, line caught haddock fillets

Brand: Sainsbury's

Pack size: 472g

Purchase Date: 23.11.2010

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

Sell by Date:

Use by Date: 27.11.2010

Batch Number: UK GG 199 EC 3 07:03

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 5.2

Sub-sample Name: Sainsbury's, line caught haddock fillets

Ingredients: Haddock

Label claim(s):

Landed in Norway

Packaged in a protective atmosphere

Caught in the North East Atlantic Ocean

Packed in the UK

May contain bones

Contains fish

Nutrient Information:

Nutrient	Unit	Amount/100g ovenbaked	Amount/100g serving
Energy	kJ	443	N/A
Energy	kcal	104	104
Protein	g	24.3	N/A
Carbohydrate	g	0.0	N/A
Sugars	g	0.0	0.0
Starch	g	N/A	N/A
Fat	g	0.8	0.8
Saturates	g	0.2	0.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.0	N/A
Salt	g	0.22	0.22
Sodium	g	0.09	N/A

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 5

Composite Sample Name: Haddock, grilled, flesh only

Sub-sample Number: 5.3

Sub-sample Name: Asda, Chosen by you, cook from frozen haddock fillets

Brand: Asda, Chosen by you

Pack size: 360g (net of ice glaze), 400g (inclusive of ice glaze)

Purchase Date: 12.11.2010

Place of Purchase: Asda, Norwich

Sell by Date:

Best Before Date: 28.10.2011

Batch Number: P-D 10301 UK VY104 EC

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 5.3

Sub-sample Name: Asda, Chosen by you, cook from frozen haddock fillets

Ingredients: Haddock fillet, protective ice glaze

Label claim(s):

Caught in the North East Atlantic

Produced in Norway, Iceland, Russian Federation

Packed in the UK

Skinless, bone in

Contains fish

Contains bones

Nutrient Information:

Nutrient	Unit	Amount/100g ovenbaked
Energy	kJ	362
Energy	kcal	86
Protein	g	18.9
Carbohydrate	g	0.0
Sugars	g	0.2
Starch	g	N/A
Fat	g	1.1
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.0
Salt	g	0.3
Sodium	g	0.1

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 5

Composite Sample Name: Haddock, grilled, flesh only

Sub-sample Number: 5.4

Sub-sample Name: Your Fishmonger, haddock fillet

Brand: Your Fishmonger

Pack size: 1.145 kg

Purchase Date: 23.11.2010

Place of Purchase: Morrisons, Norwich

Sell by Date:

Use by Date: 25.11.2010

Batch Number:

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 5.4

Sub-sample Name: Your Fishmonger, haddock fillet

Ingredients: No information

Label claim(s):

May contain fish bones

May contain allergens

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 5

Composite Sample Name: Haddock, grilled, flesh only

Sub-sample Number: 5.5

Sub-sample Name: Tesco, haddock fillets

Brand: Tesco

Pack size: 450g (net of ice glaze), 477g (including ice glaze)

Purchase Date: 12.11.2010

Place of Purchase: Tesco, Harford Bridges, Norwich

Display until Date: 25.07.2011

Best Before Date: 25.10.2011

Batch Number: PL 32611801 WE 0 298 09:36

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 5.5
Sub-sample Name: Tesco, haddock fillets

Ingredients: Haddock, water

Label claim(s):

Caught in the North East Atlantic Ocean
Produced in Poland
Can contain minor bones
Contains fish
Recipe: no nuts
Ingredients: cannot guarantee nut free
Factory: no nuts
Low fat – less than 3%
Skinless and boneless

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	360
Energy	kcal	85
Protein	g	18.9
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	N/A
Fat	g	1.0
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.0
Salt	g	0.3
Sodium	g	0.1

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 5

Composite Sample Name: Haddock, grilled, flesh only

Sub-sample Number: 5.6

Sub-sample Name: Waitrose, line caught prime Icelandic haddock fillet

Brand: Waitrose

Pack size: 280g

Purchase Date: 23.11.2010

Place of Purchase: Waitrose, Norwich

Display Until Date: 23.11.2010

Use by Date: 23.11.2010

Batch Number: UK GR 006 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 5.6

Sub-sample Name: Waitrose, line caught prime Icelandic haddock fillet

Ingredients: No information

Label claim(s):

Produced in the UK

Caught in the North East Atlantic

Small bones may remain

Low fat

Packaged in a protective atmosphere

Nutrient Information:

Nutrient	Unit	Amount/100g as sold
Energy	kJ	308
Energy	kcal	73
Protein	g	16.8
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	N/A
Fat	g	0.6
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.0
Salt	g	N/A
Sodium	g	0.12

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 5

Composite Sample Name: Haddock, grilled, flesh only

Sub-sample Number: 5.7

Sub-sample Name: The Fishmonger, skinless and boneless haddock fillets

Brand: The Fishmonger

Pack size: 500g (inclusive of protective ice glaze)

Purchase Date: 12.11.2010

Place of Purchase: Aldi, Norwich

Sell by Date:

Best Before Date: 04.05.2012

Batch Number: UK HU 048 EC

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 5.7

Sub-sample Name: The Fishmonger, skinless and boneless haddock fillets

Ingredients: Haddock (*Melanogrammus Aeglefinus*) (95%), Water

Label claim(s):

Contains fish

Gluten free

Some small bones may remain

Caught in the North East Atlantic (FAO 27)

Catch method: long line and trawl

Low in fat

Nutrient Information:

Nutrient	Unit	Amount/100g oven baked
Energy	kJ	349
Energy	kcal	82
Protein	g	19.1
Carbohydrate	g	0.1
Sugars	g	Tr
Starch	g	N/A
Fat	g	0.6
Saturates	g	0.3
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.0
Salt	g	0.25
Sodium	g	0.1

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 5

Composite Sample Name: Haddock, grilled, flesh only

Sub-sample Number: 5.8

Sub-sample Name: Young's, Atlantic haddock 4 chunky fillets

Brand: Young's

Pack size: 400g

Purchase Date: 12.11.2010

Place of Purchase: Asda, Norwich

Sell by Date:

Best Before Date: Sep 2011

Batch Number: UK GG 268 EC L0267

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 5.8

Sub-sample Name: Young's, Atlantic haddock 4 chunky fillets

Ingredients: Haddock

Label claim(s):

Caught in the Atlantic Ocean

Contains fish

Some bones may remain

Skinless and boneless

Nutrient Information:

Nutrient	Unit	Amount/100g as sold	Amount/100g fillet as consumed
Energy	kJ	325	402
Energy	kcal	77	95
Protein	g	19.6	25.4
Carbohydrate	g	0.0	0.0
Sugars	g	0.0	0.0
Starch	g	N/A	N/A
Fat	g	1.2	1.2
Saturates	g	0.4	0.4
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Omega 3 (EPA/DHA)	mg	250	208
Fibre	g	0.0	0.0
Salt	g	0.4	0.3
Sodium	g	0.15	0.13

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 5

Composite Sample Name: Haddock, grilled, flesh only

Sub-sample Number: 5.9

Sub-sample Name: Haddock fillet

Brand:

Pack size:

Purchase Date: 23.11.2010

Place of Purchase: Independent Fishmonger, Norwich

Sell by Date:

Use by Date/Best Before Date:

Batch Number:

Packaging: Paper

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 5.9

Sub-sample Name: Haddock fillet

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 5

Composite Sample Name: Haddock, grilled, flesh only

Sub-sample Number: 5.10

Sub-sample Name: Chef's Larder, small haddock fillets

Brand: Chef's Larder

Pack size: 1.5 kg (inclusive of ice glaze), 1.36 kg (net of ice glaze),
110 – 140g fillets

Purchase Date: 12.11.2010

Place of Purchase: Bookers, Norwich

Sell by Date:

Best Before Date: Dec 2011

Batch Number: L10161K UK BB 001 EC

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 5.10

Sub-sample Name: Chef's Larder, small haddock fillets

Ingredients: Haddock (*Melanogrammus aeglefinus*) fillets, water (as ice glaze)

Label claim(s):

Product contains small bones

Caught in the North East Atlantic

Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g as sold
Energy	kJ	308
Energy	kcal	73
Protein	g	16.8
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	N/A
Fat	g	0.6
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.0
Salt	g	N/A
Sodium	g	0.1

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 5

Composite Sample Name: Haddock, grilled, flesh only

Sub-sample Number: 5.11

Sub-sample Name: Brakes, haddock fillets

Brand: Brakes

Pack size: 7 count, 170-230g

Purchase Date: 16.11.2010

Place of Purchase: Brakes delivery

Sell by Date:

Best Before Date: Use within 48 hours of delivery

Batch Number: UK GG 147FE EEC 21312/2 Van:TF0001

Packaging: Cardboard and ice

Sample Condition As Purchased: Chilled

Post Purchase Storage: Processed on day of purchase and stored frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 5.11

Sub-sample Name: Brakes, haddock fillets

Ingredients: No information

Label claim(s):

Skin on

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Sample 6: Haddock, steamed, flesh only

Composite Sample Number: 6

Composite Sample Name: Haddock, steamed, flesh only

Sub-sample Number: 6.1

Sub-sample Name: Tesco, haddock fillets

Brand: Tesco

Pack size: 365g

Purchase Date: 23.11.2010

Place of Purchase: Tesco, Harford Bridges, Norwich

Display until Date: 24.11.2010

Use by Date: 24.11.2010

Batch Number: UK GG314 EC 4 322 18:17

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 6.1
Sub-sample Name: Tesco, haddock fillets

Ingredients: Haddock (*Melanogrammus aeglefinus*) fillets

Label claim(s):

Contains bones
May have been previously frozen
Packaged in a protective atmosphere
Caught in the North East Atlantic - Iceland
Packed in the UK
Catch method: long line
Low fat
Skin on, bone in

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/typical fillet (185g)
Energy	kJ	310	570
Energy	kcal	75	135
Protein	g	17	31.5
Carbohydrate	g	0.0	0.0
Sugars	g	0.0	0.0
Starch	g	N/A	N/A
Fat	g	0.5	0.9
Saturates	g	0.2	0.4
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.0	0.0
Salt	g	0.3	0.5
Sodium	g	0.1	0.2

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 6

Composite Sample Name: Haddock, steamed, flesh only

Sub-sample Number: 6.2

Sub-sample Name: Sainsbury's, line caught haddock fillets

Brand: Sainsbury's

Pack size: 382g

Purchase Date: 23.11.2010

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

Sell by Date:

Use by Date: 27.11.2010

Batch Number: UK GG199 EC 3 07:03

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 6.2

Sub-sample Name: Sainsbury's, line caught haddock fillets

Ingredients: Haddock

Label claim(s):

Landed in Norway

Packaged in a protective atmosphere

Caught in the North East Atlantic Ocean

Packed in the UK

May contain bones

Contains fish

Nutrient Information:

Nutrient	Unit	Amount/100g ovenbaked	Amount/100g serving
Energy	kJ	443	N/A
Energy	kcal	104	104
Protein	g	24.3	N/A
Carbohydrate	g	0.0	N/A
Sugars	g	0.0	0.0
Starch	g	N/A	N/A
Fat	g	0.8	0.8
Saturates	g	0.2	0.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.0	N/A
Salt	g	0.22	0.22
Sodium	g	0.09	N/A

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 6

Composite Sample Name: Haddock, steamed, flesh only

Sub-sample Number: 6.3

Sub-sample Name: Asda, Chosen by you, cook from frozen haddock fillets

Brand: Asda, Chosen by you

Pack size: 360g (net of ice glaze), 400g (inclusive of ice glaze)

Purchase Date: 12.11.2010

Place of Purchase: Asda, Norwich

Sell by Date:

Best Before Date: 28.10.2011

Batch Number: P-D 10301 UK VY104 EC

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 6.3

Sub-sample Name: Asda, Chosen by you, cook from frozen haddock fillets

Ingredients: Haddock fillet, protective ice glaze

Label claim(s):

Caught in the North East Atlantic

Produced in Norway, Iceland, Russian Federation

Packed in the UK

Frozen at sea

Skinless, bone in

Contains fish

Contains bones

Nutrient Information:

Nutrient	Unit	Amount/100g ovenbaked
Energy	kJ	362
Energy	kcal	86
Protein	g	18.9
Carbohydrate	g	0.0
Sugars	g	0.2
Starch	g	N/A
Fat	g	1.1
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.0
Salt	g	0.3
Sodium	g	0.1

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 6

Composite Sample Name: Haddock, steamed, flesh only

Sub-sample Number: 6.4

Sub-sample Name: Your Fishmonger, haddock fillet

Brand: Your Fishmonger

Pack size: 1.145 kg

Purchase Date: 23.11.2010

Place of Purchase: Morrisons, Norwich

Sell by Date:

Use by Date: 25.11.2010

Batch Number:

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 6.4

Sub-sample Name: Your fishmonger, haddock fillet

Ingredients: No information

Label claim(s):

May contain fish bones

May contain allergens

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 6

Composite Sample Name: Haddock, steamed, flesh only

Sub-sample Number: 6.5

Sub-sample Name: Tesco, haddock fillets

Brand: Tesco

Pack size: 450g (net of ice glaze), 477g (including ice glaze)

Purchase Date: 12.11.2010

Place of Purchase: Tesco, Harford Bridges, Norwich

Display until Date: 25.07.2011

Best Before Date: 25.10.2011

Batch Number: PL 32611801 WE 0 298 09:36

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 6.5
Sub-sample Name: Tesco, haddock fillets

Ingredients: Haddock, water

Label claim(s):

Caught in the North East Atlantic Ocean
Produced in Poland
Can contain minor bones
Contains fish
Recipe: no nuts
Ingredients: cannot guarantee nut free
Factory: no nuts
Low in fat – less than 3%
Skinless and boneless

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	360
Energy	kcal	85
Protein	g	18.9
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	N/A
Fat	g	1.0
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.0
Salt	g	0.3
Sodium	g	0.1

Nutrient Analysis of Fish and Fish Products

Composite Sample Number:	6
Composite Sample Name:	Haddock, steamed, flesh only
Sub-sample Number:	6.6
Sub-sample Name:	Waitrose, line caught prime Icelandic haddock fillet
Brand:	Waitrose
Pack size:	358g
Purchase Date:	23.11.2010
Place of Purchase:	Waitrose, Norwich
Display Until Date:	23.11.2010
Use by Date:	23.11.2010
Batch Number:	UK GR 006 EC
Packaging:	Plastic
Sample Condition As Purchased:	Chilled
Post Purchase Storage:	Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 6.6

Sub-sample Name: Waitrose, line caught prime Icelandic haddock fillet

Ingredients: No information

Label claim(s):

Produced in the UK

Caught in the North East Atlantic

Small bones may remain

Low fat

Packaged in a protective environment

Nutrient Information:

Nutrient	Unit	Amount/100g as sold
Energy	kJ	308
Energy	kcal	73
Protein	g	16.8
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	N/A
Fat	g	0.6
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.0
Salt	g	N/A
Sodium	g	0.12

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 6

Composite Sample Name: Haddock, steamed, flesh only

Sub-sample Number: 6.7

Sub-sample Name: The Fishmonger, skinless and boneless haddock fillets

Brand: The Fishmonger

Pack size: 500g (inclusive of protective ice glaze)

Purchase Date: 12.11.2010

Place of Purchase: Aldi, Norwich

Sell by Date:

Best Before Date: 26.04.12

Batch Number: UK HU 048 EC

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 6.7

Sub-sample Name: The Fishmonger, skinless and boneless haddock fillets

Ingredients: Haddock (*Melanogrammus Aeglefinus*) (95%), water

Label claim(s):

Contains fish

Gluten free

Some small bones may remain

Caught in the North East Atlantic (FAO 27)

Catch method: long line and trawl

Low in fat

Nutrient Information:

Nutrient	Unit	Amount/100g oven baked
Energy	kJ	349
Energy	kcal	82
Protein	g	19.1
Carbohydrate	g	0.1
Sugars	g	Tr
Starch	g	N/A
Fat	g	0.6
Saturates	g	0.3
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.0
Salt	g	0.25
Sodium	g	0.1

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 6

Composite Sample Name: Haddock, steamed, flesh only

Sub-sample Number: 6.8

Sub-sample Name: Young's, Atlantic haddock 4 chunky fillets

Brand: Young's

Pack size: 400g

Purchase Date: 12.11.2010

Place of Purchase: Asda, Norwich

Sell by Date:

Best Before Date: Sep 2011

Batch Number: UK GG 268 EC L0267

Packaging: Plastic, individually wrapped

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 6.8

Sub-sample Name: Young's, Atlantic haddock 4 chunky fillets

Ingredients: Haddock

Label claim(s):

Caught in the Atlantic Ocean

Contains fish

Some bones may remain

Skinless and boneless

Nutrient Information:

Nutrient	Unit	Amount/100g as sold	Amount/100g fillet as consumed
Energy	kJ	325	402
Energy	kcal	77	95
Protein	g	19.6	25.4
Carbohydrate	g	0.0	0.0
Sugars	g	0.0	0.0
Starch	g	N/A	N/A
Fat	g	1.2	1.2
Saturates	g	0.4	0.4
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Omega 3 (EPA/DHA)	mg	250	208
Fibre	g	0.0	0.0
Salt	g	0.4	0.3
Sodium	g	0.15	0.13

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 6

Composite Sample Name: Haddock, steamed, flesh only

Sub-sample Number: 6.9

Sub-sample Name: Haddock fillet

Brand:

Pack size:

Purchase Date: 23.11.2010

Place of Purchase: Independent Fishmonger, Norwich

Sell by Date:

Use by Date/Best Before Date:

Batch Number:

Packaging: Paper

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 6.9

Sub-sample Name: Haddock fillet

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 6

Composite Sample Name: Haddock, steamed, flesh only

Sub-sample Number: 6.10

Sub-sample Name: Chef's Larder, small haddock fillets

Brand: Chef's Larder

Pack size: 1.5 kg (inclusive of ice glaze), 1.36 kg (net of ice glaze),
110g – 140g fillets

Purchase Date: 12.11.2010

Place of Purchase: Bookers, Norwich

Sell by Date:

Best Before Date: Dec 2011

Batch Number: L10161K UK BB 001 EC

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 6.10

Sub-sample Name: Chef's Larder, small haddock fillets

Ingredients: Haddock (*Melanogrammus aeglefinus*) fillets, water (as ice glaze)

Label claim(s):

Contains small bones

Caught in the North East Atlantic

Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g as sold
Energy	kJ	308
Energy	kcal	73
Protein	g	16.8
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	N/A
Fat	g	0.6
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.0
Salt	g	N/A
Sodium	g	0.1

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 6

Composite Sample Name: Haddock, steamed, flesh only

Sub-sample Number: 6.11

Sub-sample Name: Brakes, haddock fillets

Brand: Brakes

Pack size: 7 count, 170-230g fillets

Purchase Date: 16.11.2010

Place of Purchase: Brakes delivery

Sell by Date:

Best Before Date: Use within 48 hours of delivery

Batch Number: UK GG 147FE EEC 21312/2 Van:TF0001

Packaging: Cardboard and ice

Sample Condition As Purchased: Chilled

Post Purchase Storage: Processed on day of purchase and stored frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 6.11

Sub-sample Name: Brakes, haddock fillets

Ingredients: No information

Label claim(s):

Skin on

Nutrient Information: No information

Sample 7: Alaskan pollock, raw, flesh only

Composite Sample Number: 7

Composite Sample Name: Alaskan pollock, raw, flesh only

Sub-sample Number: 7.1 & 7.2

Sub-sample Name: Tesco, Market value white fish fillets

Brand: Tesco, Market value

Pack size: 520g (net of ice glaze), 552g (including ice glaze)

Purchase Date: 7.1 (12.11.2010), 7.2 (18.11.2010)

Place of Purchase: Tesco, Harford Bridges, Norwich

Display until Date: 7.1 (14.07.2011), 7.2 (26.07.2011)

Best Before Date: 7.1 (14.10.2011), 7.2 (26.10.2011)

Batch Number: 7.1 (11:53 0287 PL 32611801 WE), 7.2 (16:56 0299 PL 32611801 WE)

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 7.1 & 7.2

Sub-sample Name: Tesco, Market value white fish fillets

Ingredients: Alaska pollack, water

Label claim(s):

Contains fish

Recipe: no nuts

Ingredients: cannot guarantee nut free

Factory: no nuts

Product can contain minor bones

Caught in the Pacific Ocean

Produced in Poland

Skinless and boneless

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	330
Energy	kcal	80
Protein	g	17.8
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	N/A
Fat	g	0.7
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.0
Salt	g	0.3
Sodium	g	0.1

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 7

Composite Sample Name: Alaskan pollock, raw

Sub-sample Number: 7.3

Sub-sample Name: Sainsbury's, basics pollock fillets

Brand: Sainsbury's, basics

Pack size: 386g

Purchase Date: 07.12.2010

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

Sell by Date:

Use by Date: 11.12.2010

Batch Number: UK XQ 009 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 7.3

Sub-sample Name: Sainsbury's, basics pollock fillets

Ingredients: Alaskan pollock (*Theragra chalcogramma*)

Label claim(s):

Caught in the Pacific Ocean

Contains fish

Some bones may remain

Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g cooked as per instructions
Energy	kJ	344
Energy	kcal	81
Protein	g	18.5
Carbohydrate	g	Tr
Sugars	g	Tr
Starch	g	N/A
Fat	g	0.8
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	Tr
Salt	g	Tr
Sodium	g	Tr

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 7

Composite Sample Name: Alaskan pollock, raw, flesh only

Sub-sample Number: 7.4

Sub-sample Name: Sainsbury's basics, white fish fillets

Brand: Sainsbury's basics

Pack size: 520g (net of glaze)

Purchase Date: 18.11.2010

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

Sell by Date:

Best Before Date: Mar 2012

Batch Number: CN 3700/02888 L 0199

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 7.4

Sub-sample Name: Sainsbury's basics, white fish fillets

Ingredients: Alaskan pollock (T.chalcogramma)

Label claim(s):

Contains fish

Some bones may remain

Caught in the Pacific Ocean (FAO 61)

Produced and packed in China

Nutrient Information:

Nutrient	Unit	Amount/100g cooked as per instructions	Amount/fillet cooked as per instructions
Energy	kJ	358	261
Energy	kcal	84	61
Protein	g	20.4	14.9
Carbohydrate	g	0.0	0.0
Sugars	g	0.0	0.0
Starch	g	0.0	0.0
Fat	g	0.3	0.2
Saturates	g	0.1	0.1
Monounsaturates	g	0.1	Tr
Polyunsaturates	g	0.1	Tr
Fibre	g	0.0	0.0
Salt	g	0.3	0.3
Sodium	g	0.1	0.1

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 7

Composite Sample Name: Alaskan pollock, raw, flesh only

Sub-sample Number: 7.5

Sub-sample Name: Iceland, cook from frozen, white fish fillets

Brand: Iceland

Pack size: 750g (excluding protective ice glaze)

Purchase Date: 18.11.2010

Place of Purchase: Iceland, Norwich

Sell by Date:

Best Before Date: 31.01.2012

Batch Number: 0212 421 EU NO 3700/02019

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 7.5

Sub-sample Name: Iceland, cook from frozen, white fish fillets

Ingredients: Pacific pollock (fish), water (as a protective ice glaze)

Label claim(s):

Skinless and boneless

Some bones may remain

Caught in the Pacific Ocean

Nutrient Information:

Nutrient	Unit	Amount/100g as sold
Energy	kJ	304
Energy	kcal	72
Protein	g	16.9
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	N/A
Fat	g	0.6
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.0
Salt	g	0.2
Sodium	g	0.1

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 7

Composite Sample Name: Alaskan pollock, raw, flesh only

Sub-sample Number: 7.6

Sub-sample Name: Blue Line, 8 white fish fillets

Brand: Blue Line

Pack size: 1kg (including ice glaze)

Purchase Date: 23.11.2010

Place of Purchase: Asda, Norwich

Sell by Date:

Best Before Date: 03.02.12

Batch Number: DK 4530 EC Production date: 03.08.10 LOT:103801

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 7.6

Sub-sample Name: Blue Line, 8 white fish fillets

Ingredients: Pollock fillets (*Theragra Chalcogramma*) in a protective ice glaze

Label claim(s):

No artificial preservatives, colours or flavourings

Contains fish

Some bones may remain

Caught in the North Pacific Ocean

Packed in Denmark

Skinless and boneless

Nutrient Information:

Nutrient	Unit	Amount/100g oven cooked	Amount/average fillet oven cooked
Energy	kJ	285	335
Energy	kcal	67	82
Protein	g	16.2	18.4
Carbohydrate	g	0.1	0.3
Sugars	g	0.1	0.1
Starch	g	N/A	N/A
Fat	g	0.2	2.5
Saturates	g	0.1	1.9
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.1	0.3
Salt	g	0.1	0.15
Sodium	g	0.07	0.09

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 7

Composite Sample Name: Alaskan pollock, raw, flesh only

Sub-sample Number: 7.7

Sub-sample Name: Trawlic, Alaska pollock fillets

Brand: Trawlic

Pack size: 1000g (net weight), 950g (drained weight)

Purchase Date: 30.11.2010

Place of Purchase: Lidl, Norwich

Sell by Date:

Best Before Date: 24.04.2012

Batch Number: 1 LO 305 18:51 DE NI-EFB 102 EG

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 7.7

Sub-sample Name: Trawlic, Alaska pollock fillets

Ingredients: Alaska pollock fillets (*Theragra chalcogramma*), water

Label claim(s):

Caught in the Pacific Ocean

Boned

High in protein

Skinless

Boneless

Nutrient Information:

Nutrient	Unit	Amount/100g as sold (one serving)
Energy	kJ	315
Energy	kcal	74
Protein	g	17
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	N/A
Fat	g	0.7
Saturates	g	0.4
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.0
Salt	g	0.3
Sodium	g	0.1

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 7

Composite Sample Name: Alaskan pollock, raw, flesh only

Sub-sample Number: 7.8

Sub-sample Name: Chef's Smart Choice, MSC Alaskan pollock

Brand: Chef's Smart Choice

Pack size: 3.3kg (case weight), 30 x 110-140g

Purchase Date: 03.12.2010

Place of Purchase: 3663 delivery

Sell by Date:

Best Before Date: Apr 2012

Batch Number: JOB 1920 Prod date L10277EG GG 416 EC

Packaging: Cardboard and plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 7.8

Sub-sample Name: Chef's Smart Choice, MSC Alaskan Pollock

Ingredients: MSC pollock (*Theragra chalcogramma pallas*) skinless and boneless fillets (85%), water (as protective glaze)

Label claim(s):

Suitable for lactose intolerance sufferers and coeliacs

Contains fish

May contain crustaceans and molluscs

Some bones may remain

Nutrient Information:

Nutrient	Unit	Amount/100g as sold
Energy	kJ	360
Energy	kcal	85
Protein	g	19
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	N/A
Fat	g	1.0
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.0
Salt	g	0.3
Sodium	g	0.1

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 7

Composite Sample Name: Alaskan pollock, raw, flesh only

Sub-sample Number: 7.9

Sub-sample Name: 20 MSC Alaskan pollack fillets

Brand: M&J Seafood

Pack size: 3.40kg, 170-200g fillets

Purchase Date: 16.11.2010

Place of Purchase: Brakes Ltd delivery

Sell by Date:

Use by Date/Best Before Date: Dec 11

Batch Number: L0169 GL B2 08:12 UK HU 044 EC

Packaging: Cardboard and plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 7.9

Sub-sample Name: 20 MSC Alaskan pollack fillets

Ingredients: Alaskan pollack (*Theragra chalcogramma*) (85%), water (15%) (as protective ice glaze)

Label claim(s):

Skinless and boneless

Caught in North East Atlantic Ocean

Contains fish

Some small bones may still remain

Nutrient Information:

Nutrient	Unit	Amount/100g as sold
Energy	kJ	304
Energy	kcal	72
Protein	g	16.6
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	N/A
Fat	g	0.6
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.0
Salt	g	0.3
Sodium	g	0.1

Nutrient Analysis of Fish and Fish Products

Sample 8: Sole, raw, flesh only

Composite Sample Number: 8

Composite Sample Name: Sole, raw, flesh only

Sub-sample Number: 8.1

Sub-sample Name: Your Fishmonger, Cornish lemon sole fillet

Brand: Your Fishmonger

Pack size: 490g

Purchase Date: 20.12.2010

Place of Purchase: Morrisons, Norwich

Sell by Date:

Use by Date: 22.12.2010

Batch Number:

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 8.1

Sub-sample Name: Your Fishmonger, Cornish lemon sole fillet

Ingredients: No information

Label claim(s):

Product may contain fish bones

May contain allergens

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 8

Composite Sample Name: Sole, raw, flesh only

Sub-sample Number: 8.2 & 8.3

Sub-sample Name: Sainsbury's extra, trimmed lemon sole fillets

Brand: Sainsbury's

Pack size: 8.2 (374g), 8.3 (320g)

Purchase Date: 20.12.2010

Place of Purchase: Sainsbury's, Longwater, Norwich

Sell by Date:

Use by Date: 8.2 (20 Dec), 8.3 (23 Dec)

Batch Number: UK XQ009 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 8.2 & 8.3

Sub-sample Name: Sainsbury's extra, trimmed lemon sole fillets

Ingredients: Lemon sole.

Label claim(s):

Caught in the North East Atlantic Ocean

Contains fish

May contain bones

Produced in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g grilled as per instructions
Energy	kJ	410
Energy	kcal	96
Protein	g	20.2
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	N/A
Fat	g	1.7
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.0
Salt	g	0.2
Sodium	g	0.1

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 8

Composite Sample Name: Sole, raw, flesh only

Sub-sample Number: 8.4

Sub-sample Name: Waitrose, lemon sole fillet

Brand: Waitrose

Pack size: 440g

Purchase Date: 21.12.2010

Place of Purchase: Waitrose, Norwich

Sell by Date:

Use by Date: 23.12.10

Batch Number: 3236

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 8.4

Sub-sample Name: Waitrose, lemon sole fillet

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 8

Composite Sample Name: Sole, raw, flesh only

Sub-sample Number: 8.5

Sub-sample Name: Lemon sole fillet

Brand:

Pack size:

Purchase Date: 21.12.2010

Place of Purchase: Independent Fishmonger, Norwich

Sell by Date:

Use by Date/Best Before Date:

Batch Number:

Packaging: Paper

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 8.5

Sub-sample Name: Lemon sole fillet

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 8

Composite Sample Name: Sole, raw, flesh only

Sub-sample Number: 8.6

Sub-sample Name: Blue Marlin, lemon sole fillets F391

Brand: Blue Marlin

Pack size: 140-170g x 20 count, min net weight 2.79 kg

Purchase Date: 06.12.2010

Place of Purchase: 3663 delivery

Sell by Date:

Best Before Date: December 2011

Batch Number: Production date L10172 GG371EC

Packaging: Cardboard and plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 8.6

Sub-sample Name: Blue Marlin, lemon sole fillets F391

Ingredients: Lemon sole fillets (80%) and water (as protective glaze)

Label claim(s):

Origin: N.E. Atlantic

Allergens: fish

May contain bones

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	341
Energy	kcal	81
Protein	g	17
Carbohydrate	g	0.0
Sugars	g	N/A
Starch	g	N/A
Fat	g	1.4
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 Fish and Fish Products

Composite Sample Number: 8

Composite Sample Name: Sole, raw, flesh only

Sub-sample Number: 8.7

Sub-sample Name: Brakes, 20 lemon sole fillets

Brand: Brakes

Pack size: 3.70 kg, 170 – 200g fillets

Purchase Date: 14.12.2010

Place of Purchase: Brakes delivery

Sell by Date:

Best Before Date: April 2012

Batch Number: L10333 DY NL 6257 EG

Packaging: Cardboard and plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 8.7

Sub-sample Name: Brakes, 20 lemon sole fillets

Ingredients: Lemon sole fillets (90%) (*Microstomus Kitt*), water (as a protective ice glaze)

Label claim(s):

Contains fish

Some small bones may remain

Caught in North East Atlantic

Skin on, boneless

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Sample 9: Sole, grilled, flesh only

Composite Sample Number: 9

Composite Sample Name: Sole, grilled, flesh only

Sub-sample Number: 9.1

Sub-sample Name: Your Fishmonger, Cornish lemon sole fillet

Brand: Your Fishmonger

Pack size: 490g

Purchase Date: 20.12.10

Place of Purchase: Morrisons, Norwich

Sell by Date:

Use by Date: 22.12.2010

Batch Number:

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 9.1

Sub-sample Name: Your Fishmonger, Cornish lemon sole fillet

Ingredients: No information

Label claim(s):

Product may contain fish bones

May contain allergens

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 9

Composite Sample Name: Sole, grilled, flesh only

Sub-sample Number: 9.2 & 9.3

Sub-sample Name: Sainsbury's extra, trimmed lemon sole fillets

Brand: Sainsbury's

Pack size: 9.2 (334g), 9.3 (342g)

Purchase Date: 21.12.2010

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

Sell by Date:

Use by Date: 9.2 (23.12.2010), 9.3 (21.12.2010)

Batch Number: UK XQ009 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 9.2 & 9.3

Sub-sample Name: Sainsbury's extra, trimmed lemon sole fillets

Ingredients: Lemon sole

Label claim(s):

Contains fish

May contain bones

Produced in the UK

Caught in the North East Atlantic Ocean

Nutrient Information:

Nutrient	Unit	Amount/100g grilled as per instructions
Energy	kJ	410
Energy	kcal	96
Protein	g	20.2
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	N/A
Fat	g	1.7
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.0
Salt	g	0.2
Sodium	g	0.1

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 9

Composite Sample Name: Sole, grilled, flesh only

Sub-sample Number: 9.4

Sub-sample Name: Waitrose lemon sole fillet

Brand: Waitrose

Pack size: 440g

Purchase Date: 21.12.2010

Place of Purchase: Waitrose, Norwich

Sell by Date:

Use by Date: 23.12.10

Batch Number: 3236

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 9.4

Sub-sample Name: Waitrose, lemon sole fillet

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 9

Composite Sample Name: Sole, grilled, flesh only

Sub-sample Number: 9.5

Sub-sample Name: Lemon sole fillet

Brand:

Pack size:

Purchase Date: 21.12.2010

Place of Purchase: Independent Fishmonger, Norwich

Sell by Date:

Use by Date/Best Before Date:

Batch Number:

Packaging: Paper

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 9.5

Sub-sample Name: Lemon sole fillet

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 9

Composite Sample Name: Sole, grilled, flesh only

Sub-sample Number: 9.6

Sub-sample Name: Blue Marlin, lemon sole fillets F391

Brand: Blue Marlin

Pack size: Size 140-170g x 20 count, min net weight 2.79 kg

Purchase Date: 06.12.2010

Place of Purchase: 3663 delivery

Sell by Date:

Best Before Date: December 2011

Batch Number: Production date L10172 GG371EC

Packaging: Cardboard and plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 9.6

Sub-sample Name: Blue Marlin, lemon sole fillets F391

Ingredients: Lemon sole fillets (80%) and water (as protective glaze)

Label claim(s):

Origin – N.E.Atlantic

Allergens - fish

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	341
Energy	kcal	81
Protein	g	17
Carbohydrate	g	0.0
Sugars	g	N/A
Starch	g	N/A
Fat	g	1.4
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 Fish and Fish Products

Composite Sample Number: 9

Composite Sample Name: Sole, grilled, flesh only

Sub-sample Number: 9.7

Sub-sample Name: Brakes, 20 lemon sole fillets F2883/K2061

Brand: Brakes

Pack size: 3.70 kg, 170 – 200g fillets

Purchase Date: 14.12.2010

Place of Purchase: Brakes delivery

Sell by Date:

Best Before Date: April 2012

Batch Number: L10333 DY NL 6257 EG

Packaging: Cardboard and plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 9.7

Sub-sample Name: Brakes, 20 lemon sole fillets

Ingredients: Lemon sole fillets (90%) (*Microstomus Kitt*), water (as a protective ice glaze)

Label claim(s):

Contains fish

Some small bones may remain

Caught in North East Atlantic

Skin on, boneless

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Sample 10: Plaice, raw, flesh only

Composite Sample Number: 10

Composite Sample Name: Plaice, raw, flesh only

Sub-sample Number: 10.1

Sub-sample Name: Tesco, plaice fillets

Brand: Tesco

Pack size: 260g

Purchase Date: 25.11.2010

Place of Purchase: Tesco, Harford Bridges, Norwich

Display until Date: 29.11.2010

Use by Date: 29.11.2010

Batch Number: 3 327 16:25 UK GG314 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Processed on day of purchase and stored frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 10.1

Sub-sample Name: Tesco, plaice fillets

Ingredients: Plaice (*Pleuronectes platessa*) fillets

Label claim(s):

Caught in North East Atlantic – Holland

Catch method: beam trawl

Contains bones

Packed in the UK

Packaged in a protective environment

Skin on, bone in

May have been previously frozen

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/typical fillet (140g)
Energy	kJ	410	570
Energy	kcal	100	140
Protein	g	16.1	22.5
Carbohydrate	g	0.0	0.0
Sugars	g	0.0	0.0
Starch	g	N/A	N/A
Fat	g	3.6	5.0
Saturates	g	1.0	1.4
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.0	0.0
Salt	g	0.3	0.4
Sodium	g	0.1	0.1

Nutrient Analysis of Fish and Fish Products

Composite Sample Number:	10
Composite Sample Name:	Plaice, raw, flesh only
Sub-sample Number:	10.2
Sub-sample Name:	Asda, 2 plaice fillets
Brand:	Asda
Pack size:	206g
Purchase Date:	30.11.2010
Place of Purchase:	Asda, Norwich
Display until Date:	01.12.2010
Use by Date:	01.12.2010
Batch Number:	UK EG103 EC
Packaging:	Plastic
Sample Condition As Purchased:	Chilled
Post Purchase Storage:	Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 10.2

Sub-sample Name: Asda, 2 plaice fillets

Ingredients: Plaice

Label claim(s):

Contains bones

Contains fish

Caught in the North East Atlantic

Packed in the UK

Skin on

Packaged in a protective atmosphere

Nutrient Information:

Nutrient	Unit	Amount/100g ovencooked	Amount/ ovencooked fillet
Energy	kJ	428	645
Energy	kcal	102	153
Protein	g	19.3	29
Carbohydrate	g	0.0	0.0
Sugars	g	0.0	0.0
Starch	g	N/A	N/A
Fat	g	2.7	4.1
Saturates	g	0.8	1.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.0	0.0
Salt	g	0.5	0.8
Sodium	g	0.21	0.32

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 10

Composite Sample Name: Plaice, raw, flesh only

Sub-sample Number: 10.3

Sub-sample Name: Your Fishmonger, plaice fillet

Brand: Your Fishmonger

Pack size: 625g

Purchase Date: 25.11.2010

Place of Purchase: Morrisons, Norwich

Sell by Date:

Use by Date: 27.11.2010

Batch Number:

Packaging: Plastic bag

Sample Condition As Purchased: Chilled

Post Purchase Storage: Processed on day of purchase and stored frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 10.3

Sub-sample Name: Your Fishmonger, plaice fillet

Ingredients: No information

Label claim(s):

Product may contain fish bones

May contain allergens

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 10

Composite Sample Name: Plaice, raw, flesh only

Sub-sample Number: 10.4

Sub-sample Name: Sainsbury's extra, trimmed plaice fillet

Brand: Sainsbury's

Pack size: 310g

Purchase Date: 01.12.2010

Place of Purchase: Sainsbury's, Longwater, Norwich

Sell by Date:

Use by Date: 04.12.2010

Batch Number:

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 10.4

Sub-sample Name: Sainsbury's extra, trimmed plaice fillet

Ingredients: Plaice

Label claim(s):

Caught in the North East Atlantic Ocean

Contains fish

May contain bones

Produced in the UK

Packaged in a protective atmosphere

Naturally low fat

Nutrient Information:

Nutrient	Unit	Amount/100g grilled as per instructions
Energy	kJ	404
Energy	kcal	96
Protein	g	20.1
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	N/A
Fat	g	1.7
Saturates	g	0.3
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.0
Salt	g	0.3
Sodium	g	0.1

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 10

Composite Sample Name: Plaice, raw, flesh only

Sub-sample Number: 10.5

Sub-sample Name: Tesco, plaice fillets

Brand: Tesco

Pack size: 285g

Purchase Date: 30.11.2010

Place of Purchase: Tesco, Blue Boar Lane, Norwich

Display Until Date: 01.11.2010

Use by Date: 01.11.2010

Batch Number: 2 329 20:21 UK GG314 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 10.5

Sub-sample Name: Tesco, plaice fillets

Ingredients: Plaice (*Pleuronectes platessa*) fillets

Label claim(s):

Catch method: Seine netting

Caught in North East Atlantic – Iceland

Contains bones

Packed in the UK

Packaged in a protective atmosphere

Skin on, bone in

May have been previously frozen

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/typical fillet (140g)
Energy	kJ	410	570
Energy	kcal	100	140
Protein	g	16.1	22.5
Carbohydrate	g	0.0	0.0
Sugars	g	0.0	0.0
Starch	g	N/A	N/A
Fat	g	3.6	5.0
Saturates	g	1.0	1.4
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.0	0.0
Salt	g	0.3	0.4
Sodium	g	0.1	0.1

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 10

Composite Sample Name: Plaice, raw, flesh only

Sub-sample Number: 10.6

Sub-sample Name: Waitrose, Icelandic plaice fillets

Brand: Waitrose

Pack size: 550g

Purchase Date: 12.11.2010

Place of Purchase: Waitrose, Norwich

Sell by Date:

Best Before Date: Sep 11

Batch Number: L0286N 12:02 UK GR 006 EC

Packaging: Cardboard and plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 10.6

Sub-sample Name: Waitrose, Icelandic plaice fillets

Ingredients: Plaice (93%), water

Label claim(s):

Low fat

Boneless

Small bones may remain

Produced in the UK

Caught in the North East Atlantic

Nutrient Information:

Nutrient	Unit	Amount/100g as sold	Amount/fillet as sold (typically 110g)
Energy	kJ	273	301
Energy	kcal	65	71
Protein	g	12.6	13.9
Carbohydrate	g	0.0	0.0
Sugars	g	0.0	0.0
Starch	g	N/A	N/A
Fat	g	1.6	1.8
Saturates	g	0.5	0.6
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.0	0.0
Salt	g	N/A	N/A
Sodium	g	0.28	0.31

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 10

Composite Sample Name: Plaice, raw, flesh only

Sub-sample Number: 10.7

Sub-sample Name: The Fishmonger, 2 Icelandic plaice fillets

Brand: The Fishmonger

Pack size: 285g (exclusive of protective ice glaze)

Purchase Date: 12.11.2010

Place of Purchase: Aldi, Norwich

Sell by Date:

Best Before Date: 08.04.12

Batch Number: UK HU 048 EC

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 10.7

Sub-sample Name: The Fishmonger, 2 Icelandic plaice fillets

Ingredients: Plaice (*Pleuronectes Platessa*) (95%), water as protective ice glaze

Label claim(s):

Boneless North Atlantic plaice fillets

Contains fish

Gluten free

Catch area: North East Atlantic (FA027)

Catch method: Net Caught

Nutrient Information:

Nutrient	Unit	Amount/100g oven baked
Energy	kJ	333
Energy	kcal	79
Protein	g	17.2
Carbohydrate	g	Tr
Sugars	g	Tr
Starch	g	N/A
Fat	g	1.1
Saturates	g	0.4
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.0
Salt	g	0.58
Sodium	g	0.23

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 10

Composite Sample Name: Plaice, raw, flesh only

Sub-sample Number: 10.8

Sub-sample Name: Plaice fillets

Brand:

Pack size:

Purchase Date: 25.11.2010

Place of Purchase: Independent Fishmonger, Norwich

Sell by Date:

Use by Date/Best Before Date:

Batch Number:

Packaging: Paper

Sample Condition As Purchased: Chilled

Post Purchase Storage: Processed on day of purchase and stored frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 10.8

Sub-sample Name: Plaice fillets

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 10

Composite Sample Name: Plaice, raw, flesh only

Sub-sample Number: 10.9

Sub-sample Name: Brakes, plaice fillets

Brand: Brakes

Pack size: 5 count of 170-230g fillets

Purchase Date: 16.11.2010

Place of Purchase: Brake Ltd delivery

Sell by Date:

Best Before Date: Use within 48 hours of delivery

Batch Number: UK GG 147FE EEC VAN: TF0001 21312/3

Packaging: Cardboard, ice and paper

Sample Condition As Purchased: Chilled

Post Purchase Storage: Processed on day of purchase and stored frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 10.9

Sub-sample Name: Brakes, plaice fillets

Ingredients: No information

Label claim(s):

Skin on

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 10

Composite Sample Name: Plaice, raw, flesh only

Sub-sample Number: 10.10

Sub-sample Name: M&J Seafood, 10 plaice fillets

Brand: M&J Seafood

Pack size: 230-290g, 2.3kg

Purchase Date: 16.11.2010

Place of Purchase: Brake Ltd delivery

Sell by Date:

Best Before Date: Mar 2012

Batch Number: Lot code:L0264 GF UK GG 123 EC

Packaging: Cardboard and plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 10.10

Sub-sample Name: M&J Seafood, 10 plaice fillets

Ingredients: Plaice (*Pleuronectes Platessa*) (85%), water (15%) (as protective ice glaze)

Label claim(s):

Small bones may remain
Caught in North East Atlantic
Skin on, boneless

Nutrient Information:

Nutrient	Unit	Amount/100g as sold
Energy	kJ	337
Energy	kcal	80
Protein	g	16.7
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	N/A
Fat	g	1.4
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.2
Salt	g	0.3
Sodium	g	0.12

Sample 11: Pangasius, raw, flesh only

Composite Sample Number: 11
Composite Sample Name: Pangasius, raw, flesh only
Sub-sample Number: 11.1
Sub-sample Name: Tesco, market value, river cobbler
Brand: Tesco, market value
Pack size: 265g
Purchase Date: 09.12.2010
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date: 13.12.2010
Use by Date: 13.12.2010
Batch Number: UK DM035 EC
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 11.1

Sub-sample Name: Tesco, market value, river cobbler

Ingredients: River cobbler (*Pangasius hypophthalmus*).

Label claim(s):

Farmed in Vietnam

Contains fish

Recipe: no nuts

Ingredients: cannot guarantee nut free

Factory: no nuts

Some bones may remain

Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/typical fillet ovenbaked
Energy	kJ	410	540
Energy	kcal	100	130
Protein	g	15.1	20
Carbohydrate	g	0.1	0.1
Sugars	g	0.1	0.1
Starch	g	N/A	N/A
Fat	g	4.0	5.3
Saturates	g	1.3	1.7
Monounsaturates	g	2.1	2.8
Polyunsaturates	g	0.4	0.5
Fibre	g	0.1	0.1
Salt	g	0.3	0.4
Sodium	g	0.1	0.1

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 11

Composite Sample Name: Pangasius, raw, flesh only

Sub-sample Number: 11.2

Sub-sample Name: Tesco, 4 basa fillets

Brand: Tesco

Pack size: 500g (net of ice glaze), 530g (including ice glaze)

Purchase Date: 18.11.2010

Place of Purchase: Tesco, Harford Bridges, Norwich

Display Until Date: 04.07.2011

Best Before Date: 04.10.2011

Batch Number: 0 277 21:34 PL 32611801 WE

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 11.2

Sub-sample Name: Tesco, 4 basa fillets

Ingredients: Pangasius (Pangasius Hypophthalmus), water.

Label claim(s):

Low fat, less than 3%

Skinless and boneless

Contains fish

Recipe: no nuts

Ingredients: cannot guarantee nut free

Factory: no nuts

Product can contain minor bones

Farmed in Vietnam

Packed in Poland

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	250
Energy	kcal	60
Protein	g	13.9
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	N/A
Fat	g	0.3
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.0
Salt	g	1.0
Sodium	g	0.4

Nutrient Analysis of Fish and Fish Products

Composite Sample Number:	11
Composite Sample Name:	Pangasius, raw, flesh only
Sub-sample Number:	11.3
Sub-sample Name:	Asda, river cobbler freezer bag
Brand:	Asda
Pack size:	650g
Purchase Date:	09.12.2010
Place of Purchase:	Asda, Norwich
Display Until Date:	11.12.2010
Use by Date:	11.12.2010
Batch Number:	UK GG199 EC
Packaging:	Plastic
Sample Condition As Purchased:	Chilled
Post Purchase Storage:	Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 11.3

Sub-sample Name: Asda, river cobbler freezer bag

Ingredients: River cobbler (100%) (fish)

Label claim(s):

Skinless and boneless

Individually wrapped

Contains fish

Some bones may remain

Farmed in Vietnam

Produced in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g grilled
Energy	kJ	517
Energy	kcal	122
Protein	g	25.6
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	N/A
Fat	g	2.2
Saturates	g	1.0
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.0
Salt	g	0.1
Sodium	g	0.03

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 11

Composite Sample Name: Pangasius, raw, flesh only

Sub-sample Number: 11.4

Sub-sample Name: The Fishmonger, skinless & boneless basa fillets

Brand: The Fishmonger

Pack size: 3-5 fillets, 500g (inclusive of protective ice glaze)

Purchase Date: 30.11.2010

Place of Purchase: Aldi, Norwich

Sell by Date:

Best Before Date: 02.07.2012

Batch Number: Packing date: 02.07.2010 Lot: VN/359/VI/: 421 EU
Number of manufacture: DL 359

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 11.4

Sub-sample Name: The Fishmonger, skinless & boneless basa fillets

Ingredients: Basa fillets (*Pangasius hypophthalmus*) (95%), water

Label claim(s):

Gluten free

A good source of protein

Contains fish

Gluten free

Some small bones may remain

Origin: Vietnam

Nutrient Information:

Nutrient	Unit	Amount/100g oven baked
Energy	kJ	493
Energy	kcal	117
Protein	g	23.7
Carbohydrate	g	0.1
Sugars	g	0.1
Starch	g	N/A
Fat	g	2.4
Saturates	g	0.9
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.0
Salt	g	0.14
Sodium	g	0.06

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 11

Composite Sample Name: Pangasius, raw, flesh only

Sub-sample Number: 11.5

Sub-sample Name: Pangasius fillet

Brand: Makro

Pack size: 1kg, Size: 170-220g

Purchase Date: 09.12.2010

Place of Purchase: Makro, Norwich

Sell by Date:

Best Before Date: 28.01.2012

Batch Number: Prod date:28.07.2010 Lot:VN/461/VI/337 GGN:
4050373414726 EU approval no: DL461

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 11.5

Sub-sample Name: Pangasius fillet

Ingredients: Pangasius Fillets (Pangasius hypophthalmus), water (inclusive ice glaze), E451, E330

Label claim(s):

Some bones may remain.

Glaze: 20% maximum

Farmed in Vietnam

Origin: Vietnam

Nutrient Information:

Nutrient	Unit	Amount/100g uncooked
Energy	kJ	431
Energy	kcal	103
Protein	g	15
Carbohydrate	g	0.0
Sugars	g	N/A
Starch	g	N/A
Fat	g	3.5
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 Fish and Fish Products

Composite Sample Number: 11

Composite Sample Name: Pangasius, raw, flesh only

Sub-sample Number: 11.6

Sub-sample Name: M&J Seafood, 20 pangasius fillets

Brand: M&J Seafood,

Pack size: 3.4kg (minimum weight), 170-200g fillets

Purchase Date: 06.12.2010

Place of Purchase: Brakes delivery

Sell by Date:

Best Before Date: 17.08.2012

Batch Number: NTSF/FFL 2010 98 L 1229 VN/461/VI/389

Packaging: Cardboard

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 11.6

Sub-sample Name: M&J Seafood, 20 pangasius fillets

Ingredients:

Pangasius fillets (Pangasius Hypophthalmus) (85%), water (inclusive of protective ice glaze), Sodium Polyphosphate, Salt

Label claim(s):

Some small bones may remain
Skinless and boneless
Contains fish
Product of Vietnam

Nutrient Information:

Nutrient	Unit	Amount/100g as sold
Energy	kJ	251
Energy	kcal	60
Protein	g	13
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	N/A
Fat	g	0.3
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.0
Salt	g	0.6
Sodium	g	0.24

Nutrient Analysis of Fish and Fish Products

Sample 12: Coley, raw, flesh only

Composite Sample Number: 12

Composite Sample Name: Coley, raw, flesh only

Sub-sample Number: 12.1

Sub-sample Name: Tesco, 6 portions coley

Brand: Tesco

Pack size: 540g

Purchase Date: 18.11.2010

Place of Purchase: Tesco, Harford Bridges, Norwich

Display Until End: 28.07.2011

Best Before End: 28.10.2011

Batch Number: PL 32611801 WE 0 301 08:39

Packaging: Cardboard

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 12.1
Sub-sample Name: Tesco, 6 portions coley

Ingredients: Coley

Label claim(s):

Contains raw fish
Can contain minor bones
Caught in the North East Atlantic
Produced in Poland
Skinless and boneless
No artificial preservatives, flavours or colours
Low fat – less than 3%

Nutrient Information:

Nutrient	Unit	Amount/100g	Serving/90g
Energy	kJ	340	305
Energy	kcal	80	75
Protein	g	19.3	17.4
Carbohydrate	g	0.0	0.0
Sugars	g	0.0	0.0
Starch	g	N/A	N/A
Fat	g	0.3	0.3
Saturates	g	0.1	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.0	0.0
Salt	g	0.3	0.3
Sodium	g	0.1	0.1

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 12

Composite Sample Name: Coley, raw, flesh only

Sub-sample Number: 12.2

Sub-sample Name: Asda, cook from frozen, coley portions

Brand: Asda

Pack size: 368g

Purchase Date: 23.11.2010

Place of Purchase: Asda, Norwich

Sell by Date:

Best Before End: 15.10.2011

Batch Number: P-D 10288 UKVY104 EC

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 12.2

Sub-sample Name: Asda, cook from frozen, coley portions

Ingredients: Coley (100%)

Label claim(s):

Skinless & boneless coley portions

Contains fish

Caught in the North-East Atlantic

Produce of Norway, Iceland

Packed in the UK

Some bones may remain

Nutrient Information:

Nutrient	Unit	Amount/100g poached	Amount/½ pack poached
Energy	kJ	348	640
Energy	kcal	82	151
Protein	g	18.3	33.7
Carbohydrate	g	0.0	0.0
Sugars	g	0.0	0.0
Starch	g	N/A	N/A
Fat	g	1.0	1.8
Saturates	g	0.1	0.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.0	0.0
Salt	g	0.3	0.5
Sodium	g	0.10	0.18

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 12

Composite Sample Name: Coley, raw, flesh only

Sub-sample Number: 12.3

Sub-sample Name: Morrisons, coley portions

Brand: Morrisons

Pack size: 368g

Purchase Date: 18.11.2010

Place of Purchase: Morrisons, Norwich

Sell by Date:

Best Before End: Oct 2011

Batch Number: P-D 10301 08:56 UK VY 104 EC

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 12.3

Sub-sample Name: Morrisons, coley portions

Ingredients: Coley

Label claim(s):

Skinless & boneless

Contains fish

Some bones may remain

Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount per ¼ pack
Energy	kJ	393	361
Energy	kcal	93	85
Protein	g	22	20.2
Carbohydrate	g	0.0	0.0
Sugars	g	0.0	0.0
Starch	g	N/A	N/A
Fat	g	0.5	0.5
Saturates	g	0.0	0.0
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.0	0.0
Salt	g	0.3	0.2
Sodium	g	0.1	0.1

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 12

Composite Sample Name: Coley, raw, flesh only

Sub-sample Number: 12.4

Sub-sample Name: Sainsbury's, 6 coley steaks

Brand: Sainsbury's

Pack size: 520g

Purchase Date: 13.12.2010

Place of Purchase: Sainsbury's, Longwater, Norwich

Sell by Date:

Best Before End: Nov 2011

Batch Number: 0 322 UK GG 409 EC

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 12.4

Sub-sample Name: Sainsbury's, 6 coley steaks

Ingredients: Coley

Label claim(s):

Contains fish

Some bones may still remain

Skinless and boneless

Landed in Norway

Caught in the North East Atlantic Ocean

Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g cooked as per instructions	Amount/steak cooked as per instructions
Energy	kJ	444	339
Energy	kcal	105	80
Protein	g	23.3	17.8
Carbohydrate	g	0.0	0.0
Sugars	g	0.0	0.0
Starch	g	0.0	0.0
Fat	g	1.3	0.1
Saturates	g	0.2	0.2
Monounsaturates	g	0.0	0.0
Polyunsaturates	g	0.0	0.0
Fibre	g	0.0	0.0
Salt	g	0.25	0.19
Sodium	g	0.10	0.08

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 12

Composite Sample Name: Coley, raw, flesh only

Sub-sample Number: 12.5

Sub-sample Name: Waitrose, essential, coley fillets

Brand: Waitrose, essential

Pack size: 550g

Purchase Date: 23.11.2010

Place of Purchase: Waitrose, Norwich

Sell by Date:

Best Before End: Oct 11

Batch Number: L0291N 12:15 UK GR 006 EC

Packaging: Cardboard

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 12.5

Sub-sample Name: Waitrose, essential, coley fillets

Ingredients: Coley (95%), water

Label claim(s):

Skinless and boneless

100% Icelandic coley fillets, sustainably sourced, responsibly fished.

Low fat

Small bones may remain

Produced in the UK

Caught in the North East Atlantic

Nutrient Information:

Nutrient	Unit	Amount/100g as sold	Amount/fillet (typically 110g) as sold
Energy	kJ	291	320
Energy	kcal	69	75
Protein	g	15.8	17.4
Carbohydrate	g	0.0	0.0
Sugars	g	0.0	0.0
Starch	g	N/A	N/A
Fat	g	0.6	0.7
Saturates	g	0.1	0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.0	0.0
Salt	g	N/A	N/A
Sodium	g	0.09	0.1

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 12

Composite Sample Name: Coley, raw, flesh only

Sub-sample Number: 12.6

Sub-sample Name: Young's, boneless fillets of coley

Brand: Young's

Pack size: Min net weight 3.30kg (net of glaze), 30 x 110-170g

Purchase Date: 03.12.2010

Place of Purchase: 3663 Delivery

Sell by Date:

Best Before End: May 2012

Batch Number: L18308K UK BB001EC

Packaging: Cardboard and plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 12.6

Sub-sample Name: Young's, boneless fillets of coley

Ingredients: Coley fillet (*Pollachius virens*), water

Label claim(s):

Can contain minor bones

Caught in the North East Atlantic Ocean

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 12

Composite Sample Name: Coley, raw, flesh only

Sub-sample Number: 12.7

Sub-sample Name: M&J, Seafood coley fillet

Brand: M&J Seafood

Pack size: Ungraded (net weight) 1.00kg

Purchase Date: 14.12.2010

Place of Purchase: Brakes delivery

Sell by Date:

Best Before Date: Use within 48 hours of delivery

Batch Number: VAN: TF0001 UK GG147FE EEC

Packaging: Cardboard, ice and plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 12.7

Sub-sample Name: M&J, Seafood coley fillet

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 12

Composite Sample Name: Coley, raw, flesh only

Sub-sample Number: 12.8

Sub-sample Name: M&J Seafood, coley fillets

Brand: M&J Seafood

Pack size: 4.54kg, 140-230g fillets

Purchase Date: 06.12.2010

Place of Purchase: Brakes delivery

Sell by Date:

Best Before End: May 2012

Batch Number: Lot code: LO326 GF UK GG 123 EC

Packaging: Cardboard and plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 12.8

Sub-sample Name: M&J Seafood, coley fillets

Ingredients: Coley (*Pollachius virens*) (85%), water (as protective ice glaze)

Label claim(s):

Caught in the North East Atlantic

Some small bones may remain

Skinless

Nutrient Information:

Nutrient	Unit	Amount/100g as sold
Energy	kJ	348
Energy	kcal	82
Protein	g	18.3
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	N/A
Fat	g	1.0
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.0
Salt	g	0.2
Sodium	g	0.09

Nutrient Analysis of Fish and Fish Products

Sample 13: Sea bass, raw, flesh only

Composite Sample Number: 13

Composite Sample Name: Sea bass, raw, flesh only

Sub-sample Number: 13.1

Sub-sample Name: Tesco, Finest, sea bass fillets

Brand: Tesco Finest

Pack size: 182g

Purchase Date: 21.12.2010

Place of Purchase: Tesco, Harford Bridges, Norwich

Display Until Date: 24.12.2010

Use by Date: 24.12.2010

Batch Number: 487829 3 351 13:38 UK GG 314 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 13.1

Sub-sample Name: Tesco, Finest, sea bass fillets

Ingredients: Sea bass fillets (*Dicentrarchus labrax*)

Label claim(s):

Skin on, boneless

Some bones may remain

Farmed in Greece, Turkey

Rich in Omega 3

Packaged in a protective atmosphere

Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/typical fillet (120g)
Energy	kJ	635	760
Energy	kcal	155	185
Protein	g	19.3	23.3
Carbohydrate	g	0.0	0.0
Sugars	g	0.0	0.0
Starch	g	N/A	N/A
Fat	g	8.2	9.8
Saturates	g	2.0	2.4
Monounsaturates	g	2.9	3.5
Polyunsaturates	g	3.2	3.8
Omega 3	g	1.6	1.9
Fibre	g	0.0	0.0
Salt	g	0.2	0.2
Sodium	g	0.1	0.1

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 13

Composite Sample Name: Sea bass, raw, flesh only

Sub-sample Number: 13.2

Sub-sample Name: Asda, whole sea bass

Brand: Asda

Pack size: 180g

Purchase Date: 15.12.2010

Place of Purchase: Asda, Norwich

Sell by Date:

Use by Date: 16.12.10

Batch Number:

Packaging: Foil

Sample Condition As Purchased: Chilled

Post Purchase Storage: Processed on day of purchase and stored frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 13.2

Sub-sample Name: Asda, whole sea bass

Ingredients: No information

Label claim(s):

Farmed in Greece or Turkey

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 13

Composite Sample Name: Sea bass, raw, flesh only

Sub-sample Number: 13.3

Sub-sample Name: Sainsbury's, Taste the Difference, 2 Corsican sea bass fillets

Brand: Sainsbury's, Taste the Difference

Pack size: 189g

Purchase Date: 10.12.2010

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

Sell by Date:

Use by Date: 15.12.2010

Batch Number: UK KU006 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Processed on day of purchase and stored frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 13.3

Sub-sample Name: Sainsbury's, Taste the Difference, 2 Corsican sea bass fillets

Ingredients: Sea bass

Label claim(s):

Packed in the UK

Farmed in Corsica

Packaged in a protective atmosphere

Contains fish

Some bones may remain

Nutrient Information:

Nutrient	Unit	Amount/100g pan fried as per cooking instructions	Amount/fillet pan fried as per cooking instructions
Energy	kJ	679	N/A
Energy	kcal	162	162
Protein	g	23.8	N/A
Carbohydrate	g	0.1	N/A
Sugars	g	0.1	0.1
Starch	g	N/A	N/A
Fat	g	2.5	2.5
Saturates	g	0.6	0.6
Monounsaturates	g	1.0	N/A
Polyunsaturates	g	0.8	N/A
Fibre	g	0.5	N/A
Salt	g	0.20	0.20
Sodium	g	0.08	N/A

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 13

Composite Sample Name: Sea bass, raw, flesh only

Sub-sample Number: 13.4

Sub-sample Name: Your Fishmonger, fresh whole seabass with parsley

Brand: Your Fishmonger

Pack size: 240g

Purchase Date: 14.12.2010

Place of Purchase: Morrisons, Norwich

Sell by Date:

Use by Date: 15.12.2010

Batch Number:

Packaging: Polystyrene and Clingfilm

Sample Condition As Purchased: Chilled

Post Purchase Storage: Processed on day of purchase and stored frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 13.4

Sub-sample Name: Morrisons, Your Fishmonger, fresh whole seabass with parsley

Ingredients: Dicentrarchus Labrax

Label claim(s):

Contains bones

Farmed in Greece & Turkey

May contain allergens

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 13

Composite Sample Name: Sea bass, raw, flesh only

Sub-sample Number: 13.5

Sub-sample Name: Tesco, Finest, 2 sea bass fillets

Brand: Tesco, Finest

Pack size: 210g (net of ice glaze), 216g (including ice glaze)

Purchase Date: 30.11.2010

Place of Purchase: Tesco, Blue Boar Lane, Norwich

Display until End: July 2011

Best Before End: Oct 2011

Batch Number: UK YV 104 EC, product code: 10279

Packaging: Cardboard and plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 13.5

Sub-sample Name: Tesco, Finest, 2 sea bass fillets

Ingredients: Sea bass, water

Label claim(s):

Skin on

Contains fish

Boneless

Can contain minor bones

Farmed in the Aegean Sea (Greece and Turkey)

Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g as sold	Amount half a pack (105g) as sold
Energy	kJ	715	750
Energy	kcal	175	180
Protein	g	18.4	19.3
Carbohydrate	g	0.0	0.0
Sugars	g	0.0	0.0
Starch	g	N/A	N/A
Fat	g	10.8	11.3
Saturates	g	3.7	3.9
Monounsaturates	g	3.4	3.6
Polyunsaturates	g	3.1	3.3
Fibre	g	0.0	0.0
Salt	g	Tr	Tr
Sodium	g	Tr	Tr

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 13

Composite Sample Name: Sea bass, raw, flesh only

Sub-sample Number: 13.6

Sub-sample Name: The Fishmonger, 2 sea bass fillets

Brand: The Fishmonger

Pack size: 210g (inclusive of protective ice glaze)

Purchase Date: 30.11.2010

Place of Purchase: Aldi, Norwich

Sell by Date:

Best Before Date: 07.04.12

Batch Number: UK HU048 EC

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 13.6

Sub-sample Name: The Fishmonger, 2 sea bass fillets

Ingredients: Sea bass (*Dicentrarchus Labrax*) (95%), water

Label claim(s):

Gluten free

Some small bones may remain

Farmed in Greece or Turkey

Boneless

Nutrient Information:

Nutrient	Unit	Amount/100g oven baked
Energy	kJ	745
Energy	kcal	178
Protein	g	25.0
Carbohydrate	g	0.1
Sugars	g	0.1
Starch	g	N/A
Fat	g	8.6
Saturates	g	1.9
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.0
Salt	g	0.2
Sodium	g	0.1

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 13

Composite Sample Name: Sea bass, raw, flesh only

Sub-sample Number: 13.7

Sub-sample Name: Waitrose, Anglesey sea bass

Brand: Waitrose

Pack size: 1.46kg

Purchase Date: 15.12.2010

Place of Purchase: Waitrose, Norwich

Sell by Date:

Use by Date: 16.12.2010

Batch Number: 1021

Packaging: Plastic bag

Sample Condition As Purchased: Chilled

Post Purchase Storage: Processed on day of purchase and stored frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 13.7

Sub-sample Name: Waitrose, Anglesey sea bass

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 13

Composite Sample Name: Sea bass, raw, flesh only

Sub-sample Number: 13.8

Sub-sample Name: Sea bass, whole

Brand:

Pack size:

Purchase Date: 15.12.2010

Place of Purchase: Independent Fishmonger, Norwich

Sell by Date:

Use by Date:

Batch Number:

Packaging: Paper and plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Processed on day of purchase and stored frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 13.8

Sub-sample Name: Sea bass, whole

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 13

Composite Sample Name: Sea bass, raw, flesh only

Sub-sample Number: 13.9

Sub-sample Name: Ocean Pearl, large sea bass fillets

Brand: Ocean Pearl

Pack size: 1.15kg (frozen weight, including ice glaze) 1.035kg (net deglazed weight), 180-220g fillets

Purchase Date: 14.12.2010

Place of Purchase: Bookers Website

Sell by Date:

Best Before End: 15.03.2012

Batch Number: Production code: OP58

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 13.9

Sub-sample Name: Ocean Pearl, large sea bass fillets

Ingredients: Sea bass (*Dicentrarchus labrax*), water (as protective ice glaze)

Label claim(s):

Contains fish

Some small bones may remain

Farmed in Turkey

Product of Turkey

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 13

Composite Sample Name: Sea bass, raw, flesh only

Sub-sample Number: 13.10

Sub-sample Name: M&J Seafood, farmed sea bass fillets

Brand: M&J Seafood

Pack size: 400-600g fillets, 6 count

Purchase Date: 14.12.2010

Place of Purchase: Brakes website

Sell by Date:

Use by Date: Use within 48 hours of delivery

Batch Number: UK GG 147FE EEC 21946/1 VAN: TF0001

Packaging: Cardboard, ice and plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Processed on day of purchase and stored frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 13.10

Sub-sample Name: M&J Seafood, farmed sea bass fillets

Ingredients: No information

Label claim(s):

Scaled

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Sample 14: Sea bass, baked, flesh only

