



# **Nutrient analysis survey of biscuits, buns, cakes and pastries**

*Sampling report*

## Nutrient analysis survey of biscuits, buns, cakes and pastries

| DH INFORMATION READER BOX  |  |
|----------------------------|--|
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| <b>Description</b>         | This survey forms part of the Department of Health's rolling programme of nutrient analysis which provides up-to-date and reliable information on the nutrient content of foods. The results are incorporated into nutrient databanks which support the National Diet and Nutrition Survey and other national dietary surveys used to monitor the nations diet. Any data queries will be dealt with on a case by case basis. |
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| <b>For Recipient's Use</b> |  |

**Prepared by the Institute of Food Research**

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# Contents

|  |     |
|--|-----|
| Contents.....  | 4   |
| Executive summary.....   | 6   |
| Sampling notes .....   | 7   |
| Composite sample list .....  | 8   |
| Sample 1: Short, sweet biscuits.....   | 12  |
| Sample 2: semi-sweet biscuits .....  | 35  |
| Sample 3: Ginger nut biscuits.....   | 51  |
| Sample 4: Digestives, plain .....  | 68  |
| Sample 5: Wafer, plain ice cream wafer, not filled.....                            | 84  |
| Sample 6: Reduced fat plain biscuits.....  | 101 |
| Sample 7: Shortbread.....  | 116 |
| Sample 8: Digestives with oats, plain .....  | 134 |
| Sample 9: Jam-filled biscuits .....  | 147 |
| Sample 10: Fig rolls.....  | 163 |
| Sample 11: Short or sweet biscuits, half coated in chocolate .....                 | 178 |
| Sample 12: Digestives, half coated in chocolate .....                              | 195 |
| Sample 13: Iced biscuits.....  | 211 |
| Sample 14: Short or sweet biscuits, fully chocolate coated .....                   | 218 |
| Sample 15: Cream biscuits, fully chocolate coated .....                            | 234 |
| Sample 16: Chocolate coated biscuits with marshmallow .....                        | 253 |
| Sample 17: Chocolate wafer biscuits fully coated.....                              | 270 |
| Sample 18: Cream sandwich biscuits .....   | 286 |
| Sample 19: Flapjacks, retail.....  | 310 |
| Sample 20: Chocolate chip standard cookies and biscuits.....                       | 325 |
| Sample 21: American-style chocolate chip cookies .....                             | 342 |
| Sample 22: Fruit biscuits .....  | 352 |
| Sample 23: Cereal bars, with fruit and/or nuts, with chocolate, not fortified..... | 369 |
| Sample 24: Cereal bars, with fruit and/or nuts, no chocolate, not fortified.....   | 378 |
| Sample 25: Cream crackers .....  | 388 |
| Sample 26: Biscuits, cheese flavoured.....   | 403 |
| Sample 27: Rye crisp bread .....   | 419 |
| Sample 28: Oatcakes .....  | 426 |
| Sample 29: Cheese straws/twist.....  | 443 |
| Sample 30: Toasted minibreads .....  | 460 |
| Sample 31: Breadsticks .....   | 476 |
| Sample 32: Scones, plain .....   | 491 |
| Sample 33: Iced buns.....  | 506 |
| Sample 34 : Fruit cake.....  | 521 |
| Sample 35: Chocolate cake with filling and icing .....                             | 540 |
| Sample 36: Cake with jam and butter cream .....                                    | 557 |
| Sample 37: Soft iced cake .....  | 575 |
| Sample 38: Loaf cakes .....  | 593 |
| Sample 39 : Chocolate-covered and filled Swiss rolls .....                         | 602 |
| Sample 40: Battenberg cake .....   | 617 |
| Sample 41: Carrot cake, iced .....   | 631 |
| Sample 42: Caramel shortcake .....   | 649 |
| Sample 43: Eccles cakes.....   | 665 |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

|   |     |
|---|-----|
| Sample 44: Fancy iced cakes, individual .....       | 677 |
| Sample 45: Cakes from 'healthy eating' ranges ..... | 694 |
| Sample 46: Danish pastries.....                     | 711 |
| Sample 47: Greek pastries .....                     | 721 |
| Sample 48: Cream filled pastries.....               | 732 |
| Sample 49: Cream filled chocolate pastries.....     | 747 |
| Sample 50: Bakewell tarts, iced.....                | 765 |
| Sample 51: Jam tarts.....                           | 783 |
| Sample 52: Custards tarts, individual .....         | 799 |
| Sample 53: Small fruit pies .....                   | 814 |
| Sample 54: Mince pies .....                         | 831 |
| Sample 55: Doughnuts, filled with jam.....          | 847 |
| Sample 56: Doughnuts, ring, iced.....               | 858 |
| Sample 57: Shortcrust pastry, uncooked .....        | 873 |
| Sample 58: Pastry, flaky/puff, uncooked .....       | 892 |
| Sample 59: Shortcrust pastry, cooked.....           | 911 |
| Sample 60: Pastry, flaky/puff, cooked .....         | 914 |
| Sample 61: Filo pastry, uncooked .....              | 916 |
| Sample 62: Filo pastry, cooked .....                | 927 |
| References.....                                     | 929 |

# Executive summary

The objective of this project was to provide up-to-date and reliable information on the nutrient composition of biscuits, buns, cakes and pastries for which the need for new data had been identified. The results from this survey will update and extend information on these foods that were last analysed over the last 20-30 years and provide information on products that have become more popular and widely available in recent years. The results of the analytical survey will be incorporated into the Food Standards Agency's<sup>1</sup> (FSA) nutrient databank that supports dietary surveys and will be also disseminated via the authoritative UK food composition tables, *McCance and Widdowson's The Composition of Foods*. This project reports analysis of 62 composite samples that were made up of between 5 and 12 sub-samples that were representative of products consumed in the UK. Results from the analysis are contained in a separate analytical report. Results for individual fatty acids are reported separately in electronic format.

# Sampling notes

1. Samples were purchased according to a sample protocol produced in agreement with the Food Standards Agency. Some samples were not available and were substituted according to the sample protocol.
2. The sub-samples were agreed based on a review of consumption (using TNS market share data) made available by the Food Standards Agency.
3. All samples were purchased and prepared for analysis between September and December 2008<sup>2</sup>.
4. Samples were purchased from the Norwich area, unless unavailable in which case they were purchased from the London area, online or were supplied direct from manufacturers<sup>3</sup>.
5. Sub-samples were stored at an appropriate temperature before being combined in equal weights to form the composite sample.
6. Cooked samples were prepared according to manufacturer instructions before preparation of the composite sample.