Composite Sample Number: 14

Composite Sample Name: Sea bass, baked, flesh only

Sub-sample Number: 14.1

Sub-sample Name: Tesco, Finest, sea bass fillets

Brand: Tesco, Finest

Pack size: 188g

Purchase Date: 21.12.2010

Place of Purchase: Tesco, Harford Bridges, Norwich

Display until Date: 22.12.2010

Use by Date: 22.12.2010

Batch Number: 1243350 2 349 11:18 UK GG 314 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 14.1

Sub-sample Name: Tesco, Finest, sea bass fillets

Ingredients: Sea bass fillets (*Dicentrarchus labrax*)

Label claim(s):

Farmed in Greece, Turkey

Packed in the UK

Rich in Omega 3

Some bones may remain

Skin on, boneless

May have been previously frozen

Nutrient Information:

Nutrient	Unit	Amount/100g	A typical fillet (120g) contains
Energy	kJ	635	760
Energy	kcal	155	185
Protein	g	19.3	23.2
Carbohydrate	g	0.0	0.0
Sugars	g	0.0	0.0
Starch	g	N/A	N/A
Fat	g	8.2	9.8
Saturates	g	2.0	2.4
Monounsaturates	g	2.9	3.5
Polyunsaturates	g	3.2	3.8
Omega 3	g	1.6	1.9
Fibre	g	0.0	0.0
Salt	g	0.2	0.2
Sodium	g	0.1	0.1

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 14

Composite Sample Name: Sea bass, baked, flesh only

Sub-sample Number: 14.2

Sub-sample Name: Asda, whole sea bass

Brand: Asda

Pack size:

Purchase Date: 15.12.2010

Place of Purchase: Asda, Norwich

Sell by Date:

Use by Date: 16.12.10

Batch Number:

Packaging: Foil

Sample Condition As Purchased: Chilled

Post Purchase Storage: Processed on day of purchase and stored frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 14.2

Sub-sample Name: Asda, whole sea bass

Ingredients: No information

Label claim(s):

Farmed in Greece and Turkey

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 14

Composite Sample Name: Sea bass, baked, flesh only

Sub-sample Number: 14.3

Sub-sample Name: Sainsbury's, Taste the Difference, 2 Corsican sea bass fillets

Brand: Sainsbury's, Taste the Difference

Pack size: 208g

Purchase Date: 13.12.2010

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

Sell by Date:

Use by Date: 15.12.2010

Batch Number: UK KU006 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Processed on day of purchase and stored frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 14.3

Sub-sample Name: Sainsbury's, Taste the Difference, 2 Corsican sea bass fillets

Ingredients: Sea bass

Label claim(s):

Contains fish

Some bones may remain

Farmed in Corsica

Packed in the UK

Packaged in a protective environment

Nutrient Information:

Nutrient	Unit	Amount/100g pan fried as per cooking instructions	Amount per fillet pan fried as per cooking instructions
Energy	kJ	679	N/A
Energy	kcal	162	162
Protein	g	23.8	N/A
Carbohydrate	g	0.1	N/A
Sugars	g	0.1	0.1
Starch	g	N/A	N/A
Fat	g	2.5	2.5
Saturates	g	0.6	0.6
Monounsaturates	g	1.0	N/A
Polyunsaturates	g	0.8	N/A
Fibre	g	0.5	N/A
Salt	g	0.20	0.20
Sodium	g	0.08	N/A

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 14

Composite Sample Name: Sea bass, baked, flesh only

Sub-sample Number: 14.4

Sub-sample Name: Your Fishmonger, fresh whole seabass with parsley

Brand: Your Fishmonger

Pack size: 240g

Purchase Date: 14.12.2010

Place of Purchase: Morrisons, Norwich

Sell by Date:

Use by Date: 15.12.2010

Batch Number:

Packaging: Polystyrene and cling film

Sample Condition As Purchased: Chilled

Post Purchase Storage: Processed on day of purchase and stored frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 14.4

Sub-sample Name: Your Fishmonger, fresh whole seabass with parsley

Ingredients: Dicentrarchus Labrax

Label claim(s):

Contains bones

Farmed in Greece & Turkey

May contain allergens

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 14

Composite Sample Name: Sea bass, baked, flesh only

Sub-sample Number: 14.5

Sub-sample Name: Tesco Finest, 2 sea bass fillets

Brand: Tesco Finest

Pack size: 210g (net of ice glaze), 216g (including ice glaze)

Purchase Date: 30.11.2010

Place of Purchase: Tesco, Blue Boar Lane, Norwich

Display Until Date: Jul 2011

Best Before End Date: Oct 2011

Batch Number: UK V Y 104 EC, Product code: 10279

Packaging: Cardboard and plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 14.5

Sub-sample Name: Tesco, Finest, 2 sea bass fillets

Ingredients: Sea bass, water

Label claim(s):

Skin on

Boneless

Contains fish

Can contain minor bones

Farmed in Greece & Turkey (Aegean Sea)

Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g as sold	Amount/half a pack (105g) as sold contains
Energy	kJ	715	750
Energy	kcal	175	180
Protein	g	18.4	19.3
Carbohydrate	g	0.0	0.0
Sugars	g	0.0	0.0
Starch	g	N/A	N/A
Fat	g	10.8	11.3
Saturates	g	3.7	3.9
Monounsaturates	g	3.4	3.6
Polyunsaturates	g	3.1	3.3
Fibre	g	0.0	0.0
Salt	g	Tr	Tr
Sodium	g	Tr	Tr

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 14

Composite Sample Name: Sea bass, baked, flesh only

Sub-sample Number: 14.6

Sub-sample Name: The Fishmonger, 2 sea bass fillets

Brand: The Fishmonger

Pack size: 210g (Inclusive of protective ice glaze)

Purchase Date: 30.11.2010

Place of Purchase: Aldi, Norwich

Sell by Date:

Best Before Date: 07.04.12

Batch Number: UK HU 048EC

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 14.6

Sub-sample Name: The Fishmonger, 2 sea bass fillets

Ingredients: Sea bass (*Dicentrarchus Labrax*) (95%), water

Label claim(s):

Gluten free

Boneless

Small bones may remain

Farmed in Greece or Turkey

Nutrient Information:

Nutrient	Unit	Amount/100g oven baked
Energy	kJ	745
Energy	kcal	178
Protein	g	25.0
Carbohydrate	g	0.1
Sugars	g	0.1
Starch	g	N/A
Fat	g	8.6
Saturates	g	1.9
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.0
Salt	g	0.2
Sodium	g	0.1

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 14

Composite Sample Name: Sea bass, baked, flesh only

Sub-sample Number: 14.7

Sub-sample Name: Waitrose, Anglesey sea bass

Brand: Waitrose

Pack size: 1.46kg

Purchase Date: 15.12.2010

Place of Purchase: Waitrose, Norwich

Sell by Date:

Use by Date: 16.12.2010

Batch Number: 1021

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Processed on day of purchase and stored frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 14.7

Sub-sample Name: Waitrose, Anglesey sea bass

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 14

Composite Sample Name: Sea bass, baked, flesh only

Sub-sample Number: 14.8

Sub-sample Name: Sea bass, whole

Brand:

Pack size:

Purchase Date: 15.12.2010

Place of Purchase: Independent Fishmonger, Norwich

Sell by Date:

Use by Date:

Batch Number:

Packaging: Paper and plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Processed on day of purchase and stored frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 14.8

Sub-sample Name: Sea bass, whole

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 14

Composite Sample Name: Sea bass, baked, flesh only

Sub-sample Number: 14.9

Sub-sample Name: Ocean Pearl, large sea bass fillets

Brand: Ocean Pearl

Pack size: 1.15 kg (frozen weight including ice glaze), 1.035 kg (net deglazed weight), 180-220g fillets

Purchase Date: 20.12.10

Place of Purchase: Booker, Norwich

Sell by Date:

Best Before End Date: 15.03.2012

Batch Number: Production code: OP58, SBUB330Z

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 14.9

Sub-sample Name: Ocean Pearl, large sea bass fillets

Ingredients: Sea bass (*Dicentrarchus labrax*), water (as protective glaze)

Label claim(s):

Contains fish

Some small bones may remain

Farmed in Turkey

Product of Turkey

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 14

Composite Sample Name: Sea bass, baked, flesh only

Sub-sample Number: 14.10

Sub-sample Name: M&J, farmed seabass fillets

Brand: M&J Seafood

Pack size: 400-600g fillets, 6 count

Purchase Date: 14.12.2010

Place of Purchase: Brakes delivery

Sell by Date:

Use by Date: Use within 48 hours of delivery

Batch Number: UK GG 147FE EEC Van: TF0001

Packaging: Cardboard, plastic and ice

Sample Condition As Purchased: Chilled

Post Purchase Storage: Processed on day of purchase and stored frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 14.10

Sub-sample Name: M&J, farmed seabass fillets

Ingredients: No information

Label claim(s):

Scaled

Nutrient Information: No information

Sample 15: Prawns, cold-water (*Pandalus borealis*), purchased cooked

Composite Sample Number: 15

Composite Sample Name: Prawns, cold-water (*Pandalus borealis*), purchased cooked

Sub-sample Number: 15.1

Sub-sample Name: Tesco, Market value, cooked and peeled prawns

Brand: Tesco, Market value

Pack size: 260g

Purchase Date: 07.12.2010

Place of Purchase: Tesco, Harford Bridges, Norwich

Display Until Date: 10.12.2010

Use by Date: 10.12.2010

Batch Number: UK DM035 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 15.1

Sub-sample Name: Tesco, Market value, cooked and peeled prawns

Ingredients: Cooked prawns (98%), salt

Label claim(s):

Contains shellfish

Recipe: no nuts

Ingredients: cannot guarantee no nuts

Factory: no nuts

May contain small fragments of shell

Caught in the North Atlantic

Catch method: net trawl

Excellent source of omega 3

Packed in the UK

May have been previously frozen

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/half pack (130g)
Energy	kJ	265	345
Energy	kcal	65	85
Protein	g	13.7	17.8
Carbohydrate	g	0.0	0.0
Sugars	g	0.0	0.0
Starch	g	N/A	N/A
Fat	g	0.8	1.0
Saturates	g	0.3	0.4
Monounsaturates	g	0.3	0.4
Polyunsaturates	g	0.2	0.3
Omega 3	g	0.4	0.5
Fibre	g	0.0	0.0
Salt	g	1.3	1.6
Sodium	g	0.5	0.7

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 15

Composite Sample Name: Prawns, cold-water (*Pandalus borealis*), purchased cooked

Sub-sample Number: 15.2

Sub-sample Name: Tesco, cooked and peeled coldwater prawns

Brand: Tesco

Pack size: 190g

Purchase Date: 07.12.2010

Place of Purchase: Tesco, Harford Bridges, Norwich

Display Until Date: 10.12.2010

Use by Date: 10.12.2010

Batch Number: UK DM035 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 15.2

Sub-sample Name: Tesco, cooked and peeled coldwater prawns

Ingredients: Cooked prawn (*Pandalus borealis*) (98%), salt

Label claim(s):

Contains shellfish

Recipe: no nuts

Ingredients: cannot guarantee nut free

Factory: no nuts

May occasionally contain small fragments of shell

Caught in the North Atlantic

Catch method: net trawled

Rich in omega 3

Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/half pack (95g)
Energy	kJ	265	250
Energy	kcal	65	60
Protein	g	13.7	13.0
Carbohydrate	g	0.0	0.0
Sugars	g	0.0	0.0
Starch	g	N/A	N/A
Fat	g	0.8	0.8
Saturates	g	0.3	0.3
Monounsaturates	g	0.3	0.3
Polyunsaturates	g	0.2	0.2
Omega 3	g	0.4	0.4
Fibre	g	0.0	0.0
Salt	g	1.3	1.2
Sodium	g	0.5	0.5

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 15

Composite Sample Name: Prawns, cold-water (*Pandalus borealis*), purchased cooked

Sub-sample Number: 15.3

Sub-sample Name: Asda, Smart Price, cocktail prawns

Brand: Asda, Smart Price

Pack size: 180g

Purchase Date: 07.12.2010

Place of Purchase: Asda, Norwich

Display Until Date: 09.12.2010

Use by Date: 09.12.2010

Batch Number: UK DM035 EC

Packaging: Plastic and paper

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 15.3

Sub-sample Name: Asda, Smart Price, cocktail prawns

Ingredients: Prawns (98%), salt

Label claim(s):

Contains shellfish

Packaged in a protective atmosphere

Some shell may remain

Produced in the UK

May have been previously frozen

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	277
Energy	kcal	65
Protein	g	15.4
Carbohydrate	g	0.0
Sugars	g	N/A
Starch	g	N/A
Fat	g	0.4
Saturates	g	N/A
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	N/A
Salt	g	N/A
Sodium	g	N/A

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 15

Composite Sample Name: Prawns, cold-water (*Pandalus borealis*), purchased cooked

Sub-sample Number: 15.4

Sub-sample Name: Asda, cooked and peeled prawns

Brand: Asda

Pack size: 145g

Purchase Date: 07.12.2010

Place of Purchase: Asda, Norwich

Display Until Date: 09.12.2010

Use by Date: 09.12.2010

Batch Number: UK DM035 EC

Packaging: Plastic and paper

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 15.4

Sub-sample Name: Asda, cooked and peeled prawns

Ingredients: Prawns (98%), salt

Label claim(s):

Contains shellfish

Packaged in a protective atmosphere

Some shell may remain

Caught in the North West Atlantic

Packed in the UK

May have been previously frozen

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	277
Energy	kcal	65
Protein	g	15.4
Carbohydrate	g	0.0
Sugars	g	N/A
Starch	g	N/A
Fat	g	0.4
Saturates	g	N/A
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	N/A
Salt	g	N/A
Sodium	g	N/A

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 15

Composite Sample Name: Prawns, cold-water (*Pandalus borealis*), purchased cooked

Sub-sample Number: 15.5

Sub-sample Name: Sainsbury's, large peeled prawns

Brand: Sainsbury's

Pack size: 350g (excluding protective ice glaze)

Purchase Date: 01.12.2010

Place of Purchase: Sainsbury's, Longwater, Norwich

Sell by Date:

Best Before End Date: Mar 2012

Batch Number: KW 0259 22:47 NO T-317 EFTA

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 15.5

Sub-sample Name: Sainsbury's, large peeled prawns

Ingredients: Prawns, water, salt

Label claim(s):

A naturally low fat food

Caught in the North East Atlantic Ocean, FAO area 27

Contains shellfish

May occasionally contain small fragments of shell

Packed in Norway

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/100g serving
Energy	kJ	275	N/A
Energy	kcal	65	65
Protein	g	14.1	N/A
Carbohydrate	g	0.1	N/A
Sugars	g	Tr	Tr
Starch	g	0.0	N/A
Fat	g	0.9	0.9
Saturates	g	0.6	0.6
Monounsaturates	g	0.2	N/A
Polyunsaturates	g	0.1	N/A
Fibre	g	0.5	N/A
Salt	g	1.7	1.7
Sodium	g	0.63	N/A

Nutrient Analysis of Fish and Fish Products

Composite Sample Number:	15
Composite Sample Name:	Prawns, cold-water (<i>Pandalus borealis</i>), purchased cooked
Sub-sample Number:	15.6
Sub-sample Name:	Morrisons, shell on prawns
Brand:	Morrisons
Pack size:	205g
Purchase Date:	07.12.2010
Place of Purchase:	Morrisons, Norwich
Sell by Date:	
Use by Date:	10.12.2010
Batch Number:	UK DM 035 EC
Packaging:	Plastic
Sample Condition As Purchased:	Chilled
Post Purchase Storage:	Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 15.6

Sub-sample Name: Morrisons, shell on prawns

Ingredients: Prawn (98%), salt

Label claim(s):

Allergy advice: shellfish

May contain traces of egg, fish, gluten, mollusc, mustard and soya

Previously frozen

Caught in the North East and North West Atlantic

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/½ pack
Energy	kJ	294	301
Energy	kcal	69	71
Protein	g	16.3	16.7
Carbohydrate	g	0.1	0.1
Sugars	g	0.1	0.1
Starch	g	N/A	N/A
Fat	g	0.4	0.4
Saturates	g	0.1	0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.0	0.0
Salt	g	1.3	1.3
Sodium	g	0.5	0.5

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 15

Composite Sample Name: Prawns, cold-water (*Pandalus borealis*), purchased cooked

Sub-sample Number: 15.7

Sub-sample Name: Marks and Spencer Greenland peeled prawns

Brand: Marks and Spencer

Pack size: 100g

Purchase Date: 07.12.2010

Place of Purchase: Marks and Spencer, Norwich

Display Until Date: 10.12.2010

Use by Date: 10.12.2010

Batch Number: UK GG 277 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 15.7

Sub-sample Name: Marks and Spencer, Greenland peeled prawns

Ingredients: Prawns (98%), salt

Label claim(s):

Less than 1% fat

Contains shellfish

Packed in a protective atmosphere

Packed in the UK

Some small pieces of shell may remain

Caught in Greenland

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	330
Energy	kcal	75
Protein	g	17.7
Carbohydrate	g	0.5
Sugars	g	0.4
Starch	g	N/A
Fat	g	0.5
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.3
Salt	g	1.55
Sodium	g	0.62

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 15

Composite Sample Name: Prawns, cold-water (*Pandalus borealis*), purchased cooked

Sub-sample Number: 15.8

Sub-sample Name: Waitrose, sustainably sourced cooked and peeled Canadian prawns

Brand: Waitrose

Pack size: 200g

Purchase Date: 07.12.2010

Place of Purchase: Waitrose, Norwich

Display Until Date: 10.12.2010

Use by Date: 10.12.2010

Batch Number: UK GR 006 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 15.8

Sub-sample Name: Waitrose, sustainably sourced cooked and peeled Canadian prawns

Ingredients: Prawns (98%), salt

Label claim(s):

Low fat

Packaged in a protective atmosphere

Packed in the UK

Caught in the North West Atlantic

Previously frozen

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	281
Energy	kcal	66
Protein	g	14.1
Carbohydrate	g	1.0
Sugars	g	0.5
Starch	g	N/A
Fat	g	0.7
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.6
Salt	g	1.7
Sodium	g	0.67

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 15

Composite Sample Name: Prawns, cold-water (*Pandalus borealis*), purchased cooked

Sub-sample Number: 15.9

Sub-sample Name: Iceland, cooked and peeled North Atlantic prawns

Brand: Iceland

Pack size: 300g (excluding protective ice glaze)

Purchase Date: 07.12.2010

Place of Purchase: Iceland, Norwich

Sell by Date:

Best Before Date: 13.10.2011

Batch Number: L10 291 20645 UK MS 008 EC

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 15.9

Sub-sample Name: Iceland, cooked and peeled North Atlantic prawns

Ingredients: Prawns, water (as protective ice glaze), salt

Label claim(s):

Caught in the North West and North East Atlantic

Packed in Denmark

Contains shellfish

May contain small pieces of shell

Nutrient Information:

Nutrient	Unit	Amount/100g as sold
Energy	kJ	285
Energy	kcal	67
Protein	g	15
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	N/A
Fat	g	0.8
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.0
Salt	g	1.5
Sodium	g	0.6

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 15

Composite Sample Name: Prawns, cold-water (*Pandalus borealis*), purchased cooked

Sub-sample Number: 15.10

Sub-sample Name: Lyons Seafoods, ready to eat shell-on prawns

Brand: Lyons Seafoods

Pack size: 250g

Purchase Date: 07.12.2010

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

Sell by Date:

Use by Date: 07.12.2010

Batch Number: UK WQ 103 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 15.10

Sub-sample Name: Lyons Seafoods, ready to eat shell-on prawns

Ingredients: Prawns, salt

Label claim(s):

Contains crustaceans

Caught in the North East or North West Atlantic Ocean

Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	448
Energy	kcal	107
Protein	g	16.8
Carbohydrate	g	0.2
Sugars	g	<0.1
Starch	g	N/A
Fat	g	4.3
Saturates	g	1.0
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.5
Salt	g	1.4
Sodium	g	0.56

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 15

Composite Sample Name: Prawns, cold-water (*Pandalus borealis*), purchased cooked

Sub-sample Number: 15.11

Sub-sample Name: Young's, prawns cooked and peeled

Brand: Young's

Pack size: 250g (nett of glaze)

Purchase Date: 30.11.2010

Place of Purchase: Asda, Norwich

Sell by Date:

Best Before Date: Oct 2011

Batch Number: EAR 0292 UK GG 280 EC

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 15.11

Sub-sample Name: Young's, prawns cooked and peeled

Ingredients: Prawns, water (as protective ice glaze), salt

Label claim(s):

Contains crustaceans

Some pieces of shell may remain

Caught in the North Atlantic Ocean

Nutrient Information:

Nutrient	Unit	Amount/100g as sold	Amount/100g portion as consumed
Energy	kJ	250	250
Energy	kcal	59	59
Protein	g	13.5	13.5
Carbohydrate	g	0.0	0.0
Sugars	g	0.0	0.0
Starch	g	N/A	N/A
Fat	g	0.6	0.6
Saturates	g	0.1	0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Omega 3 (EPA/DHA)	mg	244	244
Fibre	g	0.0	0.0
Salt	g	1.6	1.6
Sodium	g	0.64	0.64

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 15

Composite Sample Name: Prawns, cold-water (*Pandalus borealis*), purchased cooked

Sub-sample Number: 15.12

Sub-sample Name: Coldwater prawns, whole, cooked

Brand:

Pack size:

Purchase Date: 07.12.2010

Place of Purchase: Independent Fishmonger, Norwich

Sell by Date:

Use by Date:

Batch Number:

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 15.12

Sub-sample Name: Coldwater prawns, whole, cooked

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 15

Composite Sample Name: Prawns, cold-water (*Pandalus borealis*), purchased cooked

Sub-sample Number: 15.13

Sub-sample Name: Chef's Larder, North Atlantic prawns

Brand: Chef's Larder

Pack size: 1kg (inclusive of ice glaze), 700g (net of ice glaze)

Purchase Date: 30.11.2010

Place of Purchase: Booker, Norwich

Sell by Date:

Best Before Date: Jul 2011

Batch Number: 247796 70008052 UK WW003 EC

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 15.13

Sub-sample Name: Chef's Larder, North Atlantic prawns

Ingredients: Prawns, water (as ice glaze), salt

Label claim(s):

No artificial preservatives

Contains shellfish

May contain small pieces of shell

Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g (cooked)
Energy	kJ	229
Energy	kcal	54
Protein	g	12.8
Carbohydrate	g	0.7
Sugars	g	Tr
Starch	g	N/A
Fat	g	Tr
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	Tr
Salt	g	N/A
Sodium	g	0.5

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 15

Composite Sample Name: Prawns, cold-water (*Pandalus borealis*), purchased cooked

Sub-sample Number: 15.14

Sub-sample Name: North Atlantic 150/250 cold water prawns

Brand: 3663

Pack size: 1kg (inclusive of protective ice glaze)

Purchase Date: 06.12.2010

Place of Purchase: 3663 delivery

Sell by Date:

Best Before Date: Apr 2012

Batch Number: 20675 UK MS 008 EC

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 15.14

Sub-sample Name: North Atlantic 150/250 cold water prawns

Ingredients: Prawns (88%), water, salt

Label claim(s):

Contains shellfish

Some shell may remain

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 15

Composite Sample Name: Prawns, cold-water (*Pandalus borealis*), purchased cooked

Sub-sample Number: 15.15

Sub-sample Name: M&J Seafood, catering Norwegian prawns

Brand: M&J Seafood

Pack size: 500g, 375g (deglazed weight)

Purchase Date: 06.12.2010

Place of Purchase: Brakes delivery

Sell by Date:

Use by Date: Apr 2012

Batch Number: L0285S 09:24 Norway T-317 EFTA

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 15.15

Sub-sample Name: M&J Seafood, catering Norwegian prawns

Ingredients: Prawns (75%), water (as protective glaze), salt

Label claim(s):

Caught in the North East Atlantic

Product of Norway

Nutrient Information:

Nutrient	Unit	Amount/100g as sold
Energy	kJ	282
Energy	kcal	66
Protein	g	15.5
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	N/A
Fat	g	0.5
Saturates	g	0.3
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.0
Salt	g	1.7
Sodium	g	0.7

Sample 16: Prawns, king, warm-water (*Penaeus vannamei*), raw

Composite Sample Number: 16

Composite Sample Name: Prawns, king, warm-water (*Penaeus vannamei*), raw

Sub-sample Number: 16.1

Sub-sample Name: Tesco, raw king prawns

Brand: Tesco

Pack size: 250g (net of ice glaze), 281g (including ice glaze)

Purchase Date: 07.12.2010

Place of Purchase: Tesco, Harford Bridges, Norwich

Display Until Date: Jun 2011

Best Before Date: Sep 2011

Batch Number: Product code: 0159

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 16.1
Sub-sample Name: Tesco, raw king prawns

Ingredients: King prawn (*Litopenaeus vannamei*), water

Label claim(s):

No added salt

Farmed in Thailand

Produced in Thailand

May occasionally contain small fragments of shell

Contains shellfish

Recipe: no nuts

Ingredients: cannot guarantee nut free

Factory: before being prepared for manufacture of this product, the equipment was previously used to make produce containing nuts

Nutrient Information:

Nutrient	Unit	Amount/100g cooked according to grilling instructions	Amount/one half of a pack (125g) cooked according to grilling instructions
Energy	kJ	500	620
Energy	kcal	120	150
Protein	g	26.5	33.1
Carbohydrate	g	0.5	0.6
Sugars	g	0.5	0.6
Starch	g	N/A	N/A
Fat	g	1.0	1.3
Saturates	g	0.3	0.4
Monounsaturates	g	0.2	0.3
Polyunsaturates	g	0.4	0.5
Fibre	g	0.5	0.6
Salt	g	0.5	0.6
Sodium	g	0.2	0.2

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 16

Composite Sample Name: Prawns, king, warm-water (*Penaeus vannamei*), raw

Sub-sample Number: 16.2

Sub-sample Name: Tesco, raw peeled king prawns

Brand: Tesco

Pack size: 215g

Purchase Date: 16.12.2010

Place of Purchase: Tesco, Blue Boar Lane, Norwich

Display Until Date: 18.12.2010

Use by Date: 18.12.2010

Batch Number: UK NN001 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 16.2

Sub-sample Name: Tesco, raw peeled king prawns

Ingredients: Prawn (98%) (*Panaeus vannamei*), salt

Label claim(s):

Low fat

Packed in the UK

May occasionally contain small fragments of shell

Farmed in Thailand

May have been previously frozen

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/half of a pack
Energy	kJ	380	N/A
Energy	kcal	90	95
Protein	g	20	N/A
Carbohydrate	g	0.9	N/A
Sugars	g	0.0	0.0
Starch	g	N/A	N/A
Fat	g	0.6	0.6
Saturates	g	0.2	0.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.0	N/A
Salt	g	1.5	1.6
Sodium	g	0.6	N/A

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 16

Composite Sample Name: Prawns, king, warm-water (*Penaeus vannamei*), raw

Sub-sample Number: 16.3

Sub-sample Name: Asda, raw peeled king prawns

Brand: Asda

Pack size: 190g

Purchase Date: 13.12.2010

Place of Purchase: Asda, Norwich

Display Until Date: 17.12.2010

Use by Date: 17.12.2010

Batch Number: UK NN001 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 16.3

Sub-sample Name: Asda, raw peeled king prawns

Ingredients: King Prawns (100%)

Label claim(s):

Contains shellfish

Farmed in Vietnam, Indonesia, Columbia or Thailand

Some shell may remain

Packed in the UK

Has been previously frozen

Nutrient Information:

Nutrient	Unit	Amount/100g stir-fried
Energy	kJ	501
Energy	kcal	119
Protein	g	23.3
Carbohydrate	g	0.7
Sugars	g	N/A
Starch	g	N/A
Fat	g	2.5
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 Fish and Fish Products

Composite Sample Number: 16

Composite Sample Name: Prawns, king, warm-water (*Penaeus vannamei*), raw

Sub-sample Number: 16.4

Sub-sample Name: Morrisons, raw king prawns

Brand: Morrisons

Pack size: 202g

Purchase Date: 13.12.2010

Place of Purchase: Morrisons, Norwich

Display Until Date:

Use by Date: 17.12.2010

Batch Number: UK WQ 103 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 16.4

Sub-sample Name: Morrisons, raw king prawns

Ingredients: Raw peeled king prawns

Label claim(s):

Some shell may remain

Contains shellfish

Cultivated in Thailand

Nutrient Information:

Nutrient	Unit	Amount/100g stir fried	Per ½ pack stir fried
Energy	kJ	513	518
Energy	Kcal	121	123
Protein	g	24.9	25.1
Carbohydrate	g	0.5	0.5
Sugars	g	0.5	0.5
Starch	g	N/A	N/A
Fat	g	2.2	2.2
Saturates	g	0.2	0.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.5	0.5
Salt	g	0.6	0.5
Sodium	g	0.2	0.2

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 16

Composite Sample Name: Prawns, king, warm-water (*Penaeus vannamei*), raw

Sub-sample Number: 16.5

Sub-sample Name: Sainsbury's, raw king prawns

Brand: Sainsbury's

Pack size: 120g

Purchase Date: 16.12.2010

Place of Purchase: Sainsbury's, Longwater, Norwich

Display Until Date:

Use by Date: 20.12.2010

Batch Number: UK WQ 103 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 16.5

Sub-sample Name: Sainsbury's, raw king prawns

Ingredients: Prawns

Label claim(s):

Cultivated in Indonesia

Contains shellfish

May contain small pieces of shell

Packed in the UK

Previously frozen

Nutrient Information:

Nutrient	Unit	Amount/100g stir fried as per instructions
Energy	kJ	523
Energy	kcal	124
Protein	g	24.3
Carbohydrate	g	0.6
Sugars	g	0.2
Starch	g	N/A
Fat	g	2.7
Saturates	g	0.6
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.5
Salt	g	0.53
Sodium	g	0.21

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 16

Composite Sample Name: Prawns, king, warm-water (*Penaeus vannamei*), raw

Sub-sample Number: 16.6

Sub-sample Name: Marks and Spencer, Honduran raw prawns

Brand: Marks and Spencer

Pack size: 2 x 140g

Purchase Date: 17.12.2010

Place of Purchase: Marks & Spencer, Norwich

Display Until Date: 20.12.2010

Use by Date: 20.12.2010

Batch Number: UK RH012 EC

Packaging: Plastic and cardboard

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 16.6

Sub-sample Name: Marks & Spencer, Honduran raw prawns

Ingredients: Raw Honduran prawns (98%), salt

Label claim(s):

Made in the UK

Farmed in Honduras

Contains shellfish

Packaged in a protective atmosphere

Some small pieces of shell may remain

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	295
Energy	kcal	70
Protein	g	16.3
Carbohydrate	g	0.1
Sugars	g	Tr
Starch	g	N/A
Fat	g	0.5
Saturates	g	0.3
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.6
Salt	g	0.7
Sodium	g	0.28

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 16

Composite Sample Name: Prawns, king, warm-water (*Penaeus vannamei*), raw

Sub-sample Number: 16.7

Sub-sample Name: Waitrose, king prawns

Brand: Waitrose

Pack size: 200g (excluding protective ice glaze)

Purchase Date: 07.12.2010

Place of Purchase: Waitrose, Norwich

Display Until Date:

Best Before Date: Sep 2011

Batch Number: 10252 UK GG435 EC

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 16.7

Sub-sample Name: Waitrose, king prawns

Ingredients: King prawns (100%)

Label claim(s):

Farmed in Indonesia

May contain fragments of shell

Packed in the UK

Farmed in Indonesia

Nutrient Information:

Nutrient	Unit	Amount/100g as sold
Energy	kJ	329
Energy	kcal	78
Protein	g	16.7
Carbohydrate	g	0.9
Sugars	g	0.9
Starch	g	N/A
Fat	g	0.8
Saturates	g	0.4
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.2
Salt	g	0.83
Sodium	g	0.33

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 16

Composite Sample Name: Prawns, king, warm-water (*Penaeus vannamei*), raw

Sub-sample Number: 16.8

Sub-sample Name: King prawns, raw

Brand:

Pack size:

Purchase Date: 17.12.2010

Place of Purchase: Independent Fishmonger, Norwich

Display Until Date:

Use by Date:

Batch Number:

Packaging: Paper

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 16.8

Sub-sample Name: King prawns, raw

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 16

Composite Sample Name: Prawns, king, warm-water (*Penaeus vannamei*), raw

Sub-sample Number: 16.9

Sub-sample Name: Ocean Pearl, large raw peeled and deveined king prawns

Brand: Ocean Pearl

Pack size: 1kg (inclusive of ice glaze), 750g (average deglazed weight)

Purchase Date: 06.12.2010

Place of Purchase: 3663 delivery

Display Until Date:

Best Before Date: April 2012

Batch Number: Production code: 0281 UK ST 014 EC KPOP263G R8754

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 16.9

Sub-sample Name: Ocean Pearl, large raw peeled and deveined king prawns

Ingredients: Peeled king prawns (*Penaeus vannamei*), water, salt, sodium polyphosphate

Label claim(s):

Contains crustaceans

Farmed in Thailand

Size: 26/30

Nutrient Information:

Nutrient	Unit	Amount/100g defrosted
Energy	kJ	444
Energy	kcal	106
Protein	g	20.3
Carbohydrate	g	0.9
Sugars	g	N/A
Starch	g	N/A
Fat	g	1.7
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 17: Prawns, king, warm-water (*Penaeus vannamei*), grilled from raw

Composite Sample Number:	17
Composite Sample Name:	Prawns, king, warm-water (<i>Penaeus vannamei</i>), grilled from raw
Sub-sample Number:	17.1
Sub-sample Name:	Tesco, raw king prawns
Brand:	Tesco
Pack size:	250g (net of ice glaze), 281g (including ice glaze)
Purchase Date:	07.12.2010
Place of Purchase:	Tesco, Harford Bridges, Norwich
Display Until Date:	Jun 2011
Best Before Date:	Sep 2011
Batch Number:	Product code: 0159
Packaging:	Plastic
Sample Condition As Purchased:	Frozen
Post Purchase Storage:	Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 17.1
Sub-sample Name: Tesco, raw king prawns

Ingredients: King prawn (*Litopenaeus vannamei*), water

Label claim(s):

No added salt

Farmed in Thailand

Produced in Thailand

May occasionally contain small fragments of shell

Contains shellfish

Recipe: no nuts

Ingredients: cannot guarantee nut free

Factory: before being prepared for manufacture of this product, the equipment was previously used to make produce containing nuts

Nutrient Information:

Nutrient	Unit	Amount/100g cooked according to grilling instructions	Amount/one half of a pack (125g) cooked according to grilling instructions
Energy	kJ	500	620
Energy	kcal	120	150
Protein	g	26.5	33.1
Carbohydrate	g	0.5	0.6
Sugars	g	0.5	0.6
Starch	g	N/A	N/A
Fat	g	1.0	1.3
Saturates	g	0.3	0.4
Monounsaturates	g	0.2	0.3
Polyunsaturates	g	0.4	0.5
Fibre	g	0.5	0.6
Salt	g	0.5	0.6
Sodium	g	0.2	0.2

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 17

Composite Sample Name: Prawns, king, warm-water (*Penaeus vannamei*), grilled from raw

Sub-sample Number: 17.2

Sub-sample Name: Tesco, raw peeled king prawns

Brand: Tesco

Pack size: 215g

Purchase Date: 16.12.2010

Place of Purchase: Tesco, Blue Boar Lane, Norwich

Display Until Date: 18.12.2010

Use by Date: 18.12.2010

Batch Number: UK NN001 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Processed on day of purchase and stored frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 17.2

Sub-sample Name: Tesco, raw peeled king prawns

Ingredients: Prawn (98%) (*Penaeus vannamei*), salt

Label claim(s):

Low fat

Packed in the UK

May occasionally contain small fragments of shell

May have been previously frozen

Farmed in Thailand

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/half pack
Energy	kJ	380	N/A
Energy	kcal	90	95
Protein	g	20	N/A
Carbohydrate	g	0.9	N/A
Sugars	g	0.0	0.0
Starch	g	N/A	N/A
Fat	g	0.6	0.6
Saturates	g	0.2	0.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.0	N/A
Salt	g	1.5	1.6
Sodium	g	0.6	N/A

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 17

Composite Sample Name: Prawns, king, warm-water (*Penaeus vannamei*), grilled from raw

Sub-sample Number: 17.3

Sub-sample Name: Asda, raw peeled king prawns

Brand: Asda

Pack size: 190g

Purchase Date: 13.12.2010

Place of Purchase: Asda, Norwich

Display Until Date: 17.12.2010

Use by Date: 17.12.2010

Batch Number: UK NN001 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Processed on day of purchase and stored frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 17.3

Sub-sample Name: Asda, raw peeled king prawns

Ingredients: King Prawns (100%)

Label claim(s):

Contains shellfish

Farmed in Vietnam, Indonesia, Columbia or Thailand

Some shell may remain

Packed in the UK

Product has been previously frozen

Nutrient Information:

Nutrient	Unit	Amount/100g stir-fried
Energy	kJ	501
Energy	kcal	119
Protein	g	23.3
Carbohydrate	g	0.7
Sugars	g	N/A
Starch	g	N/A
Fat	g	2.5
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 Fish and Fish Products

Composite Sample Number: 17

Composite Sample Name: Prawns, king, warm-water (*Penaeus vannamei*), grilled from raw

Sub-sample Number: 17.4

Sub-sample Name: Morrisons, raw king prawns

Brand: Morrisons

Pack size: 202g

Purchase Date: 13.12.2010

Place of Purchase: Morrisons, Norwich

Display Until Date:

Use by Date: 17.12.2010

Batch Number: UK WQ 103 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Processed on day of purchase and stored frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 17.4

Sub-sample Name: Morrisons, raw king prawns

Ingredients: Raw peeled king prawns

Label claim(s):

Some shell may remain

Contains shellfish

Cultivated in Thailand

Packed in the UK

Previously frozen

Nutrient Information:

Nutrient	Unit	Amount/100g stir fried	Per ½ pack stir fried
Energy	kJ	513	518
Energy	Kcal	121	123
Protein	G	24.9	25.1
Carbohydrate	G	0.5	0.5
Sugars	G	0.5	0.5
Starch	G	N/A	N/A
Fat	G	2.2	2.2
Saturates	G	0.2	0.2
Monounsaturates	G	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.5	0.5
Salt	g	0.6	0.5
Sodium	g	0.2	0.2

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 17

Composite Sample Name: Prawns, king, warm-water (*Penaeus vannamei*), grilled from raw

Sub-sample Number: 17.5

Sub-sample Name: Sainsbury's, raw king prawns

Brand: Sainsbury's

Pack size: 120g

Purchase Date: 16.12.2010

Place of Purchase: Sainsbury's, Longwater, Norwich

Display Until Date:

Use by Date: 20.12.2010

Batch Number: UK WQ 103 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Processed on day of purchase and stored frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 17.5

Sub-sample Name: Sainsbury's, raw king prawns

Ingredients: Prawns

Label claim(s):

Cultivated in Indonesia

Contains shellfish

Product may contain small pieces of shell

Packed in the UK

Previously frozen

Nutrient Information:

Nutrient	Unit	Amount/100g stir fried as per instructions
Energy	kJ	523
Energy	kcal	124
Protein	g	24.3
Carbohydrate	g	0.6
Sugars	g	0.2
Starch	g	N/A
Fat	g	2.7
Saturates	g	0.6
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.5
Salt	g	0.53
Sodium	g	0.21

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 17

Composite Sample Name: Prawns, king, warm-water (*Penaeus vannamei*), grilled from raw

Sub-sample Number: 17.6

Sub-sample Name: Marks and Spencer, Honduran raw prawns

Brand: Marks and Spencer

Pack size: 2 x 140g

Purchase Date: 17.12.2010

Place of Purchase: Marks and Spencer, Norwich

Display Until Date: 20 Dec

Use by Date: 20 Dec

Batch Number: UK RH012 EC

Packaging: Plastic and cardboard

Sample Condition As Purchased: Chilled

Post Purchase Storage: Processed on day of purchase and stored frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 17.6

Sub-sample Name: Marks & Spencer, Honduran raw prawns

Ingredients: Raw Honduran prawns (98%), salt

Label claim(s):

Made in the UK

Farmed in Honduras

Contains shellfish

Packaged in a protective atmosphere

Some small pieces of shell may remain

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	295
Energy	kcal	70
Protein	g	16.3
Carbohydrate	g	0.1
Sugars	g	Tr
Starch	g	N/A
Fat	g	0.5
Saturates	g	0.3
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.6
Salt	g	0.7
Sodium	g	0.28

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 17

Composite Sample Name: Prawns, king, warm-water (*Penaeus vannamei*), grilled from raw

Sub-sample Number: 17.7

Sub-sample Name: Waitrose, king prawns

Brand: Waitrose

Pack size: 200g (excluding protective ice glaze)

Purchase Date: 07.12.2010

Place of Purchase: Waitrose, Norwich

Display Until Date:

Best Before Date: Sep 2011

Batch Number: 10252 UK GG435 EC

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 17.7

Sub-sample Name: Waitrose, king prawns

Ingredients: King prawns (100%)

Label claim(s):

Farmed in Indonesia

May contain fragments of shell

Packed in the UK

Farmed in Indonesia

Nutrient Information:

Nutrient	Unit	Amount/100g as sold
Energy	kJ	329
Energy	kcal	78
Protein	g	16.7
Carbohydrate	g	0.9
Sugars	g	0.9
Starch	g	N/A
Fat	g	0.8
Saturates	g	0.4
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.2
Salt	g	0.83
Sodium	g	0.33

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 17

Composite Sample Name: Prawns, king, warm-water (*Penaeus vannamei*), grilled from raw

Sub-sample Number: 17.8

Sub-sample Name: King prawns, raw

Brand:

Pack size:

Purchase Date: 17.12.2010

Place of Purchase: Independent Fishmonger, Norwich

Display Until Date:

Use by Date:

Batch Number:

Packaging: Paper

Sample Condition As Purchased: Frozen

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 17.8

Sub-sample Name: King prawns, raw

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 17

Composite Sample Name: Prawns, king, warm-water (*Penaeus vannamei*), grilled from raw

Sub-sample Number: 17.9

Sub-sample Name: Ocean Pearl, large raw peeled and deveined king prawns

Brand: Ocean Pearl

Pack size: 1kg (inclusive of ice glaze), 750g (ave deglazed weight)

Purchase Date: 06.12.2010

Place of Purchase: 3663 delivery

Display Until Date:

Best Before Date: April 2012

Batch Number: Production code: 0281 UK ST 014 EC KPOP263G R8754

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 17.9

Sub-sample Name: Ocean Pearl, large raw peeled and deveined king prawns

Ingredients: Peeled king prawns (*Penaeus vannamei*), water, salt, sodium polyphosphate

Label claim(s):

Contains crustaceans

Farmed in Thailand

Size: 26/30

Nutrient Information:

Nutrient	Unit	Amount/100g defrosted
Energy	kJ	444
Energy	kcal	106
Protein	g	20.3
Carbohydrate	g	0.9
Sugars	g	N/A
Starch	g	N/A
Fat	g	1.7
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 Fish and Fish Products

Sample 18: Prawns, king, warm-water (*Penaeus vannamei*), purchased cooked

Composite Sample Number:	18
Composite Sample Name:	Prawns, king, warm-water (<i>Penaeus vannamei</i>), purchased cooked
Sub-sample Number:	18.1
Sub-sample Name:	Tesco, cooked and peeled king prawns
Brand:	Tesco
Pack size:	200g
Purchase Date:	09.12.2010
Place of Purchase:	Tesco, Harford Bridges, Norwich
Display Until Date:	09.12.2010
Use by Date:	09.12.2010
Batch Number:	UK NN001 EC
Packaging:	Plastic
Sample Condition As Purchased:	Chilled
Post Purchase Storage:	Processed on day of purchase and stored frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 18.1

Sub-sample Name: Tesco, cooked and peeled king prawns

Ingredients: Prawn (98%) (*Penaeus vannamei*), salt

Label claim(s):

Low fat

Contains shellfish

May occasionally contain small fragments of shell

Produced in the UK

Farmed in Thailand

May have been previously frozen

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/half pack
Energy	kJ	325	325
Energy	kcal	77	77
Protein	g	17.5	17.5
Carbohydrate	g	0.3	0.3
Sugars	g	0.3	0.3
Starch	g	N/A	N/A
Fat	g	0.6	0.6
Saturates	g	0.1	0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.0	0.0
Salt	g	1.5	1.5
Sodium	g	0.6	0.6

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 18

Composite Sample Name: Prawns, king, warm-water (*Penaeus vannamei*), purchased cooked

Sub-sample Number: 18.2

Sub-sample Name: Tesco, Market value, cooked and peeled large prawns

Brand: Tesco, Market value

Pack size: 155g

Purchase Date: 09.12.2010

Place of Purchase: Tesco, Harford Bridges, Norwich

Display Until Date: 10.12.2010

Use by Date: 10.12.2010

Batch Number: UK NN001 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Processed on day of purchase and stored frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 18.2

Sub-sample Name: Tesco, Market value, cooked and peeled large prawns

Ingredients: Cooked prawn (97%) (*Penaeus vannamei*), salt, stabiliser (tri, di and polyphosphates)

Label claim(s):

Low fat

Farmed in Vietnam

Packed in the UK

May occasionally contain small fragments of shell

May have been previously frozen

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/half pack (78g)
Energy	kJ	430	334
Energy	kcal	101	79
Protein	g	23	17.8
Carbohydrate	g	1.0	0.8
Sugars	g	0.6	0.5
Starch	g	N/A	N/A
Fat	g	0.6	0.5
Saturates	g	0.3	0.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.0	0.0
Salt	g	1.1	0.9
Sodium	g	0.5	0.3

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 18

Composite Sample Name: Prawns, king, warm-water (*Penaeus vannamei*), purchased cooked

Sub-sample Number: 18.3

Sub-sample Name: Asda, cooked and peeled king prawns

Brand: Asda

Pack size: 200g

Purchase Date: 09.12.2010

Place of Purchase: Asda, Norwich

Display Until Date: 13.12.2010

Use by Date: 13.12.2010

Batch Number: UK DM035 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Processed on day of purchase and stored frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 18.3

Sub-sample Name: Asda, cooked and peeled king prawns

Ingredients: Prawns (98%), salt

Label claim(s):

Farmed in Vietnam or Thailand

Produced in the UK

Some shell may remain

Contains shellfish

May have been previously frozen

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	346
Energy	kcal	82
Protein	g	18.9
Carbohydrate	g	0.8
Sugars	g	N/A
Starch	g	N/A
Fat	g	0.3
Saturates	g	N/A
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	N/A
Salt	g	N/A
Sodium	g	N/A

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 18

Composite Sample Name: Prawns, king, warm-water (*Penaeus vannamei*),
purchased cooked

Sub-sample Number: 18.4

Sub-sample Name: Morrisons, fantail king prawns

Brand: Morrisons

Pack size: 180g

Purchase Date: 09.12.2010

Place of Purchase: Morrisons, Norwich

Display Until Date:

Use by Date: 16.12.2010

Batch Number: UK WQ 103 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 18.4

Sub-sample Name: Morrisons, fantail king prawns

Ingredients: King prawn (98%), salt, preservative (sodium metabisulphite)

Label claim(s):

Cultivated in Indonesia

Contains shellfish and sulphite

Packed in the UK

Packaged in a protective atmosphere

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/½ pack
Energy	kJ	322	290
Energy	kcal	76	68
Protein	g	16.9	15.2
Carbohydrate	g	0.1	0.1
Sugars	g	0.1	0.1
Starch	g	N/A	N/A
Fat	g	0.9	0.8
Saturates	g	0.4	0.4
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.7	0.6
Salt	g	1.5	1.3
Sodium	g	0.6	0.5

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 18

Composite Sample Name: Prawns, king, warm-water (*Penaeus vannamei*), purchased cooked

Sub-sample Number: 18.5

Sub-sample Name: Sainsbury's, ready to eat tail on king prawns

Brand: Sainsbury's

Pack size: 180g

Purchase Date: 09.12.2010

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

Display Until Date:

Use by Date: 16.12.2010

Batch Number: UK WW 003 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 18.5

Sub-sample Name: Sainsbury's, ready to eat tail on king prawns

Ingredients: Prawns, salt, preservative: sodium metabisulphite

Label claim(s):

Source of omega 3

Cultivated in Indonesia

Contains shellfish & sulphites

Packaged in a protective atmosphere

Produced in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	322
Energy	kcal	76
Protein	g	16.9
Carbohydrate	g	0.1
Sugars	g	0.1
Starch	g	N/A
Fat	g	0.9
Saturates	g	0.4
Monounsaturates	g	0.4
Polyunsaturates	g	0.1
Omega 3	g	0.3
Fibre	g	0.7
Salt	g	1.5
Sodium	g	0.6

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 18

Composite Sample Name: Prawns, king, warm-water (*Penaeus vannamei*),
purchased cooked

Sub-sample Number: 18.6

Sub-sample Name: The Co-operative, farmed Indonesian large warm water
king prawns

Brand: The Co-operative

Pack size: 145g

Purchase Date: 14.12.2010

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

Display Until Date:

Use by Date: 17.12.2010

Batch Number: UK WQ 103 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 18.6

Sub-sample Name: The Co-operative, farmed Indonesian large warm water king prawns

Ingredients: Prawns (*Penaeus vannamei*) (98%), salt

Label claim(s):

Packed in a protective atmosphere

Contains crustaceans (Prawn)

Packed in the UK

Farmed in Indonesia

May contain prawn shell

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	280
Energy	kcal	65
Protein	g	14.3
Carbohydrate	g	0.8
Sugars	g	0.1
Starch	g	N/A
Fat	g	0.7
Saturates	g	0.3
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.5
Salt	g	1.6
Sodium	g	0.6

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 18

Composite Sample Name: Prawns, king, warm-water (*Penaeus vannamei*),
purchased cooked

Sub-sample Number: 18.7

Sub-sample Name: Iceland, cooked and peeled king prawns

Brand: Iceland

Pack size: 375g (excluding protective ice glaze)

Purchase Date: 07.12.2010

Place of Purchase: Iceland, Norwich

Display Until Date:

Best Before Date: 02.04.2012

Batch Number: 0275 07

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 18.7

Sub-sample Name: Iceland, cooked and peeled king prawns

Ingredients: King prawns (shellfish), water (as a protective ice glaze), salt

Label claim(s):

Contains shellfish

May contain small pieces of shell

Farmed and packed in Thailand

Nutrient Information:

Nutrient	Unit	Amount/100g as sold
Energy	kJ	248
Energy	kcal	59
Protein	g	12.9
Carbohydrate	g	0.6
Sugars	g	0.4
Starch	g	N/A
Fat	g	0.5
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.1
Salt	g	1.4
Sodium	g	0.5

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 18

Composite Sample Name: Prawns, king, warm-water (*Penaeus vannamei*),
purchased cooked

Sub-sample Number: 18.8

Sub-sample Name: Young's, cooked and peeled king prawns

Brand: Young's

Pack size: 170g (nett of glaze)

Purchase Date: 30.11.2010

Place of Purchase: Asda, Norwich

Display Until Date:

Best Before Date: Oct 2011

Batch Number: EAS 0298 UK GG 280 EC

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 18.8

Sub-sample Name: Young's, cooked and peeled king prawns

Ingredients: Prawns, water (as protective ice glaze), salt

Label claim(s):

Contains crustaceans

Some pieces of shell may remain

Nutrient Information:

Nutrient	Unit	Amount/100g as sold	Amount/100g portion as consumed
Energy	kJ	320	320
Energy	kcal	75	75
Protein	g	17.3	17.3
Carbohydrate	g	0.3	0.3
Sugars	g	0.3	0.3
Starch	g	N/A	N/A
Fat	g	0.7	0.7
Saturates	g	0.2	0.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Omega 3 (EPA/DHA)	mg	210	210
Fibre	g	0.0	0.0
Salt	g	1.2	1.2
Sodium	g	0.5	0.5

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 18

Composite Sample Name: Prawns, king, warm-water (*Penaeus vannamei*), purchased cooked

Sub-sample Number: 18.9

Sub-sample Name: Marks and Spencer, large peeled king prawns

Brand: Marks and Spencer

Pack size: 140g

Purchase Date: 09.12.2010

Place of Purchase: Marks and Spencer, Norwich

Display Until Date: 13.12.2010

Use by Date: 13.12.2010

Batch Number: UK RH012 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Processed on day of purchase and stored frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 18.9

Sub-sample Name: Marks and Spencer, large peeled king prawns

Ingredients: Prawns (97%), salt, sugar

Label claim(s):

Farmed in Southern Honduras

No artificial colours, flavourings or preservatives

Naturally low in fat

Contains shellfish

Some small pieces of shell may remain

Packaged in a protective atmosphere

Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/70g half pack
Energy	kJ	295	205
Energy	kcal	70	50
Protein	g	15.9	11.1
Carbohydrate	g	0.1	<0.1
Sugars	g	0.5	0.4
Starch	g	N/A	N/A
Fat	g	0.6	0.4
Saturates	g	0.4	0.3
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	<0.5	<0.5
Salt	g	1.15	0.81
Sodium	g	0.46	0.32

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 18

Composite Sample Name: Prawns, king, warm-water (*Penaeus vannamei*), purchased cooked

Sub-sample Number: 18.10

Sub-sample Name: Chef's Larder, king prawns

Brand: Chef's Larder

Pack size: 900g (inclusive of ice glaze), 720g (net of ice glaze)

Purchase Date: 30.11.2010

Place of Purchase: Booker, Norwich

Display Until Date:

Best Before Date: Feb 2012

Batch Number: 250576 70008109 UK WW003 EC

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 18.10

Sub-sample Name: Chef's Larder, king prawns

Ingredients: King prawns, water (as ice glaze), salt

Label claim(s):

A low fat food

No artificial colours

Nutrient Information:

Nutrient	Unit	Amount/100g cooked
Energy	kJ	350
Energy	kcal	84
Protein	g	16.6
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	N/A
Fat	g	0.7
Saturates	g	0.0
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.0
Salt	g	N/A
Sodium	g	0.9

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 18

Composite Sample Name: Prawns, king, warm-water (*Penaeus vannamei*),
purchased cooked

Sub-sample Number: 18.11

Sub-sample Name: M&J Seafood, king prawns, tail on

Brand: M&J Seafood

Pack size: 1000g, 900g (deglazed weight)

Purchase Date: 06.12.2010

Place of Purchase: Brakes delivery

Display Until Date:

Best Before Date: Mar/2012

Batch Number: L0272X GB2 MJ 13/83 18:15 UK AUO12 EC

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 18.11

Sub-sample Name: M&J Seafood, king prawns, tail on

Ingredients: Prawns (*Penaeus vannamei*) (90%), water (as a protective glaze), salt

Label claim(s):

Contains shellfish

Farmed in and product of Vietnam

Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g as sold
Energy	kJ	310
Energy	kcal	73
Protein	g	16.5
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	N/A
Fat	g	0.8
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.0
Salt	g	0.8
Sodium	g	0.32

Sample 19: Mussels, purchased cooked

Composite Sample Number: 19
Composite Sample Name: Mussels, purchased cooked
Sub-sample Number: 19.1 & 19.2
Sub-sample Name: Tesco, cooked mussel meat
Brand: Tesco
Pack size: 180g
Purchase Date: 19.1 (30.11.10), 19.2 (30.11.10)
Place of Purchase: Tesco, Blue Boar lane, Norwich
Display until Date: 19.1 (01.12.2010), 19.2 (03.12.2010)
Use by Date: 19.1 (01.12.2010), 19.2 (03.12.2010)
Batch Number: UK DM035 EC
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 19.1 & 19.2

Sub-sample Name: Tesco, cooked mussel meat

Ingredients: Mussels (*Mytilus edulis*)

Label claim(s):

May contain small fragments of shell

Packed in the UK

Farmed in Chile

Excellent source of protein

May have been previously frozen

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/half pack (90g)
Energy	kJ	340	305
Energy	kcal	80	75
Protein	g	16.6	14.9
Carbohydrate	g	1.4	1.3
Sugars	g	0.2	0.2
Starch	g	N/A	N/A
Fat	g	0.8	0.7
Saturates	g	0.2	0.2
Monounsaturates	g	0.2	0.2
Polyunsaturates	g	0.3	0.3
Fibre	g	0.0	0.0
Salt	g	0.9	0.8
Sodium	g	0.4	0.3

Nutrient Analysis of Fish and Fish Products

Composite Sample Number:	19
Composite Sample Name:	Mussels, purchased cooked
Sub-sample Number:	19.3
Sub-sample Name:	Asda, mussels
Brand:	Asda
Pack size:	175g
Purchase Date:	30.11.2010
Place of Purchase:	Asda, Norwich
Display until Date:	04.12.2010
Use by Date:	04.12.2010
Batch Number:	UK DM035 EC
Packaging:	Plastic
Sample Condition As Purchased:	Chilled
Post Purchase Storage:	Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 19.3
Sub-sample Name: Asda, mussels

Ingredients: Mussels (100%) (molluscs)

Label claim(s):

Contains molluscs
Farmed in Chile
Packed in the UK
Some shell may remain
Cooked and shelled
Rope grown
May have been previously frozen

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	367
Energy	kcal	87
Protein	g	15.3
Carbohydrate	g	0.0
Sugars	g	N/A
Starch	g	N/A
Fat	g	2.9
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 Fish and Fish Products

Composite Sample Number: 19

Composite Sample Name: Mussels, purchased cooked

Sub-sample Number: 19.4

Sub-sample Name: Morrisons, cooked and shelled mussels

Brand: Morrisons

Pack size: 175g

Purchase Date: 30.11.10

Place of Purchase: Morrisons, Norwich

Sell by Date:

Use by Date: 03.12.2010

Batch Number: UK DM035 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 19.4

Sub-sample Name: Morrisons, cooked and shelled mussels

Ingredients: Mussels

Label claim(s):

Contains mollusc

May contain traces of egg, fish, gluten, milk, mustard, shellfish and soya

Some shell may remain

Cultivated in Chile

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/½ pack
Energy	kJ	394	345
Energy	kcal	93	81
Protein	g	16.7	14.6
Carbohydrate	g	4.5	3.9
Sugars	g	0.7	0.6
Starch	g	N/A	N/A
Fat	g	0.9	0.8
Saturates	g	0.3	0.3
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.0	0.0
Salt	g	0.8	0.8
Sodium	g	0.3	0.3

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 19

Composite Sample Name: Mussels, purchased cooked

Sub-sample Number: 19.5

Sub-sample Name: Sainsbury's, ready to eat Chilean mussels

Brand: Sainsbury's

Pack size: 250g

Purchase Date: 01.12.10

Place of Purchase: Sainsbury's, Longwater, Norwich

Sell by Date:

Use by Date: 04.12.2010

Batch Number: UK WW 003 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 19.5

Sub-sample Name: Sainsbury's, ready to eat Chilean mussels

Ingredients: Mussels (100%)

Label claim(s):

Cultivated in the East Pacific Ocean

Source of omega 3

May contain small pieces of shell

Produced in the UK

Contains molluscs

Packaged in a protective atmosphere

Previously frozen

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	448
Energy	kcal	106
Protein	g	12.9
Carbohydrate	g	7.8
Sugars	g	Tr
Starch	g	N/A
Fat	g	2.6
Saturates	g	0.8
Monounsaturates	g	0.6
Polyunsaturates	g	1.1
Omega 3	g	1.0
Fibre	g	0.5
Salt	g	1.7
Sodium	g	0.28

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 19

Composite Sample Name: Mussels, purchased cooked

Sub-sample Number: 19.6

Sub-sample Name: Mussels, cooked

Brand:

Pack size:

Purchase Date: 30.11.10

Place of Purchase: Independent Fishmonger, Norwich

Sell by Date:

Use by Date/Best Before Date:

Batch Number:

Packaging: Polystyrene and water

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 19.6

Sub-sample Name: Mussels, cooked

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 19

Composite Sample Name: Mussels, purchased cooked

Sub-sample Number: 19.7

Sub-sample Name: Ocean Pearl, cooked mussels with shells removed

Brand: Ocean Pearl

Pack size: 454g (inclusive of ice glaze)

Purchase Date: 30.11.10

Place of Purchase: Booker, Norwich

Sell by Date:

Best Before end Date: 01-2012

Batch Number: LOT:01895 Mytilus Edulis DE D-SH-EFB 031 EC

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 19.7

Sub-sample Name: Ocean Pearl, cooked mussels with shells removed

Ingredients: Mussels (*Mytilus spp.*) (86%), water (as 10% glaze), salt

Label claim(s):

Small shell fragments may remain

Caught in North East Atlantic (FAO 27)

Contains molluscs

Nutrient Information:

Nutrient	Unit	Amount/100g of product defrosted
Energy	kJ	384
Energy	kcal	91
Protein	g	14.4
Carbohydrate	g	3.3
Sugars	g	N/A
Starch	g	N/A
Fat	g	2.2
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 20: Crab, brown meat, purchased cooked

Composite Sample Number: 20

Composite Sample Name: Crab, brown meat, purchased cooked

Sub-sample Number: 20.1 & 20.2

Sub-sample Name: Cromer Crab Company, dressed crab

Brand: Cromer Crab Company

Pack size: 100g

Purchase Date: 20.1 (09.12.2010), 20.2 (10.12.2010)

Place of Purchase: Tesco, Harford Bridges, Norwich

Display Until Date: 20.1 (12.12.2010), 20.2 (13.12.2010)

Use by Date: 20.1 (12.12.2010), 20.2 (13.12.2010)

Batch Number: UK NN 001 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 20.1 & 20.2

Sub-sample Name: Cromer Crab Company, dressed crab

Ingredients: Cooked crab (100%)

Label claim(s):

Caught in the North East Atlantic

Some small pieces of shell and cartilage may remain

Allergen crustacean

Made in the UK

May have been previously frozen

Nutrient Information:

Nutrient	Unit	Amount/100g (white and brown meat)
Energy	kJ	504
Energy	kcal	120
Protein	g	17.8
Carbohydrate	g	1.1
Sugars	g	0.2
Starch	g	N/A
Fat	g	4.6
Saturates	g	1.3
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.0
Salt	g	N/A
Sodium (equivalent as salt)	g	0.4

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 20

Composite Sample Name: Crab, brown meat, purchased cooked

Sub-sample Number: 20.3

Sub-sample Name: Crab, whole, cooked

Brand:

Pack size:

Purchase Date: 09.12.2010

Place of Purchase: Independent Fishmonger, Norwich

Display Until Date:

Use by Date:

Batch Number:

Packaging: Paper

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 20.3

Sub-sample Name: Crab, whole, cooked

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 20

Composite Sample Name: Crab, brown meat, purchased cooked

Sub-sample Number: 20.4

Sub-sample Name: Seafood & Eat It, Cornish brown crab

Brand: Seafood & Eat It

Pack size: 100g (net)

Purchase Date: 09.12.2010

Place of Purchase: Waitrose, Norwich

Display Until Date:

Use by Date: 16.12.2010

Batch Number: UK RT002FE EC

Packaging: Plastic and cardboard

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 20.4

Sub-sample Name: Seafood & Eat It, Cornish brown crab

Ingredients: 100% brown crab meat

Label claim(s):

May contain shell

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	714
Energy	kcal	171
Protein	g	17.9
Carbohydrate	g	1.9
Sugars	g	<0.1
Starch	g	N/A
Fat	g	10.7
Saturates	g	2.42
Monounsaturates	g	N/A
Polyunsaturates	g	3.05
Omega 3 (EPA-DHA)	g	2.2
Fibre	g	1.1
Salt	g	1.1
Sodium	g	0.45

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 20

Composite Sample Name: Crab, brown meat, purchased cooked

Sub-sample Number: 20.5

Sub-sample Name: Shell Fish De-La-Mer, brown crab meat

Brand: Shell Fish De-La-Mer

Pack size: 500g (nett weight)

Purchase Date: 09.12.2010

Place of Purchase: Makro, Norwich

Display Until Date:

Best Before Date: 18.12.2010

Batch Number: 10325 IE CK 0042 EC Production date: 18.11.2010

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 20.5

Sub-sample Name: Shell Fish De-La-Mer, brown crab meat

Ingredients: 100% brown crab (Cancer Pagurus)

Label claim(s):

Catch area: North East Atlantic

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 20

Composite Sample Name: Crab, brown meat, purchased cooked

Sub-sample Number: 20.6

Sub-sample Name: Ocean Pearl, 50/50 crab meat

Brand: Ocean Pearl

Pack size: 454g

Purchase Date: 09.12.2010

Place of Purchase: Booker, Norwich

Display Until Date:

Best Before Date: January 2012

Batch Number: Production code: 2707 CBOP209Z UK 010.018 EC

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 20.6

Sub-sample Name: Ocean Pearl, 50/50 crab meat

Ingredients: 50% brown crab meat, 50% white crab meat (*Cancer pagurus*)

Label claim(s):

Caught in the NE Atlantic

Some small pieces of shell and cartilage may remain

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 20

Composite Sample Name: Crab, brown meat, purchased cooked

Sub-sample Number: 20.7

Sub-sample Name: Devon crab meat

Brand: Brakes

Pack size: 454g

Purchase Date: 07.12.2010

Place of Purchase: Brakes delivery

Display Until Date:

Use by Date: 16.12.2010

Batch Number: UK TP007 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 20.7

Sub-sample Name: Devon crab meat

Ingredients: No information

Label claim(s):

Catchment area: NE Atlantic (FAO 27)

Processed in Devon

May contain small pieces of crab shell

Pasteurised

Nutrient Information: No information

Sample 21: Crab, white meat, purchased cooked

Composite Sample Number: 21

Composite Sample Name: Crab, white meat, purchased cooked

Sub-sample Number: 21.1 & 21.2

Sub-sample Name: Cromer Crab Company, dressed crab

Brand: Cromer Crab Company

Pack size: 100g

Purchase Date: 21.1 (09.12.2010), 21.2 (10.12.2010)

Place of Purchase: Tesco, Harford Bridges, Norwich

Display Until Date: 21.1 (12.12.2010), 21.2 (13.12.2010)

Use by Date: 21.1 (12.12.2010), 21.2 (13.12.2010)

Batch Number: UK NN 001 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 21.1 & 21.2

Sub-sample Name: Cromer Crab Company, dressed crab

Ingredients: Cooked crab (100%)

Label claim(s):

Caught in the North East Atlantic

Some small pieces of shell and cartilage may remain

Allergen Crustacean

May have been previously frozen

Made in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g (for white and brown meat)
Energy	kJ	504
Energy	kcal	120
Protein	g	17.8
Carbohydrate	g	1.1
Sugars	g	0.2
Starch	g	N/A
Fat	g	4.6
Saturates	g	1.3
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.0
Salt	g	N/A
Sodium (equivalent as salt)	g	0.4

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 21

Composite Sample Name: Crab, white meat, purchased cooked

Sub-sample Number: 21.3

Sub-sample Name: Marks and Spencer, white Orkney crab meat

Brand: Marks and Spencer

Pack size: 100g

Purchase Date: 09.12.2010

Place of Purchase: Marks and Spencer, Norwich

Display Until Date: 12.12.2010

Use by Date: 12.12.2010

Batch Number: UK NN001 EC

Packaging: Plastic and cardboard

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 21.3

Sub-sample Name: Marks and Spencer, white Orkney crab meat

Ingredients: Orkney white crab meat (100%)

Label claim(s):

Contains shellfish

Some small fragments of shell and cartilage may remain

Made in the UK

Caught in the Orkney Isles

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	370
Energy	kcal	85
Protein	g	20.2
Carbohydrate	g	0.1
Sugars	g	0.1
Starch	g	N/A
Fat	g	0.7
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.3
Salt	g	0.38
Sodium	g	0.15

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 21

Composite Sample Name: Crab, white meat, purchased cooked

Sub-sample Number: 21.4

Sub-sample Name: Crab, whole, cooked

Brand:

Pack size:

Purchase Date: 09.12.2010

Place of Purchase: Independent Fishmonger, Norwich

Display Until Date:

Use by Date:

Batch Number:

Packaging: Paper

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 21.4

Sub-sample Name: Crab, whole, cooked

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 21

Composite Sample Name: Crab, white meat, purchased cooked

Sub-sample Number: 21.5

Sub-sample Name: Seafood & Eat It, Cornish white crab

Brand: Seafood & Eat It

Pack size: 100g (net)

Purchase Date: 09.12.2010

Place of Purchase: Waitrose, Norwich

Display Until Date:

Use by Date: 16.12.2010

Batch Number: UK RT002FE EC

Packaging: Plastic and cardboard

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 21.5

Sub-sample Name: Seafood & Eat It, Cornish white crab

Ingredients: 100% white crab meat

Label claim(s):

Shell may remain

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	342
Energy	kcal	81
Protein	g	19
Carbohydrate	g	0.1
Sugars	g	<0.1
Starch	g	N/A
Fat	g	0.5
Saturates	g	0.21
Monounsaturates	g	N/A
Polyunsaturates	g	0.03
Omega 3 (EPA-DHA)	mg	250
Fibre	g	<0.5
Salt	g	1.0
Sodium	g	0.4

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 21

Composite Sample Name: Crab, white meat, purchased cooked

Sub-sample Number: 21.6

Sub-sample Name: Ocean Pearl, 50/50 crab meat

Brand: Ocean Pearl

Pack size: 454g

Purchase Date: 09.12.2010

Place of Purchase: Booker, Norwich

Display Until Date:

Best Before Date: January 2012

Batch Number: Production code: 2707 CBOP209Z UK 010.018 EC

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 21.6

Sub-sample Name: Ocean Pearl 50/50 crab meat

Ingredients: 50% brown crab meat, 50% white crab meat (*Cancer pagurus*)

Label claim(s):

Caught in the NE Atlantic

Some small pieces of shell and cartilage may remain

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 21

Composite Sample Name: Crab, white meat, purchased cooked

Sub-sample Number: 21.7

Sub-sample Name: Devon crab meat

Brand: Brakes

Pack size: 454g

Purchase Date: 07.12.2010

Place of Purchase: Brakes delivery

Display Until Date:

Use by Date: 16.12.2010

Batch Number: UK TP007 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 21.7

Sub-sample Name: Devon crab meat

Ingredients: No information

Label claim(s):

Catchment area: NE Atlantic (FAO 27)

Processed in Devon

May contain small pieces of crab shell

Pasteurised

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Sample 22: Mackerel, raw, flesh only

Composite Sample Number: 22

Composite Sample Name: Mackerel, raw, flesh only

Sub-sample Number: 22.1

Sub-sample Name: Tesco, mackerel fillets

Brand: Tesco

Pack size: 320g

Purchase Date: 17.01.2011

Place of Purchase: Tesco, Harford Bridges, Norwich

Display Until Date: 21.01.2011

Use by Date: 21.01.2011

Batch Number: 937623 3 015 10:11 UK GG314 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 22.1

Sub-sample Name: Tesco, mackerel fillets

Ingredients: Mackerel fillets (*Scomber scombrus*)

Label claim(s):

Rich in omega 3

Catch method: Pelagic Trawl

Caught in NE Atlantic – Scotland

Contains bones

May have been previously frozen

Packaged in a protective atmosphere

Packed in the UK

Skin on, bone in

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/160g serving
Energy	kJ	910	N/A
Energy	kcal	220	N/A
Protein	g	18.7	N/A
Carbohydrate	g	0.0	N/A
Sugars	g	0.0	N/A
Starch	g	N/A	N/A
Fat	g	16	N/A
Saturates	g	3.7	N/A
Monounsaturates	g	6.7	N/A
Polyunsaturates	g	3.4	N/A
Omega 3	g	2.3	3.7
Fibre	g	0.0	N/A
Salt	g	0.3	N/A
Sodium	g	0.1	N/A

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 22

Composite Sample Name: Mackerel, raw, flesh only

Sub-sample Number: 22.2

Sub-sample Name: Sainsbury's, British mackerel fillets

Brand: Sainsbury's

Pack size: 350g

Purchase Date: 19.01.2011

Place of Purchase: Sainsbury's, Pound Lane, Norwich

Display Until Date:

Use by Date: 22.01.2011

Batch Number: UK XQ 009 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 22.2

Sub-sample Name: Sainsbury's, British mackerel fillets

Ingredients: Mackerel

Label claim(s):

Caught in the NE Atlantic Ocean

Contains fish

Contains bones

Produced in the UK

High in omega 3

Nutrient Information:

Nutrient	Unit	Amount/100g grilled as per instructions
Energy	kJ	995
Energy	kcal	239
Protein	g	20.8
Carbohydrate	g	0.1
Sugars	g	0.0
Starch	g	N/A
Fat	g	17.3
Saturates	g	3.5
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Omega 3 fatty acids	g	2.0
Fibre	g	0.1
Salt	g	0.25
Sodium	g	0.1

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 22

Composite Sample Name: Mackerel, raw, flesh only

Sub-sample Number: 22.3

Sub-sample Name: Asda, whole mackerel

Brand: Asda

Pack size: 682g

Purchase Date: 19.01.2011

Place of Purchase: Asda, Norwich

Display Until Date:

Use by Date: 20.01.11

Batch Number:

Packaging: Foil

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 22.3

Sub-sample Name: Asda, whole mackerel

Ingredients: No information

Label claim(s):

Caught in the Atlantic Ocean

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 22

Composite Sample Name: Mackerel, raw, flesh only

Sub-sample Number: 22.4

Sub-sample Name: Your Fishmonger mackerel

Brand: Your Fishmonger

Pack size: 325g

Purchase Date: 17.01.2011

Place of Purchase: Morrisons, Norwich

Display Until Date:

Use by Date: 19.01.2011

Batch Number:

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Processed on day of purchase and stored frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 22.4

Sub-sample Name: Your Fishmonger, mackerel

Ingredients: No information

Label claim(s):

May contain fish bones

May contain allergens

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 22

Composite Sample Name: Mackerel, raw, flesh only

Sub-sample Number: 22.5

Sub-sample Name: Waitrose, whole mackerel L/C

Brand: Waitrose

Pack size: 1050 g

Purchase Date: 18.01.2011

Place of Purchase: Waitrose, Norwich

Display Until Date:

Use by Date: 19.01.2011

Batch Number: 3003

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Processed on day of purchase and stored frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 22.5

Sub-sample Name: Waitrose, whole mackerel L/C

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 22

Composite Sample Name: Mackerel, raw

Sub-sample Number: 22.6

Sub-sample Name: Mackerel, whole

Brand:

Pack size:

Purchase Date: 17.01.2011

Place of Purchase: Independent Fishmonger, Norwich

Display Until Date:

Use by Date:

Batch Number:

Packaging: Paper

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 22.6

Sub-sample Name: Mackerel, whole

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 22

Composite Sample Name: Mackerel, raw, flesh only

Sub-sample Number: 22.7

Sub-sample Name: M&J Seafood, 18 mackerel fillets

Brand: M&J Seafood

Pack size: 1.44kg, 80-130g fillets

Purchase Date: 17.01.2011

Place of Purchase: Brakes delivery

Display Until Date:

Best Before Date: September 2011

Batch Number: L0272B UK QX 009 EC

Packaging: Cardboard and plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 22.7

Sub-sample Name: M&J Seafood, 18 mackerel fillets

Ingredients: Mackerel fillet (*Scomber scombrus*) (90%), water (as a protective ice glaze)

Label claim(s):

Caught in the NE Atlantic Ocean

Contains fish

May contain small bones

Skin-on and boned

Nutrient Information:

Nutrient	Unit	Amount/100g as sold
Energy	kJ	914
Energy	kcal	220
Protein	g	18.7
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	N/A
Fat	g	16.1
Saturates	g	3.3
Monounsaturates	g	N/A
Polyunsaturates	g	3.3
Omega 3	g	1.8
Fibre	g	0.0
Salt	g	0.2
Sodium	g	0.06

Nutrient Analysis of Fish and Fish Products

Sample 23: Mackerel, grilled, flesh only

Composite Sample Number: 23

Composite Sample Name: Mackerel, grilled

Sub-sample Number: 23.1

Sub-sample Name: Tesco, mackerel fillets

Brand: Tesco

Pack size: 320g

Purchase Date: 19.01.2011

Place of Purchase: Tesco, Harford Bridges, Norwich

Display Until Date: 21 Jan

Use by Date: 21 Jan

Batch Number: 937660 3 015 10:12 UK GG314 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 23.1

Sub-sample Name: Tesco, mackerel fillets

Ingredients: Mackerel fillets (*Scomber scombrus*)

Label claim(s):

Rich in omega 3

Catch method: Pelagic Trawl

Caught in NE Atlantic – Scotland

Contains bones

May have been previously frozen

Packaged in a protective atmosphere

Packed in the UK

Skin on, bone in

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	910
Energy	kcal	220
Protein	g	18.7
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	N/A
Fat	g	16
Saturates	g	3.7
Monounsaturates	g	6.7
Polyunsaturates	g	3.4
Omega 3	g	2.3
Fibre	g	0.0
Salt	g	0.3
Sodium	g	0.1

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 23

Composite Sample Name: Mackerel, grilled, flesh only

Sub-sample Number: 23.2

Sub-sample Name: Sainsbury's British mackerel fillets

Brand: Sainsbury's

Pack size: 318g

Purchase Date: 19.01.2011

Place of Purchase: Sainsbury's, Pound Lane, Norwich

Display Until Date:

Use by Date: 22.01.2011

Batch Number: UK XQ 009 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 23.2

Sub-sample Name: Sainsbury's, British mackerel fillets

Ingredients: Mackerel

Label claim(s):

Caught in the NE Atlantic Ocean

Contains fish

Contains bones

Produced in the UK

High in omega 3

Nutrient Information:

Nutrient	Unit	Amount/100g grilled as per instructions
Energy	kJ	995
Energy	kcal	239
Protein	g	20.8
Carbohydrate	g	0.1
Sugars	g	0.0
Starch	g	N/A
Fat	g	17.3
Saturates	g	3.5
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Omega 3 fatty acids	g	2.0
Fibre	g	0.1
Salt	g	0.25
Sodium	g	0.1

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 23

Composite Sample Name: Mackerel, grilled, flesh only

Sub-sample Number: 23.3

Sub-sample Name: Asda, whole mackerel

Brand: Asda

Pack size: 682g

Purchase Date: 19.01.2011

Place of Purchase: Asda, Norwich

Display Until Date:

Use by Date: 20.01.11

Batch Number:

Packaging: Foil

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 23.3

Sub-sample Name: Asda, whole mackerel

Ingredients: No information

Label claim(s):

Caught in the Atlantic Ocean

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 23

Composite Sample Name: Mackerel, grilled, flesh only

Sub-sample Number: 23.4

Sub-sample Name: Your Fishmonger, mackerel

Brand: Your Fishmonger

Pack size: 360g

Purchase Date: 17.01.2011

Place of Purchase: Morrisons, Norwich

Display Until Date:

Use by Date: 19.01.2011

Batch Number:

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Processed on day of purchase and stored frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 23.4

Sub-sample Name: Your Fishmonger, mackerel

Ingredients: No information

Label claim(s):

May contain fish bones

May contain allergens

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 23

Composite Sample Name: Mackerel, grilled, flesh only

Sub-sample Number: 23.5

Sub-sample Name: Waitrose, whole mackerel L/C

Brand: Waitrose

Pack size: 1050 g

Purchase Date: 18.01.2011

Place of Purchase: Waitrose, Norwich

Display Until Date:

Use by Date: 19.01.2011

Batch Number: 3003

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Processed on day of purchase and stored frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 23.5

Sub-sample Name: Waitrose, whole mackerel L/C

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 23

Composite Sample Name: Mackerel, grilled, flesh only

Sub-sample Number: 23.6

Sub-sample Name: Mackerel, whole

Brand:

Pack size:

Purchase Date: 17.01.2011

Place of Purchase: Independent Fishmonger, Norwich

Display Until Date:

Use by Date:

Batch Number:

Packaging: Paper

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 23.6

Sub-sample Name: Mackerel, whole

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 23

Composite Sample Name: Mackerel, grilled, flesh only

Sub-sample Number: 23.7

Sub-sample Name: M&J Seafood, 18 mackerel fillets

Brand: M&J Seafood

Pack size: 1.44kg, 80-130g fillets

Purchase Date: 17.01.2011

Place of Purchase: Brakes delivery

Display Until Date:

Best Before Date: September 2011

Batch Number: L0272B UK QX 009 EC

Packaging: Cardboard and plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 23.7

Sub-sample Name: M&J Seafood, 18 mackerel fillets

Ingredients: Mackerel fillet (*Scomber scombrus*) (90%), water (as a protective ice glaze)

Label claim(s):

Caught in the NE Atlantic Ocean

Contains fish

Contains small bones

Skin-on and boned

Nutrient Information:

Nutrient	Unit	Amount/100g as sold
Energy	kJ	914
Energy	kcal	220
Protein	g	18.7
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	N/A
Fat	g	16.1
Saturates	g	3.3
Monounsaturates	g	N/A
Polyunsaturates	g	3.3
Omega 3	g	1.8
Fibre	g	0.0
Salt	g	0.2
Sodium	g	0.06

Nutrient Analysis of Fish and Fish Products

Sample 24: Trout, rainbow, raw, flesh only

Composite Sample Number: 24

Composite Sample Name: Trout, rainbow, raw, flesh only

Sub-sample Number: 24.1

Sub-sample Name: Tesco, Scottish loch trout fillets

Brand: Tesco

Pack size: 220g

Purchase Date: 25.01.2011

Place of Purchase: Tesco, Blue Boar Lane, Norwich

Display Until Date: 31.01.2011

Use by Date: 31.01.2011

Batch Number: UK HA001 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 24.1

Sub-sample Name: Tesco, Scottish loch trout fillets

Ingredients: Rainbow trout (*Oncorhynchus mykiss*)

Label claim(s):

Rich in omega 3

Contains fish

Some bones may remain

Farmed in Argyll, Scotland

Packed in Scotland

Skin on, boneless

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/typical 110g fillet
Energy	kJ	785	865
Energy	kcal	190	210
Protein	g	19.6	21.6
Carbohydrate	g	0.1	0.1
Sugars	g	0.1	0.1
Starch	g	N/A	N/A
Fat	g	12.1	13.3
Saturates	g	3.0	3.3
Monounsaturates	g	4.3	4.7
Polyunsaturates	g	4.0	4.4
Omega 3	g	3.2	3.5
Fibre	g	0.5	0.6
Salt	g	0.2	0.2
Sodium	g	0.1	0.1

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 24

Composite Sample Name: Trout, rainbow, raw, flesh only

Sub-sample Number: 24.2

Sub-sample Name: Sainsbury's, boneless 2 trout fillets

Brand: Sainsbury's

Pack size: 288g

Purchase Date: 25.01.2011

Place of Purchase: Sainsbury's, Longwater, Norwich

Display Until Date:

Use by Date: 29.01.2011

Batch Number: UK HA 001 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 24.2

Sub-sample Name: Sainsbury's, boneless 2 trout fillets

Ingredients: Trout

Label claim(s):

High in omega 3

Farmed in UK

Contains fish

Some bones may remain

Produced in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g cooked as per instructions
Energy	kJ	598
Energy	kcal	142
Protein	g	22
Carbohydrate	g	1.4
Sugars	g	0.2
Starch	g	N/A
Fat	g	5.4
Saturates	g	1.4
Monounsaturates	g	2.0
Polyunsaturates	g	1.7
Total omega 3	g	1.2
Long chain omega 3	g	0.9
Fibre	g	0.5
Salt	g	0.25
Sodium	g	0.1

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 24

Composite Sample Name: Trout, rainbow, raw, flesh only

Sub-sample Number: 24.3

Sub-sample Name: Asda, whole trout

Brand: Asda

Pack size: 486g

Purchase Date: 24.01.2011

Place of Purchase: Asda, Norwich

Display Until Date:

Use by Date: 25.01.2011

Batch Number:

Packaging: Foil

Sample Condition As Purchased: Chilled

Post Purchase Storage: Processed on day of purchase and stored frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 24.3

Sub-sample Name: Asda, whole trout

Ingredients: No information

Label claim(s):
Farmed in the UK

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 24

Composite Sample Name: Trout, rainbow, raw

Sub-sample Number: 24.4

Sub-sample Name: Your Fishmonger, rainbow trout

Brand: Your Fishmonger

Pack size: 745g

Purchase Date: 24.01.2011

Place of Purchase: Morrisons, Norwich

Display Until Date:

Use by Date: 26.01.2011

Batch Number:

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Processed on day of purchase and stored frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 24.4

Sub-sample Name: Your Fishmonger, rainbow trout

Ingredients: No information

Label claim(s):

Product may contain fish bones

May contain allergens

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 24

Composite Sample Name: Trout, rainbow, raw, flesh only

Sub-sample Number: 24.5

Sub-sample Name: Sainsbury's, basics, trout fillets

Brand: Sainsbury's basics

Pack size: 403g

Purchase Date: 27.01.2011

Place of Purchase: Sainsbury's, Longwater, Norwich

Display Until Date:

Use by Date: 30.01.2011

Batch Number: UK HA 001 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 24.5

Sub-sample Name: Sainsbury's, basics, trout fillets

Ingredients: Trout

Label claim(s):

Farmed in the UK

Contains fish

Can contain minor bones

Produced in the UK

Different shapes and shades

High in omega 3

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	831
Energy	kcal	199
Protein	g	23.2
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	N/A
Fat	g	11.8
Saturates	g	3.3
Monounsaturates	g	4.9
Polyunsaturates	g	3.6
Total Omega 3	g	2.6
Long chain Omega 3	g	2.4
Fibre	g	0.0
Salt	g	0.2
Sodium	g	0.08

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 24

Composite Sample Name: Trout, rainbow, raw, flesh only

Sub-sample Number: 24.6

Sub-sample Name: Marks and Spencer, Scottish rainbow trout fillets

Brand: Marks and Spencer

Pack size: 2 x 210g

Purchase Date: 24.01.2011

Place of Purchase: Marks and Spencer, Norwich

Display Until Date: 28.01.2011

Use by Date: 28.01.2011

Batch Number: UK HA 001 EC

Packaging: Plastic and cardboard

Sample Condition As Purchased: Chilled

Post Purchase Storage: Processed on day of purchase and stored frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 24.6

Sub-sample Name: Marks and Spencer, Scottish rainbow trout fillets

Ingredients: No information

Label claim(s):

Farmed in Scotland

Some small bones may remain

Packed in the UK

Naturally rich in Omega 3

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	625
Energy	kcal	150
Protein	g	17.9
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	N/A
Fat	g	8.6
Saturates	g	2.1
Monounsaturates	g	3.6
Polyunsaturates	g	2.5
Total Omega 3	g	1.1
DHA + EPA	g	0.4
Fibre	g	0.0
Salt	g	0.25
Sodium	g	0.1

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 24

Composite Sample Name: Trout, rainbow, raw, flesh only

Sub-sample Number: 24.7

Sub-sample Name: Trout, whole

Brand:

Pack size:

Purchase Date: 25.01.2011

Place of Purchase: Independent Fishmonger, Norwich

Display Until Date:

Use by Date:

Batch Number:

Packaging: Paper

Sample Condition As Purchased: Chilled

Post Purchase Storage: Processed on day of purchase and stored frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 24.7

Sub-sample Name: Trout, whole

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 24

Composite Sample Name: Trout, rainbow, raw, flesh only

Sub-sample Number: 24.8

Sub-sample Name: Ocean Pearl, trout fillets

Brand: Ocean Pearl

Pack size: 1kg frozen weight (including glaze), 900g (net deglazed weight), 80-110g fillets

Purchase Date: 17.02.2011

Place of Purchase: 3663 delivery

Display Until Date:

Best Before Date: 05.2011

Batch Number: Production code: OP17

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 24.8

Sub-sample Name: Ocean Pearl, trout fillets

Ingredients: Trout (*Oncorhynchus mykiss*), water (as protective ice glaze)

Label claim(s):

Skin on, boneless

Contains fish

Some bones may remain

Farmed in Turkey

Rich in Omega 3

Nutrient Information:

Nutrient	Unit	Amount/100g raw, defrosted
Energy	kJ	577
Energy	kcal	138
Protein	g	20.9
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	N/A
Fat	g	9.9
Saturates	g	5.4
Monounsaturates	g	N/A
Polyunsaturates	g	1.8
Omega 3 polyunsaturates	g	0.9
Fibre	g	0.0
Salt	g	N/A
Sodium	g	0.04

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 24

Composite Sample Name: Trout, rainbow, raw, flesh only

Sub-sample Number: 24.9

Sub-sample Name: M&J Seafood, 10 rainbow trout

Brand: M&J Seafood

Pack size: 2.20kg, 200-255g fillets

Purchase Date: 17.01.2011

Place of Purchase: Brakes delivery

Display Until Date:

Best Before Date: December 11

Batch Number: 0306 UK BS 003 FE EC

Packaging: Cardboard and plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 24.9

Sub-sample Name: M&J Seafood, 10 rainbow trout

Ingredients: No information

Label claim(s):

Gilled and gutted

Contains fish

Farmed in the UK

Whole trout, grilled and gutted

Nutrient Information:

Nutrient	Unit	Amount/100g as sold
Energy	kJ	526
Energy	kcal	125
Protein	g	19.6
Carbohydrate	g	0.1
Sugars	g	0.1
Starch	g	N/A
Fat	g	5.2
Saturates	g	1.1
Monounsaturates	g	N/A
Polyunsaturates	g	1.7
Omega 3	g	1.2
Dietary fibre	g	0.5
Salt	g	0.1
Sodium	g	0.05

Nutrient Analysis of Fish and Fish Products

Sample 25: Trout, rainbow, baked, flesh only

Composite Sample Number: 25

Composite Sample Name: Trout, rainbow, baked, flesh only

Sub-sample Number: 25.1

Sub-sample Name: Tesco, Scottish loch trout fillets

Brand: Tesco

Pack size: 220g

Purchase Date: 25.01.2011

Place of Purchase: Tesco, Blue Boar Lane, Norwich

Display Until Date: 31.01.2011

Use by Date: 31.01.2011

Batch Number: UK HA001 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 25.1

Sub-sample Name: Tesco, Scottish loch trout fillets

Ingredients: Rainbow trout (*Oncorhynchus mykiss*)

Label claim(s):

Rich in Omega 3

Contains fish

Some bones may remain

Farmed in Argyll, Scotland

Packed in Scotland

Skin on, boneless

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/typical 110g fillet
Energy	kJ	785	865
Energy	kcal	190	210
Protein	g	19.6	21.6
Carbohydrate	g	0.1	0.1
Sugars	g	0.1	0.1
Starch	g	N/A	N/A
Fat	g	12.1	13.3
Saturates	g	3.0	3.3
Monounsaturates	g	4.3	4.7
Polyunsaturates	g	4.0	4.4
Omega 3	g	3.2	3.5
Fibre	g	0.5	0.6
Salt	g	0.2	0.2
Sodium	g	0.1	0.1

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 25

Composite Sample Name: Trout, rainbow, baked, flesh only

Sub-sample Number: 25.2

Sub-sample Name: Sainsbury's, boneless 2 trout fillets

Brand: Sainsbury's

Pack size: 346g

Purchase Date: 25.01.2011

Place of Purchase: Sainsbury's, Longwater, Norwich

Display Until Date:

Use by Date: 29.01.2011

Batch Number: UK HA 001 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 25.2

Sub-sample Name: Sainsbury's, boneless 2 trout fillets

Ingredients: Trout

Label claim(s):

High in Omega 3

Farmed in the UK

Contains fish

Some bones may remain

Produced in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g cooked as per instructions
Energy	kJ	598
Energy	kcal	142
Protein	g	22
Carbohydrate	g	1.4
Sugars	g	0.2
Starch	g	N/A
Fat	g	5.4
Saturates	g	1.4
Monounsaturates	g	2.0
Polyunsaturates	g	1.7
Total Omega 3	g	1.2
Long chain Omega 3	g	0.9
Fibre	g	0.5
Salt	g	0.25
Sodium	g	0.1

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 25

Composite Sample Name: Trout, rainbow, grilled, flesh only

Sub-sample Number: 25.3

Sub-sample Name: Asda, whole trout

Brand: Asda

Pack size: 486g

Purchase Date: 24.01.2011

Place of Purchase: Asda, Norwich

Display Until Date:

Use by Date: 25.01.11

Batch Number:

Packaging: Foil

Sample Condition As Purchased: Chilled

Post Purchase Storage: Processed on day of purchase and stored frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 25.3

Sub-sample Name: Asda, whole trout

Ingredients: No information

Label claim(s):
Farmed in the UK

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 25

Composite Sample Name: Trout, rainbow, baked, flesh only

Sub-sample Number: 25.4

Sub-sample Name: Your Fishmonger, rainbow trout

Brand: Your Fishmonger

Pack size: 745g

Purchase Date: 24.01.2011

Place of Purchase: Morrisons, Norwich

Display Until Date:

Use by Date: 26.01.2011

Batch Number:

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Processed on day of purchase and stored frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 25.4

Sub-sample Name: Your Fishmonger, rainbow trout

Ingredients: No information

Label claim(s):

Product may contain fish bones

May contain allergens

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 25

Composite Sample Name: Trout, rainbow, baked, flesh only

Sub-sample Number: 25.5

Sub-sample Name: Sainsbury's, basics, trout fillets

Brand: Sainsbury's basics

Pack size: 403g

Purchase Date: 27.01.2011

Place of Purchase: Sainsbury's, Longwater, Norwich

Display Until Date:

Use by Date: 30.01.2011

Batch Number: UK HA 001 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 25.5

Sub-sample Name: Sainsbury's, basics, trout fillets

Ingredients: Trout

Label claim(s):

Farmed in the UK

Contains fish

Can contain minor bones

Produced in the UK

Different shapes and shades

High in Omega 3

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	831
Energy	kcal	199
Protein	g	23.2
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	N/A
Fat	g	11.8
Saturates	g	3.3
Monounsaturates	g	4.9
Polyunsaturates	g	3.6
Total omega 3	g	2.6
Long chain omega 3	g	2.4
Fibre	g	0.0
Salt	g	0.2
Sodium	g	0.08

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 25

Composite Sample Name: Trout, rainbow, baked, flesh only

Sub-sample Number: 25.6

Sub-sample Name: Marks and Spencer, Scottish rainbow trout fillets

Brand: Marks and Spencer

Pack size: 2 x 210g

Purchase Date: 24.01.2011

Place of Purchase: Marks and Spencer, Norwich

Display Until Date: 28.01.2011

Use by Date: 28.01.2011

Batch Number: UK HA 001 EC

Packaging: Plastic and cardboard

Sample Condition As Purchased: Chilled

Post Purchase Storage: Processed on day of purchase and stored frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 25.6

Sub-sample Name: Marks and Spencer, Scottish rainbow trout fillets

Ingredients: No information

Label claim(s):

Farmed in Scotland

Some small bones may remain

Packed in the UK

Naturally rich in Omega 3

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	625
Energy	kcal	150
Protein	g	17.9
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	N/A
Fat	g	8.6
Saturates	g	2.1
Monounsaturates	g	3.6
Polyunsaturates	g	2.5
Total Omega 3	g	1.1
DHA + EPA	g	0.4
Fibre	g	0.0
Salt	g	0.25
Sodium	g	0.1

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 25

Composite Sample Name: Trout, rainbow, baked, flesh only

Sub-sample Number: 25.7

Sub-sample Name: Trout, whole

Brand:

Pack size:

Purchase Date: 25.01.2011

Place of Purchase: Independent Fishmonger, Norwich

Display Until Date:

Use by Date:

Batch Number:

Packaging: Paper

Sample Condition As Purchased: Chilled

Post Purchase Storage: Processed on day of purchase and stored frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 25.7

Sub-sample Name: Trout, whole

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 25

Composite Sample Name: Trout, rainbow, baked, flesh only

Sub-sample Number: 25.8

Sub-sample Name: Ocean Pearl, trout fillets

Brand: Ocean Pearl

Pack size: 1kg frozen weight (including glaze), 900g (net deglazed weight), 80-110g fillets

Purchase Date: 17.02.2011

Place of Purchase: 3663 delivery

Display Until Date:

Best Before Date: 05.2011

Batch Number: Production code: OP17

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 25.8

Sub-sample Name: Ocean Pearl, trout fillets

Ingredients: Trout (*Oncorhynchus mykiss*), water (as protective ice glaze)

Label claim(s):

Skin on, boneless

Contains fish

Some bones may remain

Farmed in Turkey

Rich in Omega 3

Nutrient Information:

Nutrient	Unit	Amount/100g raw, defrosted
Energy	kJ	577
Energy	kcal	138
Protein	g	20.9
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	N/A
Fat	g	9.9
Saturates	g	5.4
Monounsaturates	g	N/A
Polyunsaturates	g	1.8
Omega 3 polyunsaturates	g	0.9
Fibre	g	0.0
Salt	g	N/A
Sodium	g	0.04

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 25

Composite Sample Name: Trout, rainbow, baked, flesh only

Sub-sample Number: 25.9

Sub-sample Name: M&J Seafood, 10 rainbow trout

Brand: M&J Seafood

Pack size: 2.20kg, 200-255g fillets

Purchase Date: 17.01.2011

Place of Purchase: Brakes delivery

Display Until Date:

Best Before Date: December 11

Batch Number: 0306 UK BS 003 FE EC

Packaging: Cardboard and plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 25.9

Sub-sample Name: M&J Seafood, 10 rainbow trout

Ingredients: No information

Label claim(s):

Gilled and gutted

Contains fish

Farmed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g as sold
Energy	kJ	526
Energy	kcal	125
Protein	g	19.6
Carbohydrate	g	0.1
Sugars	g	0.1
Starch	g	N/A
Fat	g	5.2
Saturates	g	1.1
Monounsaturates	g	N/A
Polyunsaturates	g	1.7
Omega 3	g	1.2
Dietary fibre	g	0.5
Salt	g	0.1
Sodium	g	0.05

Nutrient Analysis of Fish and Fish Products

Sample 26: Kippers (analysed without butter), grilled, flesh only

Composite Sample Number: 26

Composite Sample Name: Kippers (analysed without butter), grilled, flesh only

Sub-sample Number: 26.1

Sub-sample Name: Tesco, Scottish smoked boned kipper

Brand: Tesco

Pack size: 330g

Purchase Date: 09.02.2011

Place of Purchase: Tesco, Blue Boar Lane, Norwich

Display Until Date:

Use by Date: 10.02.2011

Batch Number: 1020 12:13PM 09-02

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 26.1

Sub-sample Name: Tesco, Scottish smoked boned kipper

Ingredients: No information

Label claim(s):
Contains bones

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 26

Composite Sample Name: Kippers (analysed without butter), grilled, flesh only

Sub-sample Number: 26.2

Sub-sample Name: Your Fishmonger, kipper

Brand: Your Fishmonger

Pack size: 220g

Purchase Date: 09.02.2011

Place of Purchase: Morrisons, Norwich

Display Until Date:

Use by Date: 10.02.2011

Batch Number:

Packaging: Polystyrene with cling film

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 26.2

Sub-sample Name: Your Fishmonger, kipper

Ingredients: Clupea Harengus

Label claim(s):

May contain allergens

Caught in North East Atlantic

Trawl caught in British waters

Contains bones

Contains colour

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 26

Composite Sample Name: Kippers (analysed without butter), grilled, flesh only

Sub-sample Number: 26.3

Sub-sample Name: Sainsbury's, Taste the Difference, smoked kipper fillets

Brand: Sainsbury's Taste the Difference

Pack size: 280g

Purchase Date: 09.02.2011

Place of Purchase: Sainsbury's, Longwater, Norwich

Display Until Date:

Use by Date: 15.02.2011

Batch Number: UK XQ009 EC 1628:11

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 26.3

Sub-sample Name: Sainsbury's, Taste the Difference, smoked kipper fillets

Ingredients: Herring (97%), salt, colour: paprika

Label claim(s):

Caught in the North East Atlantic Ocean

Contains fish

Contains bones

Packed in the UK

Packaged in a protective atmosphere

May have been previously frozen

Nutrient Information:

Nutrient	Unit	Amount/100g cooked as per instructions	Amount/half pack cooked as per instructions
Energy	kJ	1061	N/A
Energy	kcal	255	358
Protein	g	20.1	N/A
Carbohydrate	g	0.1	N/A
Sugars	g	0.0	0.0
Starch	g	N/A	N/A
Fat	g	19.4	27.2
Saturates	g	3.1	4.3
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Omega 3	g	2.8	N/A
Fibre	g	Tr	N/A
Salt	g	2.25	3.15
Sodium	g	0.9	N/A

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 26

Composite Sample Name: Kippers (analysed without butter), grilled, flesh only

Sub-sample Number: 26.4

Sub-sample Name: Asda, MSC Manx kippers

Brand: Asda

Pack size: 278g

Purchase Date: 09.02.2011

Place of Purchase: Asda, Norwich

Display Until Date:

Use by Date: 10.02.2011

Batch Number:

Packaging: Foil

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 26.4

Sub-sample Name: Asda, MSC Manx kippers

Ingredients: No information

Label claim(s):
Caught in the NE Atlantic Ocean

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 26

Composite Sample Name: Kippers (analysed without butter), grilled, flesh only

Sub-sample Number: 26.5

Sub-sample Name: Kippers

Brand:

Pack size:

Purchase Date: 09.02.2011

Place of Purchase: Independent Fishmonger, Norwich

Display Until Date:

Use by Date:

Batch Number:

Packaging: Paper

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 26.5

Sub-sample Name: Kippers

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 26

Composite Sample Name: Kippers (analysed without butter), grilled, flesh only

Sub-sample Number: 26.6

Sub-sample Name: M&J Seafood, 25 boned kippers

Brand: M&J Seafood

Pack size: 2.12kg, 85-140g portions

Purchase Date: 17.01.2011

Place of Purchase: Brakes delivery

Display Until Date:

Best Before Date: 11/11

Batch Number: UK AA 036 FE EEC L 0315NP

Packaging: Cardboard and plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 26.6

Sub-sample Name: M&J, Seafood 25 boned kippers

Ingredients: Smoked herring (*Clupea harengus*), salt, colour (annatto)

Label claim(s):

Caught in the NE Atlantic

Some bones may remain

Contains fish

Nutrient Information:

Nutrient	Unit	Amount/100g as sold
Energy	kJ	925
Energy	kcal	221
Protein	g	26.0
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	N/A
Fat	g	13.0
Saturates	g	2.0
Monounsaturates	g	N/A
Polyunsaturates	g	4.1
Omega 3	g	2.8
Dietary fibre	g	0.0
Salt	g	2.6
Sodium	g	0.9

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 26

Composite Sample Name: Kippers (analysed without butter), grilled, flesh only

Sub-sample Number: 26.7

Sub-sample Name: Young's, Fraserburgh smokehouse butterfly boned kippers

Brand: Young's

Pack size: 24 x 110-170g, min net weight 2.64kg

Purchase Date: 17.01.2011

Place of Purchase: 3663 delivery

Display Until Date:

Best Before Date: Sep 2011

Batch Number: L10267K 11:24 UK BB 001 EC

Packaging: Cardboard and plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 26.7

Sub-sample Name: Young's Fraserburgh smokehouse butterfly boned kippers

Ingredients: Smoked herring (97%), water, salt, colour: annatto

Label claim(s):

Chest and back fin bones are present

Cured and smoked in Scotland

Nutrient Information: No information

Sample 27: Kippers, boil in the bag, with butter, cooked

Composite Sample Number: 27

Composite Sample Name: Kippers, boil in the bag, with butter, cooked

Sub-sample Number: 27.1 & 27.2

Sub-sample Name: Tesco, Scottish kipper fillets in butter

Brand: Tesco

Pack size: 26b.1 (203g), 26b.2 (211g)

Purchase Date: 17.01.2011

Place of Purchase: Tesco, Harford Bridges, Norwich

Display Until Date: 27.1 (26.01.2011), 27.2 (25.01.2011)

Use by Date: 27.1 (26.01.2011), 27.2 (25.01.2011)

Batch Number: UK AA036 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 27.1 & 27.2

Sub-sample Name: Tesco, Scottish kipper fillets in butter

Ingredients: Herring (95%) (*Clupea harengus*), salt, butter (2.5%), colour (annatto)

Label claim(s):

Rich in Omega 3

May have been previously frozen

Contains milk

Produced in Scotland

Wild caught in the North East Atlantic

Contains minor bones

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/typical fillet
Energy	kJ	925	615
Energy	kcal	225	150
Protein	g	17.0	11.2
Carbohydrate	g	0.0	0.0
Sugars	g	0.0	0.0
Starch	g	N/A	N/A
Fat	g	17.2	11.4
Saturates	g	3.8	2.5
Monounsaturates	g	8.5	5.6
Polyunsaturates	g	4.9	3.2
Omega 3	g	3.4	2.2
Fibre	g	0.0	0.0
Salt	g	2.5	1.6
Sodium	g	1.0	0.6

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 27

Composite Sample Name: Kippers, boil in the bag, with butter, cooked

Sub-sample Number: 27.3 & 27.4

Sub-sample Name: Morrisons, kipper fillets

Brand: Morrisons

Pack size: 200g

Purchase Date: 27.3 (17.01.2011), 27.4 (19.01.2011)

Place of Purchase: Morrisons, Norwich

Display Until Date:

Use by Date: 27.3 (21.01.11), 27.4 (25.01.2011)

Batch Number: UK AA 036 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 27.3 & 27.4

Sub-sample Name: Morrisons, kipper fillets

Ingredients: Herring (95%), salt, butter (2.5%), natural colour (annatto)

Label claim(s):

Contains fish and milk

Contains bones

Produced in Scotland

Caught in the North-East Atlantic

Nutrient Information:

Nutrient	Unit	Amount/100g (1/2 a pack)
Energy	kJ	925
Energy	kcal	223
Protein	g	17.0
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	N/A
Fat	g	17.2
Saturates	g	3.8
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.0
Salt	g	2.5
Sodium	g	1.0

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 27

Composite Sample Name: Kippers, boil in the bag, with butter, cooked

Sub-sample Number: 27.5

Sub-sample Name: Sainsbury's, Scottish kipper fillets with butter, cook in the bag

Brand: Sainsbury's

Pack size: 220g

Purchase Date: 17.01.2011

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

Display Until Date:

Use by Date: 22.01.2011

Batch Number: UK BB 011 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 27.5

Sub-sample Name: Sainsbury's, Scottish kipper fillets with butter, cook in the bag

Ingredients: Herring (95%), butter (from cows' milk), salt, colour: annatto

Label claim(s):

High in Omega 3

Contains fish and milk

Contains bones

Caught in the North East Atlantic Ocean

Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g cooked as per instructions
Energy	kJ	939
Energy	kcal	226
Protein	g	15.1
Carbohydrate	g	0.3
Sugars	g	0.3
Starch	g	N/A
Fat	g	18.3
Saturates	g	6.4
Monounsaturates	g	3.7
Polyunsaturates	g	7.4
Omega 3	g	4.7
Fibre	g	0.5
Salt	g	1.78
Sodium	g	0.71

Nutrient Analysis of Fish and Fish Products

Composite Sample Number:	27
Composite Sample Name:	Kippers, boil in the bag, with butter, cooked
Sub-sample Number:	27.6
Sub-sample Name:	Asda, cook in the bag, Scottish kippers
Brand:	Asda
Pack size:	200g
Purchase Date:	17.01.2011
Place of Purchase:	Asda, Norwich
Display Until Date:	22.01.2011
Use by Date:	22.01.2011
Batch Number:	UK BB 011 EC
Packaging:	Plastic
Sample Condition As Purchased:	Chilled
Post Purchase Storage:	Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 27.6

Sub-sample Name: Asda, cook in the bag, Scottish kippers

Ingredients: Herring (95%) (fish), butter (2%), salt, colour (annatto)

Label claim(s):

Naturally high in Omega 3

Contains milk and fish

Contains bones

Caught in the North-East Atlantic

Produced in Scotland

Nutrient Information:

Nutrient	Unit	Amount/100g boiled
Energy	kJ	1232
Energy	kcal	297
Protein	g	19.0
Carbohydrate	g	1.0
Sugars	g	0.0
Starch	g	N/A
Fat	g	24.0
Saturates	g	6.0
Monounsaturates	g	10.3
Polyunsaturates	g	7.3
Omega 3	g	4.8
Fibre	g	0.5
Salt	g	2.5
Sodium	g	1.0

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 27

Composite Sample Name: Kippers, boil in the bag, with butter, cooked

Sub-sample Number: 27.7

Sub-sample Name: Waitrose, sustainably sourced smoked kipper cutlets with butter

Brand: Waitrose

Pack size: 200g

Purchase Date: 18.01.11

Place of Purchase: Waitrose, Wymondham

Display Until Date: 24.1.11

Use by Date: 24.1.11

Batch Number: UK AA 036 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 27.7

Sub-sample Name: Waitrose, sustainably sourced smoked kipper cutlets with butter

Ingredients: Kippers (97%), butter

Kippers contain smoked herring (97%), salt, natural colour annatto

Label claim(s):

Contains fish and milk

Contains bones

Produced in the UK

Caught in the North East Atlantic

Naturally high in Omega 3

Nutrient Information:

Nutrient	Unit	Amount/100g as sold
Energy	kJ	763
Energy	kcal	183
Protein	g	16.6
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	N/A
Fat	g	13.0
Saturates	g	4.2
Monounsaturates	g	5.3
Polyunsaturates	g	2.7
Omega 3	g	2.6
Fibre	g	0.0
Salt	g	N/A
Sodium	g	1.11

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 27

Composite Sample Name: Kippers, boil in the bag, with butter, cooked

Sub-sample Number: 27.8

Sub-sample Name: Iceland, cook from frozen, kipper fillets with butter

Brand: Iceland

Pack size: 170g

Purchase Date: 17.01.2011

Place of Purchase: Iceland, Norwich

Display Until Date:

Best Before Date: 15.12.11

Batch Number: UK WI 003 EC

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 27.8

Sub-sample Name: Iceland, cook from frozen, kipper fillets with butter

Ingredients: Kippered herring (fish) (97%), butter

Kippered herring contains: herring, salt, colour: annatto

Label claim(s):

Contains milk

Contains bones

Caught in the North East Atlantic and North West Atlantic

Produced and packed in the UK

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 27

Composite Sample Name: Kippers, boil in the bag, with butter, cooked

Sub-sample Number: 27.9

Sub-sample Name: Young's, Scottish kipper fillets with butter

Brand: Young's

Pack size: 170g

Purchase Date: 17.01.2011

Place of Purchase: Tesco, Harford Bridges, Norwich

Display Until Date:

Best Before Date: Oct 11

Batch Number: 0277 UK BB 011 EC

Packaging: Cardboard and plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 27.9

Sub-sample Name: Young's, Scottish kipper fillets with butter

Ingredients: Kipper fillets (97%) (contains North Sea Herring (98%), salt, colour: annatto), butter (3%)

Label claim(s):

Naturally rich in Omega 3

Caught in the North East Atlantic Ocean

Contains fish and milk

Contains bones

Nutrient Information:

Nutrient	Unit	Amount/100g as sold	Amount/half pack
Energy	kJ	1015	N/A
Energy	kcal	245	208
Protein	g	14.6	N/A
Carbohydrate	g	0.8	N/A
Sugars	g	0.8	0.0
Starch	g	N/A	N/A
Fat	g	20.4	17.3
Saturates	g	8.5	7.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Trans	g	0.0	N/A
Long chain Omega 3	mg	2724	N/A
Fibre	g	0.5	N/A
Salt	g	1.5	1.3
Sodium	g	0.6	N/A

Nutrient Analysis of Fish and Fish Products

Sample 28: Tuna, raw, flesh only

Composite Sample Number: 28

Composite Sample Name: Tuna, raw, flesh only

Sub-sample Number: 28.1

Sub-sample Name: Tesco, tuna steaks

Brand: Tesco

Pack size: 282g

Purchase Date: 13.01.2011

Place of Purchase: Tesco, Blue Boar Lane, Norwich

Display Until Date: 13.01.2011

Use by Date: 13.01.2011

Batch Number: 4 008 10:42 UK GG314 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Processed on day of purchase and stored frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 28.1

Sub-sample Name: Tesco, tuna steaks

Ingredients: Yellowfin tuna (*Thunnus albacares*)

Label claim(s):

Caught in the Indian Ocean – Maldives

Catch method: long line

Low fat

Some bones may remain

May have been previously frozen

Packaged in a protective atmosphere

Packed in the UK

Skinless and boneless

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/typical fillet (140g)
Energy	kJ	425	590
Energy	kcal	100	140
Protein	g	23.7	33.2
Carbohydrate	g	0.0	0.0
Sugars	g	0.0	0.0
Starch	g	N/A	N/A
Fat	g	0.5	0.7
Saturates	g	0.2	0.3
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.0	0.0
Salt	g	0.3	0.4
Sodium	g	0.1	0.1

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 28

Composite Sample Name: Tuna, raw, flesh only

Sub-sample Number: 28.2

Sub-sample Name: Sainsbury's, skinless and boneless, 2 tuna steaks

Brand: Sainsbury's

Pack size: 244g

Purchase Date: 13.01.2011

Place of Purchase: Sainsbury's, Longwater, Norwich

Display Until Date:

Use by Date: 16.01.2011

Batch Number: UK KU 006 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Processed on day of purchase and stored frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 28.2

Sub-sample Name: Sainsbury's, skinless and boneless, 2 tuna steaks

Ingredients: Tuna

Label claim(s):

Caught in the Indian and Pacific Oceans

May have been previously frozen

Contains fish

Some bones may remain

Produced in the UK

Packaged in a protective atmosphere

Nutrient Information:

Nutrient	Unit	Amount/100g fried as per instructions
Energy	kJ	578
Energy	kcal	136
Protein	g	31.5
Carbohydrate	g	Tr
Sugars	g	Tr
Starch	g	N/A
Fat	g	1.1
Saturates	g	0.3
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	Tr
Salt	g	0.1
Sodium	g	Tr

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 28

Composite Sample Name: Tuna, raw, flesh only

Sub-sample Number: 28.3

Sub-sample Name: Asda, 2 tuna steaks

Brand: Asda

Pack size: 228g

Purchase Date: 13.01.2011

Place of Purchase: Asda, Norwich

Display Until Date:

Use by Date: 17.01.2011

Batch Number: UK KU006 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Processed on day of purchase and stored frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 28.3

Sub-sample Name: Asda, 2 tuna steaks

Ingredients: Yellowfin tuna (100%)

Label claim(s):

Caught in the Central Eastern and South Eastern Atlantic Ocean

Contains fish

Packed in the UK

Some bones may remain

Nutrient Information:

Nutrient	Unit	Amount/100g shallow fried
Energy	kJ	576
Energy	kcal	136
Protein	g	31.5
Carbohydrate	g	0.0
Sugars	g	N/A
Starch	g	N/A
Fat	g	1.1
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 Fish and Fish Products

Composite Sample Number: 28

Composite Sample Name: Tuna, raw, flesh only

Sub-sample Number: 28.4

Sub-sample Name: Morrisons, 2 yellowfin tuna steaks

Brand: Morrisons

Pack size: 300g

Purchase Date: 10.01.2011

Place of Purchase: Morrisons, Norwich

Display Until Date:

Best Before Date: 30.11.2011

Batch Number: 10334 UK VY 104 EC

Packaging: Plastic and cardboard

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 28.4

Sub-sample Name: Morrisons, 2 yellowfin tuna steaks

Ingredients: Tuna, water

Label claim(s):

Skinless and boneless

Contains fish

Some bones may remain

Packed in the UK

Caught in the Indian and Pacific Ocean

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/per tuna steak serving
Energy	kJ	575	862
Energy	kcal	137	205
Protein	g	23.7	35.6
Carbohydrate	g	0.1	0.2
Sugars	g	0.1	0.2
Starch	g	N/A	N/A
Fat	g	4.6	6.9
Saturates	g	1.2	1.8
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.0	0.0
Salt	g	0.1	0.2
Sodium	g	Tr	0.1

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 28

Composite Sample Name: Tuna, raw, flesh only

Sub-sample Number: 28.5

Sub-sample Name: Marks and Spencer, line caught yellowfin tuna steak

Brand: Marks and Spencer

Pack size: 211g

Purchase Date: 12.01.2011

Place of Purchase: Marks and Spencer, Norwich

Display Until Date: 16.01.2011

Use by Date: 16.01.2011

Batch Number: UK KU006 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Processed on day of purchase and stored frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 28.5

Sub-sample Name: Marks and Spencer, line caught yellowfin tuna steak

Ingredients: Yellowfin tuna steak

Label claim(s):

Packed in the UK

Caught in the Indian and Pacific Oceans

May have been previously frozen

Packaged in a protective atmosphere

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	540
Energy	kcal	130
Protein	g	23.1
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	N/A
Fat	g	3.9
Saturates	g	0.1
Monounsaturates	g	1.3
Polyunsaturates	g	1.5
Total Omega 3	g	1.01
EPA, DHA	g	0.87
Fibre	g	0.0
Salt	g	0.2
Sodium	g	0.09

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 28

Composite Sample Name: Tuna, raw, flesh only

Sub-sample Number: 28.6

Sub-sample Name: Waitrose, yellowfin tuna

Brand: Waitrose

Pack size: 845g

Purchase Date: 13.01.2011

Place of Purchase: Waitrose, Norwich

Display Until Date:

Use by Date: 14.01.2011

Batch Number: 3049

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Processed on day of purchase and stored frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 28.6

Sub-sample Name: Waitrose, yellowfin tuna

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 28

Composite Sample Name: Tuna, raw, flesh only

Sub-sample Number: 28.7

Sub-sample Name: Tuna steaks

Brand:

Pack size:

Purchase Date: 12.01.2011

Place of Purchase: Independent Fishmonger, Norwich

Display Until Date:

Use by Date:

Batch Number:

Packaging: Paper

Sample Condition As Purchased: Chilled

Post Purchase Storage: Processed on day of purchase and stored frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 28.7

Sub-sample Name: Tuna steaks

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 28

Composite Sample Name: Tuna, raw, flesh only

Sub-sample Number: 28.8

Sub-sample Name: Ocean Pearl, 10 tuna steaks

Brand: Ocean Pearl

Pack size: 2.27 kg (including ice glaze), 198-255g steaks

Purchase Date: 13.01.2011

Place of Purchase: Booker, Norwich

Display Until Date:

Best Before Date: 03 2012

Batch Number: ES 12.15884/C CE Production code: 10085

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 28.8

Sub-sample Name: Ocean Pearl, 10 tuna steaks

Ingredients: Tuna (*Thunnus albacares*), water (5% as protective glaze)

Label claim(s):

Skin on, bone in

Contains fish

Caught in the Indian Ocean FAO 51/57

Contains bones

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 28

Composite Sample Name: Tuna, raw, flesh only

Sub-sample Number: 28.9

Sub-sample Name: Makro, tuna loins, vac pack bulk deal

Brand: Makro

Pack size: 3.67kg

Purchase Date: 19.01.2011

Place of Purchase: Makro, Norwich

Display Until Date:

Best Before Date: 29.01.2011

Batch Number: Box no:65, Fish no and loin no:1.3, Production date:
15.01.2011

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 28.9

Sub-sample Name: Makro, tuna loins, vac pack bulk deal

Ingredients: *Thunnus albacares*

Label claim(s):

Caught in FAO area 51

Product of Maldives

Cloth wrapped

Skin off

United Kingdom

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Sample 29: Tuna, baked, flesh only

Composite Sample Number: 29

Composite Sample Name: Tuna, baked, flesh only

Sub-sample Number: 29.1

Sub-sample Name: Tesco, tuna steaks

Brand: Tesco

Pack size: 274g

Purchase Date: 13.01.2011

Place of Purchase: Tesco, Blue Boar Lane, Norwich

Display Until Date: 13.01.2011

Use by Date: 13.01.2011

Batch Number: 4 008 10:42 UK GG314 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Processed on day of purchase and stored frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 29.1

Sub-sample Name: Tesco, tuna steaks

Ingredients: Yellowfin tuna (*Thunnus albacares*)

Label claim(s):

Caught in the Indian Ocean – Maldives

Catch method: long line

Low fat

Some bones may remain

May have been previously frozen

Packaged in a protective atmosphere

Packed in the UK

Skinless and boneless

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/typical fillet (140g)
Energy	kJ	425	590
Energy	kcal	100	140
Protein	g	23.7	33.2
Carbohydrate	g	0.0	0.0
Sugars	g	0.0	0.0
Starch	g	N/A	N/A
Fat	g	0.5	0.7
Saturates	g	0.2	0.3
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.0	0.0
Salt	g	0.3	0.4
Sodium	g	0.1	0.1

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 29

Composite Sample Name: Tuna, baked, flesh only

Sub-sample Number: 29.2

Sub-sample Name: Sainsbury's, skinless and boneless 2 tuna steaks

Brand: Sainsbury's

Pack size: 240g

Purchase Date: 13.01.2011

Place of Purchase: Sainsbury's, Longwater, Norwich

Display Until Date:

Use by Date: 16.01.2011

Batch Number: UK KU 006 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Processed on day of purchase and stored frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 29.2

Sub-sample Name: Sainsbury's, skinless and boneless 2 tuna steaks

Ingredients: Tuna

Label claim(s):

Caught in the Indian and Pacific Oceans

May have been previously frozen

Contains fish

Some bones may remain

Produced in the UK

Packed in a protective atmosphere

Nutrient Information:

Nutrient	Unit	Amount/100g fried as per instructions
Energy	kJ	578
Energy	kcal	136
Protein	g	31.5
Carbohydrate	g	Tr
Sugars	g	Tr
Starch	g	N/A
Fat	g	1.1
Saturates	g	0.3
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	Tr
Salt	g	0.1
Sodium	g	Tr

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 29

Composite Sample Name: Tuna, baked, flesh only

Sub-sample Number: 29.3

Sub-sample Name: Asda, 2 tuna steaks

Brand: Asda

Pack size: 230g

Purchase Date: 13.01.2011

Place of Purchase: Asda, Norwich

Display Until Date:

Use by Date: 18.01.2011

Batch Number: UK KU006 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Processed on day of purchase and stored frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 29.3

Sub-sample Name: Asda, 2 tuna steaks

Ingredients: Yellowfin tuna (100%)

Label claim(s):

Caught in the Pacific Ocean

Contains fish

Packed in the UK

Some bones may remain

Line caught

Nutrient Information:

Nutrient	Unit	Amount/100g shallow fried
Energy	kJ	576
Energy	kcal	136
Protein	g	31.5
Carbohydrate	g	0.0
Sugars	g	N/A
Starch	g	N/A
Fat	g	1.1
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 Fish and Fish Products

Composite Sample Number: 29

Composite Sample Name: Tuna, baked, flesh only

Sub-sample Number: 29.4

Sub-sample Name: Morrisons, 2 yellowfin tuna steaks

Brand: Morrisons

Pack size: 300g

Purchase Date: 10.01.2011

Place of Purchase: Morrisons, Norwich

Display Until Date:

Best Before Date: 30.11.2011

Batch Number: 10334 UK VY 104 EC

Packaging: Plastic and cardboard

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 29.4

Sub-sample Name: Morrisons, 2 yellowfin tuna steaks

Ingredients: Tuna, water

Label claim(s):

Skinless and boneless

Contains fish

Some bones may remain

Packed in the UK

Caught in the Indian and Pacific Ocean

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/tuna steak serving
Energy	kJ	575	862
Energy	kcal	137	205
Protein	g	23.7	35.6
Carbohydrate	g	0.1	0.2
Sugars	g	0.1	0.2
Starch	g	N/A	N/A
Fat	g	4.6	6.9
Saturates	g	1.2	1.8
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.0	0.0
Salt	g	0.1	0.2
Sodium	g	Tr	0.1

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 29

Composite Sample Name: Tuna, baked, flesh only

Sub-sample Number: 29.5

Sub-sample Name: Marks and Spencer, line caught yellowfin tuna steak

Brand: Marks and Spencer

Pack size: 208g

Purchase Date: 12.01.2011

Place of Purchase: Marks and Spencer, Norwich

Display Until Date: 16.01.2011

Use by Date: 16.01.2011

Batch Number: UK KU 006 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Processed on day of purchase and stored frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 29.5

Sub-sample Name: Marks and Spencer, line caught yellowfin tuna steak

Ingredients: Yellowfin tuna steak

Label claim(s):

Packed in the UK

Caught in the Indian and Pacific Oceans

May have been previously frozen

Packaged in a protective atmosphere

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	540
Energy	kcal	130
Protein	g	23.1
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	N/A
Fat	g	3.9
Saturates	g	0.1
Monounsaturates	g	1.3
Polyunsaturates	g	1.5
Total Omega 3	g	1.01
EPA, DHA	g	0.87
Fibre	g	0.0
Salt	g	0.2
Sodium	g	0.09

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 29

Composite Sample Name: Tuna, baked, flesh only

Sub-sample Number: 29.6

Sub-sample Name: Waitrose, yellowfin tuna

Brand: Waitrose

Pack size: 845g

Purchase Date: 13.01.2011

Place of Purchase: Waitrose, Norwich

Display Until Date:

Use by Date: 14.01.2011

Batch Number: 3049

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Processed on day of purchase and stored frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 29.6

Sub-sample Name: Waitrose, yellowfin tuna

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 29

Composite Sample Name: Tuna, baked, flesh only

Sub-sample Number: 29.7

Sub-sample Name: Tuna steaks

Brand:

Pack size:

Purchase Date: 12.01.2011

Place of Purchase: Independent Fishmonger, Norwich

Display Until Date:

Use by Date:

Batch Number:

Packaging: Paper

Sample Condition As Purchased: Chilled

Post Purchase Storage: Processed on day of purchase and stored frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 29.7

Sub-sample Name: Tuna steaks

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 29

Composite Sample Name: Tuna, baked

Sub-sample Number: 29.8

Sub-sample Name: Ocean Pearl, 10 tuna steaks

Brand: Ocean Pearl

Pack size: 2.27 kg (including ice glaze), 198-255g steaks

Purchase Date: 13.01.2011

Place of Purchase: Booker, Norwich

Display Until Date:

Best Before Date: 03 2012

Batch Number: ES 12.15884/C CE Production code: 10085

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 29.8

Sub-sample Name: Ocean Pearl, 10 tuna steaks

Ingredients: Tuna (*Thunnus albacares*), water (5% as protective glaze)

Label claim(s):

Skin on, bone in

Contains fish

Caught in the Indian Ocean FAO 51/57

Contains bones

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 29

Composite Sample Name: Tuna, baked, flesh only

Sub-sample Number: 29.9

Sub-sample Name: Makro, tuna loins, vac pack bulk deal

Brand: Makro

Pack size: 3.67kg

Purchase Date: 19.01.2011

Place of Purchase: Makro, Norwich

Display Until Date:

Best Before Date: 29.01.2011

Batch Number: Box no:65, Fish no and loin no:1.3, Production date:
15.01.2011

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 29.9

Sub-sample Name: Makro, tuna loins, vac pack bulk deal

Ingredients: Thunnus albacares

Label claim(s):

Caught in FAO area 51

Product of Maldives

Cloth wrapped

Skin off

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Sample 30: Sardines, raw, flesh only

Composite Sample Number: 30

Composite Sample Name: Sardines, raw, flesh only

Sub-sample Number: 30.1 & 30.2

Sub-sample Name: Sainsbury's, whole sardines

Brand: Sainsbury's

Pack size: 30.1 (606g), 30.2 (245g)

Purchase Date: 30.1 (03.02.2011), 30.2 (04.02.2011)

Place of Purchase: 30.1 (Sainsbury's, Queens Road, Norwich), 30.2 (Sainsbury's, Longwater, Norwich)

Display Until Date:

Use by Date: 30.1 (04.02.11), 30.2 (05.02.11)

Batch Number:

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 30.1 & 30.2

Sub-sample Name: Sainsbury's, whole sardines

Ingredients: No information

Label claim(s):

Nuts, seeds and other allergens may be present

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number:	30
Composite Sample Name:	Sardines, raw, flesh only
Sub-sample Number:	30.3
Sub-sample Name:	Waitrose, sardines fresh
Brand:	Waitrose
Pack size:	785g
Purchase Date:	04.02.2011
Place of Purchase:	Waitrose, Eaton
Display Until Date:	
Use by Date:	05.02.11
Batch Number:	3169
Packaging:	Plastic
Sample Condition As Purchased:	Chilled
Post Purchase Storage:	Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 30.3

Sub-sample Name: Waitrose sardines fresh

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 30

Composite Sample Name: Sardines, raw, flesh only

Sub-sample Number: 30.4

Sub-sample Name: Sabamar, Portuguese sardines

Brand: Sabamar

Pack size: Drained net weight: 800g

Purchase Date: 17.01.2011

Place of Purchase: Tesco, Harford Bridges, Norwich

Display Until Date:

Best Before Date: 31.07.2011

Batch Number: Lot no: 10151, production date: 31.05.2010 PT R 008501
P CE

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 30.4

Sub-sample Name: Sabamar, Portuguese sardines

Ingredients: Portuguese sardines (Sardine *Pilchardus* FAO 27)

Label claim(s):
Rich in Omega 3

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 30

Composite Sample Name: Sardines, raw, flesh only

Sub-sample Number: 30.5

Sub-sample Name: frozen sardines

Brand: Dismagee

Pack size: 1kg (net weight including ice glaze)

Purchase Date: 03.02.2011

Place of Purchase: Independent Fishmonger, Norwich

Display Until Date:

Best Before Date: 11.2011

Batch Number: ES 12.16015/C CE LOT: 0075162010050691

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 30.5

Sub-sample Name: frozen sardines

Ingredients: *Sardina pilchardus*

Label claim(s):

Caught in the North East Atlantic Ocean

Produced in Spain

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 30

Composite Sample Name: Sardines, raw, flesh only

Sub-sample Number: 30.6

Sub-sample Name: Ocean Pearl, sardines

Brand: Ocean Pearl

Pack size: 1kg 2.2lb inclusive of ice glaze, average net deglazed weight: 900g

Purchase Date: 13.01.2011

Place of Purchase: Booker, Norwich

Display Until Date:

Best Before Date: Jul 2012

Batch Number: LYO 10294 UK CQ019 EC

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 30.6

Sub-sample Name: Ocean Pearl, sardines

Ingredients: Sardines (*Sardina Pichardus*), water (as ice glaze)

Label claim(s):

Rich in Omega 3 and protein

Caught in North East Atlantic waters (FAO zone 27)

Product of the EU

Contains fish

Nutrient Information:

Nutrient	Unit	Amount/100g defrosted
Energy	kJ	695
Energy	kcal	170
Protein	g	20.6
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	N/A
Fat	g	8.2
Saturates	g	3.6
Monounsaturates	g	N/A
Polyunsaturates	g	2.2
Omega-3 polyunsaturates	g	2.2
Fibre	g	0.0
Salt	g	N/A
Sodium	g	0.1

Nutrient Analysis of Fish and Fish Products

Sample 31: Haddock, smoked, poached

Composite Sample Number: 31
Composite Sample Name: Haddock, smoked, poached
Sub-sample Number: 31.1
Sub-sample Name: Tesco, smoked haddock fillets
Brand: Tesco
Pack size: 346g
Purchase Date: 10.01.2011
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date: 11.01.2011
Use by Date: 11.01.2011
Batch Number: 1500795 2 005 22:35 UK GG314 EC
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Processed on day of purchase and stored frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 31.1

Sub-sample Name: Tesco, smoked haddock fillets

Ingredients: Haddock (*Melanogrammus aeglefinus*) (98%), salt, colour (curcumin, annatto)

Label claim(s):

Low fat

Caught in North East Atlantic – Norway

Catch method: long line

Contains bones

May have been previously frozen

Packaged in a protective atmosphere

Caught in the North East Atlantic

Packed in the UK

Skin on, bone in, dyed

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/typical fillet (155g)
Energy	kJ	325	505
Energy	kcal	80	120
Protein	g	16.4	25.4
Carbohydrate	g	0.0	0.0
Sugars	g	0.0	0.0
Starch	g	N/A	N/A
Fat	g	1.2	1.9
Saturates	g	0.4	0.6
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.0	0.0
Salt	g	1.5	2.3
Sodium	g	0.6	0.9

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 31

Composite Sample Name: Haddock, smoked, poached

Sub-sample Number: 31.2

Sub-sample Name: Tesco, smoked undyed haddock fillet

Brand: Tesco

Pack size: 305g

Purchase Date: 10.01.2011

Place of Purchase: Tesco, Harford Bridges, Norwich

Display Until Date:

Use by Date: 11.01.2011

Batch Number: 6009 2:59PM 10-01

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Processed on day of purchase and stored frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 31.2

Sub-sample Name: Tesco, smoked undyed haddock fillet

Ingredients: No information

Label claim(s):
Contains bones

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 31
Composite Sample Name: Haddock, smoked, poached
Sub-sample Number: 31.3
Sub-sample Name: Asda, smoked haddock fillets
Brand: Asda
Pack size: 341g
Purchase Date: 10.01.2011
Place of Purchase: Asda, Norwich
Display Until Date: 14.01.2011
Use by Date: 14.01.2011
Batch Number: 3 14:18 UK GG199 EC
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 31.3

Sub-sample Name: Asda, smoked haddock fillets

Ingredients: Haddock (98%), salt, colours (curcumin, annatto)

Label claim(s):

Region of capture: Norway P39502B

Contains fish

Packaged in a protective atmosphere

May have been previously frozen

Contains bones

Caught in the NE Atlantic

Produced in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g oven cooked
Energy	kJ	429
Energy	kcal	101
Protein	g	23.3
Carbohydrate	g	0.0
Sugars	g	N/A
Starch	g	N/A
Fat	g	0.9
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 Fish and Fish Products

Composite Sample Number: 31

Composite Sample Name: Haddock, smoked, poached

Sub-sample Number: 31.4

Sub-sample Name: Sainsbury's, line caught smoked haddock fillet

Brand: Sainsbury's

Pack size: 274g

Purchase Date: 10.01.2011

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

Display Until Date:

Use by Date: 11.01.2011

Batch Number: UK GG199 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Processed on day of purchase and stored frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 31.4

Sub-sample Name: Sainsbury's, line caught smoked haddock fillet

Ingredients: Haddock (98%), salt, colours: curcumin, paprika

Label claim(s):

Landed in Norway

Contains fish

May contain bones

May have been previously frozen

Packaged in a protective atmosphere

Caught in the North East Atlantic Ocean

Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g oven baked as per instructions	Amount/100g serving
Energy	kJ	410	N/A
Energy	kcal	97	97
Protein	g	22.6	N/A
Carbohydrate	g	0.0	N/A
Sugars	g	0.0	0.0
Starch	g	N/A	N/A
Fat	g	0.7	0.7
Saturates	g	0.2	0.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.0	N/A
Salt	g	1.02	1.02
Sodium	g	0.41	N/A

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 31

Composite Sample Name: Haddock, smoked, poached

Sub-sample Number: 31.5

Sub-sample Name: Your Fishmonger, fresh smoked haddock fillet with parsley

Brand: Your Fishmonger

Pack size: 125g

Purchase Date: 10.01.2011

Place of Purchase: Morrisons, Norwich

Display Until Date:

Use by Date: 12.01.2011

Batch Number:

Packaging: Polystyrene and cling film

Sample Condition As Purchased: Chilled

Post Purchase Storage: Processed on day of purchase and stored frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 31.5

Sub-sample Name: Your Fishmonger, fresh smoked haddock fillet with parsley

Ingredients: Melanogrammus Aeglefinus

Label claim(s):

No colour

May contain bones

Caught in the North East Atlantic

Line and seine net caught in Icelandic and Norwegian Waters

May contain allergens

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number:	31
Composite Sample Name:	Haddock, smoked, poached
Sub-sample Number:	31.6
Sub-sample Name:	Marks and Spencer, 2 smoked haddock loin fillets
Brand:	Marks and Spencer
Pack size:	314g
Purchase Date:	12.01.2011
Place of Purchase:	Marks and Spencer, Norwich
Display Until Date:	15.01.2011
Use by Date:	15.01.2011
Batch Number:	UK BB 011 EC
Packaging:	Plastic
Sample Condition As Purchased:	Chilled
Post Purchase Storage:	Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 31.6

Sub-sample Name: Marks and Spencer, 2 smoked haddock loin fillets

Ingredients: Smoked haddock (100%)

Smoked haddock contains haddock (99%), salt, curcumin, annatto

Label claim(s):

Product may have been frozen previously

Some small bones may remain

Packed in Scotland

Caught in the North East Atlantic

Caught with hook and line

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	370
Energy	kcal	90
Protein	g	18.4
Carbohydrate	g	0.3
Sugars	g	0.3
Starch	g	N/A
Fat	g	1.4
Saturates	g	0.9
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.3
Salt	g	1.0
Sodium	g	0.4

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 31

Composite Sample Name: Haddock, smoked, poached

Sub-sample Number: 31.7

Sub-sample Name: Iceland, cook from frozen, smoked haddock fillets

Brand: Iceland

Pack size: 750g (excluding protective ice glaze)

Purchase Date: 12.01.2011

Place of Purchase: Iceland, Norwich

Display Until Date:

Use by Date: 13.06.2012

Batch Number: L0347S 421 UK HU 048EC

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 31.7

Sub-sample Name: Iceland, cook from frozen, smoked haddock fillets

Ingredients: Smoked haddock (fish), water (as a protective ice glaze), salt, colours: curcumin, annatto

Label claim(s):

Boneless

Some bones may remain

Caught in the North-East Atlantic

Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g poached
Energy	kJ	359
Energy	kcal	85
Protein	g	18.7
Carbohydrate	g	1.1
Sugars	g	Tr
Starch	g	N/A
Fat	g	0.6
Saturates	g	3.7
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.0
Salt	g	2.0
Sodium	g	0.8