# Composite sample list

| Sample Number | Sample Name                                       | Description  |
|---------------|---|--|
| 1             | Short, sweet biscuits                             | 12 samples, 11 products, including malted milk, shortcake, nice          |
| 2             | Semi-sweet biscuits                               | 10 samples, 7 products, including rich tea, morning coffee               |
| 3             | Ginger nut biscuits                               | 10 samples, 8 products   |
| 4             | Digestives, plain                                 | 10 samples, 7 products   |
| 5             | Wafer, plain ice-cream wafer, not filled          | 10 samples, 9 products, inc wafers, cornets and cones                    |
| 6             | Reduced fat plain biscuits                        | 10 samples, 5 products, including digestives and rich tea                |
| 7             | Shortbread  | 10 samples, 7 products   |
| 8             | Digestives with oats, plain                       | 9 samples, 4 products  |
| 9             | Jam filled biscuits                               | 10 samples, 6 products   |
| 10            | Fig rolls   | 10 samples, 5 products   |
| 11            | Short or sweet biscuits, half coated in chocolate | 10 samples, 6 products, including milk and plain chocolate               |
| 12            | Digestives  | 10 samples, 6 products   |
| 13            | Iced biscuits                                     | 5 samples, 2 products  |
| 14            | Short or sweet biscuits, fully chocolate coated   | 10 samples, 6 products, including Breakaway, Rocky and chocolate fingers |
| 15            | Cream biscuits, fully chocolate coated            | 10 samples, 8 products, inc Penguin, Club, Classic, Puffin               |
| 16            | Chocolate coated biscuits with marshmallow        | 10 samples, 7 products, including teacakes and Wagon Wheels              |



Nutrient analysis survey of biscuits, buns, cakes and pastries

| Sample Number | Sample Name   | Description   |
|---------------|---|---|
| 17            | Chocolate wafer biscuits, fully coated                                | 10 samples, 6 products, including Kit Kat, Blue Riband, Time Out, Taxi          |
| 18            | Cream sandwich biscuits   | 12 samples, 12 products, including custard creams and bourbon                   |
| 19            | Flapjacks, retail   | 10 samples, 9 products  |
| 20            | Chocolate chip cookies, standard                                      | 10 samples, 7 products  |
| 21            | Chocolate chip cookies, American style                                | 10 samples, 10 products   |
| 22            | Fruit biscuits  | 10 samples, 8 products, including fruit shortcake and garibaldi                 |
| 23            | Cereal bars, with fruit and/or nuts, with chocolate, not fortified    | 5 samples, 4 products   |
| 24            | Cereal bars, with fruit and/or nuts, without chocolate, not fortified | 5 samples, 5 products   |
| 25            | Cream crackers  | 10 samples, 6 products  |
| 26            | Cheese flavoured biscuits   | 10 samples, 5 products  |
| 27            | Crispbread, rye   | 5 samples, including Ryvita original and Ryvita dark                            |
| 28            | Oatcakes  | 10 samples, 7 products  |
| 29            | Cheese straws/twists  | 10 samples, 7 products  |
| 30            | Toasted minibreads  | 10 samples, 6 products, including pepite, focaccine, bruschettinne and crostini |
| 31            | Breadsticks   | 10 samples, 5 products  |
| 32            | Scones, plain   | 10 samples, 7 products  |
| 33            | Iced buns   | 10 samples, 7 products  |

Nutrient analysis survey of biscuits, buns, cakes and pastries

| Sample Number | Sample Name                              | Description  |
|---------------|--|--|
| 34            | Fruit cake                               | 10 samples, 9 products   |
| 35            | Chocolate cake with filling, iced        | 10 samples, 7 products   |
| 36            | Sponge cake, with jam and buttercream    | 10 samples, 8 products, including sandwich and Swiss roll  |
| 37            | Soft iced cake                           | 10 samples, 8 products, including angel cake, Madeira and lemon drizzle                                      |
| 38            | Loaf cakes                               | 7 samples, 2 products, including Jamaica ginger and golden syrup   |
| 39            | Swiss roll, chocolate covered and filled | 10 samples, 5 products   |
| 40            | Battenberg cake                          | 10 samples, 4 products, including mini cakes   |
| 41            | Carrot cake, iced                        | 10 samples, 8 products   |
| 42            | Caramel shortcake                        | 10 samples, 7 products   |
| 43            | Eccles cake                              | 10 samples, 6 products   |
| 44            | Fancy iced cakes                         | 10 samples, 8 products, including French and fondant fancies, cup cakes, fairy cakes, angel and lemon slices |
| 45            | Cakes from 'healthy eating' ranges       | 10 samples, 7 products, including carrot, lemon and apple slices   |
| 46            | Danish pastries                          | 10 samples, 9 products   |
| 47            | Greek pastries                           | 7 samples, 7 products, assorted baklawa  |
| 48            | Cream filled pastries                    | 10 samples, 6 products   |
| 49            | Chocolate éclairs, cream filled          | 10 samples, 7 products   |
| 50            | Bakewell tarts, iced                     | 10 samples, 7 products   |
| 51            | Jam tarts, individual                    | 10 samples, 6 products   |

Nutrient analysis survey of biscuits, buns, cakes and pastries

| Sample Number | Sample Name                 | Description  |
|---------------|-----------------------------|--|
| 52            | Custard tarts, individual   | 10 samples, 6 products   |
| 53            | Fruit pies, individual      | 10 samples, 7 products   |
| 54            | Mince pies                  | 10 samples, 8 products   |
| 55            | Doughnuts, with jam         | 10 samples, supermarket brands and bakery                          |
| 56            | Doughnuts, ring, iced       | 10 samples, supermarket brands and bakery                          |
| 57            | Shortcrust pastry, uncooked | 10 samples, 9 products; frozen and chilled, block and ready rolled |
| 58            | Flaky/puff pastry, uncooked | 10 samples, 9 products; frozen and chilled, block and ready rolled |
| 59            | Shortcrust pastry, cooked   | 10 samples, 9 products; frozen and chilled, block and ready rolled |
| 60            | Flaky/puff pastry, cooked   | 10 samples, 9 products; frozen and chilled, block and ready rolled |
| 61            | Filo pastry, uncooked       | 6 samples, 4 products  |
| 62            | Filo pastry, cooked         | 6 samples, 4 products  |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