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 31

Composite Sample Name: Haddock, smoked, poached

Sub-sample Number: 31.8

Sub-sample Name: Young's, Scottish smoked haddock, 4 flaky fillets

Brand: Young's

Pack size: 400g (nett of glaze)

Purchase Date: 10.01.2011

Place of Purchase: Tesco, Harford Bridges, Norwich

Display Until Date:

Best Before Date: Sep 2011

Batch Number: UK BB 001 EC L10273K

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 31.8

Sub-sample Name: Young's, Scottish smoked haddock, 4 flaky fillets

Ingredients: Smoked haddock (contains salt, natural colours: curcumin, annatto), water (as a protective ice glaze)

Label claim(s):

Boneless

Caught in the Atlantic Ocean

Contains fish

Some bones may remain

Nutrient Information:

Nutrient	Unit	Amount/100g as sold	Amount/100g fillet as consumed
Energy	kJ	353	421
Energy	kcal	83	99
Protein	g	20.2	23.6
Carbohydrate	g	0.0	0.0
Sugars	g	0.0	0.0
Starch	g	N/A	N/A
Fat	g	1.2	1.2
Saturates	g	0.3	0.3
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Omega 3 (EPA/DHA)	mg	250mg	199
Fibre	g	0.0	0.0
Salt	g	1.4	1.5
Sodium	g	0.6	0.6

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 31

Composite Sample Name: Haddock, smoked, poached

Sub-sample Number: 31.9

Sub-sample Name: Smoked haddock fillets, undyed

Brand:

Pack size:

Purchase Date: 12.01.2011

Place of Purchase: Independent Fishmonger, Norwich

Display Until Date:

Use by Date:

Batch Number:

Packaging: Paper

Sample Condition As Purchased: Chilled

Post Purchase Storage: Processed on day of purchase and stored frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 31.9

Sub-sample Name: Smoked haddock fillets, undyed

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 31

Composite Sample Name: Haddock, smoked, poached

Sub-sample Number: 31.10

Sub-sample Name: Chef's Larder, small smoked haddock fillets

Brand: Chef's Larder

Pack size: 1.1kg, 110g-140g fillets

Purchase Date: 13.01.2011

Place of Purchase: Booker, Norwich

Display Until Date:

Use by Date: Nov 11

Batch Number: L0334 UK AA 006 EC

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 31.10

Sub-sample Name: Chef's Larder, small smoked haddock fillets

Ingredients: Haddock fillets (*Melanogrammus Aeglefinus*), salt, colour (curcumin)

Label claim(s):

Skin on

Contains small bones

Produced in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g cooked
Energy	kJ	279
Energy	kcal	66
Protein	g	15.1
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	N/A
Fat	g	0.6
Saturates	g	0.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.0
Salt	g	N/A
Sodium	g	0.8

Sample 32: Plaice, coated in breadcrumbs, baked

Composite Sample Number: 32
Composite Sample Name: Plaice, coated in breadcrumbs, baked
Sub-sample Number: 32.1
Sub-sample Name: Tesco, breaded plaice fillets
Brand: Tesco
Pack size: 310g
Purchase Date: 24.01.2011
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date: 27.01.2011
Use by Date: 27.01.2011
Batch Number: UK DM035 EC
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 32.1

Sub-sample Name: Tesco, breaded plaice fillets

Ingredients: Plaice (52%) (*Pleuronectes platessa*), wheat flour, water, vegetable oil, potato starch, rice flour, wheat gluten, wheat starch, salt, modified maize starch, colours (paprika extract, curcumin), yeast, dextrose, whey powder, mustard flour

Label claim(s):

Caught in: North East Atlantic / Netherlands

Catch method: twin rig

An excellent source of Omega 3

Produced in the UK

Contains milk, wheat, gluten, fish, mustard

Recipe: no nuts

Ingredients: cannot guarantee nut free

Factory: no nuts

Some bones may remain

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/each ovenbaked breaded fillet (155g)
Energy	kJ	940	1455
Energy	kcal	225	350
Protein	g	11.6	18
Carbohydrate	g	20	31
Sugars	g	0.3	0.5
Starch	g	N/A	N/A
Fat	g	10.8	16.7
Saturates	g	1.0	1.6
Monounsaturates	g	6.9	10.7
Polyunsaturates	g	2.5	3.9
Omega 3	g	0.6	0.9
Fibre	g	3.6	5.6
Salt	g	1.1	1.7
Sodium	g	0.4	0.7

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 32

Composite Sample Name: Plaice, coated in breadcrumbs, baked

Sub-sample Number: 32.2

Sub-sample Name: Sainsbury's, 2 chunky plaice fillets

Brand: Sainsbury's

Pack size: 346g

Purchase Date: 26.01.2011

Place of Purchase: Sainsbury's, Longwater, Norwich

Display Until Date:

Use by Date: 30.01.2011

Batch Number: UK BB 052 EC

Packaging: Plastic and cardboard

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 32.2

Sub-sample Name: Sainsbury's, 2 chunky plaice fillets

Ingredients: Plaice (57%); batter; signature breadcrumb (12%); rapeseed oil; rusks

Batter contains: country ground wheat flour, water, cornflour, salt, sugar, paprika, white pepper

Signature breadcrumb contains: country ground wheat flour, yeast, salt

Rusks contain: country ground wheat flour, rice flour, water, salt, yeast

Label claim(s):

Boneless

Contains fish and wheat gluten

Some bones may remain

Produced in the UK

Caught in the North East Atlantic Ocean

Previously frozen

Nutrient Information:

Nutrient	Unit	Amount/100g cooked as per instructions	Amount/fillet cooked as per instructions
Energy	kJ	910	1348
Energy	kcal	217	322
Protein	g	12.6	18.7
Carbohydrate	g	18.5	27.4
Sugars	g	1.2	1.8
Starch	g	17.2	25.5
Fat	g	10.3	15.3
Saturates	g	1.5	2.2
Monounsaturates	g	5.7	8.4
Polyunsaturates	g	3.1	4.6
Fibre	g	1.1	1.6
Salt	g	0.78	1.15
Sodium	g	0.31	0.46

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 32

Composite Sample Name: Plaice, coated in breadcrumbs, baked

Sub-sample Number: 32.3

Sub-sample Name: Asda, Chosen by you, breaded 4 100% plaice fillets

Brand: Asda Chosen by you

Pack size: 500g

Purchase Date: 26.01.2011

Place of Purchase: Asda, Norwich

Display Until Date:

Use by Date: 16.12.2011

Batch Number: L0355 EDC 07:54 PL 32611802 WE

Packaging: Cardboard

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 32.3

Sub-sample Name: Asda, Chosen by you, breaded 4 100% plaice fillets

Ingredients: Plaice (60%), wheat flour, water, rapeseed oil, sunflower oil, wheat starch, salt, sugar, black pepper extract, mustard flour, yeast, yeast extract, (ascorbic acid), emulsifier (mono and diacetyl tartaric acid esters of mono and diglycerides of fatty acids), flour treatment agent

Label claim(s):

No artificial colours, flavours or hydrogenated fat
Contains gluten, wheat, fish and mustard
Some bones may remain
Produced in Poland

Nutrient Information:

Nutrient	Unit	Amount/100g ovenbaked	Amount/fillet ovenbaked
Energy	kJ	980	1224
Energy	kcal	234	293
Protein	g	8.9	11.1
Carbohydrate	g	21.5	26.9
Sugars	g	2.0	2.5
Starch	g	N/A	N/A
Fat	g	12.4	15.5
Saturates	g	1.4	1.8
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.5	0.6
Salt	g	1.0	1.2
Sodium	g	0.39	0.49

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 32

Composite Sample Name: Plaice, coated in breadcrumbs, baked

Sub-sample Number: 32.4

Sub-sample Name: Morrisons, 2 plaice fillets in breadcrumbs

Brand: Morrisons

Pack size: 250g

Purchase Date: 24.01.2011

Place of Purchase: Morrisons, Norwich

Display Until Date:

Best Before Date: Jun 12

Batch Number: 0355 NL 6036 EC

Packaging: Cardboard

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 32.4

Sub-sample Name: Morrisons, 2 plaice fillets in breadcrumbs

Ingredients: Plaice (60%), wheat flour, water, sunflower oil, rice flour, salt, potato starch, wheat starch, dextrose, raising agent (sodium hydrogen carbonate, disodium diphosphate), thickener (hydroxypropyl methyl cellulose), modified wheat starch

Label claim(s):

Contains fish and gluten

May contain traces of nuts, peanuts and sesame

Some bones may remain

Produced in the Netherlands

Boneless

Nutrient Information:

Nutrient	Unit	Amount/100g as sold	Amount/fillet as sold
Energy	kJ	866	1083
Energy	kcal	207	259
Protein	g	12.1	15.1
Carbohydrate	g	17.4	21.7
Sugars	g	0.9	1.1
Starch	g	N/A	N/A
Fat	g	9.9	12.4
Saturates	g	1.3	1.7
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.6	2.0
Salt	g	0.6	0.8
Sodium	g	0.2	0.3

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 32

Composite Sample Name: Plaice, coated in breadcrumbs, baked

Sub-sample Number: 32.5

Sub-sample Name: Waitrose, sustainably sourced, 4 chunky breaded plaice fillets

Brand: Waitrose

Pack size: 500g

Purchase Date: 27.01.2011

Place of Purchase: Waitrose, Norwich

Display Until Date:

Use by Date: Nov 11

Batch Number: L0329N 06:06 UK GR006 EC

Packaging: Plastic and cardboard

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 32.5

Sub-sample Name: Waitrose, sustainably sourced, 4 chunky breaded plaice fillets

Ingredients: Plaice (60%), light crisp crumb

Light crisp crumb contains wheat flour, rapeseed oil, wheat starch, wheat gluten, water, salt, rice flour, yeast, mustard flour, emulsifier mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids, flour treatment agent L-ascorbic acid, yeast extract, black pepper extract

Label claim(s):

Boneless

Contains fish, gluten and mustard

Small bones may remain

Produced in the UK

Caught in the North East Atlantic

Fillets cut from mature fish

Nutrient Information:

Nutrient	Unit	Amount/100g as sold	Amount/fillet as sold
Energy	kJ	1003	1253
Energy	kcal	240	300
Protein	g	12.6	15.7
Carbohydrate	g	15.2	19.0
Sugars	g	0.8	1.0
Starch	g	N/A	N/A
Fat	g	14.3	17.9
Saturates	g	1.4	1.8
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.6	2.0
Salt	g	N/A	N/A
Sodium	g	0.29	0.36

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 32

Composite Sample Name: Plaice, coated in breadcrumbs, baked

Sub-sample Number: 32.6

Sub-sample Name: Iceland, 4 breaded whole plaice fillets

Brand: Iceland

Pack size: 500g

Purchase Date: 24.01.2011

Place of Purchase: Iceland, Norwich

Display Until Date:

Use by Date: 01.12.11

Batch Number: 352 0335 NL 6036 EC

Packaging: Cardboard

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 32.6

Sub-sample Name: Iceland, 4 breaded whole plaice fillets

Ingredients: Plaice (fish) (60%), batter, breadcrumbs, sunflower oil, wheat flour

Batter contains: water, wheat flour*, maize semolina, potato starch, wheat starch*, salt, lactose (from milk), milk proteins, thickener: hydroxypropylmethylcellulose; raising agents: sodium carbonates, disphosphates

Breadcrumbs contain: wheat flour*, water, yeast, rapeseed oil, dextrose, potato starch, salt

*Contains gluten

Label claim(s):

Boneless

Produced and packed in the Netherlands

Contains gluten and milk

Some bones may remain

Nutrient Information:

Nutrient	Unit	Amount/100g ovenbaked	Amount/fillet ovenbaked
Energy	kJ	902	1082
Energy	kcal	215	258
Protein	g	12	14.4
Carbohydrate	g	18.8	22.6
Sugars	g	1.0	1.2
Starch	g	N/A	N/A
Fat	g	10.2	12.3
Saturates	g	1.4	1.6
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.7	2.0
Salt	g	0.6	0.7
Sodium	g	0.2	0.3

Sample 33: Calamari, coated in batter, baked

Composite Sample Number: 33

Composite Sample Name: Calamari, coated in batter, baked

Sub-sample Number: 33.1, 33.2 & 33.3

Sub-sample Name: Young's, battered calamari

Brand: Young's

Pack size: 300g

Purchase Date: 01.02.2011

Place of Purchase: Tesco, Harford Bridges, Norwich

Display Until Date:

Best Before Date: 33.1 (11 2011), 33.2 (09 2011), 33.3 (12 2011)

Batch Number: ES 26.07 127/PO CE, 32.1 (LT 0321 12:42), 32.2 (LT 0250 15:04), 32.3 (LT 0335 13:28)

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 33.1, 33.2 & 33.3

Sub-sample Name: Young's, battered calamari

Ingredients: Squid rings (51%), batter (water, wheat flour, maize starch, salt, raising agents (disodium disphosphate, sodium bicarbonate), garlic flavour, lemon flavour, colour (riboflavin)), vegetable oil, wheat flour

Label claim(s):

Caught in the South Atlantic

Contains gluten, molluscs and wheat

Nutrient Information:

Nutrient	Unit	Amount/100g as sold	Amount/half pack ovenbaked
Energy	kJ	820	N/A
Energy	kcal	197	434
Protein	g	6.7	N/A
Carbohydrate	g	12.0	N/A
Sugars	g	0.2	0.3
Starch	g	N/A	N/A
Fat	g	13.6	29
Saturates	g	1.6	3.5
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Trans	g	0.0	N/A
Fibre	g	0.6	N/A
Salt	g	1.5	3.0
Sodium	g	0.6	N/A

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 33

Composite Sample Name: Calamari, coated in batter, baked

Sub-sample Number: 33.4 & 33.5

Sub-sample Name: Ocean Pearl, battered calamari

Brand: Ocean Pearl

Pack size: 33.4 (1kg 2lb), 33.5 (454g 1lb)

Purchase Date: 33.4 (14.02.2011), 33.5 (15.02.2011)

Place of Purchase: 33.4 (3663 delivery), 33.5 (Booker, Norwich)

Display Until Date:

Best Before Date: 33.4 (09.2012), 33.5 (11.2012)

Batch Number: ES 26.06700/C CE ,33.4 (LOT: 10246N1), 33.5 (LOT:10321N1)

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 33.4 & 33.5

Sub-sample Name: Ocean Pearl, battered calamari

Ingredients: Squid (40%), wheat flour, water, salt, vegetable oil, corn starch, thickener: E412; raising agent: E450i, E500ii; lemon essence, garlic, citric acid, colour: E101

Label claim(s):

Contains molluscs, wheat, gluten

Nutrient Information:

Nutrient	Unit	Amount/100g as sold
Energy	kJ	851
Energy	kcal	203
Protein	g	7.7
Carbohydrate	g	22.3
Sugars	g	N/A
Starch	g	N/A
Fat	g	9.1
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 Fish and Fish Products

Sample 34: Fish fingers, cod, grilled / baked

Composite Sample Number: 34

Composite Sample Name: Fish fingers, cod, grilled / baked

Sub-sample Number: 34.1, 34.2, 34.3 and 34.4

Sub-sample Name: Birds Eye, 10 cod fish fingers

Brand: Birds Eye

Pack size: 280g

Purchase Date: 13.01.2011

Place of Purchase: 34.1 & 34.2 (Waitrose, Norwich), 34.3 (Morrisons, Norwich), 34.4 (Tesco, Blue Boar Road, Norwich)

Display Until Date:

Best Before Date: 05.2012

Batch Number: 34.1 & 34.3(DE HB EFB 038 EC), 34.2 & 34.4 (DE HB 00145 EC); 34.1 (L0312B0066 11:14), 33.2 (L0326AO066 02:01), 34.3 (L0312CO066 20:41), 34.4 (L0333AO066 03:53)

Packaging: Cardboard

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 34.1, 34.2, 34.3 and 34.4

Sub-sample Name: Birds Eye, 10 cod fish fingers

Ingredients: Cod fillet (58%), breadcrumb, batter, vegetable oil

Breadcrumb: wheat flour, water, paprika, salt, yeast, turmeric

Batter: wheat flour, water, potato starch, salt

Label claim(s):

Fish 100% fillet

Contains fish, wheat

Some bones may remain

No artificial colours, flavours or preservatives

Nutrient Information:

Nutrient	Unit	Amount/100g as sold	Amount/3 fish fingers (84g) grilled
Energy	kJ	918	770
Energy	kcal	219	185
Protein	g	12.5	11
Carbohydrate	g	21.7	18
Sugars	g	0.4	0.3
Starch	g	N/A	N/A
Fat	g	9.1	7.6
Saturates	g	1.0	0.8
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.9	0.8
Salt	g	0.8	0.7
Sodium	g	0.31	0.26

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 34

Composite Sample Name: Fish fingers, cod, grilled / baked

Sub-sample Number: 34.5

Sub-sample Name: Young's, 12 cod fingers

Brand: Young's

Pack size: 360g

Purchase Date: 13.01.2011

Place of Purchase: Tesco, Blue Boar Lane, Norwich

Display Until Date:

Best Before Date: May 2012

Batch Number: 09:13 L0312 A UK GG 270 EC

Packaging: Cardboard

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 34.5

Sub-sample Name: Young's, 12 cod fingers

Ingredients: Cod fillet (58%), coating (wheat flour, water, potato starch, wheat starch, salt, yeast, turmeric, colours: paprika extract, curcumin), sunflower oil

Label claim(s):

Made with 100% fillet

Contains fish, gluten and wheat

Some bones may remain

Nutrient Information:

Nutrient	Unit	Amount/100g as sold	Amount/3 fish fingers as consumed
Energy	kJ	801	720
Energy	kcal	191	171
Protein	g	12.1	11.2
Carbohydrate	g	17.7	15.8
Sugars	g	1.8	0.9
Starch	g	N/A	N/A
Fat	g	7.9	7.0
Saturates	g	1.0	0.9
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Omega 3 (EPA/DHA)	mg	100	85
Fibre	g	0.9	1.1
Salt	g	0.8	0.7
Sodium	g	0.31	0.27

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 34

Composite Sample Name: Fish fingers, cod, grilled / baked

Sub-sample Number: 34.6

Sub-sample Name: Tesco, 10 fish fingers

Brand: Tesco

Pack size: 300g

Purchase Date: 13.01.2011

Place of Purchase: Tesco, Blue Boar Lane, Norwich

Display Until Date: Sep 2011

Best Before Date: Dec 2011

Batch Number: L0349G 16:29 UK GG 270 EC

Packaging: Cardboard

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 34.6

Sub-sample Name: Tesco, 10 fish fingers

Ingredients: Cod (64%), wheat flour, sunflower oil, potato starch, modified wheat starch, salt, wheat starch, yeast, turmeric extract, colours (paprika extract, curcumin), mustard powder, pepper extract

Label claim(s):

100% cod fillet

No artificial preservatives, flavours or colours

Caught in the North East Atlantic

Produced in the UK

Contains wheat, gluten, fish, mustard

Recipe: no nuts

Ingredients: cannot guarantee nut free

Factory: no nuts

Can contain minor bones

Nutrient Information:

Nutrient	Unit	Amount/100g grilled	Amount/3 fish fingers (85g) grilled
Energy	kJ	785	670
Energy	kcal	190	160
Protein	g	13.0	11.1
Carbohydrate	g	15.9	13.5
Sugars	g	0.9	0.8
Starch	g	15.0	12.8
Fat	g	7.9	6.7
Saturates	g	0.9	0.7
Monounsaturates	g	2.3	2.0
Polyunsaturates	g	4.4	3.7
Fibre	g	0.8	0.7
Salt	g	0.9	0.7
Sodium	g	0.3	0.3

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 34

Composite Sample Name: Fish fingers, cod, grilled / baked

Sub-sample Number: 34.7

Sub-sample Name: Morrisons, 15 cod fish fingers in breadcrumbs

Brand: Morrisons

Pack size: 450g

Purchase Date: 19.01.2011

Place of Purchase: Morrisons, Norwich

Display Until Date:

Use by Date: Jul 2012

Batch Number: B L 1008 07:05 FR 62.894.103 CE

Packaging: Cardboard

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 34.7

Sub-sample Name: Morrisons, 15 cod fish fingers in breadcrumbs

Ingredients: Cod (65%), wheat flour, water, sunflower oil, modified maize starch, spices, salt

Label claim(s):

No artificial colours or flavours

Contains fish and gluten

May contain traces of egg, milk and mustard

Some bones may remain

Produced in France

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/fish finger
Energy	kJ	751	225
Energy	kcal	179	54
Protein	g	13.2	4.0
Carbohydrate	g	15.1	4.5
Sugars	g	2.1	0.6
Starch	g	N/A	N/A
Fat	g	7.3	2.2
Saturates	g	0.8	0.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.0	0.3
Salt	g	0.6	0.2
Sodium	g	0.2	0.1

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 34

Composite Sample Name: Fish fingers, cod, grilled / baked

Sub-sample Number: 34.8

Sub-sample Name: Sainsbury's, 20 breaded cod fillet fish fingers

Brand: Sainsbury's

Pack size: 600g

Purchase Date: 13.01.2011

Place of Purchase: Sainsbury's, Longwater, Norwich

Display Until Date:

Best Before Date: Dec 2011

Batch Number: L0342VG B 09:29 UK GG 270 EC

Packaging: Cardboard

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 34.8

Sub-sample Name: Sainsbury's, 20 breaded cod fillet fish fingers

Ingredients: MSC certified pacific cod (58%); signature breadcrumb (18%), batter; palm oil

Signature breadcrumb contains: country ground wheat flour, yeast, salt, turmeric, colour: capsanthin

Batter contains: country ground wheat flour, water, salt

Label claim(s):

Skinless and boneless

Produced in the UK

Caught in the Pacific Ocean

Contains fish and wheat gluten

Some bones may remain

Nutrient Information:

Nutrient	Unit	Amount/100g cooked as per instructions	Amount/2 fish fingers cooked as per instructions
Energy	kJ	814	443
Energy	kcal	194	105
Protein	g	14.6	7.9
Carbohydrate	g	16.5	9.0
Sugars	g	1.0	0.5
Starch	g	15.5	8.4
Fat	g	7.7	4.2
Saturates	g	1.1	0.6
Monounsaturates	g	4.7	2.6
Polyunsaturates	g	1.9	1.0
Fibre	g	1.0	0.5
Salt	g	0.81	0.44
Sodium	g	0.32	0.18

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 34

Composite Sample Name: Fish fingers, cod, grilled / baked

Sub-sample Number: 34.9

Sub-sample Name: Marks and Spencer, 10 breaded chunky cod fillet fish fingers

Brand: Marks and Spencer

Pack size: 400g

Purchase Date: 12.01.2011

Place of Purchase: Marks and Spencer, Norwich

Display Until Date: Oct 2011

Best Before Date: Nov 2011

Batch Number: 0315 09:20E UK GG 276 EC

Packaging: Cardboard

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 34.9

Sub-sample Name: Marks and Spencer, 10 breaded chunky cod fillet fish fingers

Ingredients: Cod (60%), breadcrumbs (17%), batter, rapeseed oil, rice flour

Breadcrumbs contain wheatflour, yeast, salt, turmeric, natural colour: paprika extract, sunflower oil

Batter contains wheatflour, salt

Label claim(s):

Made in the UK

Caught in the North East or North West Atlantic

Some small bones may remain

Contains fish, wheat, gluten

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/fish finger
Energy	kJ	720	290
Energy	kcal	170	70
Protein	g	12.1	4.8
Carbohydrate	g	17.2	6.9
Sugars	g	0.5	0.2
Starch	g	N/A	N/A
Fat	g	6.0	2.4
Saturates	g	1.0	0.4
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.1	0.4
Salt	g	0.7	0.28
Sodium	g	0.28	0.11

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 34

Composite Sample Name: Fish fingers, cod, grilled / baked

Sub-sample Number: 34.10

Sub-sample Name: Ross, 60 minced cod fish fingers

Brand: Ross

Pack size: 1.5kg, 60 x 25g

Purchase Date: 17.01.2011

Place of Purchase: 3663 delivery

Display Until Date:

Best Before Date: May 2012

Batch Number: L0321 UK GG 268 EC

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 34.10

Sub-sample Name: Ross, 60 minced cod fish fingers

Ingredients: Minced cod (56%), coating (wheat flour, water, yeast, salt, turmeric, colours: paprika extract, curcumin), vegetable oil

Label claim(s):

A natural source of Omega 3

Contains fish, gluten, wheat and yeast

Some bones may remain

Nutrient Information:

Nutrient	Unit	Amount/100g as sold
Energy	kJ	845
Energy	kcal	202
Protein	g	11.2
Carbohydrate	g	18.7
Sugars	g	3.1
Starch	g	N/A
Fat	g	9.1
Saturates	g	0.9
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Trans	g	0.0
Long chain omega 3	mg	132
Fibre	g	1.8
Salt	g	0.6
Sodium	g	0.22

Nutrient Analysis of Fish and Fish Products

Sample 35: Fish fingers, cod, fried

Composite Sample Number: 35

Composite Sample Name: Fish fingers, cod, fried

Sub-sample Number: 35.1, 35.2, 35.3 and 35.4

Sub-sample Name: Birds Eye 10 cod fish fingers

Brand: Birds Eye

Pack size: 280g

Purchase Date: 13.01.2011

Place of Purchase: 35.1 & 35.2 (Waitrose, Norwich), 35.3 (Morrisons, Norwich), 35.4 (Tesco, Blue Boar Road, Norwich)

Display Until Date:

Best Before Date: 05.2012

Batch Number: 35.1 & 35.3(DE HB EFB 038 EC), 35.2 & 35.4 (DE HB 00145 EC); 35.1 (L0312B0066 11:14), 35.2 (L0326AO066 02:01), 35.3 (L0312CO066 20:41), 35.4 (L0333AO066 03:53)

Packaging: Cardboard

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 35.1, 35.2, 35.3 and 35.4

Sub-sample Name: Birds Eye, 10 cod fish fingers

Ingredients: Cod fillet (58%), breadcrumb, batter, vegetable oil

Breadcrumb: wheat flour, water, paprika, salt, yeast, turmeric

Batter: wheat flour, water, potato starch, salt

Label claim(s):

Fish 100% fillet

Contains fish, wheat

Some bones may remain

No artificial colours, flavours or preservatives

Nutrient Information:

Nutrient	Unit	Amount/100g as sold	Amount/3 fish fingers (84g) grilled
Energy	kJ	918	770
Energy	kcal	219	185
Protein	g	12.5	11
Carbohydrate	g	21.7	18
Sugars	g	0.4	0.3
Starch	g	N/A	N/A
Fat	g	9.1	7.6
Saturates	g	1.0	0.8
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.9	0.8
Salt	g	0.8	0.7
Sodium	g	0.31	0.26

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 35

Composite Sample Name: Fish fingers, cod, fried

Sub-sample Number: 35.5

Sub-sample Name: Young's, 12 cod fingers

Brand: Young's

Pack size: 360g

Purchase Date: 13.01.2011

Place of Purchase: Tesco, Blue Boar Lane, Norwich

Display Until Date:

Best Before Date: May 2012

Batch Number: 09:13 L0312 A UK GG 270 EC

Packaging: Cardboard

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 35.5

Sub-sample Name: Young's, 12 cod fingers

Ingredients: Cod fillet (58%), coating (wheat flour, water, potato starch, wheat starch, salt, yeast, turmeric, colours: paprika extract, curcumin), sunflower oil

Label claim(s):

Made with 100% fillet

Contains fish, gluten and wheat

Some bones may remain

Nutrient Information:

Nutrient	Unit	Amount/100g as sold	Amount/3 fish fingers as consumed
Energy	kJ	801	720
Energy	kcal	191	171
Protein	g	12.1	11.2
Carbohydrate	g	17.7	15.8
Sugars	g	1.8	0.9
Starch	g	N/A	N/A
Fat	g	7.9	7.0
Saturates	g	1.0	0.9
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Omega 3 (EPA/DHA)	mg	100	85
Fibre	g	0.9	1.1
Salt	g	0.8	0.7
Sodium	g	0.31	0.27

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 35
Composite Sample Name: Fish fingers, cod, fried
Sub-sample Number: 35.6
Sub-sample Name: Tesco, 10 fish fingers
Brand: Tesco
Pack size: 300g
Purchase Date: 13.01.2011
Place of Purchase: Tesco, Blue Boar Lane, Norwich
Display Until Date: Sep 2011
Best Before Date: Dec 2011
Batch Number: L0349G 16:29 UK GG 270 EC
Packaging: Cardboard
Sample Condition As Purchased: Frozen
Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 35.6

Sub-sample Name: Tesco, 10 fish fingers

Ingredients: Cod (64%), wheat flour, sunflower oil, potato starch, modified wheat starch, salt, wheat starch, yeast, turmeric extract, colours (paprika extract, curcumin), mustard powder, pepper extract

Label claim(s):

100% cod fillet

No artificial preservatives, flavours or colours

Caught in the North East Atlantic

Produced in the UK

Contains wheat, gluten, fish, mustard

Recipe: no nuts

Ingredients: cannot guarantee nut free

Factory: no nuts

Can contain minor bones

Nutrient Information:

Nutrient	Unit	Amount/100g grilled	Amount/3 fish fingers (85g) grilled
Energy	kJ	785	670
Energy	kcal	190	160
Protein	g	13.0	11.1
Carbohydrate	g	15.9	13.5
Sugars	g	0.9	0.8
Starch	g	15.0	12.8
Fat	g	7.9	6.7
Saturates	g	0.9	0.7
Monounsaturates	g	2.3	2.0
Polyunsaturates	g	4.4	3.7
Fibre	g	0.8	0.7
Salt	g	0.9	0.7
Sodium	g	0.3	0.3

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 35

Composite Sample Name: Fish fingers, cod, fried

Sub-sample Number: 35.7

Sub-sample Name: Morrisons, 15 cod fish fingers in breadcrumbs

Brand: Morrisons

Pack size: 450g

Purchase Date: 19.01.2011

Place of Purchase: Morrisons, Norwich

Display Until Date:

Use by Date: Jul 2012

Batch Number: B L 1008 07:05 FR 62.894.103 CE

Packaging: Cardboard

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 35.7

Sub-sample Name: Morrisons, 15 cod fish fingers in breadcrumbs

Ingredients: Cod (65%), wheat flour, water, sunflower oil, modified maize starch, spices, salt

Label claim(s):

No artificial colours or flavours

Contains fish and gluten

May contain traces of egg, milk and mustard

Some bones may remain

Produced in France

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/fish finger
Energy	kJ	751	225
Energy	kcal	179	54
Protein	g	13.2	4.0
Carbohydrate	g	15.1	4.5
Sugars	g	2.1	0.6
Starch	g	N/A	N/A
Fat	g	7.3	2.2
Saturates	g	0.8	0.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.0	0.3
Salt	g	0.6	0.2
Sodium	g	0.2	0.1

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 35

Composite Sample Name: Fish fingers, cod, fried

Sub-sample Number: 35.8

Sub-sample Name: Sainsbury's, 20 breaded cod fillet fish fingers

Brand: Sainsbury's

Pack size: 600g

Purchase Date: 13.01.2011

Place of Purchase: Sainsbury's, Longwater, Norwich

Display Until Date:

Best Before Date: Dec 2011

Batch Number: L0342VG B 09:29 UK GG 270 EC

Packaging: Cardboard

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 35.8

Sub-sample Name: Sainsbury's, 20 breaded cod fillet fish fingers

Ingredients: MSC certified pacific cod (58%); signature breadcrumb (18%), batter; palm oil

Signature breadcrumb contains: country ground wheat flour, yeast, salt, turmeric, colour: capsanthin

Batter contains: country ground wheat flour, water, salt

Label claim(s):

Skinless and boneless

Produced in the UK

Caught in the Pacific Ocean

Contains fish and wheat gluten

Some bones may remain

Nutrient Information:

Nutrient	Unit	Amount/100g cooked as per instructions	Amount/2 fish fingers cooked as per instructions
Energy	kJ	814	443
Energy	kcal	194	105
Protein	g	14.6	7.9
Carbohydrate	g	16.5	9.0
Sugars	g	1.0	0.5
Starch	g	15.5	8.4
Fat	g	7.7	4.2
Saturates	g	1.1	0.6
Monounsaturates	g	4.7	2.6
Polyunsaturates	g	1.9	1.0
Fibre	g	1.0	0.5
Salt	g	0.81	0.44
Sodium	g	0.32	0.18

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 35

Composite Sample Name: Fish fingers, cod, fried

Sub-sample Number: 35.9

Sub-sample Name: Marks and Spencer, 10 breaded chunky cod fillet fish fingers

Brand: Marks and Spencer

Pack size: 400g

Purchase Date: 12.01.2011

Place of Purchase: Marks and Spencer, Norwich

Display Until Date: Oct 2011

Best Before Date: Nov 2011

Batch Number: 0315 09:20E UK GG 276 EC

Packaging: Cardboard

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 35.9

Sub-sample Name: Marks and Spencer, 10 breaded chunky cod fillet fish fingers

Ingredients: Cod (60%), breadcrumbs (17%), batter, rapeseed oil, rice flour

Breadcrumbs contain wheatflour, yeast, salt, turmeric, natural colour: paprika extract, sunflower oil

Batter contains wheatflour, salt

Label claim(s):

Made in the UK

Caught in the North East or North West Atlantic

Some small bones may remain

Contains fish, wheat, gluten

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/fish finger
Energy	kJ	720	290
Energy	kcal	170	70
Protein	g	12.1	4.8
Carbohydrate	g	17.2	6.9
Sugars	g	0.5	0.2
Starch	g	N/A	N/A
Fat	g	6.0	2.4
Saturates	g	1.0	0.4
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.1	0.4
Salt	g	0.7	0.28
Sodium	g	0.28	0.11

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 35

Composite Sample Name: Fish fingers, cod, fried

Sub-sample Number: 35.10

Sub-sample Name: Ross, 60 minced cod fish fingers

Brand: Ross

Pack size: 1.5kg, 60 x 25g

Purchase Date: 17.01.2011

Place of Purchase: 3663 delivery

Display Until Date:

Best Before Date: May 2012

Batch Number: L0321 UK GG 268 EC

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 35.10

Sub-sample Name: Ross, 60 minced cod fish fingers

Ingredients: Minced cod (56%), coating (wheat flour, water, yeast, salt, turmeric, colours: paprika extract, curcumin), vegetable oil

Label claim(s):

A natural source of omega 3

Contains fish, gluten, wheat and yeast

Some bones may remain

Nutrient Information:

Nutrient	Unit	Amount/100g as sold
Energy	kJ	845
Energy	kcal	202
Protein	g	11.2
Carbohydrate	g	18.7
Sugars	g	3.1
Starch	g	N/A
Fat	g	9.1
Saturates	g	0.9
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Trans	g	0.0
Long chain omega 3	mg	132
Fibre	g	1.8
Salt	g	0.6
Sodium	g	0.22

Nutrient Analysis of Fish and Fish Products

Sample 36: Fish fingers, salmon, grilled / baked

Composite Sample Number: 36

Composite Sample Name: Fish fingers, salmon, grilled / baked

Sub-sample Number: 36.1, 36.2, 36.3 & 36.4

Sub-sample Name: Birds Eye, 10 salmon fish fingers

Brand: Birds Eye

Pack size: 280g

Purchase Date: 17.01.2011

Place of Purchase: 36.1, 36.2 & 36.3 (Morrisons, Norwich), 36.4 (Asda, Norwich)

Display Until Date:

Use by Date: 36.1 (08 2011), 36.2 (07 2011), 36.3 (09 2011), 36.4 (11 2011)

Batch Number: 36.1 (L0218CM066 20:18), 36.2 (L0186CO066 19:51), 36.3 (L0265CN066 14:34), 36.4 (L0333CM066 20:50); 36.1(DE HB 00145 EC), 36.2, 36.3 & 36.4 (DE HB EFB 038 EC)

Packaging: Cardboard

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 36.1, 36.2, 36.3 & 36.4

Sub-sample Name: Birds Eye, 10 salmon fish fingers

Ingredients: Pink salmon fillet (58%), breadcrumb, batter, vegetable oil

Breadcrumb: wheat flour, water, paprika, salt, yeast, turmeric

Batter: wheat flour, water, potato starch, salt

Label claim(s):

Contains wheat and fish

Some bones may remain

100% wild pink salmon fillet fish fingers

No artificial colours, flavours or preservatives

Nutrient Information:

Nutrient	Unit	Amount/100g as sold	Amount/3 fingers (84g) grilled
Energy	kJ	938	790
Energy	kcal	224	190
Protein	g	13.2	11
Carbohydrate	g	21.3	18
Sugars	g	0.4	0.3
Starch	g	N/A	N/A
Fat	g	9.5	8.0
Saturates	g	1.1	0.9
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.0	0.8
Salt	g	0.7	0.6
Sodium	g	0.27	0.23

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 36

Composite Sample Name: Fish fingers, salmon, grilled / baked

Sub-sample Number: 36.5

Sub-sample Name: M&J Seafood, MSC salmon fish fingers

Brand: M&J Seafood

Pack size: 3kg

Purchase Date: 17.01.2011

Place of Purchase: Brakes delivery

Display Until Date:

Use by Date: May 12

Batch Number: L0342 GW/1 DE NI-EFB 102 EC

Packaging: Cardboard and plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 36.5

Sub-sample Name: M&J Seafood, MSC salmon fish fingers

Ingredients: Salmon (56%), wheat flour, sunflower oil, wheat starch, water, salt, skimmed milk powder, pepper extract, pepper, mustard powder, paprika, turmeric, yeast

Label claim(s):

Some small bones may remain

Contains fish, milk, wheat gluten and mustard

Coated in breadcrumbs and flash fried

Nutrient Information:

Nutrient	Unit	Amount/100g as sold
Energy	kJ	832
Energy	kcal	198
Protein	g	13.9
Carbohydrate	g	16.6
Sugars	g	2.9
Starch	g	N/A
Fat	g	8.2
Saturates	g	1.4
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	1.2
Salt	g	0.4
Sodium	g	0.17

Sample 37: Cod, coated in batter, fried

Composite Sample Number: 37

Composite Sample Name: Cod, coated in batter, fried

Sub-sample Number: 37.1 & 37.2

Sub-sample Name: Birds Eye, Simply, 4 large cod fillets in a light and crispy batter

Brand: Birds Eye Simply

Pack size: 480g

Purchase Date: 09.02.2011

Place of Purchase: 37.1 (Asda, Norwich), 37.2 (Sainsbury's, Longwater, Norwich)

Display Until Date:

Best Before Date: 10 2011

Batch Number: 37.1 (L0279WN124 20:37), 37.2 (L0284DN124 03:25), 37.1 & 37.2 (UK LO 037 EC)

Packaging: Cardboard

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 37.1 & 37.2

Sub-sample Name: Birds Eye, Simply, 4 large cod fillets in a light and crispy batter

Ingredients: Cod fillet (57%), batter, vegetable oil, breadcrumb

Batter: wheat flour, water, wheat starch, salt, vegetable oil, maize flour, raising agents (E450, E500)[#], dextrose, skimmed milk powder, mustard

Breadcrumb: 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, mustard, milk

No artificial colours, flavours or preservatives

Some bones may remain

Nutrient Information:

Nutrient	Unit	Amount/100g as sold	Amount/portion baked
Energy	kJ	915	1160
Energy	kcal	219	280
Protein	g	12.6	16.0
Carbohydrate	g	17.5	22.0
Sugars	g	0.8	1.0
Starch	g	N/A	N/A
Fat	g	10.9	14.0
Saturates	g	1.4	1.7
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.8	1.0
Salt	g	1.1	1.4
Sodium	g	0.45	0.56

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 37

Composite Sample Name: Cod, coated in batter, fried

Sub-sample Number: 37.3 & 37.4

Sub-sample Name: Young's, Chip Shop, 4 large cod fillets in our crisp bubbly batter

Brand: Young's Chip Shop

Pack size: 500g

Purchase Date: 09.02.2011

Place of Purchase: Asda, Norwich

Display Until Date:

Best Before Date: Jan 2012

Batch Number: 36.3 (ACL 1012F), 36.4 (ACL 1012E), 36.3 & 36.4 (UK GG 278 EC)

Packaging: Cardboard

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 37.3 & 37.4

Sub-sample Name: Young's, Chip Shop, 4 large cod fillets in our crisp bubbly batter

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):

Contains fish, gluten, milk, mustard and wheat

Some bones may remain

Now less than 3% saturated fat

Nutrient Information:

Nutrient	Unit	Amount/100g as sold	Amount/125g fillet as consumed
Energy	kJ	969	1129
Energy	kcal	232	270
Protein	g	9.9	12.3
Carbohydrate	g	14.8	19.6
Sugars	g	2.7	0.8
Starch	g	N/A	N/A
Fat	g	14.6	15.5
Saturates	g	2.7	2.9
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Omega 3 (EPA/DHA)	mg	121	144
Fibre	g	1.1	1.3
Salt	g	1.2	1.1
Sodium	g	0.36	0.43

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 37

Composite Sample Name: Cod, coated in batter, fried

Sub-sample Number: 37.5

Sub-sample Name: Tesco, 4 battered cod fillets

Brand: Tesco

Pack size: 500g

Purchase Date: 09.02.2011

Place of Purchase: Tesco, Blue Boar Lane, Norwich

Display Until Date: 21.10.2011

Best Before Date: 21.01.2012

Batch Number: 1 021 20:52 PL 32611801 WE

Packaging: Cardboard

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 37.5

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):

No artificial preservatives, flavours or colours

Contains wheat, gluten, fish, mustard

Recipe: no nuts

Ingredients: cannot guarantee nut free

Factory: no nuts

Can contain minor bones

Caught in the North East Atlantic and/or the Baltic Sea

Produced in Poland

100% cod fillet

Nutrient Information:

Nutrient	Unit	Amount/100g as sold	Amount/fillet (125g) as sold
Energy	kJ	905	1130
Energy	kcal	220	270
Protein	g	12.0	15.0
Carbohydrate	g	15.0	18.8
Sugars	g	2.5	3.1
Starch	g	N/A	N/A
Fat	g	12.0	15.0
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	0.8	1.0
Sodium	g	0.3	0.4

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 37

Composite Sample Name: Cod, coated in batter, fried

Sub-sample Number: 37.6

Sub-sample Name: Asda, Chosen by you, 4 battered chunky 100% cod fillets

Brand: Asda Chosen by you

Pack size: 500g

Purchase Date: 09.02.2011

Place of Purchase: Asda, Norwich

Display Until Date:

Best Before Date: 14.01.2012

Batch Number: D UK BB052 EC

Packaging: Cardboard

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 37.6

Sub-sample Name: Asda, Chosen by you, 4 battered chunky 100% cod fillets

Ingredients: Cod (65%), wheat flour, water, rapeseed oil, wheat starch, salt, palm oil, maize flour, raising agents (diphosphates, sodium bicarbonate), yeast extract, mustard powder, skimmed milk powder, sunflower oil, wheat gluten, chilli powder

Label claim(s):

No artificial colours, flavours or hydrogenated fat

Produced in the UK

Contains gluten, milk, wheat, fish and mustard

Some bones may remain

Nutrient Information:

Nutrient	Unit	Amount/100g ovencooked	Amount/125g serving
Energy	kJ	782	N/A
Energy	kcal	187	233
Protein	g	13.8	N/A
Carbohydrate	g	14.2	N/A
Sugars	g	0.4	0.5
Starch	g	N/A	N/A
Fat	g	8.1	10.1
Saturates	g	0.9	1.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.8	N/A
Salt	g	0.6	0.7
Sodium	g	0.22	N/A

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 37

Composite Sample Name: Cod, coated in batter, fried

Sub-sample Number: 37.7

Sub-sample Name: Sainsbury's, 4 battered cod fillets

Brand: Sainsbury's

Pack size: 540g

Purchase Date: 09.02.2011

Place of Purchase: Sainsbury's, Longwater, Norwich

Display Until Date:

Best Before Date: Jan 2012

Batch Number: L1024VG 1 037

Packaging: Cardboard

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 37.7

Sub-sample Name: Sainsbury's 4 battered cod fillets

Ingredients: MSC certified Pacific cod (53%), batter, rusk, palm oil, wheat flour, dextrose, salt

Batter contains: wheat flour, water, wheat starch, maize flour, salt, raising agents: diphosphates, sodium hydrogen carbonate; rapeseed oil, mustard flour, skimmed milk powder (from cows' milk), dextrose, onion powder, yeast extract

Rusk contains: wheat flour, salt

Label claim(s):

Produced in the UK

Contains fish, milk, mustard and wheat gluten

Some bones may remain

Nutrient Information:

Nutrient	Unit	Amount/100g cooked as per instructions	Amount/cod fillet cooked as per instructions
Energy	kJ	849	1063
Energy	kcal	202	253
Protein	g	12.0	15.0
Carbohydrate	g	19.8	24.7
Sugars	g	0.8	0.9
Starch	g	19.0	23.8
Fat	g	8.4	10.5
Saturates	g	2.6	3.2
Monounsaturates	g	4.1	5.1
Polyunsaturates	g	1.7	2.1
Fibre	g	1.4	1.7
Salt	g	0.81	1.01
Sodium	g	0.32	0.4

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 37

Composite Sample Name: Cod, coated in batter, fried

Sub-sample Number: 37.8

Sub-sample Name: Ocean Trader, chunky cod fillets in a light crispy batter

Brand: Ocean Trader

Pack size: 500g (net weight)

Purchase Date: 09.02.2011

Place of Purchase: Lidl, Norwich

Display Until Date:

Best Before Date: Jul 2012

Batch Number: 1006 A UK HU 035 EC

Packaging: Cardboard

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 37.8

Sub-sample Name: Ocean Trader, chunky cod fillets in a light crispy batter

Ingredients: Cod (65%) (*Gadus morhua* or *Gadus macrocephalus*), batter (wheat flour, salt, vegetable fat, maize flour, raising agents: disodium diphosphate, sodium bicarbonate; wheat starch, dextrose, yeast), rapeseed oil

Label claim(s):

Skinless and boneless

No artificial flavourings, preservatives or colours

Some bones may remain

Gadus morhua caught in the Atlantic Ocean "A" (FAO Nos 21 & 27)

Gadus macrocephalus caught in the Pacific Ocean "P" (FAO No.61)

Contains fish and wheat gluten

Nutrient Information:

Nutrient	Unit	Amount/100g uncooked	Amount/fillet approx. 125g uncooked
Energy	kJ	771	964
Energy	kcal	185	231
Protein	g	12.7	15.9
Carbohydrate	g	9.6	12.0
Sugars	g	1.0	1.25
Starch	g	N/A	N/A
Fat	g	10.6	13.3
Saturates	g	1.0	1.25
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.8	1.0
Salt	g	0.89	1.11
Sodium	g	0.35	0.44

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 37

Composite Sample Name: Cod, coated in batter, fried

Sub-sample Number: 37.9

Sub-sample Name: Iceland, 4 cod battered fillets

Brand: Iceland

Pack size: 480g

Purchase Date: 15.02.2011

Place of Purchase: Iceland, Norwich

Display Until Date:

Best Before Date: 29.07.2012

Batch Number: L1029 19:21 P UK GG123 EC

Packaging: Cardboard

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 37.9

Sub-sample Name: Iceland, 4 cod battered fillets

Ingredients: Cod (52%), batter, rapeseed oil, rusk

Batter contains: water, wheat flour, maize flour, wheat starch, salt, palm oil, wheat gluten, raising agents: diphosphates, sodium carbonates; dextrose, stabiliser: xanthan gum; flavouring

Rusk contains: wheat flour, salt, rapeseed oil

Label claim(s):

Skinless and boneless

Contains gluten and fish

Some bones may remain

Produced and packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g ovenbaked	Amount/fillet ovenbaked
Energy	kJ	925	953
Energy	kcal	221	228
Protein	g	14.5	14.9
Carbohydrate	g	14.9	15.3
Sugars	g	0.6	0.6
Starch	g	N/A	N/A
Fat	g	11.5	11.8
Saturates	g	1.0	1.0
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.0	1.0
Salt	g	0.9	0.9
Sodium	g	0.3	0.4

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 37

Composite Sample Name: Cod, coated in batter, fried

Sub-sample Number: 37.10

Sub-sample Name: Marks and Spencer, 4 chunky battered cod fillets

Brand: Marks and Spencer

Pack size: 600g

Purchase Date: 15.02.2011

Place of Purchase: Marks and Spencer, Norwich

Display Until Date:

Use by Date:

Batch Number: UK GG 276 EC

Packaging: Cardboard

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 37.10

Sub-sample Name: Marks and Spencer, 4 chunky battered cod fillets

Ingredients: Cod (60%), batter (18%), 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):

Some small bones may remain

Made in the UK

Caught in the North East or North West Atlantic

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

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/per fillet
Energy	kJ	755	1135
Energy	kcal	180	270
Protein	g	13.2	19.8
Carbohydrate	g	10.9	16.4
Sugars	g	2.0	3.0
Starch	g	N/A	N/A
Fat	g	9.3	14.0
Saturates	g	1.2	1.8
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.3	2.0
Salt	g	1.05	1.58
Sodium	g	0.42	0.63

Nutrient Analysis of Fish and Fish Products

Sample 38: Fishcakes, white fish, coated in breadcrumbs, baked

Composite Sample Number: 38

Composite Sample Name: Fishcakes, white fish, coated in breadcrumbs, baked

Sub-sample Number: 38.1

Sub-sample Name: Tesco, 2 smoked haddock fishcakes

Brand: Tesco

Pack size: 180g

Purchase Date: 24.01.2011

Place of Purchase: Tesco, Harford Bridges, Norwich

Display Until Date: 27.01.2011

Use by Date: 27.01.2011

Batch Number: UK DM035 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Processed on day of purchase and stored frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 38.1

Sub-sample Name: Tesco, 2 smoked haddock fishcakes

Ingredients: Smoked haddock (36%) (*Melanogrammus aeglefinus*), wheat flour, potato (15%), water, vegetable oil, cheddar cheese (4%), leek (3.5%), salt, potato starch, yeast, wheat starch, modified maize starch, wheat gluten, dextrose, dried whole milk, whey powder, lemon juice, colours (curcumin, paprika extract), black pepper, milk sugar, butter powder, maltodextrin, flavouring, yeast extract, mace, dried cream, milk proteins

Smoked haddock contains: haddock, salt, colours (curcumin, annatto)

Label claim(s):

Caught in the North East Atlantic

Catch method: trawled

Low saturates

Contains milk, wheat, gluten, fish

Recipe: no nuts

Ingredients: cannot guarantee nut free

Factory: no nuts

Some bones may remain

Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/fishcake (90g)
Energy	kJ	890	800
Energy	kcal	215	195
Protein	g	10.7	9.6
Carbohydrate	g	17.5	15.8
Sugars	g	2.2	2.0
Starch	g	N/A	N/A
Fat	g	11.0	9.9
Saturates	g	1.4	1.3
Monounsaturates	g	6.6	5.9
Polyunsaturates	g	2.5	2.3
Fibre	g	1.1	1.0
Salt	g	1.3	1.2
Sodium	g	0.5	0.5

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 38

Composite Sample Name: Fishcakes, white fish, coated in breadcrumbs, baked

Sub-sample Number: 38.2

Sub-sample Name: Tesco, 2 cod fishcakes

Brand: Tesco

Pack size: 180g

Purchase Date: 24.01.2011

Place of Purchase: Tesco, Harford Bridges, Norwich

Display Until Date: 27.01.2011

Use by Date: 27.01.2011

Batch Number: UK DM035 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Processed on day of purchase and stored frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 38.2

Sub-sample Name: Tesco, 2 cod fishcakes

Ingredients: Cod (42%) (*Gadus macrocephalus*), wheat flour, potato (14%), water, vegetable oil, salt, potato starch, yeast, onion, dried potato, wheat starch, modified maize starch, wheat gluten, dextrose, whey powder, colours (curcumin, paprika extract), lemon juice, white pepper, butter powder, sunflower oil, dried skimmed milk, dried cream, maltodextrin, parsley, garlic powder, milk, sugar, yeast extract, milk proteins, sea salt, flavouring, fish powder

Label claim(s):

Caught in the Pacific Ocean – China

Catch method: purse seine

Low saturates

Contains milk, wheat, gluten, fish

Recipe: no nuts

Ingredients: cannot guarantee nut free

Factory: no nuts

Packed in the UK

Some bones may remain

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/fishcake (90g)
Energy	kJ	950	855
Energy	kcal	230	205
Protein	g	10.4	9.4
Carbohydrate	g	21.1	19.0
Sugars	g	2.4	2.2
Starch	g	N/A	N/A
Fat	g	11.1	10.0
Saturates	g	0.9	0.8
Monounsaturates	g	7.1	6.4
Polyunsaturates	g	2.7	2.4
Fibre	g	1.1	1.0
Salt	g	1.2	1.1
Sodium	g	0.5	0.4

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 38

Composite Sample Name: Fishcakes, white fish, coated in breadcrumbs, baked

Sub-sample Number: 38.3

Sub-sample Name: Sainsbury's, line caught 2 cod fishcakes

Brand: Sainsbury's

Pack size: 180g

Purchase Date: 24.01.2011

Place of Purchase: Tesco, Harford Bridges, Norwich

Display Until Date:

Use by Date: 30.01.2011

Batch Number: UK BB 052 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 38.3

Sub-sample Name: Sainsbury's, line caught 2 cod fishcakes

Ingredients: Cod and mashed potato mix (67%); signature breadcrumb coating (25%); rapeseed oil

Cod and mashed potato mix contains: cod (62%), fresh mashed potato (31%) (potato, cows' milk, butter*), salt, pepper), white sauce (water, whipping cream (from cows' milk), onion, fish stock (coley, water, onion, carrot, leek, fennel), cornflour, butter*, salt, vegetable stock (carrot, onion, leek, salt, water, white pepper), white pepper, nutmeg), parsley

Signature breadcrumb coating contains: country ground wheat flour, water, yeast, cornflour, salt, sugar, paprika, pepper

*from cows' milk

Label claim(s):

Contains fish, milk and wheat gluten

Produced in the UK

Caught in the North East Atlantic Ocean

Some bones may remain

Nutrient Information:

Nutrient	Unit	Amount/100g cooked as per instructions	Amount/fishcake cooked as per instructions
Energy	kJ	881	749
Energy	kcal	210	179
Protein	g	11.7	9.9
Carbohydrate	g	17.5	14.9
Sugars	g	0.1	Tr
Starch	g	17.4	14.8
Fat	g	10.4	8.8
Saturates	g	1.2	1.0
Monounsaturates	g	5.9	5.0
Polyunsaturates	g	2.8	2.4
Fibre	g	0.9	0.8
Salt	g	0.68	0.57
Sodium	g	0.27	0.23

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 38

Composite Sample Name: Fishcakes, white fish, coated in breadcrumbs, baked

Sub-sample Number: 38.4

Sub-sample Name: Asda, Chosen by you, cook from frozen, 10 cod fishcakes

Brand: Asda, Chosen by you

Pack size: 500g

Purchase Date: 26.01.2011

Place of Purchase: Sainsbury's, Longwater, Norwich

Display Until Date:

Best Before Date: 30.12.2011

Batch Number: ERF L 0 364 G UK GG 278 EC

Packaging: Cardboard

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 38.4

Sub-sample Name: Asda, Chosen by you, cook from frozen, 10 cod fishcakes

Ingredients: Minced cod (45%), partially reconstituted dried potato (25%), breadcrumb (wheat flour, yeast, salt), vegetable oils (sunflower oil, rapeseed oil, palm oil), wheat flour, salt, parsley, black pepper extract, parsley extract

Label claim(s):

No artificial colours, flavours or hydrogenated fat

Some bones may remain

Produced in the UK

Contains gluten, wheat and fish

Nutrient Information:

Nutrient	Unit	Amount/100g ovenbaked	Amount/fishcake ovenbaked
Energy	kJ	825	412
Energy	kcal	197	99
Protein	g	11.0	5.5
Carbohydrate	g	15.0	7.5
Sugars	g	0.9	0.5
Starch	g	N/A	N/A
Fat	g	10.0	5.0
Saturates	g	1.8	0.9
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.6	0.8
Salt	g	0.7	0.3
Sodium	g	0.26	0.13

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 38

Composite Sample Name: Fishcakes, white fish, coated in breadcrumbs, baked

Sub-sample Number: 38.5

Sub-sample Name: Morrisons, 2 cod fishcakes in a crispy breadcrumb

Brand: Morrisons

Pack size: 180g

Purchase Date: 24.01.2011

Place of Purchase: Morrisons, Norwich

Display Until Date:

Use by Date: 28.01.2011

Batch Number: UK DM035 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 38.5

Sub-sample Name: Morrisons, 2 cod fishcakes in a crispy breadcrumb

Ingredients: Cod (40%), wheat flour, water, potato (13%), vegetable oil, dried potato, cornflour, onion, salt, potato starch, yeast, concentrated lemon juice, white pepper, sugar, black pepper, butter powder, dried skimmed milk, herbs, maltodextrin, garlic powder, lactose, onion powder, dried cream, yeast extract, milk proteins, whey powder, fish powder, herb and spice extract, dextrose

Label claim(s):

No artificial colours or flavours

Contains fish, gluten and milk

May contain traces of mustard and shellfish

Some bones may remain

Produced in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g as consumed	Amount/fishcake as consumed
Energy	kJ	919	827
Energy	kcal	219	197
Protein	g	9.9	8.9
Carbohydrate	g	22.2	20.0
Sugars	g	2.6	2.3
Starch	g	N/A	N/A
Fat	g	10.1	9.1
Saturates	g	0.8	0.7
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.3	2.1
Salt	g	0.6	0.5
Sodium	g	0.2	0.2

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 38

Composite Sample Name: Fishcakes, white fish, coated in breadcrumbs, baked

Sub-sample Number: 38.6

Sub-sample Name: Tesco, value 10 fish cakes

Brand: Tesco value

Pack size: 420g

Purchase Date: 24.01.2011

Place of Purchase: Tesco, Harford Bridges, Norwich

Display Until Date: Oct 2011

Best Before Date: Jan 2012

Batch Number: L1 007 12:06 M1 UK HA 001 FE EC

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 38.6

Sub-sample Name: Tesco, value 10 fish cakes

Ingredients: Reconstituted potato flake (43%), (water, dried potato), white fish (25%), wheat flour, vegetable oil, wheat starch, yeast, dextrose, salt, raising agent (sodium carbonate, disodium diphosphate), skimmed milk solids, onion powder, white pepper, parsley, sugar

Label claim(s):

No artificial preservatives, flavours or colours

Contains wheat, milk, gluten, fish

Recipe: no nuts

Ingredients: cannot guarantee nut free

Factory: no nuts

Contains raw fish

Can contain minor bones

Produced in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g oven baked according to instructions	Amount/each fish cake (42g) oven baked according to instructions
Energy	kJ	955	420
Energy	kcal	230	95
Protein	g	6.3	2.7
Carbohydrate	g	27.6	11.6
Sugars	g	0.3	0.1
Starch	g	N/A	N/A
Fat	g	10.3	4.3
Saturates	g	0.8	0.3
Monounsaturates	g	6.4	2.7
Polyunsaturates	g	2.6	1.1
Fibre	g	1.6	0.7
Salt	g	0.3	0.1
Sodium	g	0.1	Tr

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 38

Composite Sample Name: Fishcakes, white fish, coated in breadcrumbs, baked

Sub-sample Number: 38.7

Sub-sample Name: Marks and Spencer, 2 cod fish cakes

Brand: Marks and Spencer

Pack size: 170g

Purchase Date: 24.01.2011

Place of Purchase: Marks and Spencer, Norwich

Display Until Date: 28.01.2011

Use by Date: 28.01.2011

Batch Number: UK VK 001 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 38.7

Sub-sample Name: Marks and Spencer, 2 cod fish cakes

Ingredients: Cod (35%), potatoes (30%), breadcrumbs (12%), batter, rapeseed oil, dried potatoes, fish stock, onions, potato starch, lemon juice, salt, parsley, ground white pepper

Breadcrumbs contain wheatflour, yeast, salt

Batter contains wheatflour

Fish stock contains water, fish, onions, rapeseed oil, parsley, bay

Label claim(s):

Contains fish, wheat, gluten

Made in the UK

Caught in the North East Atlantic

Contains raw fish

Some small bones may remain

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/per fishcake
Energy	kJ	755	640
Energy	kcal	180	155
Protein	g	8.9	7.6
Carbohydrate	g	15.4	13.1
Sugars	g	0.3	0.3
Starch	g	N/A	N/A
Fat	g	9.2	7.8
Saturates	g	1.2	1.0
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.3	1.1
Salt	g	0.68	0.59
Sodium	g	0.27	0.23

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 38

Composite Sample Name: Fishcakes, white fish, coated in breadcrumbs, baked

Sub-sample Number: 38.8

Sub-sample Name: Marks and Spencer, 2 smoked haddock fishcakes

Brand: Marks and Spencer

Pack size: 170g

Purchase Date: 28.01.2011

Place of Purchase: Marks and Spencer, Norwich

Display Until Date: 28.01.2011

Use by Date: 28.01.2011

Batch Number: UK VK 001 EC A21 621 11:5

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 38.8

Sub-sample Name: Marks and Spencer, 2 smoked haddock fishcakes

Ingredients: Potatoes (31%), smoked haddock (27%), breadcrumbs (12%), haddock (9%), batter, rapeseed oil, dried potatoes, fish stock, onions, potato starch, lemon juice, sea salt, parsley, cracked black pepper

Smoked haddock contains haddock, salt, colour: annatto

Breadcrumbs contain wheatflour, yeast, salt

Batter contains wheatflour

Fish stock contains water, fish, onions, rapeseed oil, parsley, bay

Label claim(s):

Contains fish, wheat, gluten

Made in the UK

Caught in the North East Atlantic

Contains raw fish

Some small bones may remain

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/fishcake
Energy	kJ	770	655
Energy	kcal	185	155
Protein	g	9.1	7.7
Carbohydrate	g	17.2	14.6
Sugars	g	0.3	0.2
Starch	g	N/A	N/A
Fat	g	8.8	7.5
Saturates	g	1.7	1.5
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.3	1.1
Salt	g	1.13	0.96
Sodium	g	0.45	0.38

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 38

Composite Sample Name: Fishcakes, white fish, coated in breadcrumbs, baked

Sub-sample Number: 38.9

Sub-sample Name: Birds Eye, 4 cod cakes in crunch crumb

Brand: Birds Eye

Pack size: 198g

Purchase Date: 24.01.2011

Place of Purchase: Tesco, Harford Bridges, Norwich

Display Until Date:

Best Before Date: 06 2012

Batch Number: L0351CK066 19:29 DE HB 00145 EC

Packaging: Cardboard

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 38.9

Sub-sample Name: Birds Eye, 4 cod cakes in crunch crumb

Ingredients: Minced cod (45%), water, potato, breadcrumb, vegetable oil, potato flake, batter, wheat flour, salt, parsley, white pepper

Breadcrumbs contain wheat flour, yeast, dextrose, salt

Batter contains wheat flour, salt

Label claim(s):

Contains fish, wheat

Some bones may remain

No artificial colours, flavours or preservatives

Nutrient Information:

Nutrient	Unit	Amount/100g as sold	Amount/2 cod cakes (99g) grilled
Energy	kJ	770	760
Energy	kcal	184	180
Protein	g	10.4	10.0
Carbohydrate	g	16.0	16.0
Sugars	g	0.6	0.6
Starch	g	N/A	N/A
Fat	g	8.7	8.6
Saturates	g	1.0	1.0
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.1	1.1
Salt	g	0.9	0.9
Sodium	g	0.37	0.37

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 38

Composite Sample Name: Fishcakes, white fish, coated in breadcrumbs, baked

Sub-sample Number: 38.10

Sub-sample Name: Whitby fish cakes, smoked haddock and spring onion

Brand: Whitby

Pack size: 320g

Purchase Date: 25.01.2011

Place of Purchase: Tesco, Blue Boar Lane, Norwich

Display Until Date:

Best Before Date: Jun 2012

Batch Number: W 10356 1234 UK YK 006 EC

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 38.10

Sub-sample Name: Whitby fish cakes, smoked haddock and spring onion

Ingredients: Potato, smoked haddock (14%), Alaskan pollock, breadcrumbs (wheat flour, malt flour, yeast, vegetable oil, dextrose, salt, herb extract), batter (water, wheat flour, wheat starch, raising agents: E450, E500; salt, sugar), vegetable oil, white sauce (whipping cream, water, modified maize starch, salt, pepper, ground nutmeg), spring onions (4%)

Label claim(s):

A source of Omega 3

Contains fish, wheat, gluten and milk products

May contain traces of shellfish and mustard

Some bones may remain

Nutrient Information:

Nutrient	Unit	Amount/100g oven baked	Amount/fish cake (80g) oven baked
Energy	kJ	682	542
Energy	kcal	163	129
Protein	g	7.8	6.2
Carbohydrate	g	15.3	12.2
Sugars	g	1.6	1.3
Starch	g	N/A	N/A
Fat	g	7.8	6.2
Saturates	g	1.2	1.0
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.1	1.7
Salt	g	1.3	1.0
Sodium	g	0.52	0.41

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 38

Composite Sample Name: Fishcakes, white fish, coated in breadcrumbs, baked

Sub-sample Number: 38.11

Sub-sample Name: Ross, breaded fish cakes

Brand: Ross

Pack size: 36 x 85g 3.06kg

Purchase Date: 17.01.2011

Place of Purchase: 3663 delivery

Display Until Date:

Best Before Date: Mar 2012

Batch Number: AF 0259 Z UK GG278 EC

Packaging: Cardboard and plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 38.11

Sub-sample Name: Ross, breaded fish cakes

Ingredients: Minced fish (33%), partially rehydrated dried potato, coating (contains water, wheat flour, water, yeast, salt, colours: curcumin and paprika extract), vegetable oil, rusk, seasoning, stabiliser: methylcellulose, skimmed milk powder, mustard powder

Label claim(s):

Allergy advice: fish, gluten, milk, mustard, wheat, yeast
Some bones may remain

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Sample 39: Fishcakes, salmon, coated in breadcrumbs, baked

Composite Sample Number: 39

Composite Sample Name: Fishcakes, salmon, coated in breadcrumbs, baked

Sub-sample Number: 39.1

Sub-sample Name: Tesco, 2 salmon fishcakes

Brand: Tesco

Pack size: 180g

Purchase Date: 26.01.2011

Place of Purchase: Tesco, Harford Bridges, Norwich

Display Until Date: 29.01.2011

Use by Date: 29.01.2011

Batch Number: UK DM035 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 39.1

Sub-sample Name: Tesco, 2 salmon fishcakes

Ingredients: Salmon (42%) (*Oncorhynchus gorbuscha* or *oncorhynchus keta*), wheat flour, water, vegetable oil, potato (6%), dried potato, salt, potato starch, yeast, onion, wheat starch, modified maize starch, wheat gluten, dextrose, whey powder, colours (curcumin, paprika extract), lemon juice, sunflower oil, black pepper, white pepper, butter powder, dried skimmed milk, dried cream, maltodextrin, parsley, garlic powder, milk sugar, yeast extract, milk proteins, sea salt, fish powder, parsley extract

Label claim(s):

Low saturates

Caught in the Pacific Ocean – China

Catch method: mid water trawl

Some bones may remain

Contains milk, wheat, gluten, fish

Recipe: no nuts

Ingredients: cannot guarantee nut free

Factory: no nuts

Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/fishcake (90g)
Energy	kJ	970	870
Energy	kcal	235	210
Protein	g	9.7	8.7
Carbohydrate	g	21.0	18.9
Sugars	g	2.7	2.4
Starch	g	N/A	N/A
Fat	g	12.0	10.8
Saturates	g	1.0	0.9
Monounsaturates	g	7.7	6.9
Polyunsaturates	g	2.8	2.5
Fibre	g	1.2	1.1
Salt	g	1.1	1.0
Sodium	g	0.4	0.4

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 39

Composite Sample Name: Fishcakes, salmon, coated in breadcrumbs, baked

Sub-sample Number: 39.2

Sub-sample Name: Sainsbury's, 2 salmon fishcakes

Brand: Sainsbury's

Pack size: 180g

Purchase Date: 26.01.2011

Place of Purchase: Sainsbury's, Longwater, Norwich

Display Until Date:

Use by Date: 31.01.2011

Batch Number: UK BB 052 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 39.2

Sub-sample Name: Sainsbury's, 2 salmon fishcakes

Ingredients: Salmon and mash potato mix (67%); signature breadcrumb coating (25%); rapeseed oil

Salmon and mash potato mix contains: salmon (59%), fresh mashed potato (30%) (potato cows' milk*, butter*, salt, pepper), white sauce (water, whipping cream*, onion, fish stock (coley, water, onion, carrot, leek, fennel), cornflour, butter*, salt, vegetable stock (carrot, onion, leek, salt, water, white pepper), white pepper, nutmeg), dill

Signature breadcrumb coating contains: country ground wheat flour, water, yeast, cornflour, salt, sugar, paprika, pepper

*from Cows Milk

Label claim(s):

Contains fish, milk and wheat gluten

Some bones may remain

Produced in UK

Farmed in Scotland

Nutrient Information:

Nutrient	Unit	Amount/100g cooked as per instructions	Amount/fishcake cooked as per instructions
Energy	kJ	1063	903
Energy	kcal	254	216
Protein	g	12.2	10.4
Carbohydrate	g	18.1	15.4
Sugars	g	0.1	Tr
Starch	g	18.0	15.3
Fat	g	14.8	12.6
Saturates	g	2.2	1.9
Monounsaturates	g	7.8	6.6
Polyunsaturates	g	4.1	3.5
Fibre	g	1.4	1.2
Salt	g	0.68	0.57
Sodium	g	0.27	0.23

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 39

Composite Sample Name: Fishcakes, salmon, coated in breadcrumbs, baked

Sub-sample Number: 39.3

Sub-sample Name: Asda, 2 salmon fishcakes

Brand: Asda

Pack size: 180g

Purchase Date: 26.01.2011

Place of Purchase: Asda, Norwich

Display Until Date: 29.01.2011

Use by Date: 29.01.2011

Batch Number: UK DM035 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 39.3

Sub-sample Name: Asda, 2 salmon fishcakes

Ingredients: Salmon (42%), wheat flour, potatoes, water, rapeseed oil, cream powder, butter powder, onions, cornflour, sea salt, potato flakes, sugar, dried parsley, yeast, white pepper, lemon juice

Label claim(s):

No artificial colours, flavours or hydrogenated fat

Contains gluten, milk, wheat and fish

Some bones may remain

Caught in the Pacific Ocean

Produced in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/fishcake
Energy	kJ	942	849
Energy	kcal	226	203
Protein	g	10.4	9.4
Carbohydrate	g	18.7	16.8
Sugars	g	3.9	3.5
Starch	g	N/A	N/A
Fat	g	11.3	10.2
Saturates	g	1.9	1.7
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	3.7	3.3
Salt	g	0.8	0.7
Sodium	g	0.32	0.29

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 39

Composite Sample Name: Fishcakes, salmon, coated in breadcrumbs, baked

Sub-sample Number: 39.4

Sub-sample Name: Morrisons, 2 salmon fishcakes in a crispy breadcrumb

Brand: Morrisons

Pack size: 180g

Purchase Date: 24.01.2011

Place of Purchase: Morrisons, Norwich

Display Until Date:

Use by Date: 28.01.2011

Batch Number: UK DM035 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 39.4

Sub-sample Name: Morrisons, 2 salmon fishcakes in a crispy breadcrumb

Ingredients: Salmon (40%), wheat flour, water, potato (10%), vegetable oil, cornflour, dried potato, salt, onion, sugar, spirit vinegar, potato starch, yeast, milk proteins, white pepper, concentrated lemon juice, mustard seed, black pepper, butter powder, dried skimmed milk, onion powder, herbs, maltodextrin, garlic powder, lactose, yeast extract, dried cream, whey powder, fish powder, herb and spice extracts, dextrose

Label claim(s):

No artificial colours or flavours

Contains fish, gluten, milk and mustard

May contain traces of shellfish

Some bones may remain

Produced in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g as consumed	Amount/fishcake as consumed
Energy	kJ	893	804
Energy	kcal	213	192
Protein	g	13.0	11.7
Carbohydrate	g	16.9	15.2
Sugars	g	2.9	2.6
Starch	g	N/A	N/A
Fat	g	10.4	9.4
Saturates	g	1.0	0.9
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	3.6	3.2
Salt	g	0.5	0.5
Sodium	g	0.2	0.2

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 39

Composite Sample Name: Fishcakes, salmon, coated in breadcrumbs, baked

Sub-sample Number: 39.5

Sub-sample Name: Marks and Spencer, 2 Lochmuir Scottish salmon fishcakes

Brand: Marks and Spencer

Pack size: 170g

Purchase Date: 24.01.2011

Place of Purchase: Marks and Spencer, Norwich

Display Until Date: 28.01.2011

Use by Date: 28.01.2011

Batch Number: A19 C 101910 04:34 UK VK 001 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 39.5

Sub-sample Name: Marks and Spencer, 2 Lochmuir Scottish salmon fishcakes

Ingredients: Potatoes (34%), Lochmuir salmon (33%), breadcrumbs (12%), batter, rapeseed oil, dried potatoes, wild salmon, fish stock, onions, potato starch, lemon juice, salt, parsley, dill

Breadcrumbs contain wheatflour, yeast, salt

Batter contains wheatflour

Fish stock contains water, fish, onions, rapeseed oil, parsley, bay

Label claim(s):

Contains fish, wheat, gluten

Made in the UK

Salmon from farms in Scotland and wild Alaskan salmon from the Pacific Ocean

Contains raw fish

Some small bones may remain

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/fishcake
Energy	kJ	905	770
Energy	kcal	215	185
Protein	g	8.5	7.2
Carbohydrate	g	16.3	13.9
Sugars	g	0.4	0.3
Starch	g	N/A	N/A
Fat	g	13.0	11.1
Saturates	g	2.1	1.8
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.1	0.9
Salt	g	0.78	0.68
Sodium	g	0.31	0.27

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 39

Composite Sample Name: Fishcakes, salmon, coated in breadcrumbs, baked

Sub-sample Number: 39.6

Sub-sample Name: Waitrose, essential, 2 salmon and dill fish cakes in a light oven crisp crumb

Brand: Waitrose essential

Pack size: 170g

Purchase Date: 27.01.2011

Place of Purchase: Waitrose, Norwich

Display Until Date: 01.02.2011

Use by Date: 01.02.2011

Batch Number: UK GR006 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 39.6

Sub-sample Name: Waitrose, essential, 2 salmon and dill fish cakes in a light oven crisp crumb

Ingredients: Salmon and dill fish cake filling (75%), light oven crisp crumb

Salmon and dill fish cake filling contains salmon (49%), mashed potato (potatoes, palm oil, butter, salt, milk powder, concentrated butter, onion powder, pepper), dried potato, potato starch, lemon juice, capers (with salt), dill (0.2%), gherkins (cucumber, water, sugar, spirit vinegar, salt, pepper extract), parsley, salt, white pepper

Light oven crisp crumb contains wheat flour, rapeseed oil, water, wheat gluten, wheat starch, yeast, maize flour, salt, wheat dextrose, rice flour, mustard flour, flour treatment agent L-ascorbic acid, black pepper extract

Product as sold contains salmon 37%

Label claim(s):

Contains fish, gluten, milk and mustard

Small bones may remain

Produced in the UK

Farmed in the Faroe Islands

Nutrient Information:

Nutrient	Unit	Amount/100g as sold	Amount/fish cake as sold
Energy	kJ	925	787
Energy	kcal	222	188
Protein	g	10.0	8.5
Carbohydrate	g	15.4	13.1
Sugars	g	2.1	1.8
Starch	g	N/A	N/A
Fat	g	13.3	11.3
Saturates	g	2.0	1.7
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.6	1.4
Salt	g	N/A	N/A
Sodium	g	0.36	0.31

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 39

Composite Sample Name: Fishcakes, salmon, coated in breadcrumbs, baked

Sub-sample Number: 39.7

Sub-sample Name: Reef Crest, 4 salmon fishcakes

Brand: Reef Crest

Pack size: 320g

Purchase Date: 26.01.2011

Place of Purchase: Lidl, Norwich

Display Until Date:

Best Before Date: July 2011

Batch Number: 0208 UK HU 035 EC

Packaging: Cardboard

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 39.7

Sub-sample Name: Reef Crest, 4 salmon fishcakes

Ingredients: Salmon fillets (27%) (*Salmo salar*), reconstituted mash potato, minced salmon (18%), breadcrumbs (wheat flour, salt, yeast, dextrose), batter (wheat flour, water, salt), rapeseed oil, single cream (contains stabiliser: carrageenan), seasoning (salt, rusk, dextrose, paprika, chives, colour: beetroot red; black pepper, white pepper), lemon juice concentrate, dried chives

Label claim(s):

Farmed in Norway, FAO no.27

Contains fish, gluten, milk, and wheat

Some bones may remain

Produced in the UK

No artificial flavourings, preservatives or colours

In oven crisp breadcrumbs

Nutrient Information:

Nutrient	Unit	Amount/100g cooked as per instructions	Amount/fishcake 80g cooked as per instructions
Energy	kJ	1019	815
Energy	kcal	244	195
Protein	g	10.5	8.4
Carbohydrate	g	18.6	14.9
Sugars	g	0.5	0.4
Starch	g	N/A	N/A
Fat	g	13.8	11.0
Saturates	g	2.1	1.7
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.7	1.4
Salt	g	1.13	0.9
Sodium	g	0.45	0.36

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 39

Composite Sample Name: Fishcakes, salmon, coated in breadcrumbs, baked

Sub-sample Number: 39.8

Sub-sample Name: Ross, breaded salmon fish cakes

Brand: Ross

Pack size: 3kg, 60 x 50g

Purchase Date: 17.01.2011

Place of Purchase: 3663 delivery

Display Until Date:

Use by Date: Nov 2011

Batch Number: AF 0 324B UK GG278 EC

Packaging: Cardboard and plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 39.8

Sub-sample Name: Ross, breaded salmon fish cakes

Ingredients: Minced salmon (25%), partially rehydrated dried potato, coating (wheat flour, water, yeast, salt, turmeric, colours: paprika extract) vegetable oil, rusk (wheat flour, salt), seasoning, stabiliser: methylcellulose

Label claim(s):

Allergy advice: fish, gluten, wheat, and yeast
Some bones may remain

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Sample 40: Scampi, coated in breadcrumbs, baked

Composite Sample Number: 40

Composite Sample Name: Scampi, coated in breadcrumbs, baked

Sub-sample Number: 40.1

Sub-sample Name: Tesco, whole tail breaded scampi

Brand: Tesco

Pack size: 300g

Purchase Date: 13.01.2011

Place of Purchase: Tesco, Blue Boar Lane, Norwich

Display Until Date: Sep 2011

Best Before Date: Dec 2011

Batch Number: LO 347 21:18 M2 UK HA 001 EC

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 40.1

Sub-sample Name: Tesco, whole tail breaded scampi

Ingredients: Scampi (48%), wheat flour, water, vegetable oil, wheat starch, sugar, raising agents (sodium carbonate, disodium phosphate), dried skimmed milk, yeast, stabilisers (potassium triphosphate, sodium triphosphate), wheat gluten, salt

Label claim(s):

Contains milk, wheat, gluten, shellfish

Recipe: no nuts

Ingredients: cannot guarantee nut free

Factory: no nuts

May contain small fragments of shell

No artificial preservatives, flavours or colours

Produced in the UK

Caught in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g oven cooked according to instructions	Amount/half pack (150g) oven cooked according to instructions
Energy	kJ	875	1310
Energy	kcal	210	315
Protein	g	8.4	12.6
Carbohydrate	g	22.1	33.2
Sugars	g	1.7	2.6
Starch	g	N/A	N/A
Fat	g	9.6	14.4
Saturates	g	0.8	1.2
Monounsaturates	g	5.8	8.7
Polyunsaturates	g	2.5	3.8
Fibre	g	0.7	1.1
Salt	g	0.8	1.3
Sodium	g	0.3	0.5

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 40

Composite Sample Name: Scampi, coated in breadcrumbs, baked

Sub-sample Number: 40.2

Sub-sample Name: Sainsbury's, breaded wholetail scampi

Brand: Sainsbury's

Pack size: 330g

Purchase Date: 13.01.2011

Place of Purchase: Sainsbury's, Longwater, Norwich

Display Until Date:

Best Before Date: 30.05.12

Batch Number: B 15:57 0334 UK WD 101 FE EC

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 40.2

Sub-sample Name: Sainsbury's, breaded wholetail scampi

Ingredients: Scampi (48%), signature breadcrumb; batter; rapeseed oil; water; salt

Signature breadcrumb contains: country ground wheat, flour, salt, yeast

Batter contains: country ground wheat flour, sugar, water, salt

Label claim(s):

Contains shellfish and wheat gluten

May contain small fragments of shell

Caught and packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g cooked as per instructions	Amount/½ pack as per instructions
Energy	kJ	1074	1418
Energy	kcal	256	338
Protein	g	12.1	15.9
Carbohydrate	g	24.7	32.6
Sugars	g	2.0	2.7
Starch	g	22.7	30.0
Fat	g	12.1	16.0
Saturates	g	1.0	1.3
Monounsaturates	g	7.3	9.6
Polyunsaturates	g	3.3	4.3
Fibre	g	2.1	2.8
Salt	g	1.13	1.49
Sodium	g	0.45	0.59

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 40

Composite Sample Name: Scampi, coated in breadcrumbs, baked

Sub-sample Number: 40.3

Sub-sample Name: Morrisons, wholetail scampi in breadcrumbs

Brand: Morrisons

Pack size: 300g

Purchase Date: 13.01.2011

Place of Purchase: Morrisons, Norwich

Display Until Date:

Best Before Date: Jun 2012

Batch Number: LO351 M2 08:42 UK HA001 EC

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 40.3

Sub-sample Name: Morrisons, wholetail scampi in breadcrumbs

Ingredients: Scampi (47%), batter (water, wheat flour, wheat starch, dried skimmed milk, raising agent (disodium diphosphate, sodium carbonates)), breadcrumb (wheat flour, maize flour, yeast, dextrose, wheat gluten, salt, flour treatment agent (ascorbic acid)), vegetable oil, wheat flour, water stabiliser (potassium polyphosphate, sodium polyphosphate)

Label claim(s):

Contains gluten, milk, and shellfish

May contain traces of fish

May contain small fragments of shell

Produced in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g as consumed	Amount/½ pack oven cooked
Energy	kJ	883	1324
Energy	kcal	211	316
Protein	g	9.4	14.1
Carbohydrate	g	19.9	29.9
Sugars	g	0.3	0.5
Starch	g	N/A	N/A
Fat	g	10.4	15.6
Saturates	g	0.8	1.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.9	2.9
Salt	g	0.9	1.3
Sodium	g	0.4	0.5

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 40

Composite Sample Name: Scampi, coated in breadcrumbs, baked

Sub-sample Number: 40.4

Sub-sample Name: Asda, Chosen by you, breaded wholetail scampi

Brand: Asda Chosen by you

Pack size: 280g

Purchase Date: 13.01.2011

Place of Purchase: Asda, Norwich

Display Until Date:

Best Before Date: 16.12.2011

Batch Number: LO350 M2 08:09 UK HA001 EC

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 40.4

Sub-sample Name: Asda, Chosen by you, breaded wholetail scampi

Ingredients: Scampi (shellfish) (45%), water, wheat flour, breadcrumb (wheat flour, yeast, dextrose, salt), rapeseed oil, wheat starch, stabilisers (potassium phosphates, sodium phosphates), salt, yeast

Label claim(s):

Contains gluten, wheat, shellfish, yeast

Some shell may remain

Produced in the UK

No artificial colours, flavours or hydrogenated fat

Nutrient Information:

Nutrient	Unit	Amount/100g ovenbaked	Amount/serving
Energy	kJ	887	828
Energy	kcal	212	197
Protein	g	9.7	9.1
Carbohydrate	g	21.4	20.0
Sugars	g	0.4	0.4
Starch	g	N/A	N/A
Fat	g	9.4	8.8
Saturates	g	0.7	0.7
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.3	1.2
Salt	g	0.7	0.7
Sodium	g	0.28	0.26

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 40

Composite Sample Name: Scampi, coated in breadcrumbs, baked

Sub-sample Number: 40.5

Sub-sample Name: Tesco, value breaded scampi

Brand: Tesco value

Pack size: 300g

Purchase Date: 19.01.2011

Place of Purchase: Tesco, Blue Boar Lane, Norwich

Display Until Date: Aug 2011

Use by Date: Nov 2011

Batch Number: LO 322 16:11 M1 UK HA 001 EC

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 40.5

Sub-sample Name: Tesco, value breaded scampi

Ingredients: Scampi (43%), wheat flour, water, breadcrumb (10%), vegetable oil, wheat starch, whey powder, salt, raising agent (sodium bicarbonate), citric acid, sugar, stabiliser (potassium triphosphate, disodium diphosphate), thickener (hydroxypropyl methyl cellulose), yeast

Breadcrumb contains: wheat flour, maize flour, yeast, dextrose, flavouring, wheat gluten, salt, flour treatment agent (ascorbic acid)

Label claim(s):

Contains milk, wheat, gluten, shellfish

Recipe: No nuts

Ingredients: Cannot guarantee nut free

Factory: No nuts

May contain small fragments of shell

Nutrient Information:

Nutrient	Unit	Amount/100g oven cooked according to instructions	Amount/half a pack (150g) oven cooked according to instructions
Energy	kJ	840	1260
Energy	kcal	200	300
Protein	g	9.3	14.0
Carbohydrate	g	20.8	31.2
Sugars	g	3.4	5.1
Starch	g	N/A	N/A
Fat	g	8.8	13.2
Saturates	g	0.7	1.1
Monounsaturates	g	5.2	7.8
Polyunsaturates	g	2.5	3.8
Fibre	g	0.3	0.5
Salt	g	0.8	1.3
Sodium	g	0.3	0.5

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 40

Composite Sample Name: Scampi, coated in breadcrumbs, baked

Sub-sample Number: 40.6

Sub-sample Name: Marks and Spencer, breaded Scottish wholetail scampi

Brand: Marks and Spencer

Pack size: 200g

Purchase Date: 27.01.2011

Place of Purchase: Marks and Spencer, Norwich

Display Until Date: 24.02.2011

Use by Date: 24.02.2011

Batch Number: UK GG 276 EC

Packaging: Plastic and Cardboard

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 40.6

Sub-sample Name: Marks and Spencer, breaded Scottish wholetail scampi

Ingredients: Wholetail scampi (57%), breadcrumbs (21%), batter, rapeseed oil, rice flour

Breadcrumbs contain wheat flour, yeast, salt

Batter contains wheatflour, wheat starch, salt, black pepper extract, natural colour: paprika extract, sunflower oil

Label claim(s):

Contains shellfish, wheat, gluten

Some small pieces of shell may remain

Made in the UK

Caught in the North East Atlantic

Contains raw fish

Previously frozen

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount per ½ pack
Energy	kJ	780	780
Energy	kcal	185	185
Protein	g	9.3	9.3
Carbohydrate	g	21.2	21.2
Sugars	g	2.6	2.6
Starch	g	N/A	N/A
Fat	g	7.2	7.2
Saturates	g	0.8	0.8
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.1	1.1
Salt	g	1.15	1.15
Sodium	g	0.46	0.46

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 40

Composite Sample Name: Scampi, coated in breadcrumbs, baked

Sub-sample Number: 40.7

Sub-sample Name: Young's, whole scampi

Brand: Young's

Pack size: 250g

Purchase Date: 17.01.2011

Place of Purchase: Asda, Norwich

Display Until Date:

Best Before Date: May 2012

Batch Number: L0306 UK GG 268 EC

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 40.7

Sub-sample Name: Young's, whole scampi

Ingredients: Scampi (41%), wheat flour, water, vegetable oil, wheat starch, rice flour, wheat gluten, potato starch, modified maize starch, salt, raising agents: (disodium diphosphate, sodium bicarbonate), yeast, dextrose, white pepper

Label claim(s):

Contains crustaceans, gluten and wheat

Some pieces of shell may remain

Nutrient Information:

Nutrient	Unit	Amount/100g as sold	Amount/125g serving as consumed
Energy	kJ	926	1108
Energy	kcal	221	264
Protein	g	9.1	10.8
Carbohydrate	g	25.1	30.8
Sugars	g	1.8	1.3
Starch	g	N/A	N/A
Fat	g	9.1	10.5
Saturates	g	0.8	0.8
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.1	1.7
Salt	g	1.1	1.4
Sodium	g	0.44	0.55

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 40

Composite Sample Name: Scampi, coated in breadcrumbs, baked

Sub-sample Number: 40.8

Sub-sample Name: Young's, Isle of Lewis whole scampi

Brand: Young's

Pack size: 250g

Purchase Date: 13.01.2011

Place of Purchase: Sainsbury's, Longwater, Norwich

Display Until Date:

Best Before Date: May 2012

Batch Number: L0307 UK GG 268 EC

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 40.8

Sub-sample Name: Young's, Isle of Lewis whole scampi

Ingredients: Scampi (41%), wheat flour, water, vegetable oil, wheat starch, rice flour, wheat gluten, potato starch, modified maize starch, salt, raising agents: disodium diphosphate, sodium bicarbonate), yeast, dextrose, white pepper

Label claim(s):

Contains crustacean, gluten and wheat

Some pieces of shell may remain

Nutrient Information:

Nutrient	Unit	Amount/100g as sold	Amount/125g serving as consumed
Energy	kJ	865	1077
Energy	kcal	206	257
Protein	g	8.6	11.4
Carbohydrate	g	25	28.8
Sugars	g	1.8	1.7
Starch	g	N/A	N/A
Fat	g	9.1	10.6
Saturates	g	0.8	1.0
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.0	1.2
Salt	g	1.3	1.5
Sodium	g	0.54	0.66

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 40

Composite Sample Name: Scampi, coated in breadcrumbs, baked

Sub-sample Number: 40.9

Sub-sample Name: Whitby, breaded scampi

Brand: Whitby Seafoods

Pack size: 750g

Purchase Date: 12.01.2011

Place of Purchase: Iceland, Norwich

Display Until Date:

Best Before Date: Jun 2012

Batch Number: W10343 1240 UK YK 006 EC

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 40.9

Sub-sample Name: Whitby, breaded scampi

Ingredients: Scampi (40%) (*Nephrops norvegicus*), crispy breadcrumbs (wheat flour, malt flour, yeast, vegetable oil, dextrose, salt, herb extract), batter (water, wheatflour, wheat starch, raising agents: E450, E500; salt, sugar, vegetable fat, dextrose), water, vegetable oil, stabilisers: E450, E451, E452

Label claim(s):

Contains shellfish, wheat and gluten

May contain traces of fish and mustard

Some shell and bone traces may remain

Capture area: West Scotland (Clyde Stock) or North Sea or Irish Sea or West Ireland or Porcupine Bank or West Great Sole or Great Sole

Capture method: otter trawled

Low in fat, high in protein and contains omega 3 (when oven baked)

Nutrient Information:

Nutrient	Unit	Amount/100g oven baked	Amount/125g portion oven baked
Energy	kJ	1147	1435
Energy	kcal	274	342
Protein	g	10.7	13.4
Carbohydrate	g	29.1	36.4
Sugars	g	1.5	1.9
Starch	g	N/A	N/A
Fat	g	12.7	15.9
Saturates	g	1.1	1.4
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Omega 3 fatty acids	g	0.6	0.8
Fibre	g	1.4	1.8
Salt	g	1.0	1.3
Sodium	g	0.36	0.45

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 40

Composite Sample Name: Scampi, coated in breadcrumbs, baked

Sub-sample Number: 40.10

Sub-sample Name: La Caldera, wholetail scampi, breaded

Brand: La Caldera

Pack size: 300g (net weight)

Purchase Date: 26.01.2011

Place of Purchase: Lidl, Norwich

Display Until Date:

Use by Date: July 2012

Batch Number: W11011 1605 UK YK 006 EC

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 40.10

Sub-sample Name: La Caldera, wholetail scampi, breaded

Ingredients: Scampi tails (48%) (*Nephrops norvegicus*), crispy breadcrumbs (wheat flour, malt flour, yeast, vegetable oil, dextrose, salt, herb extracts), batter (water, wheat flour, wheat starch, raising agents: diphosphates, sodium carbonate; salt, sugar, vegetable fat, dextrose), water, vegetable oil, stabilisers: diphosphates, triphosphates, polyphosphates

Label claim(s):

Contains shellfish, wheat and gluten

May contain traces of fish and mustard

Caught in the waters around the British Isles (FAO No. 27)

Nutrient Information:

Nutrient	Unit	Amount/100g oven-baked	Amount/serving 150g oven-baked
Energy	kJ	949	1424
Energy	kcal	227	341
Protein	g	10.7	16.1
Carbohydrate	g	17.5	26.3
Sugars	g	1.9	2.9
Starch	g	N/A	N/A
Fat	g	12.7	19.1
Saturates	g	1.1	1.7
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.3	3.5
Salt	g	1.5	2.25
Sodium	g	0.6	0.9

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 40

Composite Sample Name: Scampi, coated in breadcrumbs, baked

Sub-sample Number: 40.11

Sub-sample Name: Horeca Select, 3 way cook, wholetail scampi

Brand: Horeca Select

Pack size: 850g

Purchase Date: 19.01.2011

Place of Purchase: Makro, Norwich

Display Until Date:

Use by Date: Apr 2012

Batch Number: W10291 2331 UK YK 006 EC

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 40.11

Sub-sample Name: Horeca Select, 3 way cook, wholetail scampi

Ingredients: Scampi (42%), crispy breadcrumbs (wheat flour, malt flour, yeast, vegetable oil, dextrose, salt, herb extract), batter (water, wheat flour, wheat starch, raising agents: E450, E500; salt, sugar, vegetable fat, dextrose), water, vegetable oil, stabilisers E450, E451, E452

Label claim(s):

Contains crustaceans, wheat, and gluten

May contains traces of fish, molluscs, and mustard

Sourced from Northern UK waters

GM free

No hydrogenated fats

No artificial flavourings, colours or preservatives

Source of Omega 3

Nutrient Information:

Nutrient	Unit	Amount/100g oven baked
Energy	kJ	937
Energy	kcal	224
Protein	g	10.6
Carbohydrate	g	19.9
Sugars	g	1.1
Starch	g	N/A
Fat	g	11.4
Saturates	g	1.0
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Long chain Omega 3 fatty acids	g	0.1
Fibre	g	1.0
Salt	g	N/A
Sodium	g	0.63

Nutrient Analysis of Fish and Fish Products

Sample 41: Scampi, coated in breadcrumbs, fried

Composite Sample Number: 41
Composite Sample Name: Scampi, coated in breadcrumbs, fried
Sub-sample Number: 41.1
Sub-sample Name: Tesco, whole tail breaded scampi
Brand: Tesco
Pack size: 300g
Purchase Date: 13.01.2011
Place of Purchase: Tesco, Blue Boar Lane, Norwich
Display Until Date: Sep 2011
Best Before Date: Dec 2011
Batch Number: LO 347 21:18 M2 UK HA 001 EC
Packaging: Plastic
Sample Condition As Purchased: Frozen
Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 41.1

Sub-sample Name: Tesco, whole tail breaded scampi

Ingredients: Scampi (48%), wheat flour, water, vegetable oil, wheat starch, sugar, raising agents (sodium carbonate, disodium phosphate), dried skimmed milk, yeast, stabilisers (potassium triphosphate, sodium triphosphate), wheat gluten, salt

Label claim(s):

Contains milk, wheat, gluten, shellfish

Recipe: no nuts

Ingredients: cannot guarantee nut free

Factory: no nuts

May contain small fragments of shell

No artificial preservatives, flavours or colours

Produced in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g oven cooked according to instructions	Amount/half pack (150g) oven cooked according to instructions
Energy	kJ	875	1310
Energy	kcal	210	315
Protein	g	8.4	12.6
Carbohydrate	g	22.1	33.2
Sugars	g	1.7	2.6
Starch	g	N/A	N/A
Fat	g	9.6	14.4
Saturates	g	0.8	1.2
Monounsaturates	g	5.8	8.7
Polyunsaturates	g	2.5	3.8
Fibre	g	0.7	1.1
Salt	g	0.8	1.3
Sodium	g	0.3	0.5

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 41

Composite Sample Name: Scampi, coated in breadcrumbs, fried

Sub-sample Number: 41.2

Sub-sample Name: Sainsbury's, breaded wholetail scampi

Brand: Sainsbury's

Pack size: 330g

Purchase Date: 13.01.2011

Place of Purchase: Sainsbury's, Longwater, Norwich

Display Until Date:

Best Before Date: 30.05.2012

Batch Number: UK WD 101 FE EC B 15:57 0334

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 41.2

Sub-sample Name: Sainsbury's, breaded wholetail scampi

Ingredients: Scampi (48%), signature breadcrumb, batter, rapeseed oil, water, salt

Signature breadcrumbs contains: country ground wheat flour, salt, yeast

Batter contains: country ground wheat flour, sugar, water, salt

Label claim(s):

Contains shellfish and wheat gluten

May occasionally contain small fragments of shell

Caught and packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g cooked as per instructions	Amount/½ pack cooked as per instructions
Energy	kJ	1074	1418
Energy	kcal	256	338
Protein	g	12.1	15.9
Carbohydrate	g	24.7	32.6
Sugars	g	2.0	2.7
Starch	g	22.7	30.0
Fat	g	12.1	16.0
Saturates	g	1.0	1.3
Monounsaturates	g	7.3	9.6
Polyunsaturates	g	3.3	4.3
Fibre	g	2.1	2.8
Salt	g	1.13	1.49
Sodium	g	0.45	0.59

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 41

Composite Sample Name: Scampi, coated in breadcrumbs, fried

Sub-sample Number: 41.3

Sub-sample Name: Morrisons, wholetail scampi in breadcrumbs

Brand: Morrisons

Pack size: 300g

Purchase Date: 13.01.2011

Place of Purchase: Morrisons, Norwich

Display Until Date:

Use by Date: June 2012

Batch Number: L0351 M2 08:42 UK HA001 EC

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 41.3

Sub-sample Name: Morrisons, wholetail scampi in breadcrumbs

Ingredients: Scampi (47%), batter (water, wheat flour, wheat starch, dried skimmed milk, raising agent (disodium diphosphate, sodium carbonates)), breadcrumb (wheat flour, maize flour, yeast, dextrose, wheat gluten, salt, flour treatment agent (ascorbic acid)), vegetable oil, wheat flour, water stabiliser (potassium polyphosphate, sodium polyphosphate)

Label claim(s):

Contains gluten, milk, and shellfish

May contain traces of fish

May contain small fragments of shell

Produced in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g as consumed	Amount/½ pack oven cooked
Energy	kJ	883	1324
Energy	kcal	211	316
Protein	g	9.4	14.1
Carbohydrate	g	19.9	29.9
Sugars	g	0.3	0.5
Starch	g	N/A	N/A
Fat	g	10.4	15.6
Saturates	g	0.8	1.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.9	2.9
Salt	g	0.9	1.3
Sodium	g	0.4	0.5

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 41

Composite Sample Name: Scampi, coated in breadcrumbs, fried

Sub-sample Number: 41.4

Sub-sample Name: Asda, Chosen by you, breaded wholetail scampi

Brand: Asda Chosen by you

Pack size: 280g

Purchase Date: 13.01.2011

Place of Purchase: Asda, Norwich

Display Until Date:

Best Before Date: 16.12.2011

Batch Number: L0350 M2 08:09 UK HA 001 EC

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 41.4

Sub-sample Name: Asda, Chosen by you, breaded wholetail scampi

Ingredients: Scampi (shellfish) (45%), water, wheat flour, breadcrumb (wheat flour, yeast, dextrose, salt), rape seed oil, wheat starch, stabilisers (potassium phosphates, sodium phosphates), salt, yeast.

Label claim(s):

Contains gluten, wheat, shellfish, yeast

Some shell may remain

No artificial colours, flavours or hydrogenated fat

Nutrient Information:

Nutrient	Unit	Amount/100g oven baked	Amount/serving
Energy	kJ	887	828
Energy	kcal	212	197
Protein	g	9.7	9.1
Carbohydrate	g	21.4	20.0
Sugars	g	0.4	0.4
Starch	g	N/A	N/A
Fat	g	9.4	8.8
Saturates	g	0.7	0.7
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.3	1.2
Salt	g	0.7	0.7
Sodium	g	0.28	0.26

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 41

Composite Sample Name: Scampi, coated in breadcrumbs, fried

Sub-sample Number: 41.5

Sub-sample Name: Tesco, value breaded scampi

Brand: Tesco value

Pack size: 300g

Purchase Date: 19.01.2011

Place of Purchase: Tesco, Blue Boar Lane, Norwich

Display Until Date: Aug 2011

Use by Date: Nov 2011

Batch Number: LO 322 16:11 M1 UK HA 001 EC

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 41.5

Sub-sample Name: Tesco, value breaded scampi

Ingredients: Scampi (43%), wheat flour, water, breadcrumb (10%), vegetable oil, wheat starch, whey powder, salt, raising agent (sodium bicarbonate), citric acid, sugar, stabiliser (potassium triphosphate, disodium diphosphate), thickener (hydroxypropyl methyl cellulose), yeast

Breadcrumb contains: wheat flour, maize flour, yeast, dextrose, flavouring, wheat gluten, salt, flour treatment agent (ascorbic acid)

Label claim(s):

May occasionally contain small fragments of shell

Contains milk, wheat, gluten, shellfish

Recipe: no nuts

Ingredients: cannot guarantee nut free

Factory: no nuts

Nutrient Information:

Nutrient	Unit	Amount/100g oven cooked according to instructions	Amount/½ pack (150g) oven cooked according to instructions
Energy	kJ	840	1260
Energy	kcal	200	300
Protein	g	9.3	14.0
Carbohydrate	g	20.8	31.2
Sugars	g	3.4	5.1
Starch	g	N/A	N/A
Fat	g	8.8	13.2
Saturates	g	0.7	1.1
Monounsaturates	g	5.2	7.8
Polyunsaturates	g	2.5	3.8
Fibre	g	0.3	0.5
Salt	g	0.8	1.3
Sodium	g	0.3	0.5

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 41

Composite Sample Name: Scampi, coated in breadcrumbs, fried

Sub-sample Number: 41.6

Sub-sample Name: Marks and Spencer, breaded Scottish wholetail scampi

Brand: Marks and Spencer

Pack size: 200g

Purchase Date: 27.01.2011

Place of Purchase: Marks and Spencer, Norwich

Display Until Date: 24.02.2011

Use by Date: 24.02.2011

Batch Number: UK GG 276 EC

Packaging: Plastic and Cardboard

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 41.6

Sub-sample Name: Marks and Spencer, breaded Scottish wholetail scampi

Ingredients: Wholetail scampi (57%), breadcrumbs (21%), batter, rapeseed oil, rice flour

Breadcrumbs contain wheatflour, yeast, salt

Batter contains wheatflour, wheat starch, salt, black pepper extract, natural colour: paprika extract, sunflower oil

Label claim(s):

Contains shellfish, wheat, gluten

Some small pieces of shell may remain

Made in the UK

Caught in the North East Atlantic

Contains raw fish

Previously frozen

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount per ½ pack
Energy	kJ	780	780
Energy	kcal	185	185
Protein	g	9.3	9.3
Carbohydrate	g	21.2	21.2
Sugars	g	2.6	2.6
Starch	g	N/A	N/A
Fat	g	7.2	7.2
Saturates	g	0.8	0.8
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.1	1.1
Salt	g	1.15	1.15
Sodium	g	0.46	0.46

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 41

Composite Sample Name: Scampi, coated in breadcrumbs, fried

Sub-sample Number: 41.7

Sub-sample Name: Young's, whole scampi

Brand: Young's

Pack size: 250g

Purchase Date: 17.01.2011

Place of Purchase: Asda, Norwich

Display Until Date:

Use by Date: May 2012

Batch Number: LO306 UK GG 268 EC

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 41.7

Sub-sample Name: Young's, whole scampi

Ingredients: Scampi (41%), wheat flour, water, vegetable oil, wheat starch, rice flour, wheat gluten, potato starch, modified maize starch, salt, raising agents (disodium diphosphate, sodium bicarbonate), yeast, dextrose, white pepper.

Label claim(s):

Contains crustaceans, gluten, and wheat
Some shell may remain

Nutrient Information:

Nutrient	Unit	Amount/100g (as sold)	Amount per 125g (as consumed)
Energy	kJ	926	1108
Energy	kcal	221	264
Protein	g	9.1	10.8
Carbohydrate	g	25.1	30.8
Sugars	g	1.8	1.3
Starch	g	N/A	N/A
Fat	g	9.1	10.5
Saturates	g	0.8	0.8
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.1	1.7
Salt	g	1.1	1.4
Sodium	g	0.44	0.55

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 41

Composite Sample Name: Scampi, coated in breadcrumbs, fried

Sub-sample Number: 41.8

Sub-sample Name: Young's, Isle of Lewis whole scampi

Brand: Young's

Pack size: 250g

Purchase Date: 13.01.2011

Place of Purchase: Sainsbury's, Longwater, Norwich

Display Until Date:

Best Before Date: May 2012

Batch Number: LO307 GG 268 EC

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 41.8

Sub-sample Name: Young's, Isle of Lewis whole scampi

Ingredients: Scampi (41%), wheat flour, water, vegetable oil, wheat starch, rice flour, wheat gluten, potato starch, modified maize starch, salt, raising agents: (disodium disphosphate, sodium bicarbonate), yeast, dextrose, white pepper

Label claim(s):

Contains crustacean, gluten and wheat

Some small shell pieces may remain

Nutrient Information:

Nutrient	Unit	Amount/100g (as sold)	Amount per 125g (as consumed)
Energy	kJ	865	1077
Energy	kcal	206	257
Protein	g	8.6	11.4
Carbohydrate	g	25	28.8
Sugars	g	1.8	1.7
Starch	g	N/A	N/A
Fat	g	9.1	10.6
Saturates	g	0.8	1.0
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.0	1.2
Salt	g	1.3	1.5
Sodium	g	0.54	0.66

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 41

Composite Sample Name: Scampi, coated in breadcrumbs, fried

Sub-sample Number: 41.9

Sub-sample Name: Whitby, breaded scampi

Brand: Whitby Seafoods

Pack size: 750g

Purchase Date: 12.01.2011

Place of Purchase: Iceland, Norwich

Display Until Date:

Best Before Date: Jun 2012

Batch Number: W10343 1240 UK YK 006 EC

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 41.9

Sub-sample Name: Whitby, breaded scampi

Ingredients: Scampi (40%) (*Nephrops norvegicus*), crispy breadcrumbs (wheat flour, malt flour, yeast, vegetable oil, dextrose, salt, herb extract), batter (water, wheatflour, wheat starch, raising agents: E450, E500; salt, sugar, vegetable fat, dextrose), water, vegetable oil, stabilisers: E450, E451, E452

Label claim(s):

Contains shellfish, wheat and gluten

May contain traces of fish and mustard

Some shell and bone traces may remain

Capture area: West Scotland (Clyde Stock) or North Sea or Irish Sea or West Ireland or Porcupine Bank or West Great Sole or Great Sole

Capture method: otter trawled

Low in fat, high in protein and contains omega 3 (when oven baked)

Nutrient Information:

Nutrient	Unit	Amount/100g oven baked	Amount per 125g portion oven baked
Energy	kJ	1147	1435
Energy	kcal	274	342
Protein	g	10.7	13.4
Carbohydrate	g	29.1	36.4
Sugars	g	1.5	1.9
Starch	g	N/A	N/A
Fat	g	12.7	15.9
Saturates	g	1.1	1.4
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Omega 3 fatty acids	g	0.6	0.8
Fibre	g	1.4	1.8
Salt	g	1.0	1.3
Sodium	g	0.36	0.45

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 41

Composite Sample Name: Scampi, coated in breadcrumbs, fried

Sub-sample Number: 41.10

Sub-sample Name: La Caldera, wholetail scampi, breaded

Brand: La Caldera

Pack size: 300g

Purchase Date: 26.01.2011

Place of Purchase: Lidl, Norwich

Display Until Date:

Best Before Date: July 2012

Batch Number: W11011 1605 UK YK 006 EC

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 41.10

Sub-sample Name: La Caldera, wholetail scampi, breaded

Ingredients: Scampi tails (48%) (*Nephrops norvegicus*), crispy breadcrumbs (wheat flour, malt flour, yeast, vegetable oil, dextrose, salt, herb extracts), batter (water, wheat flour, wheat starch, raising agents: diphosphates, sodium carbonate; salt, sugar, vegetable fat, dextrose), water, vegetable oil, stabilisers: diphosphates, triphosphates, polyphosphates

Label claim(s):

Contains shellfish, wheat and gluten

May contain traces of fish and mustard

Caught in the waters around the British Isles (FAO No. 27)

Nutrient Information:

Nutrient	Unit	Amount/100g oven-baked	Amount/serving 150g oven-baked
Energy	kJ	949	1424
Energy	kcal	227	341
Protein	g	10.7	16.1
Carbohydrate	g	17.5	26.3
Sugars	g	1.9	2.9
Starch	g	N/A	N/A
Fat	g	12.7	19.1
Saturates	g	1.1	1.7
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	2.3	3.5
Salt	g	1.5	2.25
Sodium	g	0.6	0.9

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 41

Composite Sample Name: Scampi, coated in breadcrumbs, fried

Sub-sample Number: 41.11

Sub-sample Name: Horeca Select, 3 way cook, wholetail scampi

Brand: Horeca Select

Pack size: 850g

Purchase Date: 19.01.2011

Place of Purchase: Makro, Norwich

Display Until Date:

Use by Date: Apr 2012

Batch Number: W10291 2331 UK YK 006 EC

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 41.11

Sub-sample Name: Horeca Select, 3 way cook, wholetail scampi

Ingredients: Scampi (42%), crispy breadcrumbs (wheat flour, malt flour, yeast, vegetable oil, dextrose, salt, herb extract), batter (water, wheat flour, wheat starch, raising agents: E450, E500; salt, sugar, vegetable fat, dextrose), water, vegetable oil, stabilisers E450, E451, E452

Label claim(s):

Contains crustaceans, wheat, and gluten

May contains traces of fish, molluscs, and mustard

Sourced from Northern UK waters

GM free

No hydrogenated fats

No artificial flavourings, colours or preservatives

Source of Omega 3

Nutrient Information:

Nutrient	Unit	Amount/100g oven baked
Energy	kJ	937
Energy	kcal	224
Protein	g	10.6
Carbohydrate	g	19.9
Sugars	g	1.1
Starch	g	N/A
Fat	g	11.4
Saturates	g	1.0
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Long chain Omega 3 fatty acids	g	0.1
Fibre	g	1.0
Salt	g	N/A
Sodium	g	0.63

Nutrient Analysis of Fish and Fish Products

Sample 42: Fish pie, white fish, retail, baked

Composite Sample Number: 42

Composite Sample Name: Fish pie, white fish, retail, baked

Sub-sample Number: 42.1

Sub-sample Name: Tesco, fisherman's pie

Brand: Tesco

Pack size: 360g

Purchase Date: 25.01.2011

Place of Purchase: Tesco, Blue Boar Lane, Norwich

Display Until Date: Oct 2011

Best Before Date: Jan 2012

Batch Number: RC L1005 UK GG 280 EC

Packaging: Cardboard

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 42.1

Sub-sample Name: Tesco, fisherman's pie

Ingredients: Potato topping (45%), reconstituted dried whole milk, Alaska pollack (14%), water, onion, cheddar cheese (1.5%), butter (1.5%), cornflour, wheat flour, vegetable oil, fish stock concentrate, lemon juice, parsley, salt, white pepper

Potato topping contains: partially reconstituted dried potato, vegetable oil, salt, white pepper

Cheddar cheese contains: colour (annatto)

Fish stock concentrate contains: fish, salt, maltodextrin, vegetable oil, concentrated lemon juice, stabiliser (guar gum), anchovy, pepper extract, onion

Label claim(s):

Contains milk, wheat, gluten, fish

Recipe: no nuts

Ingredients: cannot guarantee nut free

Factory: no nuts

Contains raw fish

Can contain minor bones

Caught in the Pacific Ocean

Produced in the UK

No artificial flavours or colours

Skinless and boneless

Nutrient Information:

Nutrient	Unit	Amount/100g oven cooked according to instructions	Amount/each pie (318g) oven cooked according to instructions
Energy	kJ	425	1335
Energy	kcal	100	320
Protein	g	4.7	14.9
Carbohydrate	g	12.2	38.7
Sugars	g	1.3	4.1
Starch	g	N/A	N/A
Fat	g	3.6	11.4
Saturates	g	1.3	4.2
Monounsaturates	g	1.5	4.9
Polyunsaturates	g	0.5	1.5
Fibre	g	0.8	2.5
Salt	g	0.6	1.8
Sodium	g	0.2	0.7

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 42

Composite Sample Name: Fish pie, white fish, retail, baked

Sub-sample Number: 42.2

Sub-sample Name: Tesco, fish pie

Brand: Tesco

Pack size: 450g

Purchase Date: 09.02.2011

Place of Purchase: Tesco, Blue Boar Lane, Norwich

Display Until Date:

Use by Date: 13.02.2011

Batch Number: 13:13 L2 UK ME010 EC

Packaging: Cardboard and plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Processed on day of purchase and stored frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 42.2
Sub-sample Name: Tesco, fish pie

Ingredients: Mashed potato, pollock (24%), milk, cheddar cheese (4.5%), cream, cheddar cheese crumb, cornflour, Dijon mustard, parsley, salt, pepper

Mashed potato contains: potato, milk, butter, salt, pepper

Cheddar cheese crumb contains: cheddar cheese, breadcrumb (wheat flour, yeast, sugar, wheat gluten, spices, salt, caramelised sugar)

Dijon mustard contains: water, mustard seed, spirit vinegar, salt

Label claim(s):

Contains milk, wheat, gluten, fish, mustard

Recipe: No nuts

Ingredients cannot guarantee nut free

Factory: No nuts

Can contain minor bones

Produced in the UK

No added artificial preservatives, flavours, colours or hydrogenated fat

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/each pack (450g)
Energy	kJ	415	1865
Energy	kcal	100	445
Protein	g	7.1	32.1
Carbohydrate	g	10	45.1
Sugars	g	0.9	4.2
Starch	g	N/A	N/A
Fat	g	3.3	14.9
Saturates	g	2.1	9.4
Monounsaturates	g	0.9	4.0
Polyunsaturates	g	0.1	0.5
Fibre	g	0.9	4.2
Salt	g	0.3	1.4
Sodium	g	0.1	0.5

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 42

Composite Sample Name: Fish pie, white fish, retail, baked

Sub-sample Number: 42.3

Sub-sample Name: Asda, Chosen by you, meal for one classic fish pie

Brand: Asda Chosen by you

Pack size: 450g

Purchase Date: 09.02.2011

Place of Purchase: Asda, Norwich

Display Until Date: 11.02.2011

Use by Date: 11.02.2011

Batch Number: UK GG 277 EC

Packaging: Cardboard & plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Processed on day of purchase and stored frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 42.3

Sub-sample Name: Asda, Chosen by you, meal for one classic fish pie

Ingredients: Mashed potato (36%) (cooked potato (98%), unsalted butter, salt), cheese and chive sauce (32%) (semi-skimmed milk, water, cheddar cheese (12%), onions, whipping cream, wheat flour, unsalted butter, cornflour, chives (1.0%), salt, white pepper), Haddock (24%), mature cheddar cheese crumb, (6.7%) (breadcrumbs (wheat flour, yeast, salt) mature cheddar cheese (40%), unsalted butter)

Label claim(s):

Contains gluten, milk, wheat and fish

Some bones may remain

No artificial colours, flavours or hydrogenated fat

Produced in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g ovenbaked	Amount/450g pack ovenbaked
Energy	kJ	531	2326
Energy	kcal	127	555
Protein	g	8.1	35.5
Carbohydrate	g	10.6	46.4
Sugars	g	0.8	3.5
Starch	g	N/A	N/A
Fat	g	5.5	24.1
Saturates	g	3.7	16.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.2	5.3
Salt	g	0.7	2.8
Sodium	g	0.26	1.14

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 42

Composite Sample Name: Fish pie, white fish, retail, baked

Sub-sample Number: 42.4

Sub-sample Name: Asda, Chosen by you, fish pie

Brand: Asda Chosen by you

Pack size: 360g

Purchase Date: 02.01.2011

Place of Purchase: Asda, Norwich

Display Until Date:

Best Before Date: 08.01.2012

Batch Number: ERF L1008 A UK GG 280 EC

Packaging: Cardboard & Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 42.4

Sub-sample Name: Asda, Chosen by you, fish pie

Ingredients: Mashed potato (48%), cheese sauce, Alaska pollock (fish) (14%), red cheddar cheese (1.3%), mashed potato (partially reconstituted dried potato, rape seed oil, salt, ground white pepper

Cheese sauce (reconstituted skimmed milk powder, diced onions, water, unsalted butter, red cheddar cheese (4.0%) (contains colour (annatto)), cornflour, wheat flour, chopped parsley, salt, ground white pepper

Red cheddar cheese (contains colour (annatto))

Label claim(s):

Contains gluten, milk, wheat and fish

Some bones may remain

Produced in the UK

No artificial colours, flavours or hydrogenated fat

Nutrient Information:

Nutrient	Unit	Amount/100g ovenbaked	Amount/each pack
Energy	kJ	451	N/A
Energy	kcal	107	330
Protein	g	5.5	N/A
Carbohydrate	g	13.2	N/A
Sugars	g	1.4	4.4
Starch	g	N/A	N/A
Fat	g	3.4	10.5
Saturates	g	1.4	4.3
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.9	N/A
Salt	g	0.6	1.8
Sodium	g	0.23	N/A

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 42

Composite Sample Name: Fish pie, white fish, retail, baked

Sub-sample Number: 42.5

Sub-sample Name: Sainsbury's, British classic fish pie

Brand: Sainsbury's

Pack size: 450g

Purchase Date: 09.02.2011

Place of Purchase: Sainsbury's, Longwater, Norwich

Display Until Date:

Use by Date: 13.02.2011

Batch Number: UK BX 002 EC

Packaging: Cardboard & Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Processed on day of purchase and stored frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 42.5

Sub-sample Name: Sainsbury's, British classic fish pie

Ingredients: Mashed potato (47%); cheese sauce; cod (24%); crumb topping

Mashed potato contains: potato, cows' milk, butter* (3%), salt, white pepper

Cheese sauce contains: cows' milk, single cream*, cheddar cheese (8%), Signature fish stock (pollock, onion, leek, carrot, fennel), cornflour, wheat flour, fish gelatine, butter*, parsley, salt, English mustard (mustard flour, sugar, salt, wheat flour, turmeric, citric acid), white pepper

Crumb topping contains: cheddar cheese* (56%), bread rusk (wheat flour, yeast, salt), rapeseed oil

*from cows' milk

Label claim(s):

Some bones may remain

Cod caught in the Atlantic Ocean

Produced in the UK

Contains fish, milk, mustard and wheat gluten

No hydrogenated fats, artificial colours or flavours

Nutrient Information:

Nutrient	Unit	Amount/100g cooked as per instructions	Amount/pack cooked as per instructions
Energy	kJ	530	2148
Energy	kcal	126	511
Protein	g	7.7	31.1
Carbohydrate	g	13.7	55.6
Sugars	g	0.4	1.7
Starch	g	13.3	53.9
Fat	g	4.5	18.2
Saturates	g	2.3	9.4
Monounsaturates	g	1.6	6.4
Polyunsaturates	g	0.4	1.7
Fibre	g	0.7	2.8
Salt	g	0.47	1.91
Sodium	g	0.19	0.77

Nutrient Analysis of Fish and Fish Products

Composite Sample Number:	42
Composite Sample Name:	Fish pie, white fish, retail, baked
Sub-sample Number:	42.6
Sub-sample Name:	Marks and Spencer, fisherman's pie
Brand:	Marks and Spencer
Pack size:	250g
Purchase Date:	24.01.2011
Place of Purchase:	Marks and Spencer, Norwich
Display Until Date:	Dec 2011
Best Before Date:	Jan 2012
Batch Number:	UK GG 277 EC 15:49 1004
Packaging:	Cardboard & Plastic
Sample Condition As Purchased:	Frozen
Post Purchase Storage:	Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 42.6

Sub-sample Name: Marks and Spencer, fisherman's pie

Ingredients: Potatoes (33%), cod (26%), whole milk, mature cheddar cheese (6%), water, unsalted butter, dried potatoes, double cream, breadcrumbs, wheatflour, white wine, potato starch, cornflour, wholemeal breadcrumbs, salt, lemon juice, dried mustard, cayenne pepper, ground turmeric

Breadcrumbs contain wheatflour, yeast, olive oil, salt

Wholemeal breadcrumbs contain wholemeal wheatflour, yeast, salt

Label claim(s):

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

Some small bones may remain

Cod from the North East or North West Atlantic

Contains raw fish

Made in the UK

No artificial colours, flavourings or preservatives

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/pack
Energy	kJ	485	1215
Energy	kcal	115	290
Protein	g	7.4	18.5
Carbohydrate	g	9.7	24.3
Sugars	g	0.9	2.3
Starch	g	N/A	N/A
Fat	g	5.3	13.3
Saturates	g	3.2	8.0
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.3	3.3
Salt	g	0.55	1.38
Sodium	g	0.22	0.55

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 42

Composite Sample Name: Fish pie, white fish, retail, baked

Sub-sample Number: 42.7

Sub-sample Name: Young's, Admirals pie

Brand: Young's

Pack size: 340g

Purchase Date: 01.02.2011

Place of Purchase: Asda, Norwich

Display Until Date:

Use by Date: Jul 2012

Batch Number: WB L1017 U05 UK GG 280 EC

Packaging: Cardboard & Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 42.7

Sub-sample Name: Young's, Admirals pie

Ingredients: Potato topping (45%), butter sauce, Alaska pollock (18%), cheddar cheese (2%)

Potato topping contains partially reconstituted dried potato (95%), vegetable oil, dextrose, salt, potato starch, wheat flour, flavouring

Butter sauce contains water, butter (5%), milk proteins, cornflour, wheat flour, seasoning (salt, wheat flour, onion powder, yeast extract, white pepper, vegetable oil), parsley, colours: paprika extract, curcumin; flavouring

Cheddar cheese contains natural colour: annatto

Label claim(s):

Contains fish, gluten, milk, and wheat
Some bones may remain

Nutrient Information:

Nutrient	Unit	Amount/100g as sold	Amount/pack as consumed
Energy	kJ	443	1458
Energy	kcal	105	347
Protein	g	5.4	17.2
Carbohydrate	g	11.1	39.1
Sugars	g	1.6	5.5
Starch	g	N/A	N/A
Fat	g	4.3	13.1
Saturates	g	1.9	5.8
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.5	1.9
Salt	g	0.6	1.9
Sodium	g	0.23	0.75

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 42

Composite Sample Name: Fish pie, white fish, retail, baked

Sub-sample Number: 42.8

Sub-sample Name: Iceland, Meal for One, ocean pie

Brand: Iceland Meal for One

Pack size: 500g

Purchase Date: 03.02.2011

Place of Purchase: Iceland, Norwich

Display Until Date:

Best Before Date: 12.01.2012

Batch Number: 258 L1012 L UK GG280 EC

Packaging: Cardboard & Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 42.8

Sub-sample Name: Iceland, Meal for One, ocean pie

Ingredients: Mash potato topping, butter sauce (35%), pollock (14%), cheddar cheese (1.8%)

Mashed potato topping contains: partially reconstituted potato (water, dried potato, emulsifiers: mono- and diglycerides of fatty acids, diphosphates; preservative: sodium metabisulphite), rapeseed oil, salt, white pepper

Butter sauce contains: reconstituted full cream milk powder (water, dried milk), butter, cornflour, water, seasoning (potassium chloride, sugar, salt, onion powder, flavouring, yeast extract, spice, rusk, sunflower oil, colours: paprika extract, curcumin), wheat flour (gluten), parsley

Cheddar cheese contains: colour: annatto

Label claim(s):

Contains fish, gluten, and milk

Some bones may remain

Produced and packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g ovenbaked	Amount/ocean pie ovenbaked
Energy	kJ	451	1818
Energy	kcal	107	433
Protein	g	4.4	17.7
Carbohydrate	g	13.2	53.2
Sugars	g	1.4	5.6
Starch	g	N/A	N/A
Fat	g	4.1	16.5
Saturates	g	2.0	8.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	1.0	4.0
Salt	g	0.5	2.1
Sodium	g	0.2	0.8

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 42

Composite Sample Name: Fish pie, white fish, retail, baked

Sub-sample Number: 42.9

Sub-sample Name: Young's, fisherman's pie

Brand: Young's

Pack size: 340g

Purchase Date: 25.01.2011

Place of Purchase: Tesco, Blue Boar Lane, Norwich

Display Until Date:

Best Before Date: Jul 2012

Batch Number: GG GG 280 EC WBL 1006 Q08

Packaging: Cardboard & Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 42.9

Sub-sample Name: Young's, fisherman's pie

Ingredients: Partially reconstituted dried potato (45%), butter sauce (36%), Alaska pollock (14%), cheddar cheese (2%), vegetable oil, dextrose, salt, potato starch, wheat flour, flavouring

Butter sauce contains water, butter (5%), milk proteins, cornflour, wheat flour, seasoning (salt, wheat flour, onion powder, citric acid, yeast extract, white pepper, vegetable oil), parsley, colours: paprika extract, curcumin; flavourings.

Cheddar cheese contains natural colour: annatto

Label claim(s):

Contains fish, gluten, milk, and wheat
Some bones may remain

Nutrient Information:

Nutrient	Unit	Amount/100g (as sold)	Amount/pie (as consumed)
Energy	kJ	406	1454
Energy	kcal	97	347
Protein	g	4.1	16.1
Carbohydrate	g	10.9	34.3
Sugars	g	2.0	6.9
Starch	g	N/A	N/A
Fat	g	3.9	15.5
Saturates	g	1.7	7.8
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.8	3.0
Salt	g	0.6	2.3
Sodium	g	0.24	0.90

Sample 43: Mussels in white wine sauce, cooked

Composite Sample Number: 43
Composite Sample Name: Mussels in white wine sauce, cooked
Sub-sample Number: 43.1
Sub-sample Name: Sainsbury's, Scottish cooked mussels in a white wine sauce
Brand: Sainsbury's
Pack size: 500g
Purchase Date: 09.02.2011
Place of Purchase: Sainsbury's, Longwater, Norwich
Display Until Date:
Use by Date: 16.02.11
Batch Number: UK MD 020 FE EC
Packaging: Cardboard & Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 43.1

Sub-sample Name: Sainsbury's, Scottish cooked mussels in a white wine sauce

Ingredients: Mussels (80%), white wine sauce (20%)

White wine sauce contains: rehydrated skimmed milk*, white wine (9%), vegetable oil (palm and rapeseed oil), butter*, double cream*, modified maize starch, white wine vinegar, rehydrated vegetable stock (water, salt, maltodextrin, yeast extract, vegetable extracts (onion, carrot, celery), sugar, vegetable oil, tomato, lovage), salt, emulsifier: soya lecithin) onion, parsley

*From cows' milk.

Label claim(s):

Contains molluscs, milk, celery & soya

Produced in the UK

Rope grown in Scottish grade A waters

Nutrient Information:

Nutrient	Unit	Amount/100g (edible portion) cooked as per instructions	Amount/pack (edible portion) cooked as per instructions
Energy	kJ	372	780
Energy	kcal	89	186
Protein	g	8.0	16.8
Carbohydrate	g	5.8	12.2
Sugars	g	1.4	2.9
Starch	g	0.0	0.0
Fat	g	3.7	7.8
Saturates	g	0.8	1.7
Monounsaturates	g	0.6	1.3
Polyunsaturates	g	1.1	2.3
Fibre	g	0.0	0.0
Salt	g	1.65	3.47
Sodium	g	0.66	1.39

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 43

Composite Sample Name: Mussels in white wine sauce, cooked

Sub-sample Number: 43.2

Sub-sample Name: Morrisons, Scottish mussels cooked in white wine sauce

Brand: Morrisons

Pack size: 500g

Purchase Date: 09.02.2011

Place of Purchase: Morrison's, Norwich

Display Until Date:

Use by Date: 25.02.11

Batch Number: UK MD 020 EC

Packaging: Cardboard & Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 43.2

Sub-sample Name: Morrisons, Scottish mussels cooked in white wine sauce

Ingredients: Mussels (80%), reconstituted skimmed milk (water, dried skimmed milk), onions, white wine, palm oil, butter, cornflour, double cream, white wine vinegar, vegetable stock (salt, yeast extract, sugar, vegetable extract (onion, carrot), tomato powder, lovage), sunflower lecithin, parsley

Label claim(s):

Contains milk and mollusc
No artificial colours or flavours
Rope grown in Scotland
Produced in the UK
Previously frozen

Nutrient Information:

Nutrient	Unit	Amount/100g (edible portion) cooked as per instructions	Amount/½ pack (edible portion) cooked as per instructions
Energy	kJ	322	299
Energy	kcal	79	71
Protein	g	7.3	6.6
Carbohydrate	g	4.2	3.8
Sugars	g	1.0	0.9
Starch	g	N/A	N/A
Fat	g	3.7	3.3
Saturates	g	2.1	1.9
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.6	0.5
Salt	g	1.3	1.3
Sodium	g	0.5	0.5

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 43

Composite Sample Name: Mussels in white wine sauce, cooked

Sub-sample Number: 43.3

Sub-sample Name: Marks and Spencer, rope grown mussels in a white wine and parsley sauce

Brand: Marks and Spencer

Pack size: 500g

Purchase Date: 01.02.2011

Place of Purchase: Marks and Spencer, Norwich

Display Until Date: 15.02.2011

Use by Date: 15.02.2011

Batch Number: NL 6007 EC

Packaging: Cardboard & Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 43.3

Sub-sample Name: Marks and Spencer, rope grown mussels in a white wine and parsley sauce

Ingredients: Mussels (80%), white wine sauce

White wine sauce contains cream, white wine, milk, water, onions, maize starch, wheatflour, sunflower oil, unsalted butter, spirit vinegar, natural flavouring, parsley

Label claim(s):

Contains cow's milk, shellfish, wheat, gluten

No added salt

Rope grown in the Lymfjord in Denmark and the Mediterranean Sea off the coast of Italy

Made in the Netherlands with mussels cultivated in the North East Atlantic and Mediterranean Sea

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount per ½ pack edible
Energy	kJ	370	275
Energy	kcal	90	65
Protein	g	7.6	5.6
Carbohydrate	g	5.8	4.3
Sugars	g	0.6	0.4
Starch	g	N/A	N/A
Fat	g	3.8	2.8
Saturates	g	1.9	1.4
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.1	0.1
Salt	g	0.55	0.40
Sodium	g	0.22	0.16

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 43

Composite Sample Name: Mussels in white wine sauce, cooked

Sub-sample Number: 43.4

Sub-sample Name: Scottish Shellfish, Scottish cooked mussels in white wine sauce

Brand: Scottish Shellfish

Pack size: 500g

Purchase Date: 15.02.2011

Place of Purchase: Waitrose, Norwich

Display Until Date: 02.03.11

Use by Date: 04.03.11

Batch Number: UK MD 020 FE EC

Packaging: Cardboard and plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 43.4

Sub-sample Name: Scottish Shellfish, Scottish cooked mussels in white wine sauce

Ingredients: Mussels (80%), white wine sauce (20%), (rehydrated skimmed milk, white wine (9%), vegetable oil, butter, double cream, modified maize starch, white wine vinegar, rehydrated vegetable stock, (water, salt, maltodextrin, yeast extract, vegetable extracts (onion, carrot, celery), sugar, vegetable oil, tomato, herbs), salt, emulsifier: soya lecithin), onions, parsley

Label claim(s):

Contains milk, celery, soya

No artificial colours, flavours or preservatives

Rope grown in Scotland

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	475.4
Energy	kcal	114
Protein	g	9.7
Carbohydrate	g	2.3
Sugars	g	0.4
Starch	g	N/A
Fat	g	4.0
Saturates	g	0.8
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Dietary fibre	g	0.0
Salt	g	N/A
Sodium	g	0.7

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 43

Composite Sample Name: Mussels in white wine sauce, cooked

Sub-sample Number: 43.5

Sub-sample Name: Norprawn, Scottish cooked mussels in white wine sauce

Brand: Norprawn

Pack size: 450g

Purchase Date: 15.02.2011

Place of Purchase: Lidl, Norwich

Display Until Date:

Use by Date: 04/03/11

Batch Number: W0041039 UK MD 020 EC

Packaging: Cardboard and plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 43.5

Sub-sample Name: Norprawn, Scottish cooked mussels in white wine sauce

Ingredients: Mussels (80%), white wine sauce (20%) (rehydrated skimmed milk, white wine (9%), vegetable oil, butter, double cream, modified maize starch, white wine vinegar, vegetable stock powder (maltodextrin, yeast extract, salt, sugar, vegetable extracts (onion, carrot, celery), vegetable oil, dried tomato, herbs), salt, emulsifier: soya lecithin; diced onion, dried parsley)

Label claim(s):

Contains celery, milk, molluscs, and soya

Rope grown in Scotland

No artificial flavourings, preservatives or colours

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/quarter of a pack
Energy	kJ	349	157
Energy	kcal	83	37
Protein	g	8.3	3.7
Carbohydrate	g	4.0	1.8
Sugars	g	0.7	0.3
Starch	g	N/A	N/A
Fat	g	3.6	1.6
Saturates	g	2.1	0.9
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.8	0.4
Salt	g	1.35	0.61
Sodium	g	0.54	0.24

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 43

Composite Sample Name: Mussels in white wine sauce, cooked

Sub-sample Number: 43.6

Sub-sample Name: Ocean Pearl, mussels in white wine sauce

Brand: Ocean Pearl

Pack size: 450g (net weight), 80-100 pcs per kg

Purchase Date: 15.02.2011

Place of Purchase: Booker, Norwich

Display Until Date:

Best Before Date: October 2012

Batch Number: MUUB400Z IE CK 0043 EC Production code: 0280-0283

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 43.6

Sub-sample Name: Ocean Pearl, mussels in white wine sauce

Ingredients: Mussels in shell (*mytilus edulis*), fresh cream, onion, white wine, rapeseed oil, stabiliser E412; flavour (natural flavouring preparations, dextrose (from wheat), salt, pork fat, lactose (contains milk, maltodextrin (from wheat))

Label claim(s):

Mytilus edulis

Farmed in Ireland

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	360
Energy	kcal	86
Protein	g	8.7
Carbohydrate	g	5.87
Sugars	g	N/A
Starch	g	N/A
Fat	g	3.1
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 Fish and Fish Products

Sample 44: Salmon, smoked (cold-smoked)

Composite Sample Number: 44

Composite Sample Name: Salmon, smoked (cold-smoked)

Sub-sample Number: 44.1

Sub-sample Name: Tesco, Scottish smoked salmon

Brand: Tesco

Pack size: 100g

Purchase Date: 10.01.2011

Place of Purchase: Tesco, Harford Bridges, Norwich

Display Until Date: 16.01.2011

Use by Date: 16.01.2011

Batch Number: UK BD 009 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Processed on day of purchase and stored frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 44.1

Sub-sample Name: Tesco, Scottish smoked salmon

Ingredients: Salmon (97%) (*Salmo salar*), salt, sugar

Label claim(s):

Farmed in the Hebrides, Scotland

Produced in Scotland

Some bones may remain

Rich in Omega 3

May have been previously frozen

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/50g
Energy	kJ	750	375
Energy	kcal	180	90
Protein	g	22.9	11.5
Carbohydrate	g	0.1	Tr
Sugars	g	0.1	Tr
Starch	g	N/A	N/A
Fat	g	9.7	4.9
Saturates	g	1.7	0.9
Monounsaturates	g	4.1	2.1
Polyunsaturates	g	2.8	1.4
Omega 3	g	2.0	1.0
Fibre	g	0.0	0.0
Salt	g	3.5	1.8
Sodium	g	1.4	0.7

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 44

Composite Sample Name: Salmon, smoked (cold-smoked)

Sub-sample Number: 44.2

Sub-sample Name: Tesco, Market value, smoked salmon trimmings

Brand: Tesco Market value

Pack size: 120g

Purchase Date: 10.01.2011

Place of Purchase: Tesco, Harford Bridges, Norwich

Display Until Date: 20.01.2011

Use by Date: 20.01.2011

Batch Number: UK BD 009 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 44.2

Sub-sample Name: Tesco, Market value smoked salmon trimmings

Ingredients: Salmon (97%) (*Salmo Salar*), salt, sugar

Label claim(s):

Some bones may remain
Farmed in Ireland, Scotland, Norway
May have been previously frozen
Produced in Scotland
High in omega 3

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/40g (1/3 pack)
Energy	kJ	745	300
Energy	kcal	180	75
Protein	g	22.1	8.8
Carbohydrate	g	0.2	Tr
Sugars	g	0.2	Tr
Starch	g	N/A	N/A
Fat	g	9.9	4.0
Saturates	g	2.6	1.0
Monounsaturates	g	3.9	1.6
Polyunsaturates	g	3.0	1.2
Omega 3	g	2.0	0.8
Fibre	g	0.0	0.0
Salt	g	2.8	1.1
Sodium	g	1.1	0.4

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 44

Composite Sample Name: Salmon, smoked (cold-smoked)

Sub-sample Number: 44.3

Sub-sample Name: Sainsbury's, Taste the Difference, Responsibly sourced
Scottish oak smoked salmon

Brand: Sainsbury's Taste the Difference

Pack size: 120g

Purchase Date: 17.01.2011

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

Display Until Date:

Use by Date: 22.01.2011

Batch Number: UK BB 011 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 44.3

Sub-sample Name: Sainsbury's Taste the Difference Responsibly sourced Scottish oak smoked salmon

Ingredients: Salmon (97%), salt, sugar

Label claim(s):

Contains fish

Some small bones may remain

Farmed in Scotland, sourced from Loch Alsh

Produced in the UK

May have been previously frozen

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/½ pack
Energy	kJ	916	549
Energy	kcal	220	132
Protein	g	23.3	14.0
Carbohydrate	g	0.1	Tr
Sugars	g	0.1	Tr
Starch	g	N/A	N/A
Fat	g	14.0	8.4
Saturates	g	2.9	1.7
Monounsaturates	g	6.7	4.0
Polyunsaturates	g	4.4	2.6
Omega 3	g	3.5	2.1
Fibre	g	0.1	Tr
Salt	g	4.25	2.55
Sodium	g	1.70	1.02

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 44

Composite Sample Name: Salmon, smoked (cold-smoked)

Sub-sample Number: 44.4

Sub-sample Name: Sainsbury's, Scottish responsibly source smoked salmon

Brand: Sainsbury's

Pack size: 120g

Purchase Date: 10.01.2011

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

Display Until Date:

Use by Date: 18.01.2011

Batch Number: UK BB 011 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Processed on day of purchase and stored frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 44.4

Sub-sample Name: Sainsbury's, Scottish responsibly source smoked salmon

Ingredients: Salmon (97%), salt

Label claim(s):

Contains fish

Some bones may remain

High in Omega 3 fats

Farmed in Scotland, sourced from Loch Sunart

Produced in the UK

May have been previously frozen

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/½ pack
Energy	kJ	916	549
Energy	kcal	220	132
Protein	g	23.3	14.0
Carbohydrate	g	0.1	Tr
Sugars	g	0.1	Tr
Starch	g	0.0	0.0
Fat	g	14.0	8.4
Saturates	g	2.9	1.7
Monounsaturates	g	6.7	4.0
Polyunsaturates	g	4.4	2.6
Omega 3	g	3.5	2.1
Fibre	g	0.1	Tr
Salt	g	4.25	2.55
Sodium	g	1.70	1.02

Nutrient Analysis of Fish and Fish Products

Composite Sample Number:	44
Composite Sample Name:	Salmon, smoked (cold-smoked)
Sub-sample Number:	44.5
Sub-sample Name:	Asda, smoked Scottish salmon
Brand:	Asda
Pack size:	200g
Purchase Date:	10.01.2011
Place of Purchase:	Asda, Norwich
Display Until Date:	21.01.2011
Use by Date:	21.01.2011
Batch Number:	UK RB020FE EC
Packaging:	Plastic
Sample Condition As Purchased:	Chilled
Post Purchase Storage:	Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 44.5

Sub-sample Name: Asda, smoked Scottish salmon

Ingredients: Smoked salmon (97%), salt, sugar

Label claim(s):

Contains fish

Naturally high in Omega 3

Some bones may remain

No artificial colours or flavours

Farmed in Scotland

Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g as sold
Energy	kJ	761
Energy	kcal	182
Protein	g	23
Carbohydrate	g	Tr
Sugars	g	Tr
Starch	g	N/A
Fat	g	10.0
Saturates	g	4.0
Monounsaturates	g	4.1
Polyunsaturates	g	2.8
Omega 3	g	2.2
Fibre	g	0.0
Salt	g	3.2
Sodium	g	1.26

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 44

Composite Sample Name: Salmon, smoked (cold-smoked)

Sub-sample Number: 44.6

Sub-sample Name: Morrisons, oak smoked Scottish salmon

Brand: Morrisons

Pack size: 120g

Purchase Date: 10.01.2011

Place of Purchase: Morrisons, Norwich

Display Until Date:

Use by Date: 21.01.2011

Batch Number: UK AE006 EC ff0298

Packaging: Cardboard and plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 44.6

Sub-sample Name: Morrisons, oak smoked Scottish salmon

Ingredients: Salmon (96%), salt, sugar

Label claim(s):

May contain traces of egg, gluten, milk, mustard, and soya ingredients

Some bones may remain.