### Sample 1: Short, sweet biscuits

Composite Sample Number: 1

Composite Sample Name: Short, Sweet Biscuits

Sub-sample Number: 1.1

Sub-sample Name: Fox's Butter Crinkle Crunch

Full Product Name: Fox's Crinkles, Butter

Brand: Fox's

Pack size: 250g

Purchase Date: 4/11/08

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 27 06 09

Batch Number: A61S 10:25

Packaging: Paper

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

**Ingredients:** Wheatflour, Sugar, Butter (10%), Vegetable oil, Rolled oats, Glucose syrup, Partially inverted refiners syrup, Raising agents (Ammonium bicarbonate, sodium bicarbonate, disodium diphosphate), Salt, Flavouring, Emulsifier (Soya lecithin).

**Label claim(s):**

Contains: cow's milk, soya, wheat, gluten, oats  
Made in a factory that uses nut ingredients

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 1.1

Sub-sample Name: Fox's Butter Crinkle Crunch

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per biscuit</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 1931               | 212  |
| Energy          | kcal        | 460                | 50   |
| Protein         | g           | 5.5                | 0.6  |
| Carbohydrate    | g           | 70.1               | 7.7  |
| Sugars          | g           | 31.3               | 3.4  |
| Starch          | g           | N/A                | N/A  |
| Fat             | g           | 17.5               | 1.9  |
| Saturates       | g           | 9.6                | 1.0  |
| Monounsaturates | g           | N/A                | N/A  |
| Polyunsaturates | g           | N/A                | N/A  |
| Fibre           | g           | 2.4                | 0.3  |
| Salt            | g           | 1.3                | 0.13                                       |
| Sodium          | g           | 0.5                | 0.05                                       |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 1  
Composite Sample Name: Short, Sweet Biscuits  
Sub-sample Number: 1.2  
Sub-sample Name: Fox's Butter Crinkle Crunch  
Full Product Name: Fox's Crinkles, Butter  
Brand: Fox's  
Pack size: 250g  
Purchase Date: 4/11/08  
Place of Purchase: Asda, Boundary Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 09 05 09  
Batch Number: A62S 21:29  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional Information as 1.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 1  
Composite Sample Name: Short, Sweet Biscuits  
Sub-sample Number: 1.3  
Sub-sample Name: Tesco Malted Milk  
Full Product Name: Tesco Malted Milk Biscuits  
Brand: Tesco  
Pack size: 200g  
Purchase Date: 4/11/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: AUG 09  
Batch Number: 8 304 C 08:10  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheatflour, Vegetable oil, Sugar, Barley malt extract, Glucose syrup, Dried whole milk, Raising agents (Ammonium bicarbonate, sodium bicarbonate), Salt, Natural flavourings.

**Label claim(s):**

Contains milk, wheat, gluten

Recipe: No nuts

Ingredients: Cannot guarantee nut free

Factory: No nuts

Suitable for vegetarians

Produced in the UK

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 1.3

Sub-sample Name: Tesco Malted Milk

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per biscuit (8.9g)</b> |
|-----------------|-------------|--------------------|---|
| Energy          | kJ          | 2055               | 183   |
| Energy          | kcal        | 490                | 44  |
| Protein         | g           | 6.5                | 0.6   |
| Carbohydrate    | g           | 66.7               | 5.9   |
| Sugars          | g           | 19.1               | 1.7   |
| Starch          | g           | N/A                | N/A   |
| Fat             | g           | 21.8               | 1.9   |
| Saturates       | g           | 10.0               | 0.9   |
| Monounsaturates | g           | 8.1                | 0.7   |
| Polyunsaturates | g           | 2.3                | 0.2   |
| Fibre           | g           | 2.0                | 0.2   |
| Salt            | g           | 1.0                | Trace   |
| Sodium          | g           | 0.4                | Trace   |



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 1  
Composite Sample Name: Short, Sweet Biscuits  
Sub-sample Number: 1.4  
Sub-sample Name: Asda Malted Milk  
Full Product Name: Asda Malted Milk  
Brand: Asda  
Pack size: 400g  
Purchase Date: 12/11/08  
Place of Purchase: Asda, Boundary Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 04 JUL 09  
Batch Number: 8296 B  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheatflour, Vegetable oil, Sugar, Malt extract (4.0%) (Barley), Wheat starch, Milk powder, Raising agents (Ammonium carbonates, sodium bicarbonate), Salt, Flavourings

**Label claim(s):**

Contains: gluten, milk, wheat and barley  
May contain traces of nuts and/or seeds  
Suitable for vegetarians  
No hydrogenated fats  
No artificial colours or flavours

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 1.4  
Sub-sample Name: Asda Malted Milk

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 2048               | N/A                        |
| Energy          | kcal        | 489                | N/A                        |
| Protein         | g           | 6.1                | N/A                        |
| Carbohydrate    | g           | 64.5               | N/A                        |
| Sugars          | g           | 17.2               | N/A                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 22.9               | N/A                        |
| Saturates       | g           | 10.4               | N/A                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | 3.2                | N/A                        |
| Salt            | g           | 0.9                | N/A                        |
| Sodium          | g           | 0.36               | N/A                        |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 1  
Composite Sample Name: Short, Sweet Biscuits  
Sub-sample Number: 1.5  
Sub-sample Name: Asda Shortcake  
Full Product Name: Asda Shortcake Biscuits  
Brand: Asda  
Pack size: 400g  
Purchase Date: 4/11/08  
Place of Purchase: Asda, Boundary Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 04 MAY 2009  
Batch Number: 8297 N  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheatflour, Vegetable oil, Sugar, Maize flour, Flavourings (contains milk), Salt, Raising agents (Ammonium carbonate, sodium bicarbonates).

**Label claim(s):**

Contains: gluten, milk and wheat  
May contain traces of nuts and/or seeds  
Suitable for vegetarians  
No hydrogenated fats  
No artificial flavours

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 1.5  
Sub-sample Name: Asda Shortcake

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per biscuit</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 2110               | 275  |
| Energy          | kcal        | 504                | 66   |
| Protein         | g           | 6.0                | 0.8  |
| Carbohydrate    | g           | 61.5               | 8.0  |
| Sugars          | g           | 16.0               | 2.1  |
| Starch          | g           | N/A                | N/A  |
| Fat             | g           | 26.0               | 3.4  |
| Saturates       | g           | 12.0               | 1.6  |
| Monounsaturates | g           | N/A                | N/A  |
| Polyunsaturates | g           | N/A                | N/A  |
| Fibre           | g           | 1.5                | 0.2  |
| Salt            | g           | 0.6                | 0.1  |
| Sodium          | g           | 0.24               | 0.03                                       |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 1  
Composite Sample Name: Short, Sweet Biscuits  
Sub-sample Number: 1.6  
Sub-sample Name: Fox's Sports  
Full Product Name: Fox's Sports  
Brand: Fox's  
Pack size: 200g  
Purchase Date: 4/11/08  
Place of Purchase: Morrisons, Riverside, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 18 JUL 09  
Batch Number: 8 280 C 13:53  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheatflour, Vegetable oil, Sugar, Dried skimmed milk, Glucose syrup, Salt, Raising agents (Ammonium carbonates, Sodium carbonates), Sugar syrup, Flavourings.

**Label claim(s):**

Contains: cow's milk, wheat, gluten  
No artificial colours  
Halaal product  
Suitable for vegetarians  
Made in England

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 1.6  
Sub-sample Name: Fox's Sports

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per biscuit</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 2028               | 172  |
| Energy          | kcal        | 483                | 41   |
| Protein         | g           | 6.7                | 0.6  |
| Carbohydrate    | g           | 67.0               | 5.7  |
| Sugars          | g           | 21.7               | 1.8  |
| Starch          | g           | N/A                | N/A  |
| Fat             | g           | 20.9               | 1.8  |
| Saturates       | g           | 9.5                | 0.8  |
| Monounsaturates | g           | N/A                | N/A  |
| Polyunsaturates | g           | N/A                | N/A  |
| Fibre           | g           | 2.0                | 0.2  |
| Salt            | g           | N/A                | N/A  |
| Sodium          | g           | 0.4                | 0.03                                       |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 1  
Composite Sample Name: Short, Sweet Biscuits  
Sub-sample Number: 1.7  
Sub-sample Name: Tesco Nice  
Full Product Name: Tesco Nice Biscuits  
Brand: Tesco  
Pack size: 200g  
Purchase Date: 4/11/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: JUL 09  
Batch Number: 8 267 C 22:08  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheatflour, Sugar, Vegetable oil, Desiccated coconut (4%), Wheat starch, Glucose syrup, Raising agents (Ammonium bicarbonate, sodium bicarbonate), Dried whole milk, Salt, Flavourings.

**Label claim(s):**

Contains milk, wheat, gluten

Recipe: No nuts

Ingredients: Cannot guarantee nut free

Factory: No nuts

Suitable for vegetarians

Produced in the UK

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 1.7  
Sub-sample Name: Tesco Nice

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 2035               | N/A                        |
| Energy          | kcal        | 485                | N/A                        |
| Protein         | g           | 6.0                | N/A                        |
| Carbohydrate    | g           | 68.0               | N/A                        |
| Sugars          | g           | 23.0               | N/A                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 20.9               | N/A                        |
| Saturates       | g           | 10.4               | N/A                        |
| Monounsaturates | g           | 6.9                | N/A                        |
| Polyunsaturates | g           | 2.1                | N/A                        |
| Fibre           | g           | 2.7                | N/A                        |
| Salt            | g           | 0.7                | N/A                        |
| Sodium          | g           | 0.3                | N/A                        |



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 1  
Composite Sample Name: Short, Sweet Biscuits  
Sub-sample Number: 1.8  
Sub-sample Name: Tesco Rich Shorties  
Full Product Name: Tesco Rich Highland Shorties  
Brand: Tesco  
Pack size: 300g  
Purchase Date: 4/11/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: END APR 09  
Batch Number: 8 261 3 02:38  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheatflour, Vegetable oil, Sugar, Oatmeal, Whey powder, Raising agents (Ammonium bicarbonate, Sodium bicarbonate), Salt, Flavourings.

**Label claim(s):**

Contains milk, wheat, gluten

Recipe: No nuts

Ingredients: Cannot guarantee nut free

Factory: Product made in a nut free area but nuts used elsewhere

Suitable for vegetarians

Produced in the UK

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 1.8  
Sub-sample Name: Tesco Rich Shorties

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 2020               | N/A                        |
| Energy          | kcal        | 485                | N/A                        |
| Protein         | g           | 6.1                | N/A                        |
| Carbohydrate    | g           | 65.3               | N/A                        |
| Sugars          | g           | 22.8               | N/A                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 21.7               | N/A                        |
| Saturates       | g           | 10.4               | N/A                        |
| Monounsaturates | g           | 8.4                | N/A                        |
| Polyunsaturates | g           | 2.5                | N/A                        |
| Fibre           | g           | 2.6                | N/A                        |
| Salt            | g           | 0.9                | N/A                        |
| Sodium          | g           | 0.4                | N/A                        |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 1  
Composite Sample Name: Short, Sweet Biscuits  
Sub-sample Number: 1.9  
Sub-sample Name: Elkes Malted Milks  
Full Product Name: Elkes Cow Biscuits  
Brand: Elkes  
Pack size: 300g (approx 24 biscuits)  
Purchase Date: 4/11/08  
Place of Purchase: Sainsbury's, William Frost Way, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 10 10 09  
Batch Number: 8 281 B 13:46  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheatflour, Vegetable oil, Malt extract (contains gluten), Glucose syrup, Whole milk powder, Raising agents (Ammonium bicarbonate, Sodium bicarbonate), Salt, Flavourings (contains milk).