Farmed in Scotland

Contains fish

Produced in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/20g serving
Energy	kJ	969	194
Energy	kcal	233	47
Protein	g	21.1	4.2
Carbohydrate	g	0.4	Tr
Sugars	g	0.0	0.0
Starch	g	N/A	N/A
Fat	g	16.3	3.3
Saturates	g	4.4	0.9
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Omega 3 fatty acids	g	1.2	0.2
Fibre	g	0.3	Tr
Salt	g	2.9	0.5
Sodium	g	1.1	0.2

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 44

Composite Sample Name: Salmon, smoked (cold-smoked)

Sub-sample Number: 44.7

Sub-sample Name: Marks and Spencer, Scottish Lochmuir oak smoked salmon

Brand: Marks and Spencer

Pack size: 100g

Purchase Date: 12.01.2011

Place of Purchase: Marks and Spencer, Norwich

Display Until Date: 23.01.2011

Use by Date: 23.01.2011

Batch Number: UK AC001 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 44.7

Sub-sample Name: Marks and Spencer, Scottish Lochmuir oak smoked salmon

Ingredients:

Smoked salmon (100%)

Smoked salmon contains salmon (97%), salt

Label claim(s):

Some small bones may remain

Contains fish

Farmed in Scotland

Made in Scotland

Rich in Omega 3

No artificial colours, flavourings or hydrogenated fat

May have been previously frozen

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/50g portion
Energy	kJ	815	405
Energy	kcal	195	95
Protein	g	23.2	11.6
Carbohydrate	g	0.9	0.5
Sugars	g	0.2	0.1
Starch	g	N/A	N/A
Fat	g	10.9	5.5
Saturates	g	3.4	1.7
Monounsaturates	g	3.0	1.5
Polyunsaturates	g	4.1	2.0
Total omega 3	g	3.2	1.6
DHA, EPA	g	2.7	1.4
Fibre	g	0.5	0.3
Salt	g	2.88	1.45
Sodium	g	1.15	0.58

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 44

Composite Sample Name: Salmon, smoked (cold-smoked)

Sub-sample Number: 44.8

Sub-sample Name: Waitrose, Scottish salmon smoked over oak

Brand: Waitrose

Pack size: 210g

Purchase Date: 13.01.2011

Place of Purchase: Waitrose, Norwich

Display Until Date: 14.01.2011

Use by Date: 14.01.2011

Batch Number: UK WB 111 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Processed on day of purchase and stored frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 44.8

Sub-sample Name: Waitrose, Scottish salmon smoked over oak

Ingredients: Salmon (97%), salt, demerara sugar

Label claim(s):

Responsibly farmed in Scotland

Rich in Omega 3

Some small bones may remain

May have been previously frozen

Produced in the UK

Farmed in Scotland

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	826
Energy	kcal	198
Protein	g	22.7
Carbohydrate	g	0.4
Sugars	g	0.4
Starch	g	N/A
Fat	g	11.7
Saturates	g	3.0
Monounsaturates	g	4.7
Polyunsaturates	g	3.5
Omega 3	g	2.4
Fibre	g	Tr
Salt	g	3.2
Sodium	g	1.28

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 44

Composite Sample Name: Salmon, smoked (cold-smoked)

Sub-sample Number: 44.9

Sub-sample Name: OceanSea, Norwegian smoked salmon

Brand: OceanSea

Pack size: 200g

Purchase Date: 10.01.2011

Place of Purchase: Lidl, Norwich

Display Until Date:

Use by Date: 20.01.2011

Batch Number: PL 22081810 WE

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 44.9

Sub-sample Name: OceanSea, Norwegian smoked salmon

Ingredients: Salmon (*Salmo Salar*) from aquaculture in Norway, salt, smoke

Label claim(s):

Packaged under modified atmosphere

Hand salted

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 44

Composite Sample Name: Salmon, smoked (cold-smoked)

Sub-sample Number: 44.10

Sub-sample Name: M&J Seafood, blue ocean smoked salmon trimmings

Brand: M&J Seafood

Pack size: 250g

Purchase Date: 10.01.2011

Place of Purchase: Brakes delivery

Display Until Date:

Use by Date: 28.01.11

Batch Number: UK FD 006 EC L10340 B

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 44.10

Sub-sample Name: M&J Seafood, blue ocean smoked salmon trimmings

Ingredients: Salmon (96%), salt, sugar, smoke

Label claim(s):

Pellicle and pink meat trimmings

Some small bones may remain

Nutrient Information:

Nutrient	Unit	Amount/100g sold
Energy	kJ	999
Energy	kcal	241
Protein	g	18.6
Carbohydrate	g	0.1
Sugars	g	0.1
Starch	g	N/A
Fat	g	18.2
Saturates	g	4.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.5
Salt	g	2.1
Sodium	g	0.85

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 44

Composite Sample Name: Salmon, smoked (cold-smoked)

Sub-sample Number: 44.11

Sub-sample Name: Craigellachie, smoked Scottish salmon

Brand: Craigellachie

Pack size: 200g

Purchase Date: 13.01.2011

Place of Purchase: Booker, Norwich

Display Until Date:

Use by Date: 21.01.2011

Batch Number: EEC No: AE006 FE, batch no: 4004

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 44.11

Sub-sample Name: Craigellachie, smoked Scottish salmon

Ingredients: Salmon (96%), salt, sugar

Label claim(s):

Contains fish

May contain small bones

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/50g
Energy	kJ	657	329
Energy	kcal	157	79
Protein	g	23	11.5
Carbohydrate	g	0.3	0.15
Sugars	g	Tr	Tr
Starch	g	N/A	N/A
Fat	g	7.1	3.6
Saturates	g	2.1	1.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Omega 3 fatty acids	g	1.2	0.6
Fibre	g	0.1	Tr
Salt	g	3.83	1.92
Sodium	g	1.53	0.77

Nutrient Analysis of Fish and Fish Products

Sample 45: Salmon, smoked (hot-smoked)

Composite Sample Number:	45
Composite Sample Name:	Salmon, smoked (hot-smoked)
Sub-sample Number:	45.1
Sub-sample Name:	Marks and Spencer, Arbroath golden roast Lochmuir salmon slices
Brand:	Marks and Spencer
Pack size:	125g
Purchase Date:	01.02.2011
Place of Purchase:	Marks and Spencer, Norwich
Display Until Date:	07.02.2011
Use by Date:	07.02.2011
Batch Number:	UK AB008FE EC
Packaging:	Plastic
Sample Condition As Purchased:	Chilled
Post Purchase Storage:	Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 45.1

Sub-sample Name: Marks and Spencer, Arbroath golden roast Lochmuir salmon slices

Ingredients: Hot smoked salmon

Hot smoked salmon contains salmon (97%), salt, demerara sugar

Label claim(s):

Contains fish

Some small bones may remain

Made in Scotland

Farmed in Scotland

Rich in Omega 3

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/½ pack
Energy	kJ	850	530
Energy	kcal	205	130
Protein	g	26.5	16.6
Carbohydrate	g	1.0	0.6
Sugars	g	0.4	0.3
Starch	g	N/A	N/A
Fat	g	10.4	6.5
Saturates	g	2.7	1.7
Monounsaturates	g	3.4	2.1
Polyunsaturates	g	3.9	2.4
Total Omega 3	g	2.5	1.6
DHA & EPA	g	2.0	1.3
Fibre	g	0.7	0.4
Salt	g	1.93	1.2
Sodium	g	0.77	0.48

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 45

Composite Sample Name: Salmon, smoked (hot-smoked)

Sub-sample Number: 45.2

Sub-sample Name: Asda, Extra Special, golden roast smoked Scottish salmon

Brand: Asda Extra Special

Pack size: 150g

Purchase Date: 17.01.2011

Place of Purchase: Asda, Norwich

Display Until Date: 19.01.2011

Use by Date: 19.01.2011

Batch Number: UK RB020FE EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Processed on day of purchase and stored frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 45.2

Sub-sample Name: Asda, Extra Special, golden roast smoked Scottish salmon

Ingredients: Salmon (96%), salt, demerara sugar

Label claim(s):

Contains fish

Some bones may remain

Natural source of Omega 3

Farmed in Scotland

Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	796
Energy	kcal	190
Protein	g	23.3
Carbohydrate	g	1.1
Sugars	g	Tr
Starch	g	N/A
Fat	g	10.2
Saturates	g	2.2
Monounsaturates	g	3.9
Polyunsaturates	g	3.5
Omega 3	g	2.3
Fibre	g	0.5
Salt	g	1.4
Sodium	g	0.54

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 45

Composite Sample Name: Salmon, smoked (hot-smoked)

Sub-sample Number: 45.3

Sub-sample Name: Sainsbury's, Taste the Difference, responsibly sourced kiln baked smoked salmon

Brand: Sainsbury's Taste the Difference

Pack size: 125g

Purchase Date: 17.01.2011

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

Display Until Date:

Use by Date: 18.01.2011

Batch Number: UK BB 011 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Processed on day of purchase and stored frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 45.3

Sub-sample Name: Sainsbury's, Taste the Difference, responsibly sourced
Scottish kiln baked smoked salmon

Ingredients: Salmon (96%), demerara sugar, sea salt

Label claim(s):

Contains fish

Some bones may remain

High in Omega 3 fats

Produced in the UK

Farmed in Scotland

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/½ pack
Energy	kJ	808	505
Energy	kcal	193	121
Protein	g	24.6	15.4
Carbohydrate	g	0.7	0.4
Sugars	g	0.7	0.4
Starch	g	N/A	N/A
Fat	g	10.2	6.4
Saturates	g	1.2	0.8
Monounsaturates	g	2.8	1.8
Polyunsaturates	g	5.6	3.5
Omega 3	g	4.2	2.6
Fibre	g	0.5	0.3
Salt	g	1.53	0.95
Sodium	g	0.61	0.38

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 45

Composite Sample Name: Salmon, smoked (hot-smoked)

Sub-sample Number: 45.4

Sub-sample Name: Morrisons, honey roast salmon flakes

Brand: Morrisons

Pack size: 145g

Purchase Date: 17.01.2011

Place of Purchase: Morrisons, Norwich

Display Until Date:

Use by Date: 24.01.2011

Batch Number: UK BB 011 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Processed on day of purchase and stored frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 45.4

Sub-sample Name: Morrisons, honey roast salmon flakes

Ingredients: Salmon (92%), demerara sugar, salt, maltodextrin, honey

Label claim(s):

Contains fish

Some bones may remain

Produced in the UK

Farmed in Scotland

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/½ pack
Energy	kJ	904	656
Energy	kcal	216	157
Protein	g	24.2	17.5
Carbohydrate	g	2.2	1.6
Sugars	g	2.1	1.5
Starch	g	N/A	N/A
Fat	g	12.3	8.9
Saturates	g	3.1	2.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Omega 3 fatty acids	g	4.8	3.5
Fibre	g	0.5	0.4
Salt	g	2.3	1.8
Sodium	g	0.9	0.7

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 45

Composite Sample Name: Salmon, smoked (hot-smoked)

Sub-sample Number: 45.5

Sub-sample Name: Marks and Spencer, Arbroath honey roast Lochmuir salmon flakes

Brand: Marks and Spencer

Pack size: 120g

Purchase Date: 17.01.2011

Place of Purchase: Marks and Spencer, Norwich

Display Until Date: 22.01.2011

Use by Date: 22.01.2011

Batch Number: UK AB008FE EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Processed on day of purchase and stored frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 45.5

Sub-sample Name: Marks and Spencer, Arbroath honey roast Lochmuir salmon flakes

Ingredients: Hot smoked salmon

Hot smoked salmon contains: salmon (97%), demerara sugar, salt, dried honey (maltodextrin)

Label claim(s):

Contains fish

Some small bones may remain

Made in Scotland

Farmed in Scotland

Rich in Omega 3

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/½ pack
Energy	kJ	865	520
Energy	kcal	210	125
Protein	g	23.8	14.3
Carbohydrate	g	1.8	1.1
Sugars	g	1.4	0.8
Starch	g	N/A	N/A
Fat	g	11.9	7.1
Saturates	g	3.1	1.9
Monounsaturates	g	3.8	2.3
Polyunsaturates	g	4.4	2.6
Total Omega 3	g	2.9	1.7
DHA & EPA	g	2.3	1.4
Fibre	g	0.7	0.4
Salt	g	0.75	0.45
Sodium	g	0.30	0.18

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 45

Composite Sample Name: Salmon, smoked (hot-smoked)

Sub-sample Number: 45.6

Sub-sample Name: Waitrose, hot smoked salmon fillets

Brand: Waitrose

Pack size: 160g

Purchase Date: 18.01.2011

Place of Purchase: Waitrose, Wymondham

Display Until Date: 26.01.2011

Use by Date: 26.01.2011

Batch Number: UK WB 111 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Processed on day of purchase and stored frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 45.6

Sub-sample Name: Waitrose, hot smoked salmon fillets

Ingredients: Salmon (97%), salt

Label claim(s):

Farmed in Scotland

Some small bones may remain

Produced in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g as sold
Energy	kJ	922
Energy	kcal	221
Protein	g	23
Carbohydrate	g	1.2
Sugars	g	0.4
Starch	g	N/A
Fat	g	13.8
Saturates	g	3.5
Monounsaturates	g	5.1
Polyunsaturates	g	4.0
Omega 3	g	3.4
Fibre	g	0.6
Salt	g	1.2
Sodium	g	0.48

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 45

Composite Sample Name: Salmon, smoked (hot-smoked)

Sub-sample Number: 45.7

Sub-sample Name: M&J Seafood, hot smoked kiln roast salmon side

Brand: M&J Seafood

Pack size: 0.9 – 1.1KG

Purchase Date: 17.01.2011

Place of Purchase: Brakes delivery

Display Until Date:

Use by Date: 02.02.11

Batch Number: UK FD 006 EC L106688 B

Packaging: Plastic and foil

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 45.7

Sub-sample Name: M&J Seafood, hot smoked kiln roast salmon side

Ingredients: Salmon (96%), salt, sugar, smoke

Label claim(s):

Some small bones may remain

Skin on

Nutrient Information:

Nutrient	Unit	Amount/100g sold
Energy	kJ	999
Energy	kcal	241
Protein	g	18.6
Carbohydrate	g	0.1
Sugars	g	0.1
Starch	g	N/A
Fat	g	18.2
Saturates	g	4.1
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.5
Salt	g	2.1
Sodium	g	0.85

Nutrient Analysis of Fish and Fish Products

Sample 46: Mackerel, smoked

Composite Sample Number: 46

Composite Sample Name: Mackerel, smoked

Sub-sample Number: 46.1

Sub-sample Name: Tesco, Scottish smoked mackerel fillets

Brand: Tesco

Pack size: 233g

Purchase Date: 19.01.2011

Place of Purchase: Tesco, Blue Boar Lane, Norwich

Display Until Date: 01.02.2011

Use by Date: 01.02.2011

Batch Number: UK BB003 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Processed on day of purchase and stored frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 46.1

Sub-sample Name: Tesco, Scottish smoked mackerel fillets

Ingredients: Mackerel (98%), salt

Label claim(s):

Contains bones

May have been previously frozen

Produced in Scotland

Caught in the North East Atlantic

Rich in Omega 3

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/typical fillet
Energy	kJ	1290	N/A
Energy	kcal	310	235
Protein	g	21.5	N/A
Carbohydrate	g	0.0	N/A
Sugars	g	0.0	0.0
Starch	g	N/A	N/A
Fat	g	24.9	18.7
Saturates	g	6.7	5.0
Monounsaturates	g	11.6	N/A
Polyunsaturates	g	5.4	N/A
Omega 3	g	3.5	N/A
Fibre	g	0.0	N/A
Salt	g	1.9	1.4
Sodium	g	0.8	N/A

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 46

Composite Sample Name: Mackerel, smoked

Sub-sample Number: 46.2

Sub-sample Name: Sainsbury's, basics, smoked mackerel fillets

Brand: Sainsbury's basics

Pack size: 289g

Purchase Date: 26.01.2011

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

Display Until Date:

Use by Date: 30.01.2011

Batch Number: UK XQ 009 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Processed on day of purchase and stored frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 46.2

Sub-sample Name: Sainsbury's, basics, smoked mackerel fillets

Ingredients: Mackerel (97%), salt

Label claim(s):

Contains fish

Some bones may remain

High in Omega 3 fats

Caught in the North East Atlantic Ocean

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	1494
Energy	kcal	361
Protein	g	19.7
Carbohydrate	g	0.5
Sugars	g	0.1
Starch	g	N/A
Fat	g	31.1
Saturates	g	13.7
Monounsaturates	g	9.4
Polyunsaturates	g	8.0
Omega 3	g	5.5
Fibre	g	1.1
Salt	g	2.78
Sodium	g	1.11

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 46

Composite Sample Name: Mackerel, smoked

Sub-sample Number: 46.3

Sub-sample Name: Sainsbury's, British smoked mackerel fillets

Brand: Sainsbury's

Pack size: 252g

Purchase Date: 18.01.2011

Place of Purchase: Sainsbury's, Longwater, Norwich

Display Until Date:

Use by Date: 23.01.2011

Batch Number: UK XQ 009 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Processed on day of purchase and stored frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 46.3

Sub-sample Name: Sainsbury's, British smoked mackerel fillets

Ingredients: Mackerel (97%), salt

Label claim(s):

High in Omega 3 fats

Contains fish

May contain minor bones

Produced in the UK

Caught in the North East Atlantic Ocean

Nutrient Information:

Nutrient	Unit	Amount/100g cooked as per instructions
Energy	kJ	1494
Energy	kcal	361
Protein	g	19.7
Carbohydrate	g	0.5
Sugars	g	0.1
Starch	g	N/A
Fat	g	31.1
Saturates	g	13.7
Monounsaturates	g	9.4
Polyunsaturates	g	8.0
Omega 3	g	5.5
Fibre	g	1.1
Salt	g	2.78
Sodium	g	1.11

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 46

Composite Sample Name: Mackerel, smoked

Sub-sample Number: 46.4

Sub-sample Name: Sainsbury's, Taste the Difference, responsibly sourced British smoked mackerel

Brand: Sainsbury's, Taste the Difference

Pack size: 115g

Purchase Date: 25.01.2011

Place of Purchase: Sainsbury's, Longwater, Norwich

Display Until Date:

Use by Date: 01.02.2011

Batch Number: UK XQ009 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Processed on day of purchase and stored frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 46.4

Sub-sample Name: Sainsbury's, Taste the Difference, responsibly sourced British smoked mackerel

Ingredients: Mackerel (97%), salt

Label claim(s):

Contains fish

High in Omega 3 fats

Some bones may remain

Produced in the UK

Caught in the North East Atlantic Ocean

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	1494
Energy	kcal	361
Protein	g	19.7
Carbohydrate	g	0.5
Sugars	g	0.1
Starch	g	N/A
Fat	g	31.1
Saturates	g	13.7
Monounsaturates	g	9.4
Polyunsaturates	g	8.0
Omega 3	g	5.5
Fibre	g	1.1
Salt	g	2.78
Sodium	g	1.11

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 46

Composite Sample Name: Mackerel, smoked

Sub-sample Number: 46.5

Sub-sample Name: Asda, smoked Scottish mackerel strips

Brand: Asda

Pack size: 176g

Purchase Date: 26.01.2011

Place of Purchase: Asda, Norwich

Display Until Date: 9.02.2011

Use by Date: 9.02.2011

Batch Number: UK BB 011 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 46.5

Sub-sample Name: Asda, smoked Scottish mackerel strips

Ingredients: Mackerel (97%), salt

Label claim(s):

Contains fish

May contain small bones

Naturally high in omega 3 fats

Caught in the North-East Atlantic

Produced in Scotland

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	1215
Energy	kcal	293
Protein	g	20.0
Carbohydrate	g	0.1
Sugars	g	0.1
Starch	g	N/A
Fat	g	23.6
Saturates	g	5.3
Monounsaturates	g	11.7
Polyunsaturates	g	5.3
Omega 3	g	4.5
Fibre	g	1.0
Salt	g	2.3
Sodium	g	0.90

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 46

Composite Sample Name: Mackerel, smoked

Sub-sample Number: 46.6

Sub-sample Name: Morrisons, smoked mackerel fillets

Brand: Morrisons

Pack size: 226g

Purchase Date: 19.01.2011

Place of Purchase: Morrisons, Norwich

Display Until Date:

Use by Date: 27.01.2011

Batch Number: UK HU045 FE EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Processed on day of purchase and stored frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 46.6

Sub-sample Name: Morrisons, smoked mackerel fillets

Ingredients: Mackerel (98%), salt

Label claim(s):

Contains fish

Contains bones

Produced in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	1246
Energy	kcal	301
Protein	g	19
Carbohydrate	g	0.1
Sugars	g	0.1
Starch	g	N/A
Fat	g	24.9
Saturates	g	5.8
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.0
Salt	g	2.2
Sodium	g	0.9

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 46

Composite Sample Name: Mackerel, smoked

Sub-sample Number: 46.7

Sub-sample Name: Marks and Spencer, Scottish boneless smoked mackerel

Brand: Marks and Spencer

Pack size: 174g

Purchase Date: 24.01.2011

Place of Purchase: Marks and Spencer, Norwich

Display Until Date: 29.01.2011

Use by Date: 29.01.2011

Batch Number: UK BB 011 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Processed on day of purchase and stored frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 46.7

Sub-sample Name: Marks and Spencer, Scottish boneless smoked mackerel

Ingredients: Mackerel (98%), salt

Label claim(s):

Contains fish

Some small bones may remain

Caught in the North East Atlantic

Made in Scotland

No bone

High in Omega 3

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	1515
Energy	kcal	365
Protein	g	20.1
Carbohydrate	g	0.3
Sugars	g	0.3
Starch	g	N/A
Fat	g	31.7
Saturates	g	10.1
Monounsaturates	g	N/A
Polyunsaturates	g	14.6
Total Omega 3	g	10.0
DHA & EPA	g	8.4
Fibre	g	0.4
Salt	g	2.0
Sodium	g	0.8

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 46

Composite Sample Name: Mackerel, smoked

Sub-sample Number: 46.8

Sub-sample Name: Waitrose, essential, hot smoked mackerel fillets

Brand: Waitrose essential

Pack size: 278g

Purchase Date: 26.01.2011

Place of Purchase: Waitrose, Norwich

Display Until Date: 4.02.2011

Use by Date: 4.02.2011

Batch Number: UK WB 111 EC

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 46.8

Sub-sample Name: Waitrose, essential, hot smoked mackerel fillets

Ingredients: Mackerel (97%), salt

Label claim(s):

Some small bones may remain
Caught in the North East Atlantic
Produced in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g as sold
Energy	kJ	1259
Energy	kcal	303
Protein	g	20.4
Carbohydrate	g	1.0
Sugars	g	0.4
Starch	g	N/A
Fat	g	24.2
Saturates	g	5.2
Monounsaturates	g	11.2
Polyunsaturates	g	6.3
Omega 3	g	4.0
Fibre	g	0.6
Salt	g	2.05
Sodium	g	0.82

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 46
Composite Sample Name: Mackerel, smoked
Sub-sample Number: 46.9
Sub-sample Name: OceanSea, mackerel fillets, natural
Brand: OceanSea
Pack size: 150g
Purchase Date: 26.01.2011
Place of Purchase: Lidl, Norwich
Display Until Date: 08.02.11
Use by Date:
Batch Number: 0252 DE MV-EFB 015 EG
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 46.9

Sub-sample Name: OceanSea, mackerel fillets, natural

Ingredients: Mackerel fillets with skin (98%) (Scomber scombrus, caught in the North East Atlantic, FAO Nr 27), salt

Label claim(s):

May contain traces of mustard seeds
Packaged in a protective atmosphere

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 46

Composite Sample Name: Mackerel, smoked

Sub-sample Number: 46.10

Sub-sample Name: M&J Seafood, 36 MSC hot smoked mackerel fillets

Brand: M&J Seafood

Pack size: 2.16kg, 60-100g fillets

Purchase Date: 10.01.2011

Place of Purchase: Brakes delivery

Display Until Date:

Best Before Date: September 2011

Batch Number: UK BB003 EC L 10257 FR

Packaging: Cardboard and plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 46.10

Sub-sample Name: M&J Seafood, 36 MSC hot smoked mackerel fillets

Ingredients: Smoked mackerel (98%) (*Scomber scombrus*), salt

Label claim(s):

Contains fish

Contains bones

Caught in North East Atlantic

Skin on, pin bone in

Nutrient Information:

Nutrient	Unit	Amount/100g as sold
Energy	kJ	1465
Energy	kcal	354
Protein	g	18.9
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	N/A
Fat	g	30.9
Saturates	g	8.3
Monounsaturates	g	N/A
Polyunsaturates	g	6.7
Omega 3	g	4.5
Fibre	G	0.0
Salt	g	1.9
Sodium	g	0.75

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 46

Composite Sample Name: Mackerel, smoked

Sub-sample Number: 46.11

Sub-sample Name: Young's, hot smoked mackerel fillets

Brand: Young's

Pack size: 800g, 10 x 80-110g fillets

Purchase Date: 13.01.2011

Place of Purchase: Booker, Norwich

Display Until Date:

Best Before Date: Oct 2011

Batch Number: L10279K UK BB001 EC

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 46.11

Sub-sample Name: Young's, hot smoked mackerel fillets

Ingredients: Smoked mackerel (97%), water, salt, natural colour: annatto

Label claim(s):

May contain bones

Nutrient Information:

Nutrient	Unit	Amount/100g as sold
Energy	kJ	1169
Energy	kcal	282
Protein	g	20.2
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	N/A
Fat	g	22.3
Saturates	g	2.7
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.6
Salt	g	N/A
Sodium	g	0.0

Sample 47: Seafood sticks

Composite Sample Number: 47
Composite Sample Name: Seafood sticks
Sub-sample Number: 47.1
Sub-sample Name: Morrisons, 20 seafood sticks
Brand: Morrisons
Pack size: 320g
Purchase Date: 13.01.2011
Place of Purchase: Morrisons, Norwich
Display Until Date:
Best Before Date: 13.03.12
Batch Number: S 04/08 184336 D
Packaging: Cardboard and plastic
Sample Condition As Purchased: Frozen
Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 47.1

Sub-sample Name: Morrisons, 20 seafood sticks

Ingredients: Surimi fish protein (40%) (white fish, sugar, emulsifier (sodium polyphosphate)), water, wheat starch, sugar, humectant (sorbitol), salt, egg white, soya bean oil, rice wine, crab seasoning (flavourings, sugar, water, salt, ethyl alcohol, glycerin, flavour enhancer (disodium-5-ribonucleotides), stabiliser (xanthan gum)), soya protein, egg, crab flavouring (flavourings, medium chain fatty acids triglyceride, food starch, dextrin, sugar), colours (cochineal, paprika extract)

Label claim(s):

Contains egg, fish, gluten, shellfish, and soya

Some bones may remain

Product of Thailand

Nutrient Information:

Nutrient	Unit	Amount/100g as sold	Amount/(16g) seafood stick as sold
Energy	kJ	460	73
Energy	kcal	109	17
Protein	g	8.1	1.3
Carbohydrate	g	15.1	2.4
Sugars	g	7.2	1.2
Starch	g	N/A	N/A
Fat	g	1.8	0.3
Saturates	g	0.4	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.4	Tr
Salt	g	1.5	0.3
Sodium	g	0.6	0.1

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 47

Composite Sample Name: Seafood sticks

Sub-sample Number: 47.2

Sub-sample Name: Young's, 16 seafood sticks

Brand: Young's

Pack size: 220g

Purchase Date: 10.01.2011

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

Display Until Date:

Use by Date: 12.02.11

Batch Number: PL 32041803 WE

Packaging: Cardboard and plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 47.2

Sub-sample Name: Young's, 16 seafood sticks

Ingredients: Surimi (41%) (white fish protein), water, wheat starch, sugar, salt, vegetable oil, crab extract (contains crab, flavour enhancer: E635), soya protein, crab flavour (contains crustaceans, flavour enhancer E635), egg white powder, colours: cochineal (contains lactose); paprika extract

Label claim(s):

Contains crustaceans, egg, fish, gluten, milk, soya, wheat, yeast

No artificial colours

Product of Poland

Less than 2% fat

Nutrient Information:

Nutrient	Unit	Amount/100g as sold	Amount/ seafood stick
Energy	kJ	459	N/A
Energy	kcal	108	15
Protein	g	9.0	N/A
Carbohydrate	g	15.4	N/A
Sugars	g	3.9	0.5
Starch	g	N/A	N/A
Fat	g	1.2	0.2
Saturates	g	0.3	<0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Trans	g	0.0	N/A
Fibre	g	0.6	N/A
Salt	g	2.0	0.3
Sodium	g	0.8	N/A

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 47
Composite Sample Name: Seafood sticks
Sub-sample Number: 47.3
Sub-sample Name: Young's, 16 seafood sticks
Brand: Young's
Pack size: 220g
Purchase Date: 10.01.2011
Place of Purchase: Morrisons, Norwich
Display Until Date:
Use by Date: 19.02.11
Batch Number: PL 32041803 WE B0349C
Packaging: Cardboard and plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 47.3

Sub-sample Name: Young's, 16 seafood sticks

Ingredients: Surimi (41%) (white fish protein), water, wheat starch, sugar, salt, vegetable oil, crab extract (contains crab, flavour enhancer: E635), soya protein, crab flavour (contains crustaceans, flavour enhancer E635), egg white powder, colours: cochineal (contains lactose); paprika extract

Label claim(s):

Contains crustaceans, egg, fish, gluten, milk, soya, wheat, yeast
Responsibly sourced
No artificial colours
Product of Poland
Less than 2% fat

Nutrient Information:

Nutrient	Unit	Amount/100g as sold	Amount/ seafood stick
Energy	kJ	459	N/A
Energy	kcal	108	15
Protein	g	9.0	N/A
Carbohydrate	g	15.4	N/A
Sugars	g	3.9	0.5
Starch	g	N/A	N/A
Fat	g	1.2	0.2
Saturates	g	0.3	<0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Trans	g	0.0	N/A
Fibre	g	0.6	N/A
Salt	g	2.0	0.3
Sodium	g	0.8	N/A

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 47

Composite Sample Name: Seafood sticks

Sub-sample Number: 47.4

Sub-sample Name: Sainsbury', basics, 16 seafood sticks

Brand: Sainsbury's basics

Pack size: 250g

Purchase Date: 10.01.2011

Place of Purchase: Sainsbury's Queens Road, Norwich

Display Until Date: 29.01.2011

Use by Date: 29.01.2011

Batch Number: UK BB 011 EC, TH 1004 Lot no: 896973

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 47.4

Sub-sample Name: Sainsbury's, basics, 16 seafood sticks

Ingredients: Water; surimi (35%); wheat starch; humectant: sorbitol; salt; sugar; rice wine; crab extract; soya bean oil; soya protein; crab seasoning; crab flavouring; egg white powder; colours: cochineal, capsanthin

Surimi contains: Fish (95%), sugar, stabilisers: sodium polyphosphate, tetrasodium diphosphate

Label claim(s):

Contains shellfish, fish, egg, wheat gluten and soya

Produced in Thailand

Caught in the Indian or Pacific Ocean

Packed in the UK

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/stick
Energy	kJ	444	69
Energy	kcal	105	16
Protein	g	6.8	1.1
Carbohydrate	g	16.9	2.6
Sugars	g	3.0	0.5
Starch	g	13.9	2.2
Fat	g	1.1	0.2
Saturates	g	0.3	Tr
Monounsaturates	g	0.2	Tr
Polyunsaturates	g	0.6	0.1
Fibre	g	0.5	Tr
Salt	g	2.0	0.3
Sodium	g	0.78	0.12

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 47

Composite Sample Name: Seafood sticks

Sub-sample Number: 47.5

Sub-sample Name: Perfect Catch, 16 seafood sticks

Brand: Perfect Catch

Pack size: 200g

Purchase Date: 10.01.2011

Place of Purchase: Tesco, Harford Bridges, Norwich

Display Until Date:

Use by Date: 22.01.2011

Batch Number: UK DM 035 EC, Production code: 163478, RZCH190810
1 RZCH163478

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 47.5

Sub-sample Name: Perfect Catch, 16 seafood sticks

Ingredients: Surimi (45%) (white fish, sugar, sorbitol), water, wheat and tapioca starch, modified wheat and tapioca starch, sugar, salt, egg white, soya bean oil, flavouring (contains crab extract), rice wine, egg, colours (cochineal, calcium carbonate, titanium dioxide, paprika extract)

Label claim(s):

Contains fish, gluten, egg, soya, shellfish, and wheat

Cannot guarantee nut free

Country of origin: China no. 3700/02595

Product of Thailand or China

May have been previously frozen

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/4 seafood sticks (50g)
Energy	kJ	420	N/A
Energy	kcal	100	50
Protein	g	9.0	N/A
Carbohydrate	g	15.3	N/A
Sugars	g	6.7	3.4
Starch	g	N/A	N/A
Fat	g	0.1	0.1
Saturates	g	0.0	0.0
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.3	N/A
Salt	g	1.5	0.8
Sodium	g	0.6	N/A

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 47

Composite Sample Name: Seafood sticks

Sub-sample Number: 47.6

Sub-sample Name: Almare Seafood, 16 seafood sticks

Brand: Almare Seafood

Pack size: 250g

Purchase Date: 13.01.2011

Place of Purchase: Aldi, Norwich

Display Until Date:

Use by Date: 12 02 2011

Batch Number: K348 1 – 2 SST1466 LT 68-08 EB 05:45

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 47.6

Sub-sample Name: Almare Seafood, 16 seafood sticks

Ingredients: Water, textured Alaska Pollock protein (35%) (Alaska Pollock*, humectant: sorbitol; stabiliser: polyphosphates), rehydrated egg white powder, wheat starch, potato starch, rapeseed oil, salt, sugar, sweetened white wine (glucose, white wine, sugar, preservative: potassium sorbate; flavouring), crab extract, egg, fish sauce (anchovies, salt), humectant: glycerol; colours: cochineal, paprika extract; flavouring, flavouring enhancer: disodium inosinate; preservative: potassium sorbate; thickener: xanthan gum

*Theragra chalcogramma

Label claim(s):

Caught by deep-sea trawling in the Bering Sea, Aleutian Islands or Gulf of Alaska

Contains fish, crustaceans (crab), egg, wheat, and gluten

May contain traces of milk, soya, mustard, and molluscs

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/seafood stick
Energy	kJ	551	86
Energy	kcal	131	21
Protein	g	7.1	1.1
Carbohydrate	g	15.1	2.4
Sugars	g	3.9	0.6
Starch	g	N/A	N/A
Fat	g	4.6	0.7
Saturates	g	0.7	0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.5	0.1
Salt	g	1.63	0.25
Sodium	g	0.65	0.1

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 47

Composite Sample Name: Seafood sticks

Sub-sample Number: 47.7

Sub-sample Name: Jus-Like, sea sticks

Brand: Jus-like

Pack size: 1kg, 64 sticks, 2 x 500g

Purchase Date: 10.01.2011

Place of Purchase: Brakes delivery

Display Until Date:

Best Before Date: October 2012

Batch Number: Lot no: OL2101, Prod code: OL21, Factory no: 1104

Packaging: Cardboard and plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 47.7

Sub-sample Name: Jus-Like, sea sticks

Ingredients: Surimi fish protein (39%) (water, textured white fish, sugar, stabiliser (sodium polyphosphate)), water, tapioca starch, wheat starch, sugar, salt, calcium carbonate, crab extract, stabilisers (carrageenan, sodium polyphosphate), soybean oil, white wine, crab flavour, crab meat extract, humectant (sorbitol), glycine flavour enhancer (monosodium glutamate), colours (carmine, paprika extract)

Label claim(s):

Contains gluten, shellfish, fish, eggs and soybean

No artificial colouring or preservatives

Product of India

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	480
Energy	kcal	113
Protein	g	9.9
Carbohydrate	g	17.9
Sugars	g	N/A
Starch	g	N/A
Fat	g	0.2
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 Fish and Fish Products

Composite Sample Number: 47

Composite Sample Name: Seafood sticks

Sub-sample Number: 47.8

Sub-sample Name: Coral Seas, crab flavour fish sticks

Brand: Coral Seas

Pack size: 1kg 2.2lb, 64 sticks, 4 x 250g

Purchase Date: 12.01.2011

Place of Purchase: 3663 delivery

Display Until Date:

Best Before Date: 20/03/2012

Batch Number: SUCS081C, Production date: 20/09/2010, Establishment no: 217

Packaging: Cardboard and plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 47.8

Sub-sample Name: Coral Seas, crab flavour fish sticks

Ingredients: Textured white fish protein (40%) (fish paste (94%), sugar, emulsifiers: E451, E450), water, wheat starch, tapioca starch, egg white, sugar, sweetener: E420, soy bean oil, salt, crab extract (1%) (water, sugar, glucose, alcohol, salt, flavour enhancer: E635), sweetened sake (glucose, alcohol, water); crab flavour (0.6%) (water, glucose, alcohol, salt, flavour enhancer: E635, lecithin, salt), colours: E120, E160c; crab meat extract (0.4%) (crab extract (crab extract, dextrin) sugar, salt, flavour enhancers: E621, E627, E631, E640; hydrolysed protein powder (from soybean), crab flavour (crab flavour, dextrin))

Label claim(s):

Contains fish, wheat, egg, soy, crustaceans

Origin: India

Nutrient Information:

Nutrient	Unit	Amount/100g as sold
Energy	kJ	581
Energy	kcal	138
Protein	g	7.5
Carbohydrate	g	22.4
Sugars	g	7.8
Starch	g	N/A
Fat	g	2.0
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.0
Salt	g	N/A
Sodium	g	0.3

Nutrient Analysis of Fish and Fish Products

Sample 48: Tuna, canned in brine

Composite Sample Number: 48

Composite Sample Name: Tuna, canned in brine

Sub-sample Number: 48.1

Sub-sample Name: Princes, tuna chunks in brine

Brand: Princes

Pack size: 185g (net weight), 130g (drained weight)

Purchase Date: 06.01.2011

Place of Purchase: Asda, Norwich

Display Until Date:

Use by Date: June 2013

Batch Number: LJ0113 D 0955 03:02 0699 ES 12 00388/C CE

Packaging: Metal

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 48.1

Sub-sample Name: Princes, tuna chunks in brine

Ingredients: Tuna, water, salt

Label claim(s):

Dolphin friendly

Product of Spain

Nutrient Information:

Nutrient	Unit	Amount/100g drained
Energy	kJ	444
Energy	kcal	105
Protein	g	25.0
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	N/A
Fat	g	0.5
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.0
Salt	g	N/A
Sodium	g	0.4

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 48

Composite Sample Name: Tuna, canned in brine

Sub-sample Number: 48.2

Sub-sample Name: Princes, tuna chunks in brine

Brand: Princes

Pack size: 820g

Purchase Date: 06.01.2011

Place of Purchase: Makro, Norwich

Display Until Date:

Best Before Date: Aug 2013

Batch Number: M9E6NN ACBBCVB 3HSBE

Packaging: Metal

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 48.2

Sub-sample Name: Princes, tuna chunks in brine

Ingredients: Tuna, water, salt

Label claim(s): No information

Nutrient Information:

Nutrient	Unit	Amount/100g drained
Energy	kJ	444
Energy	kcal	105
Protein	g	25.0
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	N/A
Fat	g	0.5
Saturates	g	Tr
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.0
Salt	g	N/A
Sodium	g	0.4

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 48

Composite Sample Name: Tuna, canned in brine

Sub-sample Number: 48.3

Sub-sample Name: John West, succulent tuna steak with a little brine

Brand: John West

Pack size: 3 x 130g

Purchase Date: 10.01.2011

Place of Purchase: Morrisons, Norwich

Display Until Date:

Use by Date: Dec 2012

Batch Number: SJW4 S835N 147 SeychellesFC01 12:27

Packaging: Metal

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 48.3

Sub-sample Name: John West, succulent tuna steak with a little brine

Ingredients: Tuna (97%), water, salt

Label claim(s):

Some small bones may remain

No drain

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/can
Energy	kJ	457	595
Energy	kcal	108	140
Protein	g	26.2	34.1
Carbohydrate	g	Tr	Tr
Sugars	g	Tr	Tr
Starch	g	N/A	N/A
Fat	g	0.3	0.4
Saturates	g	0.1	0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	Tr	Tr
Salt	g	N/A	N/A
Sodium	g	0.3	0.4

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 48

Composite Sample Name: Tuna, canned in brine

Sub-sample Number: 48.4

Sub-sample Name: John West, tuna chunks in brine

Brand: John West

Pack size: 185g, 130g (drained weight)

Purchase Date: 10.01.2011

Place of Purchase: Morrisons, Norwich

Display Until Date:

Best Before Date: June 2011

Batch Number: KJWBH A989S 312 Ghana 20:51 GS/SF/EF038

Packaging: Metal

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 48.4

Sub-sample Name: John West, tuna chunks in brine

Ingredients: Tuna, water, salt

Label claim(s): No information

Nutrient Information:

Nutrient	Unit	Amount/100g drained product	Amount per serving (65g) drained product
Energy	kJ	478	310
Energy	kcal	113	73
Protein	g	27	17.6
Carbohydrate	g	Tr	Tr
Sugars	g	Tr	Tr
Starch	g	N/A	N/A
Fat	g	0.5	0.3
Saturates	g	0.2	0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	Tr	Tr
Salt	g	N/A	N/A
Sodium	g	0.4	0.2

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 48

Composite Sample Name: Tuna, canned in brine

Sub-sample Number: 48.5

Sub-sample Name: Tesco, skipjack tuna chunks in brine

Brand: Tesco

Pack size: 185g (net weight), 139g (drained weight)

Purchase Date: 10.01.2011

Place of Purchase: Tesco, Harford Bridges, Norwich

Display Until Date:

Best Before Date: 31.07.2013

Batch Number: P LCC 4 058A1 0243 12:09

Packaging: Metal

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 48.5

Sub-sample Name: Tesco, skipjack tuna chunks in brine

Ingredients: Tuna, water, salt

Label claim(s):

Half of a drained can typically weighs 69.5g

Contains fish

Produced in Mauritius

Nutrient Information:

Nutrient	Unit	Amount/100g drained	Amount/half a drained can
Energy	kJ	425	N/A
Energy	kcal	100	70
Protein	g	23.5	N/A
Carbohydrate	g	Tr	N/A
Sugars	g	Tr	Tr
Starch	g	N/A	N/A
Fat	g	0.6	0.4
Saturates	g	0.2	0.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	Tr	N/A
Salt	g	1.0	0.7
Sodium	g	0.4	N/A

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 48

Composite Sample Name: Tuna, canned in brine

Sub-sample Number: 48.6

Sub-sample Name: Sainsbury's, tuna steak in brine

Brand: Sainsbury's

Pack size: 200g, 150g (drained weight)

Purchase Date: 10.01.2011

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

Display Until Date:

Best Before Date: July 2013

Batch Number: Thailand No. 2005 MNU6SB 2LBBBJI 3 GEAK

Packaging: Metal

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 48.6

Sub-sample Name: Sainsbury's, tuna steak in brine

Ingredients: Skipjack tuna, water, salt

Label claim(s):

Contains fish

Fished by pole and line

Caught in the Maldives

Produced in Thailand

Nutrient Information:

Nutrient	Unit	Amount/100g (as drained)	Amount/half can
Energy	kJ	478	N/A
Energy	kcal	113	84
Protein	g	27	N/A
Carbohydrate	g	0.0	N/A
Sugars	g	0.0	0.0
Starch	g	N/A	N/A
Fat	g	0.5	0.4
Saturates	g	0.1	Tr
Monounsaturates	g	0.2	N/A
Polyunsaturates	g	0.2	N/A
Fibre	g	0.0	N/A
Salt	g	1.0	0.75
Sodium	g	0.40	N/A

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 48

Composite Sample Name: Tuna, canned in brine

Sub-sample Number: 48.7

Sub-sample Name: Asda, Smart Price, tuna chunks in brine

Brand: Asda Smart Price

Pack size: 185g (net weight), 129g (drained weight)

Purchase Date: 06.01.2011

Place of Purchase: Asda, Norwich

Display Until Date:

Best Before Date: Oct 2013

Batch Number: MNNHUU ACBBBGA 3KGAR

Packaging: Metal

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 48.7

Sub-sample Name: Asda, Smart Price, tuna chunks in brine

Ingredients: Tuna (fish), water, salt

Label claim(s):

Contains fish

Some bones may remain

Produced in Thailand

Nutrient Information:

Nutrient	Unit	Amount/100g drained	Amount/½ can drained
Energy	kJ	430	278
Energy	kcal	101	66
Protein	g	24.0	15.5
Carbohydrate	g	0.0	0.0
Sugars	g	0.0	0.0
Starch	g	N/A	N/A
Fat	g	0.6	0.4
Saturates	g	0.0	0.0
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.0	0.0
Salt	g	0.8	0.5
Sodium	g	0.30	0.19

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 48

Composite Sample Name: Tuna, canned in brine

Sub-sample Number: 48.8

Sub-sample Name: Ocean Rise, yellowfin tuna slices in salted spring water

Brand: Ocean Rise

Pack size: 125g, 88g (drained weight)

Purchase Date: 13.01.2011

Place of Purchase: Aldi, Norwich

Display Until Date:

Best Before Date: 07 2012

Batch Number: JZEWL 217A9R

Packaging: Metal and cardboard

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 48.8

Sub-sample Name: Ocean Rise, yellowfin tuna slices in salted spring water

Ingredients: Yellowfin tuna, spring water, salt

Label claim(s):

Contains fish

Gluten free

Some bones may remain

Nutrient Information:

Nutrient	Unit	Amount/100g drained	Amount/½ can drained
Energy	kJ	470	206
Energy	kcal	111	49
Protein	g	26.3	11.6
Carbohydrate	g	0.7	0.3
Sugars	g	Tr	Tr
Starch	g	N/A	N/A
Fat	g	0.3	0.1
Saturates	g	0.1	Tr
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.0	0.0
Salt	g	0.29	0.13
Sodium	g	0.11	0.05

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 48

Composite Sample Name: Tuna, canned in brine

Sub-sample Number: 48.9

Sub-sample Name: Morrisons, skipjack tuna chunks in brine

Brand: Morrisons

Pack size: 185g, 130g (drained weight)

Purchase Date: 13.01.2011

Place of Purchase: Morrisons, Norwich

Display Until Date:

Best Before Date: Feb 2012

Batch Number: Thailand No. 2005 2605 P01/09 71746

Packaging: Metal

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 48.9

Sub-sample Name: Morrisons, skipjack tuna chunks in brine

Ingredients: Skipjack tuna, water, salt

Label claim(s):

Contains fish

Produced in Thailand

Nutrient Information:

Nutrient	Unit	Amount/100g (drained)
Energy	kJ	422
Energy	kcal	99
Protein	g	23.5
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	N/A
Fat	g	0.6
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.0
Salt	g	0.8
Sodium	g	0.3

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 48

Composite Sample Name: Tuna, canned in brine

Sub-sample Number: 48.10

Sub-sample Name: Booker, Basics for Caterers, tuna flakes in brine

Brand: Booker Basics for Caterers

Pack size: 1.7kg (net weight), 1.26kg (drained weight)

Purchase Date: 01.02.2011

Place of Purchase: Booker, Norwich

Display Until Date:

Best Before Date: June 2013

Batch Number: ASFB 100405 Philippines 1246

Packaging: Metal

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 48.10

Sub-sample Name: Booker, Basics for Caterers, tuna flakes in brine

Ingredients: Tuna, water, salt

Label claim(s):

Produced in Philippines 1246

Nutrient Information:

Nutrient	Unit	Amount/100g drained
Energy	kJ	422
Energy	kcal	99
Protein	g	23.5
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	N/A
Fat	g	0.6
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.0
Salt	g	N/A
Sodium	g	0.3

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 48

Composite Sample Name: Tuna, canned in brine

Sub-sample Number: 48.11

Sub-sample Name: Horeca Select, tuna chunks in brine

Brand: Horeca Select

Pack size: 1.70kg (net weight), 1.26kg (drained weight)

Purchase Date: 06.01.2011

Place of Purchase: Makro, Norwich

Display Until Date:

Best Before Date: Jun 2013

Batch Number: ASCB 101017 Philippines 1246

Packaging: Metal

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 48.11

Sub-sample Name: Horeca Select, tuna chunks in brine

Ingredients: Skipjack tuna, water, salt

Label claim(s):

Contains fish

Some small bones may remain

Packed in the Philippines

Caught in the Western Pacific Ocean

Nutrient Information:

Nutrient	Unit	Amount/100g as sold
Energy	kJ	422
Energy	kcal	99
Protein	g	23.5
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	N/A
Fat	g	0.6
Saturates	g	0.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.0
Salt	g	1.0
Sodium	g	0.4

Sample 49: Tuna, canned in sunflower oil

Composite Sample Number: 49
Composite Sample Name: Tuna, canned in sunflower oil
Sub-sample Number: 49.1
Sub-sample Name: John West, succulent tuna steak with a little sunflower oil
Brand: John West
Pack size: 3 x 130g
Purchase Date: 10.01.2011
Place of Purchase: Morrisons, Norwich
Display Until Date:
Use by Date: Jun 2013
Batch Number: SJU4 S843N 189 SEYCHELLESFC01 14:44
Packaging: Metal
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 49.1

Sub-sample Name: John West, succulent tuna steak with a little sunflower oil

Ingredients: Tuna (93%), sunflower oil, salt

Label claim(s):

Some small bones may remain

No drain

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/can
Energy	kJ	679	883
Energy	kcal	161	210
Protein	g	28.2	36.7
Carbohydrate	g	Tr	Tr
Sugars	g	Tr	Tr
Starch	g	N/A	N/A
Fat	g	5.4	7.0
Saturates	g	0.6	0.8
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	Tr	Tr
Salt	g	N/A	N/A
Sodium	g	0.3	0.4

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 49

Composite Sample Name: Tuna, canned in sunflower oil

Sub-sample Number: 49.2

Sub-sample Name: John West, tuna chunks in sunflower oil

Brand: John West

Pack size: 185g,130g (drained weight)

Purchase Date: 10.01.2011

Place of Purchase: Morrisons, Norwich

Display Until Date:

Best Before Date: Jun 2015

Batch Number: KYUHB A0197N 223 Ghana 08:25 GS/SF/EF038

Packaging: Metal

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 49.2

Sub-sample Name: John West, tuna chunks in sunflower oil

Ingredients: Tuna, sunflower oil, salt

Label claim(s):

Some small bones may remain

Nutrient Information:

Nutrient	Unit	Amount/100g drained	Amount per serving (65g) drained
Energy	kJ	738	480
Energy	kcal	176	114
Protein	g	26	16.9
Carbohydrate	g	Tr	Tr
Sugars	g	Tr	Tr
Starch	g	N/A	N/A
Fat	g	8.0	5.2
Saturates	g	1.0	0.7
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	Tr	Tr
Salt	g	N/A	N/A
Sodium	g	0.3	0.2

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 49

Composite Sample Name: Tuna, canned in sunflower oil

Sub-sample Number: 49.3

Sub-sample Name: Princes, tuna steak in sunflower oil

Brand: Princes

Pack size: 200g (net weight), 140g (drained weight)

Purchase Date: 06.01.2011

Place of Purchase: Asda, Norwich

Display Until Date:

Use by Date: Dec 2015

Batch Number: LJ0250D 3160 A 440640 ES 12.00388/C CE

Packaging: Metal

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 49.3

Sub-sample Name: Princes, tuna steak in sunflower oil

Ingredients: Tuna, sunflower oil, salt

Label claim(s):

Product of Spain

Nutrient Information:

Nutrient	Unit	Amount/100g drained
Energy	kJ	699
Energy	kcal	167
Protein	g	25
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	N/A
Fat	g	7.4
Saturates	g	1.4
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.0
Salt	g	N/A
Sodium	g	0.4

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 49

Composite Sample Name: Tuna, canned in sunflower oil

Sub-sample Number: 49.4

Sub-sample Name: Princes, tuna chunks in sunflower oil

Brand: Princes

Pack size: 820g (net weight), 574g (drained weight)

Purchase Date: 06.01.2011

Place of Purchase: Makro, Norwich

Display Until Date:

Best Before Date: 06 2012

Batch Number: EU18109-TS1212 10:07 APPROVAL # 575 ORIGIN
ECUADOR

Packaging: Metal

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 49.4

Sub-sample Name: Princes, tuna chunks in sunflower oil

Ingredients: Tuna, sunflower oil, salt

Label claim(s):

Dolphin friendly

Product of Ecuador

Factory code No. 575

Nutrient Information:

Nutrient	Unit	Amount/100g drained
Energy	kJ	825
Energy	kcal	197
Protein	g	25
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	N/A
Fat	g	10.8
Saturates	g	2.0
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.0
Salt	g	N/A
Sodium	g	0.4

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 49

Composite Sample Name: Tuna, canned in sunflower oil

Sub-sample Number: 49.5

Sub-sample Name: Tesco, tuna chunks in sunflower oil

Brand: Tesco

Pack size: 185g (net weight), 139g (drained weight)

Purchase Date: 13.01.2011

Place of Purchase: Tesco, Blue Boar Lane, Norwich

Display Until Date:

Use by Date: Jun 2015

Batch Number: SEY FC01 CJU7 S881N 264 SEYCHELLESFC01 21:08

Packaging: Metal

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 49.5

Sub-sample Name: Tesco, tuna chunks in sunflower oil

Ingredients: Tuna, sunflower oil, salt

Label claim(s):

Contains fish

Recipe: no nuts

Ingredients: cannot guarantee nut free

Factory: no nuts

Produced in the Seychelles

Nutrient Information:

Nutrient	Unit	Amount/100g drained	Amount/half a drained can (69.5g)
Energy	kJ	795	N/A
Energy	kcal	190	135
Protein	g	27.1	N/A
Carbohydrate	g	Tr	N/A
Sugars	g	Tr	Tr
Starch	g	N/A	N/A
Fat	g	9.0	6.3
Saturates	g	1.5	1.0
Monounsaturates	g	2.3	N/A
Polyunsaturates	g	4.8	N/A
Fibre	g	Tr	N/A
Salt	g	0.8	0.5
Sodium	g	0.3	N/A

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 49

Composite Sample Name: Tuna, canned in sunflower oil

Sub-sample Number: 49.6

Sub-sample Name: Sainsbury's, tuna chunks in sunflower oil

Brand: Sainsbury's

Pack size: 185g, 138g (drained weight)

Purchase Date: 10.01.2011

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

Display Until Date:

Best Before Date: Aug 2015

Batch Number: MNU6SB 2CNNBGE 3HSCP THAILAND No.2005

Packaging: Metal

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 49.6

Sub-sample Name: Sainsbury's, tuna chunks in sunflower oil

Ingredients: Skipjack tuna, sunflower oil, water, salt

Label claim(s):

Contains fish

Produced in Thailand

Fished by pole and line

Caught in the Maldives

Nutrient Information:

Nutrient	Unit	Amount/100g (as drained)	Amount/half can
Energy	kJ	792	N/A
Energy	kcal	189	130
Protein	g	27	N/A
Carbohydrate	g	0.0	N/A
Sugars	g	0.0	N/A
Starch	g	N/A	N/A
Fat	g	9.0	6.2
Saturates	g	1.5	N/A
Monounsaturates	g	2.3	N/A
Polyunsaturates	g	4.8	N/A
Fibre	g	0.0	N/A
Salt	g	1.0	0.69
Sodium	g	0.4	N/A

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 49

Composite Sample Name: Tuna, canned in sunflower oil

Sub-sample Number: 49.7

Sub-sample Name: Asda, tuna chunks in sunflower oil

Brand: Asda

Pack size: 185g (net weight), 139g (drained weight)

Purchase Date: 13.01.2011

Place of Purchase: Asda, Norwich

Display Until Date:

Best Before Date: 30.09.2015

Batch Number: DVSTF 1 P 4CC 3 082A1 0291 16:09

Packaging: Metal

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 49.7

Sub-sample Name: Asda, tuna chunks in sunflower oil

Ingredients: Tuna (fish), sunflower oil, salt

Label claim(s):

Contains fish

Some bones may remain

Produced in Mauritius

Nutrient Information:

Nutrient	Unit	Amount/100g (drained)	Amount per ½ can (drained)
Energy	kJ	834	583
Energy	kcal	199	139
Protein	g	26.0	18.2
Carbohydrate	g	0.0	0.0
Sugars	g	0.0	0.0
Starch	g	N/A	N/A
Fat	g	10.6	7.4
Saturates	g	1.6	1.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.0	0.0
Salt	g	1.0	0.7
Sodium	g	0.4	0.28

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 49

Composite Sample Name: Tuna, canned in sunflower oil

Sub-sample Number: 49.8

Sub-sample Name: Morrisons, skipjack tuna chunks in sunflower oil

Brand: Morrisons

Pack size: 185g, 130g (drained weight)

Purchase Date: 10.01.2011

Place of Purchase: Morrisons, Norwich

Display Until Date:

Best Before Date: Feb 2014

Batch Number: Thailand No.2005 2605 P01/09 717 48

Packaging: Metal

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 49.8

Sub-sample Name: Morrisons, skipjack tuna chunks in sunflower oil

Ingredients: Skipjack tuna, sunflower oil, salt

Label claim(s):

Contains fish

Produced in Thailand

Nutrient Information:

Nutrient	Unit	Amount/100g (drained)	Amount/100g (drained) serving
Energy	kJ	794	N/A
Energy	kcal	189	189
Protein	g	27.1	N/A
Carbohydrate	g	0.0	N/A
Sugars	g	0.0	0.0
Starch	g	N/A	N/A
Fat	g	9.0	9.0
Saturates	g	1.5	1.5
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.0	N/A
Salt	g	0.8	0.8
Sodium	g	0.3	N/A

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 49

Composite Sample Name: Tuna, canned in sunflower oil

Sub-sample Number: 49.9

Sub-sample Name: Mermaid Bay, tuna chunks in sunflower oil

Brand: Mermaid Bay

Pack size: 185g (net weight), 129g (drained weight)

Purchase Date: 10.01.2011

Place of Purchase: Tesco, Harford Bridges, Norwich

Display Until Date:

Best Before Date: Jun 2015

Batch Number: KJUBH A0204N 244 GHANA 20:59 GS/SF/EF038

Packaging: Metal

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 49.9

Sub-sample Name: Mermaid Bay, tuna chunks in sunflower oil

Ingredients: Tuna, sunflower oil, salt

Label claim(s):

Contains fish

Produced in Ghana

Half a can typically weighs 64.5g

Nutrient Information:

Nutrient	Unit	Amount/100g drained	Amount/half a can drained
Energy	kJ	795	N/A
Energy	kcal	190	125
Protein	g	27.1	N/A
Carbohydrate	g	Tr	N/A
Sugars	g	Tr	Tr
Starch	g	N/A	N/A
Fat	g	9.0	5.8
Saturates	g	1.5	1.0
Monounsaturates	g	2.3	N/A
Polyunsaturates	g	4.8	N/A
Fibre	g	Tr	N/A
Salt	g	0.8	0.5
Sodium	g	0.3	N/A

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 49

Composite Sample Name: Tuna, canned in sunflower oil

Sub-sample Number: 49.10

Sub-sample Name: Brakes, tuna chunks in sunflower oil

Brand: Brakes

Pack size: 800g (net weight), 560g (net drained weight)

Purchase Date: 18.01.2011

Place of Purchase: Brakes delivery

Display Until Date:

Best Before Date: September 2011

Batch Number: L08-256-A/1LT ECUADOR 29

Packaging: Metal

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 49.10

Sub-sample Name: Brakes, tuna chunks in sunflower oil

Ingredients: Tuna, sunflower oil, salt

Label claim(s):

Contains fish
Produce of Ecuador

Nutrient Information:

Nutrient	Unit	Amount/100g drained
Energy	kJ	650
Energy	kcal	115
Protein	g	25
Carbohydrate	g	Tr
Sugars	g	Tr
Starch	g	N/A
Fat	g	6.0
Saturates	g	0.8
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	Tr
Salt	g	1.48
Sodium	g	0.59

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 49

Composite Sample Name: Tuna, canned in sunflower oil

Sub-sample Number: 49.11

Sub-sample Name: Chef's Larder, tuna chunks in oil

Brand: Chef's Larder

Pack size: 800g, 560g (drained weight)

Purchase Date: 01.02.2011

Place of Purchase: Booker, Norwich

Display Until Date:

Best Before Date: July 2015

Batch Number: RC35K 22:14 B076G Ecuador # 51 10102K PACIFIC OCEAN; FAO77

Packaging: Metal

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 49.11

Sub-sample Name: Chef's Larder, tuna chunks in oil

Ingredients: Tuna, sunflower oil, salt

Label claim(s):

Produced in Ecuador

Factory no. 51

Nutrient Information:

Nutrient	Unit	Amount/100g drained
Energy	kJ	794
Energy	kcal	189
Protein	g	27.1
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	N/A
Fat	g	9.0
Saturates	g	1.2
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.0
Salt	g	N/A
Sodium	g	0.3

Nutrient Analysis of Fish and Fish Products

Sample 50: Salmon, red, canned

Composite Sample Number: 50
Composite Sample Name: Salmon, red, canned
Sub-sample Number: 50.1
Sub-sample Name: John West, wild red salmon
Brand: John West
Pack size: 213g
Purchase Date: 10.01.2011
Place of Purchase: Morrisons, Norwich
Display Until Date:
Best Before Date: June 2015
Batch Number: Canada 0702
Packaging: Metal
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 50.1

Sub-sample Name: John West, wild red salmon

Ingredients: Red salmon, salt

Label claim(s):

Rich in Omega 3

Nutrient Information:

Nutrient	Unit	Amount/100g drained	Amount/serving (1/2 can) drained
Energy	kJ	704	582
Energy	kcal	168	139
Protein	g	24.0	19.9
Carbohydrate	g	Tr	Tr
Sugars	g	Tr	Tr
Starch	g	N/A	N/A
Fat	g	8.0	6.6
Saturates	g	1.5	1.2
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	1.7	1.4
Omega 3 polyunsaturates	g	1.2	1.0.
Fibre	g	Tr	Tr
Salt	g	N/A	N/A
Sodium	g	0.4	0.3

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 50

Composite Sample Name: Salmon, red, canned

Sub-sample Number: 50.2

Sub-sample Name: John West, Alaskan river reserve red salmon

Brand: John West

Pack size: 213g

Purchase Date: 10.01.2011

Place of Purchase: Tesco, Harford Bridges, Norwich

Display Until Date:

Best Before Date: June 2014

Batch Number: USA 3014517 5194R 40710

Packaging: Metal

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 50.2

Sub-sample Name: John West, Alaskan river reserve red salmon

Ingredients: Red salmon, salt

Label claim(s):

High in Omega 3

Caught in Alaska

Nutrient Information:

Nutrient	Unit	Amount/100g drained	Amount/serving (1/2 can) drained
Energy	kJ	704	582
Energy	kcal	168	139
Protein	g	24.0	21.4
Carbohydrate	g	Tr	Tr
Sugars	g	Tr	Tr
Starch	g	N/A	N/A
Fat	g	8.0	6.6
Saturates	g	1.5	1.3
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	1.7	1.5
Omega 3 polyunsaturates	g	1.2	1.1
Fibre	g	Tr	Tr
Salt	g	N/A	N/A
Sodium	g	0.4	0.4

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 50

Composite Sample Name: Salmon, red, canned

Sub-sample Number: 50.3

Sub-sample Name: Princes, wild medium red salmon

Brand: Princes

Pack size: 213g (net weight)

Purchase Date: 10.01.2011

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

Display Until Date:

Best Before Date: Dec 2014

Batch Number: BBE USA 3014053 SF-C-1005

Packaging: Metal

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 50.3

Sub-sample Name: Princes, wild medium red salmon

Ingredients: Medium red salmon, salt

Label claim(s):

High in Omega 3

Country of origin: USA

Alaska salmon

Nutrient Information:

Nutrient	Unit	Amount/100g drained
Energy	kJ	624
Energy	kcal	154
Protein	g	16.0
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	N/A
Fat	g	10.0
Saturates	g	2.0
Monounsaturates	g	N/A
Polyunsaturates	g	3.4
Omega 3	g	2.5
Fibre	g	0.0
Salt	g	N/A
Sodium	g	0.5

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 50

Composite Sample Name: Salmon, red, canned

Sub-sample Number: 50.4

Sub-sample Name: Princes, wild red salmon

Brand: Princes

Pack size: 213g (net weight)

Purchase Date: 06.01.2011

Place of Purchase: Asda, Norwich

Display Until Date:

Best Before Date: Dec 2015

Batch Number: MSC# 3014053/USA SF-C-1005

Packaging: Metal

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 50.4

Sub-sample Name: Princes, wild red salmon

Ingredients: Red salmon, salt

Label claim(s):

High in omega 3

Country of origin: USA

Alaska salmon

Nutrient Information:

Nutrient	Unit	Amount/100g drained
Energy	kJ	691
Energy	kcal	166
Protein	g	18.9
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	N/A
Fat	g	10.0
Saturates	g	1.5
Monounsaturates	g	N/A
Polyunsaturates	g	3.0
Omega 3	g	1.9
Fibre	g	0.0
Salt	g	N/A
Sodium	g	0.4

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 50

Composite Sample Name: Salmon, red, canned

Sub-sample Number: 50.5

Sub-sample Name: Tesco, wild pacific red salmon

Brand: Tesco

Pack size: 418g

Purchase Date: 10.01.2011

Place of Purchase: Tesco, Harford Bridges, Norwich

Display Until Date:

Use by Date: June 2014

Batch Number: USA 3014517 SC2340 5191R 40706

Packaging: Metal

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 50.5

Sub-sample Name: Tesco, wild pacific red salmon

Ingredients: Red salmon (99%), salt

Label claim(s):

High in Omega 3

Contains bones

Contains fish

Recipe: no nuts

Ingredients: cannot guarantee nut free

Factory: no nuts

Produced in the USA

Alaska salmon

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/ $\frac{1}{4}$ can (104.5g)
Energy	kJ	565	590
Energy	kcal	135	145
Protein	g	19.5	20.4
Carbohydrate	g	Tr	Tr
Sugars	g	Tr	Tr
Starch	g	N/A	N/A
Fat	g	6.3	6.6
Saturates	g	1.5	1.6
Monounsaturates	g	2.5	2.6
Polyunsaturates	g	2.3	2.4
Omega 3	g	1.8	1.9
Fibre	g	Tr	Tr
Salt	g	N/A	N/A
Sodium	g	0.4	0.4

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 50

Composite Sample Name: Salmon, red, canned

Sub-sample Number: 50.6

Sub-sample Name: Asda, wild Pacific red salmon

Brand: Asda

Pack size: 213g

Purchase Date: 06.01.2011

Place of Purchase: Asda, Norwich

Display Until Date:

Use by Date: 2015

Batch Number: USA 3014517 2015 SF-C-1043

Packaging: Metal

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 50.6

Sub-sample Name: Asda, wild Pacific red salmon

Ingredients: Red salmon (99%) (Fish), salt

Label claim(s):

Contains fish
High in Omega 3
Produced in the USA
Alaska salmon

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount per serving (70g)
Energy	kJ	659	463
Energy	kcal	158	111
Protein	g	16.8	11.8
Carbohydrate	g	0.0	0.0
Sugars	g	0.0	0.0
Starch	g	N/A	N/A
Fat	g	10.1	7.1
Saturates	g	1.5	1.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Omega 3	g	2.3	1.6
Fibre	g	0.0	0.0
Salt	g	1.3	0.9
Sodium	g	0.51	0.36

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 50
Composite Sample Name: Salmon, red, canned
Sub-sample Number: 50.7
Sub-sample Name: Nixe, wild Pacific red salmon
Brand: Nixe
Pack size: 213g
Purchase Date: 10.01.2011
Place of Purchase: Lidl, Norwich
Display Until Date:
Best Before Date: Dec 2015
Batch Number: USA 3014053
Packaging: Metal
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 50.7

Sub-sample Name: Nixe, wild Pacific red salmon

Ingredients: Red salmon (99%) (*Oncorhynchus nerka*), salt

Label claim(s):

Caught in the Pacific Ocean, FAO No. 67

Produced in the USA

Contains bones

Rich in Omega 3

Contains fish

Alaska salmon

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/106g
Energy	kJ	565	N/A
Energy	kcal	135	143
Protein	g	19.5	N/A
Carbohydrate	g	0.0	N/A
Sugars	g	0.0	N/A
Starch	g	N/A	N/A
Fat	g	6.3	N/A
Saturates	g	1.5	N/A
Monounsaturates	g	2.5	N/A
Polyunsaturates	g	2.3	N/A
Omega 3	g	1.8	N/A
Fibre	g	0.0	N/A
Salt	g	1.0	N/A
Sodium	g	0.4	N/A

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 50

Composite Sample Name: Salmon, red, canned

Sub-sample Number: 50.8

Sub-sample Name: Marks and Spencer, wild Alaskan red salmon

Brand: Marks and Spencer

Pack size: 213g

Purchase Date: 12.01.2011

Place of Purchase: Marks and Spencer, Norwich

Display Until Date:

Best Before Date: Jun 2014

Batch Number: USA 3013093

Packaging: Metal

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 50

Sub-sample Name: Marks and Spencer, wild Alaskan red salmon

Ingredients: Red sockeye salmon, salt

Label claim(s):

Packed in Alaska

High in Omega 3

Contains bones

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	550
Energy	kcal	130
Protein	g	20.0
Carbohydrate	g	Tr
Sugars	g	Tr
Starch	g	N/A
Fat	g	5.7
Saturates	g	1.3
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Omega 3	g	1.0
Fibre	g	0.0
Salt	g	1.25
Sodium	g	0.50

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 50
Composite Sample Name: Salmon, red, canned
Sub-sample Number: 50.9
Sub-sample Name: Waitrose, essential wild red salmon
Brand: Waitrose essential
Pack size: 213g
Purchase Date: 27.01.2011
Place of Purchase: Waitrose, Norwich
Display Until Date:
Use by Date: Jun 2015
Batch Number: USA 3014517 SF-C-1043 5104R 10702
Packaging: Metal
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 50.9

Sub-sample Name: Waitrose, essential wild red salmon

Ingredients: Sockeye salmon (*oncorhynchus nerka*) (99%), salt

Label claim(s):

Contains fish

Produced in the USA

Contains skin and bones

Caught in the Pacific Ocean

Alaska salmon

Nutrient Information:

Nutrient	Unit	Amount/100g as sold	Amount/½ can as sold
Energy	kJ	644	682
Energy	kcal	153	163
Protein	g	23.5	24.9
Carbohydrate	g	0.0	0.0
Sugars	g	0.0	0.0
Starch	g	N/A	N/A
Fat	g	6.6	7.0
Saturates	g	1.3	1.4
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.0	0.0
Salt	g	N/A	N/A
Sodium	g	0.4	0.42

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 50
Composite Sample Name: Salmon, red, canned
Sub-sample Number: 50.10
Sub-sample Name: Brakes, wild Pacific red salmon
Brand: Brakes
Pack size: 213g
Purchase Date: 11.01.2011
Place of Purchase: Brakes delivery
Display Until Date:
Best Before Date: Dec 2014
Batch Number: EU#2000014420/USA
Packaging: Metal
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 50.10

Sub-sample Name: Brakes wild Pacific red salmon

Ingredients: Red salmon 99% (*Oncorhynchus nerka*), salt

Label claim(s):

Contains fish
Contains bone
Alaska USA salmon

Nutrient Information:

Nutrient	Unit	Amount/100g drained
Energy	kJ	644
Energy	kcal	153
Protein	g	23.5
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	N/A
Fat	g	6.6
Saturates	g	1.3
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.0
Salt	g	1.1
Sodium	g	0.43

Nutrient Analysis of Fish and Fish Products

Sample 51: Salmon, red, canned, skinless and boneless

Composite Sample Number: 51

Composite Sample Name: Salmon, red, canned, skinless and boneless

Sub-sample Number: 51.1 & 51.2

Sub-sample Name: Morrisons, skinned and boned red salmon

Brand: Morrisons

Pack size: 105g

Purchase Date: 51.1 (19.01.2011), 51.2 (09.02.2011)

Place of Purchase: Morrisons, Norwich

Display Until Date:

Best Before Date: June 2015

Batch Number: 51.1(84 8 02 03 9 05:46 B2D), 51.2 (84 8 06 02 10 22:41 D6)

Packaging: Metal

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 51.1 & 51.2

Sub-sample Name: Morrisons, skinned and boned red salmon

Ingredients: Red salmon (99%), salt

Label claim(s):

Contains fish

Country of origin: Canada

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/100g serving
Energy	kJ	700	N/A
Energy	kcal	166	166
Protein	g	21.6	N/A
Carbohydrate	g	0.0	N/A
Sugars	g	0.0	0.0
Starch	g	N/A	N/A
Fat	g	9.0	9.0
Saturates	g	1.7	1.7
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.0	N/A
Salt	g	1.0	1.0
Sodium	g	0.4	N/A

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 51

Composite Sample Name: Salmon, red, canned, skinless and boneless

Sub-sample Number: 51.3

Sub-sample Name: Marks and Spencer, wild Alaskan red salmon

Brand: Marks and Spencer

Pack size: 180g

Purchase Date: 24.01.2011

Place of Purchase: Marks and Spencer, Norwich

Display Until Date:

Best Before Date: Jun 2014

Batch Number: 299NP 2R7 A USA: 3013093 04 B 05 01 B 11:02 B2B

Packaging: Metal

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 51.3

Sub-sample Name: Marks and Spencer, wild Alaskan red salmon

Ingredients: Red sockeye salmon, salt

Label claim(s):

Some small bones may remain

Packed in Alaska using Alaskan salmon

High in Omega 3

Skinless and boneless

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	590
Energy	kcal	140
Protein	g	23.8
Carbohydrate	g	Tr
Sugars	g	Tr
Starch	g	N/A
Fat	g	4.9
Saturates	g	1.8
Monounsaturates	g	N/A
Polyunsaturates	g	1.0
Omega 3	g	1.0
Fibre	g	Tr
Salt	g	1.25
Sodium	g	0.50

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 51

Composite Sample Name: Salmon, red, canned, skinless and boneless

Sub-sample Number: 51.4

Sub-sample Name: Waitrose, essential, wild red salmon, skinless and boneless

Brand: Waitrose essential

Pack size: 180g

Purchase Date: 09.02.2011

Place of Purchase: Waitrose, Norwich

Display Until Date:

Best Before Date: June 2014

Batch Number: USA 3004047659

Packaging: Metal

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 51.4

Sub-sample Name: Waitrose, essential, wild red salmon, skinless and boneless

Ingredients: Sockeye salmon (*oncorhynchus nerka*) (99%), salt

Label claim(s):

Contains fish

Produced in the USA

Caught in the Pacific Ocean

Wild Alaska salmon

Nutrient Information:

Nutrient	Unit	Amount/100g as sold	Amount/½ can as sold
Energy	kJ	700	630
Energy	kcal	167	151
Protein	g	21.6	19.4
Carbohydrate	g	0.0	0.0
Sugars	g	0.0	0.0
Starch	g	N/A	N/A
Fat	g	9.0	8.1
Saturates	g	1.7	1.5
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.0	0.0
Salt	g	N/A	N/A
Sodium	g	0.40	0.36

Nutrient Analysis of Fish and Fish Products

Sample 52: Salmon, pink, canned

Composite Sample Number: 52
Composite Sample Name: Salmon, pink, canned
Sub-sample Number: 52.1
Sub-sample Name: Princes, wild pink salmon
Brand: Princes
Pack size: 213g (net weight)
Purchase Date: 06.01.2011
Place of Purchase: Asda, Norwich
Display Until Date:
Best Before Date: Dec 2014
Batch Number: SCS MFCP C0034 USA 3028163
Packaging: Metal
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 52.1
Sub-sample Name: Princes, wild pink salmon

Ingredients: Pink salmon, salt

Label claim(s):

High in Omega 3 fish oils

Country of origin: USA

Nutrient Information:

Nutrient	Unit	Amount/100g drained
Energy	kJ	518
Energy	kcal	124
Protein	g	18.3
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	N/A
Fat	g	5.6
Saturates	g	1.0
Monounsaturates	g	N/A
Polyunsaturates	g	2.3
Omega 3	g	1.9
Fibre	g	0.0
Salt	g	N/A
Sodium	g	0.4

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 52

Composite Sample Name: Salmon, pink, canned

Sub-sample Number: 52.2

Sub-sample Name: Princes, wild pink salmon

Brand: Princes

Pack size: 213g (net weight)

Purchase Date: 10.01.2011

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

Display Until Date:

Best Before Date: June 2014

Batch Number: USA .04047650 MSC SF-C-1002

Packaging: Metal

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 52.2
Sub-sample Name: Princes, wild pink salmon

Ingredients: Pink salmon, salt

Label claim(s):

High in Omega 3
Wild Alaska salmon

Nutrient Information:

Nutrient	Unit	Amount/100g drained
Energy	kJ	518
Energy	kcal	124
Protein	g	18.3
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	N/A
Fat	g	5.6
Saturates	g	1.0
Monounsaturates	g	N/A
Polyunsaturates	g	2.3
Omega 3	g	1.9
Fibre	g	0.0
Salt	g	N/A
Sodium	g	0.4

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 52

Composite Sample Name: Salmon, pink, canned

Sub-sample Number: 52.3

Sub-sample Name: John West, wild pink salmon

Brand: John West

Pack size: 213g

Purchase Date: 10.01.2011

Place of Purchase: Morrisons, Norwich

Display Until Date:

Best Before Date: Jun 2014

Batch Number: USA 3028163

Packaging: Metal

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 52.3

Sub-sample Name: John West, wild pink salmon

Ingredients: Pink salmon, salt

Label claim(s):

Rich in Omega 3 fish oils

Nutrient Information:

Nutrient	Unit	Amount/100g drained product	Amount/serving (1/2 can) drained product
Energy	kJ	650	539
Energy	kcal	155	129
Protein	g	23.0	19.1
Carbohydrate	g	Tr	Tr
Sugars	g	Tr	Tr
Starch	g	N/A	N/A
Fat	g	7.0	5.8
Saturates	g	1.3	1.1
Monounsaturates	g	1.8	1.5
Polyunsaturates	g	N/A	N/A
Omega 3 polyunsaturates	g	1.2	1.0
Fibre	g	Tr	Tr
Salt	g	N/A	N/A
Sodium	g	0.4	0.3

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 52

Composite Sample Name: Salmon, pink, canned

Sub-sample Number: 52.4

Sub-sample Name: Tesco, wild Pacific pink salmon

Brand: Tesco

Pack size: 212g

Purchase Date: 13.01.2011

Place of Purchase: Tesco, Blue Boar Lane, Norwich

Display Until Date:

Best Before Date: June 2014

Batch Number: USA 3014556 2340

Packaging: Metal

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 52.4

Sub-sample Name: Tesco, wild Pacific pink salmon

Ingredients: Pink salmon (99%), salt

Label claim(s):

Contains fish

Recipe: no nuts

Ingredients: cannot guarantee nut free

Factory: no nuts

Produced in the USA

High in Omega 3

Contains bones

Wild Alaska salmon

Half a can weighs 106g

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/half a can
Energy	kJ	505	N/A
Energy	kcal	120	130
Protein	g	20.2	N/A
Carbohydrate	g	Tr	N/A
Sugars	g	Tr	Tr
Starch	g	N/A	N/A
Fat	g	4.3	4.5
Saturates	g	1.0	1.0
Monounsaturates	g	1.8	N/A
Polyunsaturates	g	2.0	N/A
Omega 3	g	1.4	N/A
Fibre	g	Tr	N/A
Salt	g	1.1	1.1
Sodium	g	0.4	N/A

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 52
Composite Sample Name: Salmon, pink, canned
Sub-sample Number: 52.5
Sub-sample Name: Tesco, wild Pacific pink salmon
Brand: Tesco
Pack size: 212g
Purchase Date: 13.01.2011
Place of Purchase: Tesco, Blue Boar Lane, Norwich
Display Until Date:
Best Before Date: June 2014
Batch Number: USA 3004047651 2340
Packaging: Metal
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 52.5

Sub-sample Name: Tesco, wild Pacific pink salmon

Ingredients: Pink salmon (99%), salt

Label claim(s):

Contains fish

Produced in the USA

Contains bones

A good source of Omega 3

Wild Alaskan salmon

Half a can weighs 106g

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/half of a can
Energy	kJ	505	N/A
Energy	kcal	120	130
Protein	g	20.2	N/A
Carbohydrate	g	Tr	N/A
Sugars	g	Tr	Tr
Starch	g	N/A	N/A
Fat	g	4.3	4.5
Saturates	g	0.9	1.0
Monounsaturates	g	1.5	N/A
Polyunsaturates	g	1.9	N/A
Omega 3	g	1.5	N/A
Fibre	g	Tr	N/A
Salt	g	1.1	1.1
Sodium	g	0.4	N/A

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 52

Composite Sample Name: Salmon, pink, canned

Sub-sample Number: 52.6

Sub-sample Name: Asda, wild Pacific pink salmon

Brand: Asda

Pack size: 213g

Purchase Date: 06.01.2011

Place of Purchase: Asda, Norwich

Display Until Date:

Best Before Date: Dec 2014

Batch Number: SCS MFPC C0034 USA 3028163

Packaging: Metal

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 52.6

Sub-sample Name: Asda, wild Pacific pink salmon

Ingredients: Pink salmon (99%) (Fish), salt

Label claim(s):

Contains fish

High in Omega 3

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/70g serving
Energy	kJ	551	386
Energy	kcal	132	92
Protein	g	16.3	11.4
Carbohydrate	g	0.0	0.0
Sugars	g	0.0	0.0
Starch	g	N/A	N/A
Fat	g	7.4	5.2
Saturates	g	1.5	1.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Omega 3	g	1.9	1.3
Fibre	g	0.0	0.0
Salt	g	1.3	0.9
Sodium	g	0.52	0.36

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 52

Composite Sample Name: Salmon, pink, canned

Sub-sample Number: 52.7

Sub-sample Name: Morrisons, wild Alaskan pink salmon

Brand: Morrisons

Pack size: 213g

Purchase Date: 10.01.2011

Place of Purchase: Morrisons, Norwich

Display Until Date:

Best Before Date: Jun 2015

Batch Number: USA 3013529 SF-C-1043

Packaging: Metal

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 52.7

Sub-sample Name: Morrisons, wild Alaskan pink salmon

Ingredients: Pink salmon (99%), salt

Label claim(s):

Contains fish

Contains bones

Alaska USA salmon

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	644
Energy	kcal	153
Protein	g	23.5
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	N/A
Fat	g	6.6
Saturates	g	1.3
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.0
Salt	g	1.0
Sodium	g	0.4

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 52

Composite Sample Name: Salmon, pink, canned

Sub-sample Number: 52.8

Sub-sample Name: Ocean Rise, wild Pacific pink salmon

Brand: Ocean Rise

Pack size: 213g

Purchase Date: 13.01.2011

Place of Purchase: Aldi, Norwich

Display Until Date:

Best Before Date: Dec 2014

Batch Number: USA 3004047630

Packaging: Metal

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 52.8

Sub-sample Name: Ocean Rise, wild Pacific pink salmon

Ingredients: Pink salmon, salt

Label claim(s):

Contains fish
Gluten free
Contains bones
Source of Omega 3
Canned from fresh
Wild Alaska salmon

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/½ can (approx 106g)
Energy	kJ	458	486
Energy	kcal	108	115
Protein	g	19.4	20.6
Carbohydrate	g	3.2	3.4
Sugars	g	0.1	0.1
Starch	g	N/A	N/A
Fat	g	2.0	2.1
Saturates	g	1.0	1.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Omega 3	g	1.0	1.0
Fibre	g	0.0	0.0
Salt	g	0.87	0.92
Sodium	g	0.35	0.37

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 52
Composite Sample Name: Salmon, pink, canned
Sub-sample Number: 52.9
Sub-sample Name: Brakes, wild pacific pink salmon
Brand: Brakes
Pack size: 213g
Purchase Date: 11.01.2011
Place of Purchase: Brakes delivery
Display Until Date:
Best Before Date: Dec 2014
Batch Number: EU#3013647/USA
Packaging: Metal
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 52.9

Sub-sample Name: Brakes, wild pacific pink salmon

Ingredients: Pink salmon 99% (*Oncorhynchus gorbuscha*), salt

Label claim(s):

Contains fish
Contains bone
Alaska USA salmon

Nutrient Information:

Nutrient	Unit	Amount/100g drained
Energy	kJ	644
Energy	kcal	153
Protein	g	23.5
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	N/A
Fat	g	6.6
Saturates	g	1.3
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.0
Salt	g	1.1
Sodium	g	0.43

Sample 53: Mackerel, canned in brine

Composite Sample Number: 53

Composite Sample Name: Mackerel, canned in brine

Sub-sample Number: 53.1 & 53.2

Sub-sample Name: Tesco, mackerel fillets skinless and boneless in brine

Brand: Tesco

Pack size: 125g (net weight), 88g (drained weight)

Purchase Date: 13.01.2011

Place of Purchase: Tesco, Blue Boar Lane, Norwich

Display Until Date:

Use by Date: Dec 2013

Batch Number: 51.1 (L50212201007 DK 2044 EF), 51.2 (L50312201015)

Packaging: Metal

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 53.1 & 53.2

Sub-sample Name: Tesco, mackerel fillets skinless and boneless in brine

Ingredients: Mackerel, water, salt

Label claim(s):

A good source of Omega 3

Contains fish

Some bones may remain

Produced in Denmark

Half a can weighs 44g

Nutrient Information:

Nutrient	Unit	Amount/100g drained	Amount/½ can drained
Energy	kJ	970	N/A
Energy	kcal	230	104
Protein	g	20	N/A
Carbohydrate	g	Tr	N/A
Sugars	g	Tr	Tr
Starch	g	N/A	N/A
Fat	g	17.0	7.7
Saturates	g	3.9	1.8
Monounsaturates	g	6.9	N/A
Polyunsaturates	g	5.1	N/A
Omega 3	g	4.9	N/A
Fibre	g	Tr	N/A
Salt	g	0.63	0.3
Sodium	g	0.25	N/A

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 53

Composite Sample Name: Mackerel, canned in brine

Sub-sample Number: 53.3

Sub-sample Name: Morrisons, mackerel fillets in brine

Brand: Morrisons

Pack size: 125g, 88g (drained weight)

Purchase Date: 10.01.2011

Place of Purchase: Morrisons, Norwich

Display Until Date:

Use by Date: Aug 2013

Batch Number: L11308201012 DK 2044 EF

Packaging: Metal

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 53.3

Sub-sample Name: Morrisons, mackerel fillets in brine

Ingredients: Mackerel, water, salt

Label claim(s):

Produced in Denmark

Contains fish

Some bones may remain

A natural source of Omega 3

Nutrient Information:

Nutrient	Unit	Amount/100g drained	Amount/½ can drained
Energy	kJ	1002	441
Energy	kcal	241	106
Protein	g	20.4	9.0
Carbohydrate	g	Tr	Tr
Sugars	g	Tr	Tr
Starch	g	N/A	N/A
Fat	g	17.7	7.8
Saturates	g	4.1	1.8
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Omega 3	g	2.0	0.9
Fibre	g	Tr	Tr
Salt	g	1.0	0.5
Sodium	g	0.4	0.2

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 53

Composite Sample Name: Mackerel, canned in brine

Sub-sample Number: 53.4

Sub-sample Name: Asda, mackerel fillets in brine

Brand: Asda

Pack size: 125g (net weight), 88g (drained weight)

Purchase Date: 06.01.2011

Place of Purchase: Asda, Norwich

Display Until Date:

Use by Date: Nov 2013

Batch Number: L10211201011 DK 2044 EF

Packaging: Metal

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 53.4

Sub-sample Name: Asda, mackerel fillets in brine

Ingredients: Mackerel (fish), water, salt

Label claim(s):

Contains fish

Produce of Denmark

Some bones may remain

Nutrient Information:

Nutrient	Unit	Amount/100g drained
Energy	kJ	911
Energy	kcal	219
Protein	g	18.6
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	N/A
Fat	g	16.1
Saturates	g	1.3
Monounsaturates	g	8.6
Polyunsaturates	g	5.3
Omega 3	g	4.9
Fibre	g	0.0
Salt	g	0.8
Sodium	g	0.3

Sample 54: Sardines, canned in tomato sauce, whole contents

Composite Sample Number: 54

Composite Sample Name: Sardines, canned in tomato sauce, whole contents

Sub-sample Number: 54.1 & 54.2

Sub-sample Name: John West, sardines in tomato sauce, whole contents

Brand: John West

Pack size: 120g, 84g (drained weight)

Purchase Date: 10.01.2011

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

Display Until Date:

Best Before Date: Jun 2013

Batch Number: 54.1 (PT C 241 1 P EC 316 10N 23:55), 54.2 (286 10N 21:33 PT C 241 1 9 EC)

Packaging: Metal

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 54.1 & 54.2

Sub-sample Name: John West, sardines in tomato sauce, whole contents

Ingredients: Sardines, water, concentrated tomato puree, salt

Label claim(s):

May contain mustard

Rich in Omega 3 fish oils

Produced in Portugal

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/can
Energy	kJ	685	822
Energy	kcal	164	197
Protein	g	17.0	20.4
Carbohydrate	g	1.5	1.8
Sugars	g	1.5	1.8
Starch	g	N/A	N/A
Fat	g	10.0	12.0
Saturates	g	2.5	3.0
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	3.2	3.8
Omega 3 polyunsaturates	g	1.9	2.3
Fibre	g	Tr	Tr
Salt	g	N/A	N/A
Sodium	g	0.7	0.8

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 54

Composite Sample Name: Sardines, canned in tomato sauce, whole contents

Sub-sample Number: 54.3

Sub-sample Name: Tesco, sardines in tomato sauce, whole contents

Brand: Tesco

Pack size: 120g

Purchase Date: 10.01.2011

Place of Purchase: Tesco, Harford Bridges, Norwich

Display Until Date:

Best Before Date: 11 2013

Batch Number: L3071 L03L C220 1P PT C220 1P CE

Packaging: Metal

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 54.3

Sub-sample Name: Tesco, sardines in tomato sauce, whole contents

Ingredients: Sardines (70%), water, tomato puree (12%), sunflower oil, salt

Label claim(s):

Contains fish

Recipe: no nuts

Ingredients: cannot guarantee nut free

Factory: no nuts

Contains bones

Produced in Portugal

A good source of Omega 3

Half of a can typically weighs 60g

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/half of a can
Energy	kJ	679	N/A
Energy	kcal	163	98
Protein	g	17.0	N/A
Carbohydrate	g	1.4	N/A
Sugars	g	1.4	0.8
Starch	g	N/A	N/A
Fat	g	9.9	5.9
Saturates	g	2.7	1.6
Monounsaturates	g	2.8	N/A
Polyunsaturates	g	3.1	N/A
Omega 3	g	3.3	N/A
Fibre	g	Tr	N/A
Salt	g	0.9	0.5
Sodium	g	0.4	N/A

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 54

Composite Sample Name: Sardines, canned in tomato sauce, whole contents

Sub-sample Number: 54.4

Sub-sample Name: Asda, Smart Price, sardines in tomato sauce, whole contents

Brand: Asda Smart Price

Pack size: 120g

Purchase Date: 06.01.2011

Place of Purchase: Asda, Norwich

Display Until Date:

Best Before Date: July 2013

Batch Number: MA 1347

Packaging: Metal and cardboard

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 54.4

Sub-sample Name: Asda, Smart Price, sardines in tomato sauce, whole contents

Ingredients: Sardines (70%), water, tomato puree (10%) (tomato, water, citric acid), sunflower oil, salt

Label claim(s):

Contains fish

Produced in Morocco

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/ $\frac{1}{2}$ can
Energy	kJ	683	409
Energy	kcal	164	98
Protein	g	17.0	10.2
Carbohydrate	g	1.4	0.8
Sugars	g	1.4	0.8
Starch	g	N/A	N/A
Fat	g	10.0	6.0
Saturates	g	3.1	1.9
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.0	0.0
Salt	g	1.0	0.6
Sodium	g	0.40	0.24

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 54

Composite Sample Name: Sardines, canned in tomato sauce, whole contents

Sub-sample Number: 54.5

Sub-sample Name: Sainsbury's, Portuguese sardines in tomato sauce, whole contents

Brand: Sainsbury's

Pack size: 120g

Purchase Date: 10.01.2011

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

Display Until Date:

Best Before Date: Nov 2013

Batch Number: L316H PT C234 1P EC

Packaging: Metal

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 54.5

Sub-sample Name: Sainsbury's, Portuguese sardines in tomato sauce, whole contents

Ingredients: Sardine (*Sardina Pilchardus*) (70%), tomato puree (15%), water, salt

Label claim(s):

Product contains small, soft, edible bones

Contains fish

Produced in Portugal

Caught in the North-East Atlantic Ocean

High in Omega 3

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/can
Energy	kJ	814	N/A
Energy	kcal	195	234
Protein	g	18.5	N/A
Carbohydrate	g	1.2	N/A
Sugars	g	1.2	N/A
Starch	g	N/A	N/A
Fat	g	12.9	15.5
Saturates	g	4.2	N/A
Monounsaturates	g	2.9	N/A
Polyunsaturates	g	5.2	N/A
Omega 3	g	3.7	N/A
Fibre	g	0.6	N/A
Salt	g	0.90	1.08
Sodium	g	0.36	N/A

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 54

Composite Sample Name: Sardines, canned in tomato sauce, whole contents

Sub-sample Number: 54.6

Sub-sample Name: Ocean Rise, sardines in tomato sauce, whole contents

Brand: Ocean Rise

Pack size: 125g

Purchase Date: 01.02.2011

Place of Purchase: Aldi, Norwich

Display Until Date:

Best Before Date: Jan 2013

Batch Number: EU 1657 PT309B

Packaging: Metal

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 54.6

Sub-sample Name: Ocean Rise, sardines in tomato sauce, whole contents

Ingredients: Sardines (*Sardina pilchardus*) (70%), tomato sauce (water, tomato puree, vegetable oil, salt)

Label claim(s):

Contains fish

Gluten free

High in Omega 3

Caught in the Central Eastern Atlantic (FAO 34)

Catch method: purse seine or pelagic trawl

Packed in Morocco

Nutrient Information:

Nutrient	Unit	Amount/100g	Amount/can serving
Energy	kJ	608	N/A
Energy	kcal	145	N/A
Protein	g	18.0	N/A
Carbohydrate	g	3.2	N/A
Sugars	g	2.4	N/A
Starch	g	N/A	N/A
Fat	g	6.7	N/A
Saturates	g	2.0	2.5
Monounsaturates	g	2.1	N/A
Polyunsaturates	g	2.3	N/A
Omega 3	g	1.5	N/A
Fibre	g	Tr	N/A
Salt	g	0.40	0.5
Sodium	g	0.16	N/A

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 54

Composite Sample Name: Sardines, canned in tomato sauce, whole contents

Sub-sample Number: 54.7

Sub-sample Name: Marks and Spencer, Portuguese sardines in tomato sauce, whole contents

Brand: Marks and Spencer

Pack size: 120g (net), 78g (drained weight)

Purchase Date: 12.01.2011

Place of Purchase: Marks and Spencer, Norwich

Display Until Date:

Best Before Date: 31.03.2013

Batch Number: L0760 PT C 234 1PEC T

Packaging: Cardboard & metal

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 54.7

Sub-sample Name: Marks and Spencer, Portuguese sardines in tomato sauce, whole contents

Ingredients: Sardines (65%), tomato puree (18%), water, salt

Label claim(s):

High in Omega 3

Contains small, soft, edible bones

Packed in Portugal

Caught off the Portuguese coast

No artificial colours, flavours or preservatives

Nutrient Information:

Nutrient	Unit	Amount/100g drained
Energy	kJ	710
Energy	kcal	170
Protein	g	20.7
Carbohydrate	g	1.4
Sugars	g	1.4
Starch	g	N/A
Fat	g	9.1
Saturates	g	3.2
Monounsaturates	g	N/A
Polyunsaturates	g	3.3
Omega 3 fatty acids	g	3.2
Fibre	g	Tr
Salt	g	0.5
Sodium	g	0.19

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 54

Composite Sample Name: Sardines, canned in tomato sauce, whole contents

Sub-sample Number: 54.8

Sub-sample Name: Waitrose, essential, sardines in tomato sauce, whole contents

Brand: Waitrose essential

Pack size: 120g

Purchase Date: 13.01.2011

Place of Purchase: Waitrose, Norwich

Display Until Date:

Use by Date: Jul 2013

Batch Number: BJ.L.202 B 1709

Packaging: Metal

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 54.8

Sub-sample Name: Waitrose, essential, sardines in tomato sauce, whole contents

Ingredients: Sardines (*Sardina pilchardus* Walbaum) (65%), water, tomato puree, sunflower oil, sea salt

Label claim(s):

Produced in Morocco

Caught in the Central Eastern Atlantic

Nutrient Information:

Nutrient	Unit	Amount/100g as sold	Amount/can as sold
Energy	kJ	831	997
Energy	kcal	200	239
Protein	g	17.8	21.3
Carbohydrate	g	1.2	1.4
Sugars	g	0.9	1.1
Starch	g	N/A	N/A
Fat	g	13.8	16.5
Saturates	g	4.7	5.7
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.0	0.0
Salt	g	N/A	N/A
Sodium	g	0.36	0.43

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 54

Composite Sample Name: Sardines, canned in tomato sauce, whole contents

Sub-sample Number: 54.9

Sub-sample Name: Princes, sardines in a rich tomato, whole contents

Brand: Princes

Pack size: 120g

Purchase Date: 11.01.2011

Place of Purchase: Brakes delivery

Display Until Date:

Best Before Date: Dec 2012

Batch Number: Factory code 1347

Packaging: Metal

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 54.9

Sub-sample Name: Princes, sardines in a rich tomato, whole contents

Ingredients: Sardines (75%), tomato puree, vegetable oil, water, salt

Label claim(s):

High in Omega 3 fish oils

Product of Morocco

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	791
Energy	kcal	190
Protein	g	19.0
Carbohydrate	g	1.6
Sugars	g	1.6
Starch	g	N/A
Fat	g	11.9
Saturates	g	3.3
Monounsaturates	g	N/A
Polyunsaturates	g	3.7
Omega 3	g	3.0
Fibre	g	0.0
Salt	g	N/A
Sodium	g	0.5

Sample 55: Sardines, canned in brine

Composite Sample Number: 55
Composite Sample Name: Sardines, canned in brine
Sub-sample Number: 55.1 & 55.2
Sub-sample Name: Tesco, sardines in brine
Brand: Tesco
Pack size: 120g (net weight), 84g (drained weight)
Purchase Date: 10.01.2011
Place of Purchase: Tesco, Harford Bridges, Norwich
Display Until Date:
Use by Date: 55.1 (Jun 2012), 55.2 (Aug 2012)
Batch Number: 55.1 (XA L 154 B), 55.2 (XA L 240 B)
Packaging: Metal
Sample Condition As Purchased: Ambient
Post Purchase Storage: Ambient

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 55.1 & 55.2

Sub-sample Name: Tesco, sardines in brine

Ingredients: Sardines, water, salt

Label claim(s):

Good source of Omega 3

Product will contain bones

Contains fish

Produced in Morocco

Half of a drained can typically weighs 42g

Nutrient Information:

Nutrient	Unit	Amount/100g drained	Amount/half of a drained can
Energy	kJ	725	N/A
Energy	kcal	175	75
Protein	g	21.5	N/A
Carbohydrate	g	Tr	N/A
Sugars	g	Tr	Tr
Starch	g	N/A	N/A
Fat	g	9.6	4.0
Saturates	g	3.2	1.3
Monounsaturates	g	2.8	N/A
Polyunsaturates	g	3.2	N/A
Omega 3	g	3.3	N/A
Fibre	g	Tr	N/A
Salt	g	1.3	0.5
Sodium	g	0.5	N/A

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 55

Composite Sample Name: Sardines, canned in brine

Sub-sample Number: 55.3

Sub-sample Name: Morrisons, sardines in brine

Brand: Morrisons

Pack size: 120g, 84g (drained)

Purchase Date: 10.01.2011

Place of Purchase: Morrisons, Norwich

Display Until Date:

Best Before Date: Jan 2013

Batch Number: EU1653_ET182B

Packaging: Metal

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 55.3

Sub-sample Name: Morrisons, sardines in brine

Ingredients: Sardines, water, salt

Label claim(s):

Contains fish

Produced in Morocco

Nutrient Information:

Nutrient	Unit	Amount/100g drained	Amount/100g serving
Energy	kJ	721	N/A
Energy	kcal	172	172
Protein	g	21.5	N/A
Carbohydrate	g	0.0	N/A
Sugars	g	0.0	0.0
Starch	g	N/A	N/A
Fat	g	9.6	9.6
Saturates	g	3.0	3.0
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	N/A	N/A
Fibre	g	0.0	N/A
Salt	g	1.3	1.3
Sodium	g	0.5	N/A

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 55

Composite Sample Name: Sardines, canned in brine

Sub-sample Number: 55.4

Sub-sample Name: Asda, sardines in brine

Brand: Asda

Pack size: 120g (net weight), 84g (drained weight)

Purchase Date: 06.01.2011

Place of Purchase: Asda, Norwich

Display Until Date:

Best Before Date: Jun 2013

Batch Number: XA L 174 B MA 1418

Packaging: Metal

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 55.4

Sub-sample Name: Asda, sardines in brine

Ingredients: Sardines (fish), water, salt

Label claim(s):

Contains fish

High in Omega 3

Produced in Morocco

Nutrient Information:

Nutrient	Unit	Amount/100g drained
Energy	kJ	798
Energy	kcal	191
Protein	g	23.0
Carbohydrate	g	Tr
Sugars	g	Tr
Starch	g	N/A
Fat	g	11.0
Saturates	g	3.3
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Omega 3	g	3.3
Fibre	g	0.0
Salt	g	1.6
Sodium	g	0.63

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 55

Composite Sample Name: Sardines, canned in brine

Sub-sample Number: 55.5

Sub-sample Name: Sainsbury's, Portuguese sardines in brine

Brand: Sainsbury's

Pack size: 120g, 90g (drained net weight)

Purchase Date: 10.01.2011

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

Display Until Date:

Best Before Date: Oct 2013

Batch Number: L299VN PT C234 1P EC

Packaging: Metal

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 55.5

Sub-sample Name: Sainsbury's, Portuguese sardines in brine

Ingredients: Sardines (*sardina pilchardus*), water, salt

Label claim(s):

Contains fish

Contains small, soft, edible bones

Produced in Portugal

Caught in the North East Atlantic Ocean

High in Omega 3

Nutrient Information:

Nutrient	Unit	Amount/100g drained	Amount/can drained
Energy	kJ	762	N/A
Energy	kcal	182	164
Protein	g	22.4	N/A
Carbohydrate	g	0.0	N/A
Sugars	g	0.0	N/A
Starch	g	N/A	N/A
Fat	g	10.3	9.3
Saturates	g	3.4	N/A
Monounsaturates	g	2.3	N/A
Polyunsaturates	g	4.2	N/A
Omega 3	g	3.7	N/A
Fibre	g	0.0	N/A
Salt	g	0.30	0.27
Sodium	g	0.12	N/A

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 55

Composite Sample Name: Sardines, canned in brine

Sub-sample Number: 55.6

Sub-sample Name: John West, sardines in brine

Brand: John West

Pack size: 120g, 90g (drained weight)

Purchase Date: 10.01.2011

Place of Purchase: Morrisons, Norwich

Display Until Date:

Best Before Date: Jun 2013

Batch Number: 295 10 N 00:35 PT C 241 1 P EC

Packaging: Metal

Sample Condition As Purchased: Ambient

Post Purchase Storage: Ambient

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 55.6

Sub-sample Name: John West, sardines in brine

Ingredients: Sardines, water, salt

Label claim(s):

Rich in Omega 3 fish oils

Produced in Portugal

Nutrient Information:

Nutrient	Unit	Amount/100g drained	Amount/can drained
Energy	kJ	724	652
Energy	kcal	173	156
Protein	g	23.0	20.7
Carbohydrate	g	Tr	Tr
Sugars	g	Tr	Tr
Starch	g	N/A	N/A
Fat	g	9.0	8.1
Saturates	g	2.3	2.1
Monounsaturates	g	N/A	N/A
Polyunsaturates	g	2.8	2.5
Omega 3 polyunsaturates	g	2.0	1.8
Fibre	g	Tr	Tr
Salt	g	N/A	N/A
Sodium	g	0.6	0.5

Nutrient Analysis of Fish and Fish Products

Sample 56: Langoustine, boiled

Composite Sample Number: 56

Composite Sample Name: Langoustine, boiled

Sub-sample Number: 56.1

Sub-sample Name: Dawnfresh, frozen tails of langoustines, North Sea, large

Brand: Dawnfresh Seafoods Ltd

Pack size: 2kg

Purchase Date: 15.02.2011

Place of Purchase: Delivery

Display Until Date:

Use by Date:

Batch Number:

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 56.1

Sub-sample Name: Dawnfresh, frozen tails of langoustines, North Sea, large

Ingredients: *Nephrops norvegicus*

Label claim(s):

Product landed in January 2011

IQF frozen within 48hrs

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 56

Composite Sample Name: Langoustine, boiled

Sub-sample Number: 56.2

Sub-sample Name: Dawnfresh, frozen tails of langoustines, North Sea, medium

Brand: Dawnfresh Seafoods Ltd

Pack size: 2kg

Purchase Date: 15.02.2011

Place of Purchase: Delivery

Display Until Date:

Use by Date:

Batch Number:

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 56.2

Sub-sample Name: Dawnfresh, frozen tails of langoustines, North Sea,
medium

Ingredients: *Nephrops norvegicus*

Label claim(s):

Product landed in January 2011
IQF frozen within 48hrs

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 56

Composite Sample Name: Langoustine, boiled

Sub-sample Number: 56.3

Sub-sample Name: Dawnfresh, frozen tails of langoustines, North Sea, small

Brand: Dawnfresh Seafoods Ltd

Pack size: 2kg

Purchase Date: 15.02.2011

Place of Purchase: Delivery

Display Until Date:

Use by Date:

Batch Number:

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 56.3

Sub-sample Name: Dawnfresh, frozen tails of langoustines, North Sea, small

Ingredients: *Nephrops norvegicus*

Label claim(s):

Product landed in January 2011

IQF frozen within 48hrs

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 56

Composite Sample Name: Langoustine, boiled

Sub-sample Number: 56.4

Sub-sample Name: Dawnfresh, frozen tails of langoustines, East coast
Scotland, medium

Brand: Dawnfresh Seafoods Ltd

Pack size: 2kg

Purchase Date: 15.02.2011

Place of Purchase: Delivery

Display Until Date:

Use by Date:

Batch Number:

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 56.4

Sub-sample Name: Dawnfresh, frozen tails of langoustines, East coast
Scotland, medium

Ingredients: *Nephrops norvegicus*

Label claim(s):

Product landed in January 2011
IQF frozen within 48hrs

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 56

Composite Sample Name: Langoustine, boiled

Sub-sample Number: 56.5

Sub-sample Name: Dawnfresh, frozen tails of langoustines, East coast
Scotland, small

Brand: Dawnfresh Seafoods Ltd

Pack size: 2kg

Purchase Date: 15.02.2011

Place of Purchase: Delivery

Display Until Date:

Use by Date:

Batch Number:

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 56.5

Sub-sample Name: Dawnfresh frozen tails of langoustines, East coast
Scotland, small

Ingredients: *Nephrops norvegicus*

Label claim(s):

Product landed in January 2011
IQF frozen within 48hrs

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 56

Composite Sample Name: Langoustine, boiled

Sub-sample Number: 56.6

Sub-sample Name: Dawnfresh, frozen tails of langoustines, West coast
Scotland large

Brand: Dawnfresh Seafoods Ltd

Pack size: 2kg

Purchase Date: 15.02.2011

Place of Purchase: Delivery

Display Until Date:

Use by Date:

Batch Number:

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 56.6

Sub-sample Name: Dawnfresh, frozen tails of langoustines, West coast
Scotland, large

Ingredients: *Nephrops norvegicus*

Label claim(s):

Product landed in January 2011
IQF frozen within 48hrs

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 56

Composite Sample Name: Langoustine, boiled

Sub-sample Number: 56.7

Sub-sample Name: Dawnfresh, frozen tails of langoustines, West coast
Scotland, medium

Brand: Dawnfresh Seafoods Ltd

Pack size: 2kg

Purchase Date: 15.02.2011

Place of Purchase: Delivery

Display Until Date:

Use by Date:

Batch Number:

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 56.7

Sub-sample Name: Dawnfresh, frozen tails of langoustines, West coast
Scotland, medium

Ingredients: *Nephrops norvegicus*

Label claim(s):

Product landed in January 2011
IQF frozen within 48hrs

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 56

Composite Sample Name: Langoustine, boiled

Sub-sample Number: 56.8

Sub-sample Name: Dawnfresh, frozen tails of langoustines, West coast
Scotland, small

Brand: Dawnfresh Seafoods Ltd

Pack size: 2kg

Purchase Date: 15.02.2011

Place of Purchase: Delivery

Display Until Date:

Use by Date:

Batch Number:

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 56.8

Sub-sample Name: Dawnfresh, frozen tails of langoustines, West coast
Scotland, small

Ingredients: *Nephrops norvegicus*

Label claim(s):

Product landed in January 2011
IQF frozen within 48hrs

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Sample 57: Herring (for weight loss only)

Composite Sample Number: 57

Composite Sample Name: Herring

Sub-sample Number: 57.1

Sub-sample Name: Your Fishmonger, herring (fillets)

Brand: Your Fishmonger

Pack size: 315g

Purchase Date: 02.03.2011

Place of Purchase: Morrisons Norwich

Display Until Date:

Use by Date: 04.03.2011

Batch Number:

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 57.1

Sub-sample Name: Your Fishmonger, herring (fillets)

Ingredients: No information

Label claim(s):

Product may contain fish bones

May contain allergens

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 57
Composite Sample Name: Herring
Sub-sample Number: 57.2
Sub-sample Name: Your Fishmonger herring
Brand: Your Fishmonger
Pack size: 260g
Purchase Date: 02.03.2011
Place of Purchase: Morrisons, Norwich
Display Until Date:
Use by Date: 04.03.2011
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 57.2

Sub-sample Name: Your Fishmonger herring

Ingredients: No information

Label claim(s):

May contain fish bones

May contain allergens

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 57
Composite Sample Name: Herring
Sub-sample Number: 57.3
Sub-sample Name: Tesco, whole herring
Brand: Tesco
Pack size: 350g
Purchase Date: 02.03.2011
Place of Purchase: Tesco, Blue Boar Lane, Norwich
Display Until Date:
Use by Date: 3.03.2011
Batch Number: 0 10:35am 02-03
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 57.3

Sub-sample Name: Tesco, whole herring

Ingredients: No information

Label claim(s):
Contains bones

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 57
Composite Sample Name: Herring
Sub-sample Number: 57.4
Sub-sample Name: Herring
Brand:
Pack size:
Purchase Date: 08.03.2011
Place of Purchase: Independent Fishmonger, Norwich
Display Until Date:
Use by Date:
Batch Number:
Packaging: Paper
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 57.4

Sub-sample Name: Herring

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Sample 58: Hake (for weight loss only)

Composite Sample Number: 58
Composite Sample Name: Hake
Sub-sample Number: 58.1
Sub-sample Name: Waitrose, hake fillet MSC
Brand: Waitrose
Pack size: 610g
Purchase Date: 02.03.2011
Place of Purchase: Waitrose, Norwich
Display Until Date:
Use by Date: 04.03.2011
Batch Number: 3102
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 58.1

Sub-sample Name: Waitrose, hake fillet MSC

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 58
Composite Sample Name: Hake
Sub-sample Number: 58.2
Sub-sample Name: Hake
Brand:
Pack size:
Purchase Date: 16.03.2011
Place of Purchase: Independent Fishmonger, Norwich
Display Until Date:
Use by Date:
Batch Number:
Packaging: Paper
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 58.2

Sub-sample Name: Hake

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 58
Composite Sample Name: Hake
Sub-sample Number: 58.3
Sub-sample Name: Hake
Brand:
Pack size:
Purchase Date: 16.01.2011
Place of Purchase: Independent Fishmonger, Norwich
Display Until Date:
Use by Date:
Batch Number:
Packaging: Paper and plastic
Sample Condition As Purchased: Frozen
Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 58.3

Sub-sample Name: Hake

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 58

Composite Sample Name: Hake

Sub-sample Number: 58.4

Sub-sample Name: Young's, skinless and boneless cape hake fillets

Brand: Young's

Pack size: Minimum net weight 3.3kg net of glaze, 30 x 110-130g

Purchase Date: 12.01.2011

Place of Purchase: 3663 delivery

Display Until Date:

Best Before Date: April 2012

Batch Number: L10300K BB001EC UK BB001 EC

Packaging: Cardboard and plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 58.4

Sub-sample Name: Young's, skinless and boneless cape hake fillets

Ingredients: Hake (*Merluccius capensis*), water (as protective ice glaze)

Label claim(s):

Caught in the Southeast Atlantic or Indian Ocean

Contains fish

Can contain minor bones

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Sample 59: Sea bream (for weight loss only)

Composite Sample Number: 59
Composite Sample Name: Sea bream
Sub-sample Number: 59.1
Sub-sample Name: Tesco, whole sea bream
Brand: Tesco
Pack size:
Purchase Date: 07.03.2011
Place of Purchase: Tesco, Blue Boar Lane, Norwich
Display Until Date:
Use by Date: 8.03.2011
Batch Number: 1020 11:34am 07-03
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 59.1

Sub-sample Name: Tesco, whole sea bream

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 59

Composite Sample Name: Sea bream (for weight loss only)

Sub-sample Number: 59.2

Sub-sample Name: Sainsbury's, The Fishmonger sea bream

Brand: Sainsbury's The Fishmonger

Pack size: 300g each x 2

Purchase Date: 08.03.2011

Place of Purchase: Sainsbury's, Longwater, Norwich

Display Until Date:

Use by Date: 09.03.11

Batch Number:

Packaging: Foil

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 59.2

Sub-sample Name: Sainsbury's, The Fishmonger sea bream

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 59
Composite Sample Name: Sea bream
Sub-sample Number: 59.3
Sub-sample Name: Asda, whole sea bream
Brand: Asda
Pack size:
Purchase Date: 02.03.2011
Place of Purchase: Asda, Norwich
Display Until Date:
Use by Date: 03.03.2011
Batch Number:
Packaging: Foil
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 59.3

Sub-sample Name: Asda, whole sea bream

Ingredients: No information

Label claim(s):

Farmed in Greece or Turkey

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 59

Composite Sample Name: Sea bream

Sub-sample Number: 59.4

Sub-sample Name: Your Fishmonger, 2 fresh gilthead bream

Brand: Your Fishmonger

Pack size: 500g

Purchase Date: 07.03.2011

Place of Purchase: Morrisons, Norwich

Display Until Date:

Use by Date: 09.03.2011

Batch Number:

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 59.4

Sub-sample Name: Your Fishmonger, 2 fresh gilthead bream

Ingredients: No information

Label claim(s):

May contain fish bones

May contain allergens

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 59

Composite Sample Name: Sea bream

Sub-sample Number: 59.5

Sub-sample Name: Sea bream

Brand:

Pack size:

Purchase Date: 16.03.2011

Place of Purchase: Independent Fishmonger, Norwich

Display Until Date:

Use by Date:

Batch Number:

Packaging: Paper

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 59.5

Sub-sample Name: Sea bream

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 59

Composite Sample Name: Sea bream

Sub-sample Number: 59.6

Sub-sample Name: Makro, seabream farmed

Brand: Makro

Pack size: 1.020kg, 400-600g

Purchase Date: 16.03.2011

Place of Purchase: Makro, Norwich

Display Until Date:

Use by Date:

Batch Number:

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 59.6

Sub-sample Name: Makro, seabream farmed

Ingredients: No information

Label claim(s):

Greece

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Sample 60: Tilapia (for weight loss only)

Composite Sample Number: 60
Composite Sample Name: Tilapia
Sub-sample Number: 60.1
Sub-sample Name: Tesco, tilapia fillet
Brand: Tesco
Pack size:
Purchase Date: 02.03.2011
Place of Purchase: Tesco, Blue Boar Lane, Norwich
Display Until Date:
Use by Date: 3.03.2011
Batch Number: 0 10:37am 02-03
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 60.1

Sub-sample Name: Tesco, tilapia fillet

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 60

Composite Sample Name: Tilapia (for weight loss only)

Sub-sample Number: 60.2

Sub-sample Name: Your Fishmonger, freshly prepared tilapia with parsley

Brand: Your Fishmonger

Pack size: 345g (for baking), 420g (for grilling)

Purchase Date: 07.03.2011

Place of Purchase: Morrisons, Norwich

Display Until Date:

Use by Date: 16.03.2011

Batch Number:

Packaging: Plastic and polystyrene

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 60.2

Sub-sample Name: Your Fishmonger, freshly prepared tilapia with parsley

Ingredients: Oreochromis Niloticus, Oreochromis Malagarasi & Oreochromis Mossamicus

Label claim(s):

May contain bones

Farmed in the UK

May contain allergens

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number:	60
Composite Sample Name:	Tilapia
Sub-sample Number:	60.3
Sub-sample Name:	Waitrose, tilapia fillets
Brand:	Waitrose
Pack size:	170g
Purchase Date:	07.03.2011
Place of Purchase:	Waitrose, Norwich
Display Until Date:	
Use by Date:	09.03.2011
Batch Number:	3107
Packaging:	Plastic
Sample Condition As Purchased:	Chilled
Post Purchase Storage:	Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 60.3

Sub-sample Name: Waitrose, tilapia fillets

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 60
Composite Sample Name: Tilapia
Sub-sample Number: 60.4
Sub-sample Name: Makro, whole red tilapia
Brand: Makro
Pack size: 915g
Purchase Date: 16.03.2011
Place of Purchase: Makro, Norwich
Display Until Date:
Use by Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 60.4

Sub-sample Name: Makro, whole red tilapia

Ingredients: No information

Label claim(s):
United Kingdom

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Sample 61: Halibut (for weight loss only)

Composite Sample Number: 61

Composite Sample Name: Halibut

Sub-sample Number: 61.1

Sub-sample Name: Halibut

Brand:

Pack size:

Purchase Date: 08.03.2011

Place of Purchase: Independent Fishmonger, Norwich

Display Until Date:

Use by Date:

Batch Number:

Packaging: Paper

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 61.1

Sub-sample Name: Halibut

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number:	61
Composite Sample Name:	Halibut
Sub-sample Number:	61.2
Sub-sample Name:	Marks and Spencer, 2 halibut fillets
Brand:	Marks and Spencer
Pack size:	237g
Purchase Date:	08.03.2011
Place of Purchase:	Marks and Spencer, Norwich
Display Until Date:	13.03.2011
Use by Date:	13.03.2011
Batch Number:	UK KU006 EC
Packaging:	Plastic
Sample Condition As Purchased:	Chilled
Post Purchase Storage:	Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 61.2

Sub-sample Name: Marks and Spencer, 2 halibut fillets

Ingredients: No information

Label claim(s):

Some small bones may remain

Packed in the UK

Farmed in Norway

Packaged in a protective atmosphere

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	410
Energy	kcal	100
Protein	g	18.1
Carbohydrate	g	1.1
Sugars	g	0.1
Starch	g	N/A
Fat	g	2.3
Saturates	g	0.7
Monounsaturates	g	N/A
Polyunsaturates	g	N/A
Fibre	g	0.3
Salt	g	0.30
Sodium	g	0.13

Nutrient Analysis of Fish and Fish Products

Composite Sample Number:	61
Composite Sample Name:	Halibut
Sub-sample Number:	61.3
Sub-sample Name:	Waitrose, halibut steaks
Brand:	Waitrose
Pack size:	455g
Purchase Date:	16.03.2011
Place of Purchase:	Waitrose, Norwich
Display Until Date:	
Use by Date:	18.03.2011
Batch Number:	3009
Packaging:	Plastic
Sample Condition As Purchased:	Chilled
Post Purchase Storage:	Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 61.3

Sub-sample Name: Waitrose, halibut steaks

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 61

Composite Sample Name: Halibut

Sub-sample Number: 61.4

Sub-sample Name: Ocean Pearl, halibut steaks

Brand: Ocean Pearl

Pack size: 2.3kg (net weight), 1 x 10 steaks 230-285g

Purchase Date: 05.05.2011

Place of Purchase: Booker, Norwich

Display Until Date:

Best Before Date: April 2012

Batch Number: UK GG 419 EC, production code:L0300, job no: SC 1011

Packaging: Cardboard and plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: Frozen

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 61.4

Sub-sample Name: Ocean Pearl, halibut steaks

Ingredients: Halibut (95%) (*Hippoglossus hippoglossus*) +/-3% water (as protective ice glaze)

Label claim(s):

Catch area: North East Atlantic FAO 27

Contains bones

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Sample 62: Swordfish (for weight loss only)

Composite Sample Number:	62
Composite Sample Name:	Swordfish
Sub-sample Number:	62.1
Sub-sample Name:	Marks and Spencer, line caught swordfish steaks
Brand:	Marks and Spencer
Pack size:	240g
Purchase Date:	09.05.2011
Place of Purchase:	Marks and Spencer, Norwich
Display Until Date:	
Use by Date:	13.05.2011
Batch Number:	UK KU006 EC
Packaging:	Plastic
Sample Condition As Purchased:	Chilled
Post Purchase Storage:	Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 62.1

Sub-sample Name: Marks and Spencer, line caught swordfish steaks

Ingredients: No information

Label claim(s):

Caught in the North West or South West Atlantic Oceans

Packed in the UK

May have been previously frozen

A natural source of Omega 3

Nutrient Information:

Nutrient	Unit	Amount/100g
Energy	kJ	460
Energy	kcal	110
Protein	g	18.0
Carbohydrate	g	0.0
Sugars	g	0.0
Starch	g	N/A
Fat	g	4.1
Saturates	g	0.9
Monounsaturates	g	1.32
Polyunsaturates	g	1.1
Total Omega 3	g	0.89
EPA, DHA	g	0.64
Fibre	g	0.0
Salt	g	0.20
Sodium	g	0.09

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 62

Composite Sample Name: Swordfish

Sub-sample Number: 62.2

Sub-sample Name: Swordfish

Brand:

Pack size:

Purchase Date: 05.05.2011

Place of Purchase: Independent Fishmonger, Norwich

Display Until Date:

Use by Date:

Batch Number:

Packaging: Plastic and paper

Sample Condition As Purchased: Frozen

Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 62.2

Sub-sample Name: Swordfish

Ingredients: No information

Label claim(s): No information

Nutrient Information: No information

Nutrient Analysis of Fish and Fish Products

Composite Sample Number: 62
Composite Sample Name: Swordfish
Sub-sample Number: 62.3
Sub-sample Name: Makro, swordfish loin
Brand: Makro
Pack size: 555g
Purchase Date: 05.05.2011
Place of Purchase: Makro, Norwich
Display Until Date:
Use by Date:
Batch Number:
Packaging: Plastic
Sample Condition As Purchased: Chilled
Post Purchase Storage: Chilled

Nutrient Analysis of Fish and Fish Products

Sub-sample Number: 62.3

Sub-sample Name: Makro, swordfish loin

Ingredients: No information

Label claim(s):

Sri Lanka

Nutrient Information: No information

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 at 4°C. Frozen products were stored at -20°C and either thawed before use or cooked from frozen, depending on product guidelines. Details of all sub-samples were recorded prior to preparation of composite samples and all samples including packaging, ingredient and nutrition information were photographed.

Where further sample preparation or cooking was required, samples were prepared according to manufacturer instructions or based on guidance from Seafish UK. Equal weights of un-homogenised sub-samples were combined to form single composite samples. The composite samples were homogenised as thoroughly as possible and were split into sub-samples of approximately 100g each. Composite samples were stored frozen at -40°C before being sent to laboratories for analysis. Where possible all sub-samples within a composite sample were prepared in a single day and the composite sample was produced on the same day. Where that was not possible, sub-samples were prepared and stored frozen until all sub-samples were available and the composite sample could be produced.

Details for each sample are given below, including weight changes on cooking and edible portion measurements.

Sample 1: Cod, raw, flesh only

Frozen samples were thawed before processing.

Average % ice glaze in frozen samples = 12.5

Average edible portion of samples purchased with skin = 0.90

Edible portion weights

Sub-sample number	Total weight (g)	Skin (g)	Bones (g)	Ice glaze (%)	Edible portion
1.1	157.7	16.5	0.1		0.89
1.2	190.2	0	0	13.6	1.00
1.3	199.5	25.4	0.1		0.87
1.4	175.7	14.4	0		0.92
1.5	152.3	0	0	6.7	1.00
1.6	142.1	0	0		1.00
1.7	288.9	0	0	12.4	1.00
1.8	181.4	0	0	10.4	1.00
1.9	185.8	13.5	0.1		0.93
1.10	124.3	18.6	0.1	19.2	0.85
1.11	315.1	23.0	0		0.93

Sample 2: Cod, baked, flesh only

Samples were oven baked according to packaging guidelines.

Average edible portion of cooked samples purchased with skin = 0.89

Total average weight loss on cooking = 29.2%

- Average weight loss on cooking chilled fish = 21.9%
- Average weight loss on cooking frozen fish = 37.9%

Edible portion weights of cooked fish

Sub-sample number	Total weight (g)	Skin (g)	Bones (g)	Edible portion
2.1	133.9	15.7	0.2	0.88
2.2	53.1	0	0.1	1.00
2.3	125.8	11.2	0.3	0.91
2.4	88.2	8.9	0.1	0.90
2.5	47.1	0	0	1.00
2.6	95.5	0	0	1.00
2.7	107.5	0	0	1.00
2.8	76.1	0	0	1.00
2.9	137.1	13.7	0	0.90
2.10	93.6	14.4	0.1	0.85
2.11	111.9	10.4	0	0.91

Weight changes on cooking

Sub-sample number	Cooking details	Weight before cooking (g)	Weight after cooking (g)	% Weight loss
2.1	Oven baked, 165°C, 15 mins	162.8	133.9	17.8
2.2	Oven baked, Gas mark 5, 25 mins	104.1	53.1	49.0
2.3	Oven baked, 180°C, 18 mins	166.7	125.8	24.5
2.4	Oven baked, 180°C, 15 mins	115.4	88.2	23.6
2.5	Oven baked, 180°C, 20 mins	75.0	47.1	37.2
2.6	Oven baked, 165°C, 15 mins	120.1	95.5	20.5
2.7	Oven baked, 180°C, 35 mins	167.2	107.5	35.7
2.8	Oven baked, 180°C, 20 mins	107.7	76.1	29.3
2.9	Oven baked, 180°C, 15 mins	177.7	137.1	22.8
2.10	Oven baked, Gas mark 4, 25 mins	151.5	93.6	38.2
2.11	Oven baked, 180°C, 18 mins	144.2	111.9	22.4

Sample 3: Cod, microwave heated, flesh only

Samples were cooked according to package instructions, where available, or according to general guidelines based on Seafish UK recommendations.

Average edible portion of cooked samples purchased with skin = 0.88

Nutrient Analysis of Fish and Fish Products

Total average weight loss on cooking = 27.0%

- Average weight loss on cooking chilled fish = 20.9%
- Average weight loss on cooking frozen fish = 34.4%

Edible portion weights of cooked fish

Sub-sample number	Total weight (g)	Skin (g)	Bones (g)	Edible portion
3.1	118.1	20.1	0.1	0.83
3.2	61.9	0	0	1.00
3.3	152.2	23.2	0.1	0.85
3.4	141.1	12.2	0.1	0.91
3.5	58.2	0	0	1.00
3.6	97.1	0	0	1.00
3.7	115.9	0	0	1.00
3.8	73.7	0	0	1.00
3.9	141.7	11.0	0	0.92
3.10	90.3	15.1	0.1	0.83
3.11	100.6	8.4	0.2	0.92

Weight changes on cooking

Sub-sample number	Cooking details	Weight before cooking (g)	Weight after cooking (g)	% Weight loss
3.1	Microwaved, 1000W E, medium high, 3 mins	144.9	118.05	18.5
3.2	Microwaved, 1000W E, medium high, 4.5 mins	103.4	61.9	40.1
3.3	Microwaved, 1000W E, medium high, 3 mins	185.4	152.2	17.9
3.4	Microwaved, 1000W E, medium high, 4 mins	179.6	141.1	21.4
3.5	Microwaved, 1000W E, medium high, 4 mins	82.8	58.2	29.7
3.6	Microwaved, 1000W E, medium high, 3 mins	122.4	97.1	20.7
3.7	Microwaved, 1000W E, medium high, 6 mins	175.8	115.9	34.1
3.8	Microwaved, 1000W E, medium high, 4.5 mins	104.7	73.7	29.6
3.9	Microwaved, 1000W E, medium high, 3 mins	184.2	141.7	23.1
3.10	Microwaved, 1000W E, full power, 2.5 mins	147.3	90.3	38.7

Nutrient Analysis of Fish and Fish Products

3.11	Microwaved, 1000W E, medium high, 4 mins	131.6	100.6	23.6
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Sample 4: Haddock, raw, flesh only

Frozen samples were thawed before processing.

Average % ice glaze = 8.6

Average edible portion of samples purchased with skin = 0.88

Edible portion weights

Sub-sample number	Total weight (g)	Skin (g)	Bones (g)	Ice glaze (%)	Edible portion
4.1	183.7	25.6	0.3		0.86
4.2	102.3	19.5	0		0.81
4.3	71.1	0	0	7.4	1.00
4.4	185.9	15.1	0.3		0.92
4.5	74.4	0	0	6.8	1.00
4.6	157.0	0	0		1.00
4.7	99.3	0	0	14.1	1.00
4.8	92.4	0	0	3.7	1.00
4.9	120.5	9.0	0		0.93
4.10	103.4	14.0	0	11.1	0.86
4.11	257.3	27.4	0.1		0.89

Sample 5: Haddock, grilled, flesh only

Samples were cooked according to package instructions, where available, or according to general guidelines based on Seafish UK recommendations.

Average edible portion of cooked samples purchased with skin = 0.88

Total average weight loss on cooking = 29.0%

- Average weight loss on cooking chilled fish = 23.5%
- Average weight loss on cooking frozen fish = 35.5%

Edible portion weights of cooked fish

Sub-sample number	Total weight (g)	Skin (g)	Bones (g)	Edible portion
5.1	135.4	16.0	0	0.88
5.2	119.7	18.3	0	0.85
5.3	92.3	0	0	1.00
5.4	140.7	16.5	0.2	0.88
5.5	53.7	0	0	1.00
5.6	115.4	0	0	1.00

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5.7	61.4	0	0	1.00
5.8	69.6	0	0	1.00
5.9	102.6	9.6	0	0.91
5.10	69.1	8.4	0	0.88
5.11	97.2	9.3	0	0.90

Weight changes on cooking

Sub-sample number	Cooking details	Weight before cooking (g)	Weight after cooking (g)	% Weight loss
5.1	Grilled, medium heat, 6.5 mins	180.7	135.4	25.1
5.2	Grilled, medium heat, 9 mins	156.8	119.7	23.7
5.3	Grilled, medium heat, 9.5 mins	103.5	70.8	31.6
5.4	Grilled, medium heat, 8.5 mins	181.4	140.7	22.4
5.5	Grilled, medium heat, 10 mins	81.7	53.7	34.3
5.6	Grilled, medium heat, 10 mins	152.8	115.4	24.5
5.7	Grilled, medium heat, 10 mins	100.6	61.4	39.0
5.8	Grilled, medium heat, 12 mins	98.8	69.6	29.6
5.9	Grilled, medium heat, 7.5 mins	138.4	102.6	25.9
5.10	Grilled, medium heat, 10 mins	121.6	69.1	43.2
5.11	Grilled, high heat, 7.5 mins	120.6	97.2	19.4

Sample 6: Haddock, steamed, flesh only

Samples were cooked according to package instructions, where available, or according to general guidelines based on Seafish UK recommendations.

Average edible portion of cooked samples purchased with skin = 0.87

Total average weight loss on cooking = 23.2%

- Average weight loss on cooking chilled fish = 18.1%
- Average weight loss on cooking frozen fish = 29.2%

Edible portion weights of cooked fish

Sub-sample number	Total weight (g)	Skin (g)	Bones (g)	Edible portion
6.1	152.5	22.3	0	0.85
6.2	143.0	18.9	0.3	0.87
6.3	68.6	0	0	1.00
6.4	149.6	18.7	0.1	0.88
6.5	71.4	0	0	1.00
6.6	129.2	0	0	1.00
6.7	67.5	0	0	1.00
6.8	127.9	0	0	1.00
6.9	97.7	8.9	0	0.91

6.10	71.4	9.9	0	0.86
6.11	102.3	12.8	0	0.87

Weight changes on cooking

Sub-sample number	Cooking details	Weight before cooking (g)	Weight after cooking (g)	% Weight loss
6.1	Steamed, 15 mins	180.4	152.5	15.5
6.2	Steamed, 14 mins	180.0	143.0	20.6
6.3	Steamed, 15 mins	91.2	68.6	24.8
6.4	Steamed, 16 mins	187.1	150.0	19.8
6.5	Steamed, 12 mins	101.1	71.4	29.4
6.6	Steamed, 10 mins	172.6	129.2	25.1
6.7	Steamed, 16 mins	93.8	67.5	28.0
6.8	Steamed, 15 mins	179.4	127.9	28.7
6.9	Steamed, 10 mins	111.5	97.7	12.4
6.10	Steamed, 21 mins	110.4	71.4	35.3
6.11	Steamed, 10 mins	120.9	102.3	15.4

Sample 7: Alaskan pollock, raw, flesh only (also cooked to determine weight loss)

Frozen samples were thawed before processing. When determining weight loss, frozen samples were cooked frozen unless advised otherwise by the manufacturer instructions. Samples were cooked according to package instructions, where available, or according to general guidelines based on Seafish UK recommendations.