**Label claim(s):**

Contains wheat, gluten and milk  
Suitable for vegetarians

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 1.9  
Sub-sample Name: Elkes Malted Milks

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per biscuit</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 2052               | 183  |
| Energy          | kcal        | 489                | 44   |
| Protein         | g           | 6.6                | 0.6  |
| Carbohydrate    | g           | 66.7               | 6.0  |
| Sugars          | g           | 19.1               | 1.7  |
| Starch          | g           | 44.7               | 4.0  |
| Fat             | g           | 21.8               | 1.9  |
| Saturates       | g           | 10.0               | 0.9  |
| Monounsaturates | g           | 8.1                | 0.7  |
| Polyunsaturates | g           | 2.3                | 0.2  |
| Fibre           | g           | 2.0                | 0.2  |
| Salt            | g           | 0.972              | 0.087                                      |
| Sodium          | g           | 0.383              | 0.034                                      |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 1  
Composite Sample Name: Short, Sweet Biscuits  
Sub-sample Number: 1.10  
Sub-sample Name: Lidl Shortcake Biscuits  
Full Product Name: Firstruce Shortcake Biscuits  
Brand: Firstruce  
Pack size: 400g  
Purchase Date: 4/11/08  
Place of Purchase: Lidl, Waterworks Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 02 MAY 2009  
Batch Number: 8296 D  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheatflour, Vegetable oil, Sugar, Vegetarian whey powder, Salt, Raising agents (Ammonium bicarbonate, Sodium bicarbonate).

**Label claim(s):**

Contains gluten, milk and wheat  
May contain traces of nuts

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 1.10

Sub-sample Name: Lidl Shortcake Biscuits

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per biscuit</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 2148               | 286  |
| Energy          | kcal        | 512                | 68   |
| Protein         | g           | 6.0                | 0.8  |
| Carbohydrate    | g           | 68.0               | 9.0  |
| Sugars          | g           | N/A                | N/A  |
| Starch          | g           | N/A                | N/A  |
| Fat             | g           | 24.0               | 3.2  |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 1  
Composite Sample Name: Short, Sweet Biscuits  
Sub-sample Number: 1.11  
Sub-sample Name: Asda Smart Price Nice  
Full Product Name: Asda Smart Price Nice Biscuits  
Brand: Asda  
Pack size: 200g  
Purchase Date: 4/11/08  
Place of Purchase: Asda, Boundary Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: END MAR 09  
Batch Number: 8298 D3  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheatflour, Sugar, Vegetable oil, Desiccated coconut (3.0%), Glucose syrup, Wheat starch, Raising agents (Ammonium carbonates, sodium bicarbonate), Skimmed milk powder, Salt, Flavourings.

**Label claim(s):**

Contains: gluten, milk and wheat  
May contain traces of nuts and/or seeds  
Suitable for vegetarians  
No hydrogenated fats  
No artificial colours or flavours  
Produced in the UK

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 1.11

Sub-sample Name: Asda Smart Price Nice

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per biscuit</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 2028               | 167  |
| Energy          | kcal        | 483                | 40   |
| Protein         | g           | 6.3                | 0.5  |
| Carbohydrate    | g           | 68.8               | 5.6  |
| Sugars          | g           | 23.2               | 1.9  |
| Starch          | g           | N/A                | N/A  |
| Fat             | g           | 20.4               | 1.7  |
| Saturates       | g           | 9.3                | 0.8  |
| Monounsaturates | g           | N/A                | N/A  |
| Polyunsaturates | g           | N/A                | N/A  |
| Fibre           | g           | 2.3                | 0.2  |
| Salt            | g           | 0.7                | Trace                                      |
| Sodium          | g           | 0.27               | Trace                                      |



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 1  
Composite Sample Name: Short, Sweet Biscuits  
Sub-sample Number: 1.12  
Sub-sample Name: Crawford's Thin Arrowroot biscuits  
Full Product Name: Crawford's Thin Arrowroot  
Brand: Crawford's  
Pack size: 200g  
Purchase Date: 4/11/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 04 APR 09  
Batch Number: T2 D11:27  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheatflour, Sugar, Vegetable oil, Arrowroot (2.5%), Partially inverted sugar syrup, Malt extract, Salt, Raising agents (Ammonium carbonate, Sodium bicarbonate).

**Label claim(s):**

Contains: gluten  
Produced on a line handling milk, soya  
Suitable for vegetarians  
No hydrogenated vegetable oil  
No artificial colours or flavours  
Less than 40 calories per biscuit  
Made in the UK

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 1.12

Sub-sample Name: Crawford's Thin Arrowroot biscuits

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per biscuit</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 1893               | 146  |
| Energy          | kcal        | 450                | 35   |
| Protein         | g           | 6.9                | 0.5  |
| Carbohydrate    | g           | 71.4               | 5.5  |
| Sugars          | g           | 19.8               | 1.5  |
| Starch          | g           | N/A                | N/A  |
| Fat             | g           | 15.2               | 1.2  |
| Saturates       | g           | 7.1                | 0.5  |
| Monounsaturates | g           | N/A                | N/A  |
| Polyunsaturates | g           | N/A                | N/A  |
| Fibre           | g           | 2.8                | 0.7  |
| Salt            | g           | N/A                | N/A  |
| Sodium          | g           | 0.5                | <0.1                                       |

## Sample 2: semi-sweet biscuits

Composite Sample Number: 2  
Composite Sample Name: Semi-Sweet Biscuits  
Sub-sample Number: 2.1  
Sub-sample Name: McVitie's Rich Tea  
Full Product Name: McVitie's Classic Rich Tea  
Brand: McVitie's  
Pack size: 300g  
Purchase Date: 12/11/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 18 JUL 09  
Batch Number: H A 4 17:30  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheatflour, Sugar, Vegetable oil, Glucose-fructose syrup, Barley malt extract, Raising agents (Ammonium bicarbonate, sodium bicarbonate, disodium diphosphate), Salt, Dried skimmed milk.