Average % ice glaze = 11.3

Average edible portion = 1.00

Total average weight loss on cooking = 38.0%

- Average weight loss on cooking chilled fish = 26.1%
- Average weight loss on cooking frozen fish = 39.5%

Edible portion weights

Sub-sample number	Total weight (g)	Skin (g)	Bones (g)	Ice glaze (%)	Edible portion
7.1	102.0	0	0	3.5	1.00
7.2	97.6	0	0	4.3	1.00
7.3	138.7	0	0		1.00
7.4	96.9	0	0	15.6	1.00
7.5	128.7	0	0	19.4	1.00
7.6	80.7	0	0	7.0	1.00
7.7	104.2	0	0	9.3	1.00
7.8	96.8	0	0	16.8	1.00
7.9	150.0	0	0	14.7	1.00

Weight changes on cooking

Sub-sample number	Cooking details	Weight before cooking (g)	Weight after cooking (g)	% Weight loss
7.1	Oven baked, 180°C, 20 mins	84.3	51.8	38.6
7.2	Steamed, 13 mins	99.0	62.7	36.7
7.3	Grilled, medium heat, 10 mins	154.3	114.1	26.1
7.4	Oven baked, 200°C, 15 mins	107.9	63.5	41.1
7.5	Steamed, 18 mins	170.1	96.5	43.3
7.6	Poached, 10 mins	95.2	66.9	29.7
7.7	Grilled, medium heat, 12 mins	96.4	60.6	37.1
7.8	Poached, 10 mins	116.3	65.6	43.6
7.9	Oven baked, 180°C, 13 mins	190.6	103.8	45.5

Sample 8: Sole, raw, flesh only

Frozen samples were thawed before processing.

Average % ice glaze = 27.0

Average edible portion = 0.72

Edible portion weights

Sub-sample number	Total weight (g)	Skin (g)	Bones (g)	Ice glaze (%)	Edible portion
8.1	77.2	21.7	0.2		0.72
8.2	115.2	35.3	0		0.69
8.3	74.1	20.1	0		0.73
8.4	109.7	23.6	0		0.78
8.5	104.0	32.0	0		0.69
8.6	126.2	45.2	0	25.0	0.64
8.7	157.0	37.8	0	29.0	0.76

Sample 9: Sole, grilled, flesh only

Samples were cooked according to package instructions, where available, or according to general guidelines based on Seafish UK recommendations.

Average edible portion of cooked samples = 0.77

Total average weight loss on cooking = 28.1%

- Average weight loss on cooking chilled fish = 25.0%
- Average weight loss on cooking frozen fish = 35.9%

Edible portion weights of cooked fish

Sub-sample number	Total weight (g)	Skin (g)	Bones (g)	Edible portion
9.1	65.6	15.2	0	0.77
9.2	75.9	15.7	0	0.79
9.3	80.3	19.1	0	0.76
9.4	84.5	20.1	0	0.76
9.5	74.8	15.6	0	0.79
9.6	85.7	23.8	0	0.72
9.7	112.4	24.3	0	0.78

Weight changes on cooking

Sub-sample number	Cooking details	Weight before cooking (g)	Weight after cooking (g)	% Weight loss
9.1	Grilled, medium heat, 7 mins	86.7	65.6	24.3
9.2	Grilled, medium heat, 7 mins	107.2	75.9	29.2
9.3	Grilled, medium heat, 7 mins	110.9	80.3	27.6
9.4	Grilled, medium heat, 6.5 mins	108.8	84.5	22.3
9.5	Grilled, medium heat, 7 mins	95.3	74.8	21.5
9.6	Grilled, medium heat, 12 mins	150.9	85.7	43.2
9.7	Grilled, medium heat, 8 mins	157.4	112.4	28.6

Sample 10: Plaice, raw, flesh only (also cooked to determine weight loss)

Frozen samples were thawed before processing. When determining weight loss, frozen samples were cooked frozen unless advised otherwise by the package instructions. Samples were cooked according to package instructions, where available, or according to general guidelines based on Seafish UK recommendations.

Average % ice glaze = 4.1

Average edible portion for samples purchased with skin = 0.74

Total average weight loss on cooking = 20.9%

- Average weight loss on cooking chilled fish = 19.9%
- Average weight loss on cooking frozen fish¹ = 24.7%

Edible portion weights

Sub-sample number	Total weight (g)	Skin (g)	Bones (g)	Ice glaze (%)	Edible portion
10.1	122.3	24.1	0		0.80
10.2	96.7	20.4	0		0.79
10.3	137.4	39.7	0.7		0.71
10.4	105.8	25.8	0		0.76
10.5	139.0	50.6	0		0.64

10.6	123.8	26.7	0	6.9	0.78
10.7	119.2	28.2	0	1.2	0.76
10.8	281.4	96.9	0		0.66
10.9	259.0	98.8	0		0.62
10.10	201.0	29.2	0		0.85

Weight changes on cooking

Sub-sample number	Cooking details	Weight before cooking (g)	Weight after cooking (g)	% Weight loss
10.1	Oven baked, 180°C, 15 mins	90.5	67.4	25.5
10.2	Grilled, medium heat, 8 mins	98.3	67.4	31.4
10.3	Steamed, 12 mins	168.3	135.7	19.4
10.4	Steamed, 10 mins	107.2	89.6	16.4
10.5	Steamed, 9 mins	84.5	74.4	12.0
10.6	Grilled, medium heat, 9.5 mins	139.9	99.4	28.9
10.7	Steamed, 8 mins	76.1	60.6	20.4
10.8	Grilled, medium heat, 10 mins	235.0	180.5	23.2
10.9	Steamed, medium heat, 10 mins	137.7	122.3	11.2
10.10 ²	Oven baked, 180°C, 19 mins	208.0	166.2	20.1

¹ Excluding sub-samples that were defrosted prior to cooking

² Defrosted prior to cooking as per manufacturer instructions

Sample 11: Pangasius, raw, flesh only (also cooked to determine weight loss)

Frozen samples were thawed before processing. When determining weight loss, frozen samples were cooked frozen unless advised otherwise by the package instructions.

Samples were cooked according to package instructions, where available, or according to general guidelines based on Seafish UK recommendations.

Average % ice glaze = 12.4

Average edible portion = 1.00

Total average weight loss on cooking = 28.1%

- Average weight loss on cooking chilled fish = 23.3%
- Average weight loss on cooking frozen fish = 30.5%

Edible portion weights

Sub-sample number	Total weight (g)	Skin (g)	Bones (g)	Ice glaze (%)	Edible portion
11.1	153.5	0	0		1.00
11.2	88.9	0	0	4.4	1.00
11.3	144.0	0	0		1.00
11.4	140.2	0	0	5.3	1.00

11.5	207.6	0	0	27.4	1.00
11.6	153.2	0	0	12.4	1.00

Weight changes on cooking

Sub-sample number	Cooking details	Weight before cooking (g)	Weight after cooking (g)	% Weight loss
11.1	Grilled, medium high, 10 mins	153.5	116.4	24.2
11.2	Oven baked, 200°C, 10 mins	88.5	60.3	31.9
11.3	Steamed, 10 mins	146.4	113.8	22.3
11.4	Poached, 10 mins	112.1	86.9	22.5
11.5	Grilled, medium high, 14 mins	219.0	141.2	35.5
11.6	Poached, 15 mins	193.9	132.0	31.9

Sample 12: Coley, raw, flesh only (also cooked to determine weight loss)

Frozen samples were thawed before processing. When determining weight loss, frozen samples were cooked from frozen unless advised otherwise by the package instructions. Samples were cooked according to package instructions, where available, or according to general guidelines based on Seafish UK recommendations.

Average % ice glaze = 4.3

Average edible portion of samples purchased with skin = 0.91

Total average weight loss on cooking = 24.7%

- Average weight loss on cooking chilled fish = 14.7%
- Average weight loss on cooking frozen fish = 26.1%

Edible portion weights

Sub-sample number	Total weight (g)	Skin (g)	Bones (g)	Ice glaze (%)	Edible portion
12.1	89.0	0	0	2.2	1.00
12.2	97.0	0	0	2.0	1.00
12.3	95.0	0	0	3.0	1.00
12.4	83.0	0	0	2.7	1.00
12.5	88.3	0	0	8.4	1.00
12.6	159.3	20.2	0	5.9	0.87
12.7	198.2	11.3	0		0.94
12.8	216.5	0	0	5.9	1.00

Weight changes on cooking

Sub-sample number	Cooking details	Weight before cooking (g)	Weight after cooking (g)	% Weight loss
12.1	Oven baked, 190°C, 30 mins	88.7	65.3	26.4
12.2	Grilled, medium high, 12 mins	99.6	76.1	23.6
12.3	Poached, 10 mins	97.2	68.3	29.7
12.4	Steamed, 16 mins	82.9	59.0	28.8
12.5	Oven baked, 200°C, 12 mins	97.9	72.5	25.9
12.6	Grilled, medium high, 8.5 mins	153.5	119.5	22.1
12.7	Steamed, 8.5 mins	172.9	147.4	14.7
12.8	Poached, 9 mins	182.7	135.2	26.0

Sample 13: Sea bass, raw, flesh only

Frozen samples were thawed before processing.

Average % ice glaze = 12.8

Average edible portion = 0.76

Edible portion weights

Sub-sample number	Total weight (g)	Skin (g)	Bones (g)	Head (g)	Tail (g)	Fins (g)	Ice glaze (%)	Edible portion
13.1	90.5	10.5	0	0	0	0		0.88
13.2	305.6	31.5	26.3	44.5	5.2	6.4		0.63
13.3	89.0	11.5	0.0	0.0	0.0	0.0		0.87
13.4	370.3	18.6	31.5	79.9	4.4	2.1		0.63
13.5	103.0	15.7	0	0	0	0	2.7	0.85
13.6	83.1	15.9	0	0	0	0	21.7	0.81
13.7	383.6	76	28.5	70.8	4.9	4.5		0.52
13.8	353.3	51	23.9	49.8	4.6	4.5		0.62
13.9	164.1	21.7	0	0	0	0	8.5	0.87
13.10	106.1	14.3	0	0	0	0		0.87

Sample 14: Sea bass, baked, flesh only

Samples were cooked according to package instructions, where available, or according to general guidelines based on Seafood UK recommendations.

Average edible portion of cooked = 0.77

- Average edible portion of cooked samples purchased whole = 0.61
- Average edible portion of cooked samples purchased with skin = 0.89

Total average weight loss on cooking = 22.7%

- Average weight loss on cooking chilled fish = 19.3%

Nutrient Analysis of Fish and Fish Products

- Average weight loss on cooking frozen fish = 30.5%

Edible portion weights of cooked fish

Sub-sample number	Total weight (g)	Head (g)	Skin (g)	Bones (g)	Fins (g)	Other inedible parts ¹ (g)	Edible portion
14.1	68.3	0	7.8	0	0	0	0.89
14.2	235.1	31.7	10.4	21.1	4.3	10.8	0.67
14.3	75.1	0	6.1	0	0	1.4	0.90
14.4	276.9	67.5	19.2	15.3	1.5	6.6	0.60
14.5	83.5	0	11.7	0	0	0	0.86
14.6	64.3	0	7.6	0	0	0	0.88
14.7	367.4	76.6	29.8	18.1	6.8	30.9 ¹	0.56
14.8	281.3	53.4	34.9	10.6	7.9	9.4	0.59
14.9	129.8	0	6.6	0	0	0	0.95
14.10	80.4	0	10.1	0	0	0	0.87

¹Including guts if not fully removed.

Weight changes on cooking

Sub-sample number	Cooking details	Weight before cooking (g)	Weight after cooking (g)	% Weight loss
14.1	Oven baked, 200°C, 15 mins	90.7	68.3	24.7
14.2	Oven baked, 180°C, 30 mins	280.9	235.1	16.4
14.3	Oven baked, 180°C, 20 mins	97.5	75.1	23.8
14.4	Oven baked, 180°C, 30 mins	327.7	276.9	15.6
14.5	Oven baked, 200°C, 15 mins	112.4	83.5	25.9
14.6	Oven baked, gas mark 6, 20 mins	113.1	64.3	43.1
14.7	Oven baked, 180°C, 40 mins	443.4	367.4	17.8
14.8	Oven baked, 180°C, 40 mins	326.3	281.3	13.9
14.9	Oven baked, 200°C, 30 mins	167.5	129.8	22.5
14.10	Oven baked, 180°C, 15 mins	104.1	80.4	22.8

Sample 15: Prawns, cold-water (*Pandalus borealis*), purchased cooked

Frozen samples were thawed before processing.

Average % ice glaze = 18.2

Average edible portion of samples purchased cooked with shell on = 0.35

Edible portion weights of cooked prawns

Sub-sample number	Total weight (g)	Head (g)	Shell and legs (g)	Ice glaze (%)	Edible portion
15.1	100.0	0	0		1.00
15.2	100.0	0	0		1.00
15.3	100.0	0	0		1.00
15.4	100.0	0	0		1.00
15.5	100.0	0	0	13.8	1.00
15.6	400.3	192.3	73.1		0.34
15.7	100.0	0	0		1.00
15.8	100.0	0	0		1.00
15.9	100.0	0	0	12.8	1.00
15.10	457.8	206.6	92.4		0.35
15.11	100.0	0	0	9.2	1.00
15.12	100.0	0	0		1.00
15.13	100.0	0	0	31.0	1.00
15.14	100.0	0	0	12.6	1.00
15.15	100.0	0	0	29.6	1.00

Sample 16: Prawns, king, warm-water (*Penaeus vannamei*), raw

Frozen samples were thawed before processing.

Average % ice glaze = 17.9

Average edible portion of samples purchased whole = 0.54

Edible portion weights

Sub-sample number	Total weight (g)	Heads (g)	Tail (g)	Shell and legs (g)	Ice glaze (%)	Edible portion
16.1	100.0	0	0	0	13.9	1.00
16.2	100.0	0	0	0		1.00
16.3	100.0	0	0	0		1.00
16.4	100.0	0	0	0		1.00
16.5	100.0	0	0	0		1.00
16.6	100.0	0	0	0		1.00
16.7	100.0	0	0	0	9.8	1.00
16.8	205.1	72.4	6.8	15.2		0.54
16.9	100.0	0	0	0	30.1	1.00

Sample 17: Prawns, king, warm-water (*Penaeus vannamei*), grilled from raw

Frozen samples were cooked from frozen unless advised otherwise by package instructions. Samples were cooked according to package instructions, where available, or according to general guidelines based on Seafish UK recommendations. Shells were removed prior to cooking.

Total average weight loss on cooking = 33.1%

- Average weight loss on cooking chilled prawns = 31.3%
- Average weight loss on cooking frozen prawns = 36.7%

Weight changes on cooking

Sub-sample number	Cooking details	Weight before cooking (g)	Weight after cooking (g)	% Weight loss
17.1	Grilled, medium high, 9 mins	230.2	143.4	37.7
17.2	Grilled, medium high, 3.5 mins	202.6	152.6	24.7
17.3	Grilled, medium high, 3 mins	173.2	107.9	37.7
17.4	Grilled, medium high, 4 mins	179.5	98.9	44.9
17.5	Grilled, medium high, 4.5 mins	233.3	163.8	29.8
17.6	Grilled, medium high, 3 mins	172.6	128.6	25.5
17.7	Grilled, medium high, 7 mins	211.9	123.2	41.9
17.8	Grilled, medium high, 4 mins	124.5	93.0	25.3
17.9	Grilled, medium high, 4.5 mins	200.2	139.2	30.5

Sample 18: Prawns, king, warm-water (*Penaeus vannamei*), purchased cooked

Frozen samples were thawed before processing.

Average edible portion of samples purchased cooked with tails = 0.91

Edible portion weights

Sub-sample number	Total weight (g)	Tails (g)	Edible portion
18.1	100.0	0	1.00
18.2	100.0	0	1.00
18.3	100.0	0	1.00
18.4	100.0	0	1.00
18.5	173.0	14.9	0.91
18.6	100.0	0	1.00
18.7	100.0	0	1.00
18.8	100.0	0	1.00
18.9	100.0	0	1.00
18.10	100.0	0	1.00
18.11	100.0	0	1.00

Sample 19: Mussels, purchased cooked

Frozen samples were thawed before processing.

Average % ice glaze = 1.2

Edible portion weights

Sub-sample number	Total weight (g)	Liquid (g)	Edible portion
19.1	100.0	0.0	1.00
19.2	100.0	0.0	1.00
19.3	100.0	0.0	1.00
19.4	100.0	0.0	1.00
19.5	100.0	0.0	1.00
19.6	194.7	38.2	0.80
19.7	100.0	0.0	1.00

Sample 20: Crab, brown meat, purchased cooked &

Sample 21: Crab, white meat, purchased cooked

Frozen samples were thawed before processing.

Edible portion weights

Sub-sample number	Dark meat (g)	White meat (g)	Shell, claws and waste (g)	Edible portion
20.1 & 21.1	113.7	138.8	0.0	1.00
20.2 & 21.2	126.9	149.2	0.0	1.00
20.3 & 21.3	109.4	100.2	265.1	0.44
20.4 & 21.4	100.0	100.0	0.0	1.00
20.5 & 21.5	100.0	100.0	0.0	1.00
20.6 & 21.6	100.0	100.0	0.0	1.00
20.7 & 21.7	100.0	100.0	0.0	1.00

Sample 22: Mackerel, raw, flesh only

Frozen samples were thawed before processing.

Total average edible portion = 0.73

- Average edible portion of samples purchased whole = 0.61
- Average edible portion of samples purchased as fillets with skin = 0.82

Edible portion weights

Sub-sample number	Total weight (g)	Skin (g)	Bones (g)	Head (g)	Tail (g)	Fins (g)	Other inedible parts (g)	Edible portion
22.1	80.5	13.2	0	0	0	0	0	0.84
22.2	171.5	28.3	0.3	0	0	0.6	0	0.83
22.3	341.4	65.6	14.8	59.1	2.2	5.0	2.3	0.56
22.4	69.8	14.8	0.7	0	0	0.7	0.8	0.77
22.5	290.2	51.5	16.3	39.2	2.2	2.8	0	0.61
22.6	461.1	57.6	26.4	58.8	2.9	3.2	1.4	0.67
22.7	79.4	13.2	0	0	0	0	0	0.83

Sample 23: Mackerel, grilled, flesh only

Frozen samples were cooked from frozen unless advised otherwise by the package instructions. Samples were cooked according to package instructions, where available, or according to general guidelines based on Seafish UK recommendations.

Total average edible portion = 0.89

- Average edible portion of cooked samples purchased whole = 0.77
- Average edible portion of cooked samples purchased as fillets = 0.98

Total average weight loss on cooking = 20.4%

- Average weight loss on cooking chilled fish = 20.3%
- Average weight loss on cooking frozen fish = 21%

Edible portion weights of cooked fish

Sub-sample number	Total weight (g)	Skin and bones (g)	Bones (g)	Head (g)	Tail (g)	Fins (g)	Other inedible parts (g)	Edible portion
23.1	77.7	5.5	0.1	0	0	0	0	0.93
23.2	129.6	0	0	0	0	0	1.6	0.99
23.3	286.8	13.8	0	43.1	1.1	1.3	5.1	0.78
23.4	79.0	0.4	0	0	0	0	0	0.99
23.5	202.1	8.9	0	28.3	1.1	1.3	5.1	0.78
23.6	385.3	14.5	0	48.4	2.3	5.1	25.9	0.75
23.7	61.6	0.1	0	0	0	0	0	1.00

Weight changes on cooking

Sub-sample number	Cooking details	Weight before cooking (g)	Weight after cooking (g)	% Weight loss
23.1	Grilled, medium, 8mins	92.5	77.7	16.0
23.2	Grilled, medium, 8mins	156.2	129.6	17.0

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23.3	Grilled, medium, 8mins	334.8	286.8	14.3
23.4	Grilled, medium, 8mins	103.1	79.0	23.4
23.5	Grilled, medium, 8mins	316.6	202.1	36.2
23.6	Grilled, medium, 8mins	452.9	385.3	14.9
23.7	Grilled, medium, 8mins	78.0	61.6	21.0

Sample 24: Trout, rainbow, raw, flesh only

Frozen samples were thawed before processing.

Average % ice glaze = 5.3

Total average edible portion = 0.79

- average edible portion of samples purchased whole = 0.71
- average edible portion of samples purchased as fillets = 0.85

Edible portion weights

Sub-sample	Total weight (g)	Skin (g)	Bones (g)	Head (g)	Tail (g)	Fins (g)	Other inedible parts (g)	Ice glaze (%)	Edible portion
24.1	126.0	12.0	0.1	0.0	0.0	0.0	5.0		0.86
24.2	144.9	14.8	0.1	0.0	0.0	0.0	2.2		0.88
24.3	237.0	21.5	10.1	21.5	2.8	3.7	7.9		0.72
24.4 ¹	236.2	24.7	15.5	0.0	4.2	1.8	14.2		0.74
24.5	65.4	8.2	0.0	0.0	0.0	0.0	0.0		0.87
24.6	124.4	20.5	0.2	0.0	0.0	0.0	1.3		0.82
24.7	268.5	33.1	13.8	26.8	3.7	2.6	9.6		0.67
24.8	79.7	11.3	0.1	0.0	0.0	0.0	1.7	8.2	0.84
24.9	206.8	25.2	10.9	22.1	2.5	3.0	0.0	2.3	0.69

¹ Head was removed prior to purchase

Sample 25: Trout, rainbow, baked, flesh only

Frozen samples were cooked from frozen unless advised otherwise by the package instructions. Samples were cooked according to package instructions, where available, or according to general guidelines based on Seafish UK recommendations.

Total average edible portion of cooked = 0.80

- Average edible portion cooked for samples purchased whole = 0.71
- Average edible portion cooked for samples purchased as fillets = 0.87

Total average weight loss on cooking = 20.3%

- Average weight loss on cooking chilled fish = 20.3%
- Average weight loss on cooking frozen fish = 20.1%
- Average weight loss on cooking fish purchased whole = 23.0%
- Average weight loss on cooking fish purchased as fillets = 18.1%

Edible portion weights of cooked fish

Sub-sample number	Total weight (g)	Skin (g)	Bones (g)	Head (g)	Tail (g)	Fins (g)	Other inedible parts (g)	Edible portion
25.1	102.2	13.2	0.2	0	0	0	0	0.87
25.2	143.5	21.2	0.1	0	0	0	0	0.85
25.3	186.1	18.0	11.5	12.4	2.1	4.9	1.5	0.73
25.4 ¹	208.2	31.2	10.9	0.0	5.6	4.9	8.0	0.71
25.5	78.6	9.0	0	0	0	0	0	0.89
25.6	121.1	19.7	0	0	0	0	0	0.84
25.7	245.0	30.1	11.9	25.7	3.2	6.8	5.2	0.66
25.8	80.2	7.8	0.2	0	0	0	0	0.90
25.9	140.4	14.2	5.9	12.5	1.7	2.7	0.5	0.73

¹ Head was removed prior to purchase

Weight changes on cooking

Sub-sample number	Cooking details	Weight before cooking (g)	Weight after cooking (g)	% Weight loss
25.1	Oven baked, 200°C, 14mins	124.5	102.2	17.9
25.2	Oven baked, 180°C, 12mins	171.0	143.5	16.1
25.3	Oven baked, 180°C, 25mins	241.0	186.1	22.8
25.4 ¹	Oven baked, 180°C, 30mins	291.7	208.2	28.6
25.5	Oven baked, 180°C, 19mins	98.5	78.6	20.2
25.6	Oven baked, 200°C, 12mins	145.6	121.1	16.8
25.7	Oven baked, 180°C, 30mins	305.8	245.0	19.9
25.8	Oven baked, 200°C, 14mins	99.8	80.2	19.6
25.9	Oven baked, 180°C, 25mins	176.5	140.4	20.5

¹ Head was removed prior to purchase

Sample 26: Kippers (analysed without butter), grilled, flesh only

Frozen samples were cooked from frozen unless advised otherwise by the package instructions. Samples were cooked according to package instructions, where available, or according to general guidelines based on Seafish UK recommendations.

Total average edible portion of cooked samples= 0.84

- Average edible portion of cooked samples purchased whole = 0.77
- Average edible portion of cooked samples purchased as fillets = 0.89

Total average weight loss on cooking = 18.1%

- Average weight loss on cooking chilled fish = 16.1%
- Average weight loss on cooking frozen fish = 23.0 %

Edible portion weights of cooked fish

Sub-sample	Total weight (g)	Skin (g)	Bones (g)	Head (g)	Tail (g)	Fins (g)	Edible portion
26.1	130.4	15.4	0.5	0	0	0.3	0.88
26.2	188.5	29.3	8.4	6.9	1.3	0.8	0.75
26.3	113.2	9.0	0.4	0	0	0.9	0.91
26.4	120.8	9.3	6.5	8.6	0.9	1.5	0.78
26.5	184.2	14.2	8.9	13.3	1.2	1.6	0.79
26.6	108.2	8.9	0.1	0	0	0.3	0.91
26.7	158.8	21.1	0.4	0	0	0	0.86

Weight changes on cooking

Sub-sample number	Cooking details	Weight before cooking (g)	Weight after cooking (g)	% Weight loss
26.1	Grilled, medium, 6.5mins	148.1	130.4	12.0
26.2	Grilled, medium, 6.5mins	219.0	188.5	13.9
26.3	Grilled, medium, 6mins	126.2	113.2	10.3
26.4	Grilled, medium, 6mins	149.3	120.8	19.1
26.5	Grilled, medium, 7mins	246.2	184.2	25.2
26.6	Grilled, medium, 10mins	128.7	108.2	15.9
26.7	Grilled, medium, 12mins	227.2	158.8	30.1

Sample 27: Kippers, boil in the bag, with butter, flesh only

Samples were boiled according to manufacturer instructions.

Total average edible portion of cooked samples = 0.88

Edible portion weights of cooked fish

Sub-sample number	Total weight (g)	Skin (g)	Bones (g)	Fins (g)	Edible portion
27.1	181.3	21.2	0.4	2.3	0.87
27.2	183.9	17.3	0.2	2.4	0.89
27.3	177.6	15.8	0.2	2.1	0.90
27.4	177.8	19.2	0.1	3.0	0.87
27.5	197.4	15.5	0.2	3.2	0.90
27.6	180.7	16.2	0.1	2.6	0.90
27.7	174.8	23.7	0.1	2.4	0.85
27.8	140.1	16.8	0.1	2.3	0.86
27.9	189.5	22.6	0.1	1.7	0.87

Sample 28: Tuna, raw, flesh only

Frozen samples were thawed before processing.

Average % ice glaze = 4.6

Average edible portion for samples purchased with skin and bones = 0.76

Edible portion weights

Sub-sample number	Total weight (g)	Skin (g)	Bones (g)	Ice glaze (%)	Edible portion
28.1	140.2	0	0		1.00
28.2	120.3	0	0		1.00
28.3	112.2	0	0		1.00
28.4	146.3	0	0	5.1	1.00
28.5	206.9	0	0		1.00
28.6	269.3	0	0		1.00
28.7	119.0	0	0		1.00
28.8	179.7	21.3	22.7	4.0	0.76
28.9	184.4	0	0		1.00

Sample 29: Tuna, baked, flesh only

Frozen samples were cooked from frozen unless advised otherwise by the package instructions. Samples were cooked according to package instructions, where available, or according to general guidelines based on Seafish UK recommendations.

Average edible portion for cooked samples purchased with skin and bone = 0.81

Total average weight loss on cooking= 19.4%

- Average weight loss on cooking chilled fish = 19.7 %
- Average weight loss on cooking frozen fish = 18.2 %

Edible portion weights

Sub-sample number	Total weight (g)	Skin (g)	Bones (g)	Edible portion
29.1	106.2	0	0	1.00
29.2	92.7	0	0	1.00
29.3	96.4	0	0	1.00
29.4	117.7	0	0	1.00
29.5	78.4	0	0	1.00
29.6	220.6	0	0	1.00
29.7	100.9	0	0	1.00
29.8	184.3	22.1	12.1	0.81
29.9	191.7	0	0	1.00

Weight changes on cooking

Sub-sample number	Cooking details	Weight before cooking (g)	Weight after cooking (g)	% Weight loss
29.1	Oven baked, 190°C, 16 mins	135.4	106.2	21.6
29.2	Oven baked, 190°C, 12 mins	118.2	92.7	21.6
29.3	Oven baked, 180°C, 16 mins	114.0	96.4	15.4
29.4	Oven baked, 190°C, 25 mins	155.7	117.7	24.4
29.5	Oven baked, 190°C, 12 mins	103.7	78.4	24.4
29.6	Oven baked, 190°C, 20 mins	281.7	220.6	21.7
29.7	Oven baked, 180°C, 10 mins	122.5	100.9	17.6
29.8	Oven baked, 180°C, 10 mins	209.3	184.3	11.9
29.9	Oven baked, 180°C, 15 mins	227.8	191.7	15.8

Sample 30: Sardines, raw (cooked to determine weight loss), flesh only

Frozen samples were thawed before processing. When determining weight loss, frozen samples were thawed before cooking, as advised by the package instructions.

Average % ice glaze = 5.3

Total average edible portion of raw sardines = 0.47

Total average edible portion of cooked sardines = 0.63

Total average weight loss on cooking = 21.9%

Edible portion weights of raw fish

Sub-sample	Total weight (g)	Skin (g)	Bones (g)	Head (g)	Tail (g)	Fins (g)	Scales (g)	Guts (g)	Other inedible parts (g)	Ice glaze (%)	Edible portion
30.1	78.7	12.5	6.4	12.5	0.7	0.6	0	13.2	0		0.42
30.2	49.0	7.1	2.8	9.0	0.6	0.9	0.1	5.4	0.5		0.46
30.3	86.8	7.9	6.6	15.2	1.0	1.9	0.5	11.5	1.2		0.47
30.4	121.1	15.6	6.7	15.8	1.1	2.2	2.2	16.6	2.8		0.48
30.5	91.1	7.3	4.9	16.1	1.2	1.3	0.7	16.5	0.6	6.1	0.47
30.6	107.4	9.7	5.5	15.6	1.1	1.4	1.3	18.3	0.8	4.5	0.50

Edible portion weights of cooked fish

Sub-sample	Total weight (g)	Skin (g)	Bones (g)	Head (g)	Tail (g)	Guts (g)	Edible portion
30.1	63.9	6.6	3.7	10.1	0.5	8.5	0.54
30.2	42.7	4.4	2.6	4.8	0.3	3.7	0.63
30.3	39.2	3.6	2.8	5.6	0.4	1.3	0.65
30.4	75.2	6.6	4.3	7.8	0.4	8.5	0.63
30.5	55.2	3.6	3.3	8.9	0.6	1.0	0.68

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30.6	79.4	5.8	3.0	9.2	0.6	8.8	0.65
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Weight changes on cooking

Sub-sample	Cooking details	Raw weight for cooking (g)	Weight after cooking (g)	% weight loss
30.1	Grilled, medium, 8 mins	81.5	63.9	21.6
30.2	Grilled, medium, 8 mins	55.8	42.7	23.5
30.3	Grilled, medium, 8 mins	49.8	39.2	21.3
30.4	Grilled, medium, 9 mins	99.2	75.2	24.2
30.5	Grilled, medium, 7 mins	69.4	55.2	20.5
30.6	Grilled, medium, 8 mins	99.4	79.4	20.1

Sample 31: Haddock, smoked, poached

All samples were poached in analytical grade water.

Total average edible portion for cooked samples = 0.89

Total average weight loss on cooking = 21.8%

- Average weight loss on cooking chilled fish = 20.6%
- Average weight loss on cooking frozen fish = 24.7%

Edible portion weights

Sub-sample number	Total weight (g)	Skin(g)	Bones (g)	Edible portion
31.1	132.7	17.2	0.1	0.87
31.2	118.1	17.4	0.1	0.85
31.3	137.9	19.5	0	0.86
31.4	117.2	14.7	0	0.87
31.5	98.7	9.2	0	0.91
31.6	112.6	0	0	1.00
31.7	107.7	13.6	0	0.87
31.8	94.4	9.8	0	0.90
31.9	104.6	14.3	0.1	0.86
31.10	101.0	7.9	0.2	0.92

Weight changes on cooking

Sub-sample number	Cooking details	Weight before cooking (g)	Weight after cooking (g)	% Weight loss
31.1	Poached, 5 mins	171.5	132.7	22.6
31.2	Poached, 5.5 mins	152.1	118.1	22.4
31.3	Poached, 6 mins	166.1	137.9	17.0
31.4	Poached, 5 mins	135.8	117.2	13.7
31.5	Poached, 5 mins	127.4	98.7	22.5

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31.6	Poached, 6 mins	159.8	112.6	29.5
31.7	Poached, 10 mins	156.7	107.7	31.3
31.8	Poached, 12 mins	130.3	94.4	27.6
31.9	Poached, 6 mins	124.9	104.6	16.3
31.10	Poached, 6 mins	118.9	101.0	15.1

Sample 32: Plaice, coated in breadcrumbs, baked

Samples were cooked according to package instructions.

Total average weight loss on cooking = 17.2%

- Average weight loss on cooking chilled fish product = 16.9%
- Average weight loss on cooking frozen fish product = 17.3%

Weight changes on cooking

Sub-sample number	Cooking details	Weight before cooking (g)	Weight after cooking (g)	% Weight loss
32.1	Oven baked, 200°C, 22 mins	148.9	118.7	20.3
32.2	Oven baked, 200°C, 20 mins	172.3	149.2	13.4
32.3	Oven baked, 200°C, 20 mins	123.6	110.8	10.4
32.4	Oven baked, 200°C, 30 mins	131.0	101.8	22.3
32.5	Oven baked, 210°C, 20 mins	117.1	100.9	13.8
32.6	Oven baked, 210°C, 20 mins	129.4	99.9	22.8

Sample 33: Calamari, coated in batter, baked

Samples were cooked according to package instructions.

Total average weight loss on cooking frozen samples = 33.9%

Weight changes on cooking

Sub-sample number	Cooking details	Weight before cooking (g)	Weight after cooking (g)	% Weight loss
33.1	Oven baked, 220°C, 20 mins	295.1	180.8	38.7
33.2	Oven baked, 220°C, 15 mins	304.5	172.9	43.2
33.3	Oven baked, 220°C, 15 mins	297.3	185.4	37.6
33.4	Oven baked, 225°C, 13.5 mins	334.2	254.7	23.8
33.5	Oven baked, 225°C, 13.5 mins	312.3	230.7	26.1

Sample 34: Fish fingers, cod, grilled/baked

Samples were cooking according to package instructions.

Total average weight loss on cooking for frozen samples = 12.7%

Weight changes on cooking

Sub-sample number	Cooking details	Weight before cooking (g)	Weight after cooking (g)	% Weight loss
34.1	Grilled, med, 12 mins	142.9	127.0	11.1
34.2	Grilled, med, 12 mins	151.1	135.8	10.1
34.3	Oven baked, 230°C, 12 mins	147.4	122.3	17.0
34.4	Oven baked, 230°C, 12 mins	146.1	120.1	17.8
34.5	Grilled, med, 10 mins	151.3	137.0	9.5
34.6	Grilled, med, 10 mins	142.1	127.1	10.6
34.7	Oven baked, Gas 7, 12 mins	152.8	140.0	8.4
34.8	Oven baked, Gas 7, 15 mins	149.4	138.2	7.5
34.9	Oven baked, Fan 180°C, 15 mins	203.8	174.9	14.2
34.10	Grilled, med, 9 mins	121.2	95.8	21.0

Sample 35: Fish fingers, cod, fried

Samples were cooked according to package instructions.

Total average weight loss on cooking frozen samples= 2.4%

Weight changes on cooking

Sub-sample number	Cooking details ¹	Weight before cooking (g)	Weight after cooking (g)	Weight of added vegetable oil (g)	% Weight loss ²
35.1	Fried, med heat, turning frequently, 5.5 mins	143.2	142.0	16.7	0.84
35.2	Fried, med heat, turning frequently, 5.5 mins	148.2	147.0	16.7	0.81
35.3	Fried, med heat, turning frequently, 5.5 mins	142.3	142.0	16.7	0.21
35.4	Fried, med heat, turning frequently, 5.5 mins	142.0	140.9	16.7	0.77
35.5	Fried, med heat, turning frequently, 5.5 mins	153.2	150.4	25.1	1.83
35.6	Fried, med heat, turning frequently, 5.5 mins	150.9	146.6	33.4	2.85
35.7	Fried, med heat, turning frequently, 5.5 mins	152.0	149.1	33.4	1.91
35.8	Fried, med heat, turning frequently, 5.5 mins	152.3	147.7	16.7	3.02

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35.9	Fried, med heat, turning frequently, 5.5 mins	201.3	193.6	16.7	3.83
35.10	Fried, med heat, turning frequently, 5.5 mins	176.6	163.1	50.1	7.64

¹ Fried in vegetable (rapeseed) oil

² Calculated based on total weights - water loss and fat uptake not measured separately. Analytical results show that fried fish fingers contained an additional 3.4g fat/100g compared to grilled/baked fish fingers.

Sample 36: Fish fingers, salmon

Samples were cooked according to package instructions.

Total average weight loss on cooking = 14.7%

Weight changes on cooking

Sub-sample number	Cooking details	Weight before cooking (g)	Weight after cooking (g)	% Weight loss
36.1	Grilled, med, 13 mins	289.6	254.8	12.0
36.2	Oven baked, Fan, 210°C, 12 mins	285.6	249.2	12.8
36.3	Grilled, med, 13 mins	289.2	241.7	16.4
36.4	Oven baked, Fan, 210°C, 12 mins	278.8	240.2	13.9
36.5	Oven baked, Fan, 200°C, 14 mins	331.5	270.7	18.3

Sample 37: Cod, coated in batter, fried

Total average weight loss on cooking frozen samples= 15.9%

Weight changes on cooking

Sub-sample number	Cooking details ¹	Weight before cooking (g)	Weight after cooking (g)	% Weight loss ²
37.1	Fried in rapeseed oil, 180°C, 9 mins	130.1	110.1	15.4
37.2	Fried in rapeseed oil, 180°C, 9 mins	130.3	115.6	11.3
37.3	Fried in rapeseed oil, 180°C, 9 mins	122.3	89.6	26.7
37.4	Fried in rapeseed oil, 180°C, 9 mins	133.4	104.4	21.7
37.5	Fried in rapeseed oil, 180°C, 9 mins	129.6	109.1	15.8
37.6	Fried in rapeseed oil, 180°C, 9 mins	146.4	119.6	18.3
37.7	Fried in rapeseed oil, 180°C, 9 mins	146.3	133.7	8.6
37.8	Fried in rapeseed oil, 180°C, 9 mins	127.1	111.8	12.0
37.9	Fried in rapeseed oil, 180°C, 9 mins	134.5	104.0	22.7
37.10	Fried in rapeseed oil, 180°C, 9 mins	164.5	154.6	6.0

¹ Deep-fried in 3 litres of rapeseed oil

² Calculated based on total weights - water loss and fat uptake not measured separately. Analysed total fat content of fried product was 17.9g/100g compared with 11.8g/100g for a baked sample of similar products analysed during a previous survey.

Sample 38: Fishcakes, white fish, coated in breadcrumbs, baked

Samples were cooked according to package instructions.

Total average weight loss on cooking = 13.4%

- Average weight loss on cooking chilled fish product = 13.7%
- Average weight loss on cooking frozen fish product = 13.0%

Weight changes on cooking

Sub-sample number	Cooking details	Weight before cooking (g)	Weight after cooking (g)	% Weight loss
38.1	Oven baked, 220°C, 16 mins	92.4	80.1	13.3
38.2	Oven baked, 220°C, 16 mins	93.6	81.1	13.4
38.3	Oven baked, 200°C, 24 mins	96.1	84.2	12.4
38.4	Oven baked, 230°C, 20 mins	52.3	43.0	17.8
38.5	Oven baked, 200°C, 20 mins	89.9	79.3	11.8
38.6	Oven baked, 220°C, 14 mins	41.3	37.0	10.4
38.7	Oven baked, 220°C, 17 mins	87.9	74.5	15.2
38.8	Oven baked, 220°C, 17 mins	88.0	73.9	16.0
38.9	Oven baked, 230°C, 20 mins	52.9	42.0	20.6
38.10	Oven baked, 220°C, 20 mins	82.9	78.1	5.7
38.11	Oven baked, 220°C, 18 mins	89.8	80.3	10.6

Sample 39: Fishcakes, salmon, coated in breadcrumbs, baked

Samples were cooked according to package instructions.

Total average weight loss on cooking = 10.6%

- Average weight loss on cooking chilled fish product = 11.8%
- Average weight loss on cooking frozen fish product = 6.9%

Weight changes on cooking

Sub-sample number	Cooking details	Weight before cooking (g)	Weight after cooking (g)	% Weight loss
39.1	Oven baked, 220°C, 16 mins	91.8	82.0	10.7
39.2	Oven baked, Gas 6, 15 mins	95.9	85.8	10.5
39.3	Oven baked, Gas 6, 20 mins	93.6	83.7	10.6
39.4	Oven baked, Gas 6, 22 mins	93.7	81.1	13.5

Nutrient Analysis of Fish and Fish Products

39.5	Oven baked, 220°C, 16 mins	88.1	75.0	14.9
39.6	Oven baked, 220°C, 16 mins	89.2	79.8	10.5
39.7	Oven baked, 220°C, 30 mins	82.3	75.8	7.9
39.8	Oven baked, Gas 6, 20 mins	51.7	48.7	5.8

Sample 40: Scampi, coated in breadcrumbs, baked

Samples were cooked according to package instructions.

Total average weight loss on cooking = 22.5%

- Average weight loss on cooking chilled fish product = 21.8%
- Average weight loss on cooking frozen fish product = 22.6%

Weight changes on cooking

Sub-sample number	Cooking details	Weight before cooking (g)	Weight after cooking (g)	% Weight loss
40.1	Oven baked, 220°C, 14 mins	132.5	109.9	17.1
40.2	Oven baked, 230°C, 16 mins	122.6	93.2	24.0
40.3	Oven baked, 220°C, 14 mins	140.6	117.7	16.3
40.4	Oven baked, 220°C, 15 mins	130.1	108.5	16.6
40.5	Oven baked, 230°C, 16 mins	114.2	83.9	26.5
40.6	Oven baked, 220°C, 16 mins	189.3	148.1	21.8
40.7	Oven baked, 220°C, 15 mins	135.0	105.4	21.9
40.8	Oven baked, 220°C, 15 mins	121.9	92.7	24.0
40.9	Oven baked, 220°C, 17 mins	128.5	96.1	25.2
40.10	Oven baked, 220°C, 18 mins	121.9	85.0	30.3
40.11	Oven baked, 220°C, 17 mins	119.7	91.1	23.9

Sample 41: Scampi, coated in breadcrumbs, fried

Where available, samples were cooked according to package instructions.

Total average weight loss on cooking = 16.4%

- Average weight loss on cooking chilled fish product = 21.7%
- Average weight loss on cooking frozen fish product = 15.9%

Weight changes on cooking

Sub-sample number	Cooking details ¹	Weight before cooking (g)	Weight after cooking (g)	% Weight loss ²
41.1	Fried, 180°C, 4 mins	165.6	138.2	16.6
41.2	Fried, 180°C, 4.5 mins	200.4	159.6	20.4
41.3	Fried, 180°C, 4 mins	158.0	132.4	16.2
41.4	Fried, 180°C, 4.5 mins	143.4	117.6	18.0

Nutrient Analysis of Fish and Fish Products

41.5	Fried, 180°C, 4 mins	172.5	153.9	10.8
41.6	Fried, 170°C, 3 mins	191.5	150.0	21.7
41.7	Fried, 180°C, 3.5 mins	109.4	94.6	13.5
41.8	Fried, 180°C, 3 mins	121.8	110.4	9.4
41.9	Fried, 180°C, 3.5 mins	170.7	142.9	16.3
41.10	Fried, 180°C, 3.5 mins	178.0	137.8	22.6
41.11	Fried, 180°C, 3.5 mins	193.4	164.4	15.0

¹ deep-fried in vegetable (rapeseed) oil

² Calculated based on total weights - water loss and fat uptake not measured separately. Analytical results show that fried scampi in breadcrumbs contained an additional 2.5g fat/100g compared to baked scampi in breadcrumbs.

Sample 42: Fish pie, white fish, retail, baked

Samples were cooked according to package instructions.

Total average weight loss on cooking = 19.0%

- Average weight loss on cooking chilled fish product² = 12.7%
- Average weight loss on cooking frozen fish product² = 22.2%

Weight changes on cooking

Sub-sample number	Cooking details	Weight before cooking (g) ¹	Weight after cooking (g) ¹	% Weight loss ²
42.1	Oven baked, 200°C, 50 mins	378.6	286.7	24.3
42.2	Oven baked, 190°C, 25 mins	469.4	428.8	9.0
42.3	Oven baked, 200°C, 35 mins	487.7	414.5	16.3
42.4	Oven baked, 200°C, 50 mins	376.1	277.1	27.5
42.5	Oven baked, 190°C, 30 mins	467.0	409.1	12.9
42.6	Oven baked, 200°C, 35 mins	273.1	222.5	20.2
42.7	Oven baked, 220°C, 45 mins	369.3	286.2	24.4
42.8	Oven baked, 200°C, 45 mins	505.0	430.5	14.9
42.9	Oven baked, 220°C, 45 mins	355.8	285.3	20.7

¹ Including plastic container supplied

² calculated using the container weight

Sample 43: Mussels in white wine sauce

Samples were cooked according to package instructions.

Total average mussel meat portion of cooked samples = 0.57

Edible portion weights

Sub-sample number	Total weight cooked (g)	Shells (g)	Inedible material (g)	Sauce/liquid (g)	Mussel meat (g)	herbs, e.g. parsley (g)	Mussel meat portion
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Nutrient Analysis of Fish and Fish Products

43.1	477.4	174.3	0.5	218.8	66.8	6.2	0.63
43.2	433.5	198.8	0.3	138.4	84.9	0.8	0.54
43.3	457.4	218.4	0	111.4	124.7	0.2	0.52
43.4	447.5	190.3	9.7 ¹	152.6	88.2	8.7	0.55
43.5	404.7	158.3	0.3	161.6	77.6	6.9	0.61
43.6	444.5	189.4	8.2 ¹	154.4	79.7	9.0	0.56

¹ Unopened mussel(s)

Sample 44: Salmon, smoked (cold-smoked)

Complete sample used. No inedible portion or weight change.

Sample 45: Salmon, smoked (hot-smoked)

Average edible portion for samples purchased cooked with skin = 0.89

Edible portion weights

Sub-sample number	Total weight (g)	Skin (g)	Edible portion
45.1	100.0	0	1.00
45.2	100.0	0	1.00
45.3	85.2	7.1	0.92
45.4	100.0	0	1.00
45.5	100.0	0	1.00
45.6	100.0	0	1.00
45.7	85.3	11.2	0.87
45.8	100.0	0	1.00

Sample 46: Mackerel, smoked

Average edible portion for samples purchased cooked = 0.91

Edible portion weights

Sub-sample number	Total weight (g)	Skin (g)	Bones (g)	Edible portion
46.1	78.8	6.3	0	0.92
46.2	144.3	13.1	0.1	0.91
46.3	83.8	7.5	0.6	0.90
46.4	57.0	4.6	0	0.92
46.5	60.5	4.7	0	0.92
46.6	75.1	7.2	0.2	0.90
46.7	58.0	4.0	0	0.93
46.8	67.4	8.1	0.1	0.88

Nutrient Analysis of Fish and Fish Products

46.9	76.3	7.2	0.1	0.90
46.10	80.7	7.1	0	0.91
46.11	89.2	7.4	0.1	0.92

Sample 47: Seafood sticks

Complete sample used. No inedible portion or weight change.

Sample 48: Tuna, canned in brine

Brine was drained prior to sampling, unless otherwise stated in package instructions.

Average edible portion for sub-samples requiring draining = 0.71

Edible portion weights

Sub-sample number	Total can contents (g)	Drained weight (g)	Brine/liquid (g)	Inedible material (g)	Edible portion
48.1	180.5	127.8	52.7	0	0.71
48.2	839.6	615.4	224.2	0	0.73
48.3	133.5	133.5	0	0	1.00
48.4	195.4	128.4	67.0	0.4	0.66
48.5	190.9	133.6	57.3	0	0.70
48.6	208.6	156.4	52.2	0	0.75
48.7	193.5	137.9	55.6	0	0.71
48.8	123.5	86.0	37.5	0	0.70
48.9	189.5	146.2	43.3	0	0.77
48.10	1830.3	1198.3	632.0	0	0.65
48.11	1764.2	1263.2	501.0	0	0.72

Sample 49: Tuna, canned in sunflower oil

Oil was drained prior to sampling unless otherwise stated in package instructions.

Average edible portion for sub-samples requiring draining = 0.71

Edible portion weights

Sub-sample number	Total can contents (g)	Drained weight (g)	Oil/liquid (g)	Edible portion
49.1	140.8	140.8	0	1.00
49.2	199.4	116.8	82.6	0.59
49.3	201.9	134.0	67.9	0.66
49.4	823.1	577.4	245.7	0.70
49.5	188.2	140.2	48.0	0.74
49.6	185.1	134.2	50.9	0.73

Nutrient Analysis of Fish and Fish Products

49.7	189.5	138.2	51.3	0.73
49.8	181.4	135.8	45.6	0.75
49.9	191.2	132.0	59.2	0.69
49.10	772.5	635.8	136.7	0.82
49.11	783.9	556.5	227.4	0.71

Sample 50: Salmon, red, canned

Liquid was drained and large vertebrae bones were removed prior to sampling.

Total average edible portion = 0.70

Edible portion weights

Sub-sample number	Total can contents (g)	Liquid (g)	Drained ¹ weight (g)	Main bones (g)	Skin (g)	Edible portion
50.1	173.3	37.5	135.8	5.2	8.0	0.75
50.2	181.8	45.3	136.5	2.8	9.0	
50.3	170.6	52.9	117.7	2.7	7.7	0.67
50.4	172.8	42.1	130.7	4.4	4.5	0.73
50.5	315.0	93.9	221.1	3.5	16.3	0.69
50.6	160.6	52.2	108.4	2.3	9.3	0.66
50.7	166.0	52.7	113.3	4.6	8.0	0.65
50.8	163.9	42.6	121.3	4.6	8.4	0.71
50.9	175.9	42.9	133.0	3.9	10.1	0.73
50.10	169.6	48.6	121.0	2.1	10.0	0.70

¹Drained weight includes flesh and small bones, main bones and skin

Sample 51: Salmon, red, canned, skinless and boneless

Liquid was drained prior to sampling.

Total average edible portion = 0.78

Edible portion weights

Sub-sample number	Total can contents (g)	Liquid (g)	Drained weight (g)	Edible portion
51.1	106.6	23.0	83.6	0.78
51.2	106.0	23.8	82.2	0.78
51.3	184.9	43.6	141.3	0.76
51.5	179.9	36.6	143.3	0.80

Sample 52: Salmon, pink, canned

Liquid was drained and large vertebrae bones were removed prior to sampling.

Average edible portion = 0.77

Edible portion weights

Sub-sample number	Total can contents (g)	Liquid (g)	Drained ¹ weight (g)	Main bones (g)	Skin (g)	Edible portion
52.1	207.6	43.4	164.2	3.5	11.3	0.77
52.2	222.1	50.0	172.1	4.8	10.0	0.75
52.3	209.4	40.9	168.5	4.8	7.1	0.78
52.4	223.2	52.7	170.5	5.3	9.2	0.74
52.5	205.5	47.0	158.5	3.2	10.9	0.76
52.6	213.1	44.7	168.4	2.6	13.5	0.78
52.7	213.1	38.7	174.4	2.3	11.3	0.81
52.8	218.1	49.1	169.0	3.4	8.2	0.76
52.9	212.2	36.2	176.0	4.2	12.9	0.81

¹Drained weight includes flesh and small bones, main bones and skin

Sample 53: Mackerel, canned in brine

Liquid was drained prior to sampling.

Total average edible portion = 0.73

Edible portion weights

Sub-sample number	Total can contents (g)	Drained weight (g)	Liquid (g)	Edible portion
53.1	124.4	97.4	27.0	0.78
53.2	125.5	90.1	35.4	0.72
53.3	130.6	95.6	35.0	0.73
53.4	127.9	86.5	41.4	0.68

Sample 54: Sardines, canned in tomato sauce, whole contents

Total average edible portion = 1.00

Edible portion weights

Sub-sample number	Total can contents (g)	Main bones (g)	Skin (g)	Fins (g)	Edible portion
54.1	123.4	2.7	7.8	0.7	1.00

Nutrient Analysis of Fish and Fish Products

54.2	120.6	2.1	9.0	0.6	1.00
54.3	122.4	1.6	13.7	0.6	1.00
54.4	124.1	2.3	6.8	1.2	1.00
54.5	116.5	1.7	13.7	0.6	1.00
54.6	123.8	1.0	16.4	1.4	1.00
54.7	120.3	2.7	7.9	1.7	1.00
54.8	126.0	1.9	11.6	1.0	1.00
54.9	118.2	2.8	16.1	0.9	1.00

Sample 55: Sardines, canned in brine

Liquid was drained prior to sampling. Edible portion included bones, skin, fins and tails.

Average drained portion of total can contents = 0.75

Edible portion weights

Sub-sample number	Total can contents (g)	Drained weight ¹ (g)	Liquid (g)	Main bones (g)	Skin (g)	Fins (g)	Tails (g)	Inedible parts (g)	Drained portion
55.1	125.8	88.6	37.2	1.9	13.9	1.1	0.0	0.0	0.70
55.2	124.0	89.1	34.9	1.5	12.4	0.9	0.0	0.0	0.72
55.3	131.0	100.7	30.3	2.6	12.2	0.9	0.0	0.0	0.77
55.4	128.0	102.4	25.6	0.0	0.0	0.0	0.0	0.0	0.80
55.5	123.2	103.5	19.7	0.0	0.0	0.0	0.0	0.0	0.84
55.6	123.8	80.6	43.2	1.4	7.8	0.9	0.2	1.85	0.65

¹Drained weight includes flesh and small bones, main bones, skin, fins, tails and other inedible parts

Sample 56: Langoustine, boiled

Langoustine with roe, brown and dirty langoustine excluded from sample.

Langoustine were boiled for 2 minutes, followed by immersing in cold water for 2 minutes.

Once cooked, guts were removed, langoustine rinsed with AnalaR water and blotted with a paper towel.

Total % ice glaze = 2.0

Average edible portion of cooked fish = 0.59

Total average weight loss on cooking = 12.8%

Edible portion weights of cooked sample

Sub-sample number	Total weight (g)	Number of fish	Weight of shells (g)	Other inedible parts ¹	Edible portion
56.1	394.1	41	148.5	0 ²	0.62

Nutrient Analysis of Fish and Fish Products

56.2	350.8	75	131.1	6.6	0.61
56.3	373.4	87	143.3	0 ²	0.62
56.4	347.3	79	137.4	1.4	0.60
56.5	374.8	100	180.0	0	0.52
56.6	404.4	58	149.8	1.7	0.63
56.7	347.3	79	156.1	0	0.55
56.8	290.4	100	121.4	1.1	0.58

¹ Shell, guts, or dirty langoustine

² Included with shell weight

Weight changes on cooking

Sub-sample number	Cooking details	Weight before cooking (g)	Weight after cooking (g)	% Weight loss
56.1	Boiled, 2 min, then 2 min in cold water	427.8	394.1	7.9
56.2	Boiled, 2 min, then 2 min in cold water	413.2	350.8	15.1
56.3	Boiled, 2 min, then 2 min in cold water	427.2	373.4	12.6
56.5	Boiled, 2 min, then 2 min in cold water	399.3	347.3	13.0
56.6	Boiled, 2 min, then 2 min in cold water	431.6	374.8	13.2
56.7	Boiled, 2 min, then 2 min in cold water	440.2	404.4	8.1
56.8	Boiled, 2 min, then 2 min in cold water	434.5	347.3	20.1
56.9	Boiled, 2 min, then 2 min in cold water	332.0	290.4	12.5

Sample 57: Herring (cooked for weight loss only)

Samples were cooked according to package instructions, where available, or according to general guidelines based on Seafish UK recommendations.

Average edible portion = 0.78

Total average weight loss on cooking = 23.1%

- Average weight loss on grilling = 26.6%
- Average weight loss on baking = 19.5%

Edible portion weights of cooked sample

Sub-sample number	Total weight (g)	Skin (g)	Bones (g)	Head (g)	Tail (g)	Fins (g)	Other inedible parts	Edible portion
57.1a	68.7	8.8	0.9	0	0	0.5	0	0.85
57.1b	70.8	11.5	0.6	0	0	1.6	0	0.81
57.2a	74.1	3.6	3.4	10.0	0.9	2.4	2.1	0.70
57.2b	99.3	5.6	6.9	13.1	0.9	1.3	2.4	0.70
57.3a ¹	97.8	7.3	4.4	0 ¹	1.1	0.7	1.3	0.85
57.3b	112.1	7.1	4.9	0	1.0	0.8	2.9	0.85

Nutrient Analysis of Fish and Fish Products

57.4a	102.3	4.6	4.6	11.2	1.2	0.9	3.3	0.75
57.4b	112.0	5.0	10.8	8.3	1.0	1.7	1.6	0.75

¹ Head removed prior to purchase

Weight changes on cooking

Sub-sample number	Cooking details	Weight before cooking (g)	Weight after cooking (g)	% Weight loss
57.1a	Grilled, med, 7 mins	97.2	68.7	29.3
57.1b	Oven baked, Fan, 200°C, 15 mins	93.6	70.8	24.4
57.2a	Grilled, med, 8 mins	101.8	74.1	27.2
57.2b	Oven baked, Fan, 200°C, 15 mins	125.5	99.3	20.9
57.3a	Grilled, med, 10 mins	130.1	97.8	24.8
57.3b	Oven baked, Fan, 200°C, 15 mins	130.9	112.1	14.4
57.4a	Grilled, med, 10 mins	136.6	102.3	25.1
57.4b	Oven baked, Fan, 200°C, 15 mins	137.3	112.0	18.4

Sample 58: Hake (cooked for weight loss only)

Samples were cooked according to package instructions, where available, or according to general guidelines based on Seafish UK recommendations.

Average edible portion of cooked samples purchased with skin = 0.94

Total average weight loss on cooking = 25.6%

- Average weight loss on grilling = 30.0%
 - o Average weight loss on grilling fish purchased chilled = 23.7%
 - o Average weight loss on grilling fish purchased frozen = 36.4%
- Average weight loss on baking = 21.1%
 - o Average weight loss on baking fish purchased chilled = 19.2%
 - o Average weight loss on baking fish purchased frozen = 23.1%

Edible portion weights of cooked sample

Sub-sample number	Total weight (g)	Skin (g)	Bones (g)	Edible portion
58.1a	97.7	6.1	0	0.94
58.1b	145.0	8.2	0	0.94
58.2a	140.0	8.7	0	0.94
58.2b	125.6	8.4	0.8	0.93
58.3a	148.7	0	0	1.00
58.3b	236.2	0	0	1.00
58.4a	78.2	0	0	1.00
58.4b	92.3	0	0	1.00

Weight changes on cooking

Sub-sample number	Cooking details	Weight before cooking (g)	Weight after cooking (g)	% Weight loss
58.1a	Grilled, med, 10 mins	125.2	97.7	22.0
58.1b	Oven baked, 200°C, 18 mins	172.7	145.0	16.0
58.2a	Grilled, med, 10 mins	187.7	140.0	25.4
58.2b	Oven baked, 200°C, 15 mins	161.7	125.6	22.3
58.3a	Grilled, med, 12 mins	222.0	148.7	33.0
58.3b	Oven baked, 200°C, 15 mins	291.5	236.2	19.0
58.4a	Grilled, med, 18 mins	129.6	78.2	39.7
58.4b	Oven baked, 200°C, 30 mins	126.8	92.3	27.2

Sample 59: Sea bream (cooked for weight loss only)

Samples were cooked according to package instructions, where available, or according to general guidelines based on Seafish UK recommendations.

Average edible portion of cooked fish = 0.61

Total average weight loss on cooking = 18.9%

- Average weight loss on grilling = 21.8%
- Average weight loss on baking = 16.0%

Edible portion weights of cooked sample

Sub-sample number	Total weight (g)	Skin (g)	Bones (g)	Head (g)	Tail (g)	Fins (g)	Other inedible parts	Edible portion
59.1a	339.5	24.7	11.3	62.6	2.5	17.5	9.8	0.62
59.1b	295.0	13.9	29.5	39.0	2.0	7.8	0.0	0.69
59.2a	260.5	15.5	9.7	55.4	2.6	10.5	11.5	0.60
59.2b	319.5	10.0	17.4	62.5	3.0	15.3	11.5	0.63
59.3a	253.4	14.4	10.9	59.0	2.5	10.7	6.6	0.59
59.3b	229.8	6.5	12.0	38.3	2.0	11.3	5.4	0.67
59.4a	254.9	14.7	8.3	65.0	1.7	13.3	11.3	0.55
59.4b	279.0	12.1	16.7	59.2	2.3	12.7	0	0.63
59.5a	221.6	15.7	7.3	39.8	2.3	9.3	5.0	0.64
59.5b	259.8	28.2	15.7	38.3	2.4	11.5	8.8	0.60
59.6a	377.5	27.7	15.7	115.5	2.6	11.3	7.6	0.52
59.6b	370.2	32.1	22.5	83.3	3.0	17.7	12.0	0.54

Weight changes on cooking

Sub-sample number	Cooking details	Weight before cooking (g)	Weight after cooking (g)	% Weight loss
59.1a	Grilled, med, 14 mins	425.0	339.5	20.1
59.1b	Oven baked, 200°C, 20 mins	349.1	295.0	15.5
59.2a	Grilled, med, 14 mins	348.3	260.5	25.2
59.2b	Oven baked, 200°C, 20 mins	367.7	319.5	13.1
59.3a	Grilled, med, 9 mins	310.9	253.4	18.5
59.3b	Oven baked, 200°C, 20 mins	287.8	229.8	20.2
59.4a	Grilled, med, 12 mins	316.6	254.9	19.5
59.4b	Oven baked, 200°C, 20 mins	318.2	279.0	12.3
59.5a	Grilled, med, 5 mins	297.7	221.6	25.6
59.5b	Oven baked, 200°C, 20 mins	304.3	259.8	14.6
59.6a	Grilled, med, 16 mins	482.4	377.5	21.7
59.6b	Oven baked, 200°C, 20 mins	462.6	370.2	20.0

Sample 60: Talapia (cooked for weight loss only)

Samples were cooked according to package instructions, where available, or according to general guidelines based on Seafish UK recommendations.

Average edible portion of cooked samples purchased whole = 0.41

- Average edible portion of fish purchased whole, grilled = 0.44
- Average edible portion of fish purchased whole, baked = 0.37

Total average weight loss on cooking = 19.9%

- Average weight loss on grilling fish purchased whole = 20.3%
- Average weight loss on grilling fish purchased as fillets = 21.1%
- Average weight loss on baking fish purchased whole = 15.3%
- Average weight loss on baking fish purchased fillets = 22.9%

Edible portion weights of cooked sample

Sub-sample number	Total weight (g)	Skin (g)	Bones (g)	Head (g)	Tail (g)	Fins (g)	Other inedible parts	Edible portion
60.1a	97.3	0	0	0	0	0	0	1.00
60.1b	94.3	0	0	0	0	0	0	1.00
60.2a	327.2	34.6	13.4	107.3	4.6	21.2	8.6	0.42
60.2b	290.1	35.4	15.1	94.0	4.0	22.9	14.4	0.36
60.3a	65.3	0	0	0	0	0	0	1.00
60.3b	69.1	0	0	0	0	0	0	1.00
60.4a	354.7	30.8	16.9	111.7	3.5	25.6	4.3	0.46
60.4b	373.3	35.7	27.1	106.0	3.4	40.0	19.2	0.38

Weight changes on cooking

Sub-sample number	Cooking details	Weight before cooking (g)	Weight after cooking (g)	% Weight loss
60.1a	Grilled, med, 6 mins	128.6	97.3	24.3
60.1b	Oven baked, 200°C, 15 mins	123.8	94.3	23.8
60.2a	Grilled, med, 8 mins	408.9	327.2	20.0
60.2b	Oven baked, 180°C, 35 mins	339.4	290.1	14.5
60.3a	Grilled, med, 4 mins	79.5	65.3	17.9
60.3b	Oven baked, 200°C, 15 mins	88.5	69.1	21.9
60.4a	Grilled, med, 15 mins	446.0	354.7	20.5
60.4b	Oven baked, 200°C, 15 mins	444.2	373.3	16.0

Sample 61: Halibut (cooked for weight loss only)

Samples were cooked according to package instructions, where available, or according to general guidelines based on Seafish UK recommendations.

Total average edible portion of cooked samples= 0.89

- Average edible portion of poached samples = 0.87
- Average edible portion of baked samples = 0.90

Total average weight loss on cooking = 19.8%

- Average weight loss on poaching = 18.0%
- Average weight loss on baking = 21.5%

Edible portion weights of cooked sample

Sub-sample number	Total weight (g)	Skin (g)	Bones (g)	Fins (g)	Other inedible parts	Edible portion
61.1a	151.5	8.3	0	0	0	0.95
61.1b	166.3	11.5	0	0	0	0.93
61.2a	63.5	0	0	0	0	1.00
61.2b	122.3	0	0	0	3.2	0.97
61.3a	177.2	24.1	17.2	0	5.8	0.73
61.3b	199.1	30.0	11.9	0	17.0	0.70
61.4a	175.2	0	0	10.2	4.1	0.92
61.4b	184.6	21.1	0.4	0	0	0.88

Weight changes on cooking

Sub-sample number	Cooking details	Weight before cooking (g)	Weight after cooking (g)	% Weight loss
61.1a	Oven baked, 200°C, 15 mins	177.2	151.5	14.5
61.1b	Poached, 12 mins	190.8	166.3	12.8
61.2a	Oven baked, 200°C, 15 mins	82.3	63.5	22.8
61.2b	Poached, 10 mins	153.3	122.3	20.2
61.3a	Oven baked, 200°C, 15 mins	219.1	177.2	19.1
61.3b	Poached, 10 mins	227.6	199.1	12.5
61.4a	Oven baked, 200°C, 31 mins	248.8	175.2	29.6
61.4b	Poached, 13 mins	251.1	184.6	26.5

Sample 62: Swordfish (cooked for weight loss only)

Frozen samples were thawed before cooking. Samples were cooked according to package instructions, where available, or according to general guidelines based on Seafish UK recommendations.

Total average edible portion of cooked samples = 0.97

- Average edible portion of grilled samples = 0.97
- Average edible portion of oven baked samples = 0.97

Total average weight loss on cooking = 27.5%

- Average weight loss on grilling = 29.8%
- Average weight loss on oven baking = 25.2%

Edible portion weights of cooked sample

Sub-sample number	Total weight (g)	Skin (g)	Edible portion
62.1a	79.2	2.6	0.97
62.1b	78.3	3.3	0.96
62.2a	124.4	2.8	0.98
62.2b	249.7	0	1.00
62.3a	208.1	8.8	0.96
62.3b	183.3	8.7	0.95

Weight changes on cooking

Sub-sample number	Cooking details	Weight before cooking (g)	Weight after cooking (g)	% Weight loss
62.1a	Grilled, med, 8 mins	115.0	79.2	31.1
62.1b	Oven baked, 200°C, 15 mins	122.6	78.3	36.1
62.2a	Grilled, med, 12 mins	178.3	124.4	30.2
62.2b	Oven baked, 200°C, 20 mins	296.1	249.7	15.7

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62.3a	Grilled, med, 15 mins	288.9	208.1	28.0
62.3b	Oven baked, 200°C, 15 mins	240.9	183.3	23.9

References

¹ Responsibility for nutrition policy in England transferred from the Food Standards Agency to the Department of Health (DH) on 1 October 2010. Management of the rolling programme of nutrient analysis also transferred to DH.