**Label claim(s):**

Contains: milk, gluten

Produced on a line handling soya

No artificial flavours or colours

50% less saturated fat (reduced from 7.3 to 3.5g/100g)

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 2.1  
Sub-sample Name: McVitie's Rich Tea

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per biscuit</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 1904               | 158  |
| Energy          | kcal        | 453                | 38   |
| Protein         | g           | 7.1                | 0.6  |
| Carbohydrate    | g           | 71.2               | 5.9  |
| Sugars          | g           | 20.1               | 1.7  |
| Starch          | g           | N/A                | N/A  |
| Fat             | g           | 15.5               | 1.3  |
| Saturates       | g           | 3.5                | 0.3  |
| Monounsaturates | g           | N/A                | N/A  |
| Polyunsaturates | g           | N/A                | N/A  |
| Fibre           | g           | 2.5                | 0.2  |
| Salt            | g           | N/A                | N/A  |
| Sodium          | g           | 0.3                | Trace                                      |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 2

Composite Sample Name: Semi-Sweet Biscuits

Sub-sample Number: 2.2

Sub-sample Name: McVitie's Rich Tea

Full Product Name: McVitie's Classic Rich Tea

Brand: McVitie's

Pack size: 300g

Purchase Date: 17/11/08

Place of Purchase: Sainsbury's, William Frost Way, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 18 JUL 09

Batch Number: H C 3 22:04

Packaging: Paper

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

Additional information as 2.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 2  
Composite Sample Name: Semi-Sweet Biscuits  
Sub-sample Number: 2.3  
Sub-sample Name: McVitie's Rich Tea  
Full Product Name: McVitie's Classic Rich Tea  
Brand: McVitie's  
Pack size: 300g  
Purchase Date: 17/11/08  
Place of Purchase: Sainsbury's, William Frost Way, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 18 JUL 09  
Batch Number: H DC 3 08:40  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional information as 2.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 2  
Composite Sample Name: Semi-Sweet Biscuits  
Sub-sample Number: 2.4  
Sub-sample Name: McVitie's Rich Tea  
Full Product Name: McVitie's Classic Rich Tea  
Brand: McVitie's  
Pack size: 2 X 300g  
Purchase Date: 17/11/08  
Place of Purchase: Tesco Extra, Blue Boar Lane, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 25 JUL 09  
Batch Number: H C 4 14:39  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional information as 2.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 2  
Composite Sample Name: Semi-Sweet Biscuits  
Sub-sample Number: 2.5  
Sub-sample Name: Tesco Value Rich Tea  
Full Product Name: Tesco Value Rich Tea Biscuits  
Brand: Tesco  
Pack size: 300g  
Purchase Date: 4/11/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: JUN 2009  
Batch Number: 8280 A  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheatflour, Sugar, Vegetable oil, Raising agents (Ammonium bicarbonate, Sodium bicarbonate, Disodium diphosphate (contains wheat flour)), Malt extract (from barley), Glucose syrup, Salt, Preservative (Sodium metabisulphate).

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

Contains wheat, gluten, sulphites

Recipe: No nuts

Ingredients: Cannot guarantee nut free

Factory: Product made in a nut free area but nuts used elsewhere

50% less salt

Produced in the UK



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 2.5  
Sub-sample Name: Tesco Value Rich Tea

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per biscuit (8g)</b> |
|-----------------|-------------|--------------------|---|
| Energy          | kJ          | 1920               | 153   |
| Energy          | kcal        | 460                | 36  |
| Protein         | g           | 7.3                | 0.6   |
| Carbohydrate    | g           | 72.4               | 5.8   |
| Sugars          | g           | 20.2               | 1.2   |
| Starch          | g           | N/A                | N/A   |
| Fat             | g           | 15.2               | 1.2   |
| Saturates       | g           | 6.0                | 0.5   |
| Monounsaturates | g           | 6.3                | 0.5   |
| Polyunsaturates | g           | 2.6                | 0.2   |
| Fibre           | g           | 2.3                | 0.2   |
| Salt            | g           | N/A                | N/A   |
| Sodium          | g           | 0.5                | Trace   |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 2  
Composite Sample Name: Semi-Sweet Biscuits  
Sub-sample Number: 2.6  
Sub-sample Name: Asda Smart Price Rich Tea  
Full Product Name: Asda Smart Price Rich Tea  
Brand: Asda  
Pack size: 300g  
Purchase Date: 4/11/08  
Place of Purchase: Asda, Boundary Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 1 JUL 2009  
Batch Number: 8304 14:24  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheatflour, Sugar, Vegetable oil, Raising agents (Ammonium bicarbonate, Sodium bicarbonate, Diphosphates (contains wheat flour)), Barley malt extract, Glucose syrup, Salt, Preservative (Sodium metabisulphate).

**Label claim(s):**

Contains gluten, wheat, barley and sulphur dioxide  
May contain traces of nuts and/or seeds  
Suitable for vegetarians

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 2.6  
Sub-sample Name: Asda Smart Price Rich Tea

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per biscuit</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 1915               | 152  |
| Energy          | kcal        | 455                | 36   |
| Protein         | g           | 7.3                | 0.6  |
| Carbohydrate    | g           | 72.5               | 5.7  |
| Sugars          | g           | 20.3               | 1.6  |
| Starch          | g           | N/A                | N/A  |
| Fat             | g           | 15.1               | 1.2  |
| Saturates       | g           | 5.9                | 0.5  |
| Monounsaturates | g           | N/A                | N/A  |
| Polyunsaturates | g           | N/A                | N/A  |
| Fibre           | g           | 2.3                | 0.2  |
| Salt            | g           | 0.9                | 0.1  |
| Sodium          | g           | 0.37               | 0.03                                       |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 2  
Composite Sample Name: Semi-Sweet Biscuits  
Sub-sample Number: 2.7  
Sub-sample Name: Tesco Rich Tea Fingers  
Full Product Name: Tesco Rich Tea Finger  
Brand: Tesco  
Pack size: 250g  
Purchase Date: 4/11/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: END APR 09  
Batch Number: 8283 G2 16:47  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheatflour, Sugar, Vegetable oil, Barley malt extract, Partially inverted sugar syrup, Salt, Raising agents (Ammonium bicarbonate, Sodium bicarbonate).

**Label claim(s):**

Contains wheat, gluten

Recipe: No nuts

Ingredients: Cannot guarantee nut free

Factory: Product made in a nut free area but nuts used elsewhere

Produced in the UK

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 2.7

Sub-sample Name: Tesco Rich Tea Fingers

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per biscuit (5g)</b> |
|-----------------|-------------|--------------------|---|
| Energy          | kJ          | 1885               | 94  |
| Energy          | kcal        | 450                | 22  |
| Protein         | g           | 7.2                | 0.4   |
| Carbohydrate    | g           | 72.5               | 3.6   |
| Sugars          | g           | 20.7               | 1.0   |
| Starch          | g           | N/A                | N/A   |
| Fat             | g           | 14.3               | 0.7   |
| Saturates       | g           | 6.7                | 0.3   |
| Monounsaturates | g           | 5.4                | 0.3   |
| Polyunsaturates | g           | 1.8                | Trace   |
| Fibre           | g           | 3.0                | 0.1   |
| Salt            | g           | 1.0                | Trace   |
| Sodium          | g           | 0.4                | Trace   |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 2  
Composite Sample Name: Semi-Sweet Biscuits  
Sub-sample Number: 2.8  
Sub-sample Name: Aldi Rich Tea  
Full Product Name: Belmont Biscuit Co. Rich Tea Biscuits  
Brand: Belmont  
Pack size: 400g  
Purchase Date: 4/11/08  
Place of Purchase: Aldi, Dereham Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 04 APR 09  
Batch Number: B 19:20  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheatflour, Sugar, Vegetable oil, Barley malt extract, Raising agents (Ammonium hydrogen carbonate, Sodium hydrogen carbonate, Disodium diphosphate), Glucose syrup, Salt, Preservative (sodium metabisulphite).

**Label claim(s):**

Contains gluten and sulphite  
May contain nut traces

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 2.8  
Sub-sample Name: Aldi Rich Tea

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per biscuit</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 1916               | 192  |
| Energy          | kcal        | 455                | 46   |
| Protein         | g           | 7.2                | 0.7  |
| Carbohydrate    | g           | 73.1               | 7.3  |
| Sugars          | g           | 17.2               | 1.7  |
| Starch          | g           | N/A                | N/A  |
| Fat             | g           | 14.9               | 1.5  |
| Saturates       | g           | 5.7                | 0.6  |
| Monounsaturates | g           | N/A                | N/A  |
| Polyunsaturates | g           | N/A                | N/A  |
| Fibre           | g           | 2.9                | 0.3  |
| Salt            | g           | 1.0                | 0.1  |
| Sodium          | g           | 0.4                | Trace                                      |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 2  
Composite Sample Name: Semi-Sweet Biscuits  
Sub-sample Number: 2.9  
Sub-sample Name: Lidl Rich Tea Biscuits  
Full Product Name: Traditional Rich Tea Biscuits  
Brand: Parkside  
Pack size: 300g  
Purchase Date: 4/11/08  
Place of Purchase: Lidl, Waterworks Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 25 07 09  
Batch Number: T1C03:57  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheatflour, Sugar, Vegetable oil and hydrogenated vegetable oil, Partially inverted sugar syrup, Malt extract, Salt, Raising agents (Ammonium bicarbonate, sodium bicarbonate).

**Label claim(s):**

May contain traces of nuts



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 2  
Composite Sample Name: Semi-Sweet Biscuits  
Sub-sample Number: 2.10  
Sub-sample Name: Sainsbury's Morning Coffee  
Full Product Name: Sainsbury's Morning Coffee  
Brand: Sainsbury's  
Pack size: 250g  
Purchase Date: 4/11/08  
Place of Purchase: Sainsbury's, William Frost Way, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 11 APR 09  
Batch Number: 8273 G1 12:51  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheatflour, Sugar, Vegetable oil, Barley malt extract, Raising agents (Ammonium bicarbonate, sodium bicarbonate), Salt, Partially inverted sugar syrup, Flavourings.

**Label claim(s):**

Contains wheat gluten and barley gluten

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

Suitable for vegetarians

Produced in the UK

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 2.10

Sub-sample Name: Sainsbury's Morning Coffee

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per biscuit</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 1885               | 90   |
| Energy          | kcal        | 448                | 22   |
| Protein         | g           | 7.3                | 0.4  |
| Carbohydrate    | g           | 72.0               | 3.5  |
| Sugars          | g           | 19.0               | 0.9  |
| Starch          | g           | 53.0               | 2.5  |
| Fat             | g           | 14.5               | 0.7  |
| Saturates       | g           | 6.8                | 0.3  |
| Monounsaturates | g           | 5.5                | 0.3  |
| Polyunsaturates | g           | 1.8                | 0.1  |
| Fibre           | g           | 3.0                | 0.1  |
| Salt            | g           | 1.1                | Trace                                      |
| Sodium          | g           | 0.4                | Trace                                      |

### Sample 3: Ginger nut biscuits

Composite Sample Number: 3  
Composite Sample Name: Ginger Nut Biscuits  
Sub-sample Number: 3.1  
Sub-sample Name: McVitie's Ginger Nuts  
Full Product Name: McVitie's Ginger Nuts  
Brand: McVitie's  
Pack size: 300g  
Purchase Date: 4/11/08  
Place of Purchase: Morrisons, Riverside, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 11 APR 09  
Batch Number: C A 1 07:14  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheatflour, Sugar, Vegetable oil, Glucose-fructose syrup, Molasses, Raising agents (Ammonium bicarbonate, Sodium bicarbonate), Salt, Ginger extract, Lemon oil.

**Label claim(s):**

Contains: gluten

Produced on a line handling soya

No artificial flavours or colours

No hydrogenated vegetable oil

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 3.1

Sub-sample Name: McVitie's Ginger Nuts

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per biscuit</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 1915               | 224  |
| Energy          | kcal        | 455                | 53   |
| Protein         | g           | 5.5                | 0.6  |
| Carbohydrate    | g           | 71.1               | 8.3  |
| Sugars          | g           | 31.0               | 3.6  |
| Starch          | g           | N/A                | N/A  |
| Fat             | g           | 16.6               | 1.9  |
| Saturates       | g           | 7.9                | 0.9  |
| Monounsaturates | g           | N/A                | N/A  |
| Polyunsaturates | g           | N/A                | N/A  |
| Fibre           | g           | 2.2                | 0.3  |
| Salt            | g           | N/A                | N/A  |
| Sodium          | g           | 0.4                | <0.1                                       |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 3  
Composite Sample Name: Ginger Nut Biscuits  
Sub-sample Number: 3.2  
Sub-sample Name: McVitie's Ginger Nuts  
Full Product Name: McVitie's Ginger Nuts  
Brand: McVitie's  
Pack size: 300g  
Purchase Date: 4/11/08  
Place of Purchase: Asda, Boundary Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 18 APR 09  
Batch Number: C A 1 18:58  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional information as 3.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 3  
Composite Sample Name: Ginger Nut Biscuits  
Sub-sample Number: 3.3  
Sub-sample Name: McVitie's Ginger Nuts  
Full Product Name: McVitie's Ginger Nuts  
Brand: McVitie's  
Pack size: 300g  
Purchase Date: 13/11/08  
Place of Purchase: Waitrose, Eaton, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 18 APR 09  
Batch Number: C R 1 21:13  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional information as 3.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 3  
Composite Sample Name: Ginger Nut Biscuits  
Sub-sample Number: 3.4  
Sub-sample Name: Tesco Value Ginger Nuts  
Full Product Name: Tesco Value Ginger Nuts  
Brand: Tesco  
Pack size: 300g  
Purchase Date: 12/11/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: END APR 09  
Batch Number: 8288 2 21:37  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheatflour, Sugar, Vegetable oil, Glucose-fructose syrup, Raising agents (Ammonium bicarbonate, Sodium bicarbonate), Molasses, Ginger powder, Salt, Lemon oil.

**Label claim(s):**

Contains wheat, gluten

Recipe: No nuts

Ingredients: Cannot guarantee nut free

Factory: Product made in nut free area but nuts used elsewhere

No artificial colours or flavours

Produced in the UK

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 3.4  
Sub-sample Name: Tesco Value Ginger Nuts

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per biscuit</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 1900               | 193  |
| Energy          | kcal        | 455                | 46   |
| Protein         | g           | 5.6                | 0.6  |
| Carbohydrate    | g           | 71.0               | 7.2  |
| Sugars          | g           | 29.1               | 3.0  |
| Starch          | g           | N/A                | N/A  |
| Fat             | g           | 16.1               | 1.6  |
| Saturates       | g           | 7.6                | 0.8  |
| Monounsaturates | g           | 6.2                | 0.6  |
| Polyunsaturates | g           | 1.9                | 0.2  |
| Fibre           | g           | 2.4                | 0.2  |
| Salt            | g           | 1.0                | Trace                                      |
| Sodium          | g           | 0.4                | Trace                                      |



### Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 3  
Composite Sample Name: Ginger Nut Biscuits  
Sub-sample Number: 3.5  
Sub-sample Name: Sainsbury's Ginger Snaps  
Full Product Name: Sainsbury's Ginger Snaps  
Brand: Sainsbury's  
Pack size: 400g  
Purchase Date: 4/11/08  
Place of Purchase: Sainsbury's, William Frost Way, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 25 APR 09  
Batch Number: 8291 3 10:51  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheatflour, Sugar, Glucose-fructose syrup, Palm oil, Ginger powder, Raising agents (Ammonium hydrogen carbonate, Sodium hydrogen carbonate), Salt, Lemon oil.

**Label claim(s):**

Contains wheat gluten  
Produced in the UK

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 3.5  
Sub-sample Name: Sainsbury's Ginger Snaps

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per biscuit</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 1872               | 190  |
| Energy          | kcal        | 445                | 45   |
| Protein         | g           | 5.3                | 0.5  |
| Carbohydrate    | g           | 73.0               | 7.4  |
| Sugars          | g           | 33.5               | 3.4  |
| Starch          | g           | 38.8               | 3.9  |
| Fat             | g           | 14.6               | 1.5  |
| Saturates       | g           | 6.9                | 0.7  |
| Monounsaturates | g           | 5.6                | 0.6  |
| Polyunsaturates | g           | 1.7                | 0.2  |
| Fibre           | g           | 2.3                | 0.2  |
| Salt            | g           | 1.08               | 0.11                                       |
| Sodium          | g           | 0.43               | Trace                                      |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 3  
Composite Sample Name: Ginger Nut Biscuits  
Sub-sample Number: 3.6  
Sub-sample Name: Morrisons Ginger Nuts  
Full Product Name: Morrisons Ginger Nuts  
Brand: Morrisons  
Pack size: 300g  
Purchase Date: 4/11/08  
Place of Purchase: Morrisons, Riverside, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 18 APR 09  
Batch Number: CF 2 10:19  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheatflour, Sugar, Glucose-fructose syrup, Vegetable oil, Ground ginger, Raising agents (Ammonium bicarbonate, Sodium bicarbonate), Salt, Lemon oil.

**Label claim(s):**  
Contains gluten

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 3.6

Sub-sample Name: Morrisons Ginger Nuts

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per biscuit</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 1872               | 191  |
| Energy          | kcal        | 445                | 45   |
| Protein         | g           | 5.2                | 0.5  |
| Carbohydrate    | g           | 73.0               | 7.4  |
| Sugars          | g           | 33.5               | 3.4  |
| Starch          | g           | N/A                | N/A  |
| Fat             | g           | 14.6               | 1.4  |
| Saturates       | g           | 6.9                | 0.7  |
| Monounsaturates | g           | N/A                | N/A  |
| Polyunsaturates | g           | N/A                | N/A  |
| Fibre           | g           | 2.3                | 0.2  |
| Salt            | g           | 1                  | 0.1  |
| Sodium          | g           | 0.4                | Trace                                      |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 3  
Composite Sample Name: Ginger Nut Biscuits  
Sub-sample Number: 3.7  
Sub-sample Name: Lidl Ginger Nuts  
Full Product Name: Parkside Ginger Nuts  
Brand: Parkside  
Pack size: 300g  
Purchase Date: 4/11/08  
Place of Purchase: Lidl, Waterworks Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 25 07 09  
Batch Number: CF 2 10:06  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheatflour, Sugar, Partially inverted sugar syrup, Vegetable oil, Ground ginger, Raising agents (Ammonium bicarbonate, Sodium bicarbonate), Salt, Lemon oil.

**Label claim(s):**

Suitable for vegetarians

**Nutrient Information:**

No nutrient information available

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 3  
Composite Sample Name: Ginger Nut Biscuits  
Sub-sample Number: 3.8  
Sub-sample Name: Tesco Ginger Nuts  
Full Product Name: Tesco Ginger Nut  
Brand: Tesco  
Pack size: 200g  
Purchase Date: 12/11/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: END APR 09  
Batch Number: 8298 2 00:03  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheatflour, Sugar, Glucose-fructose syrup, Vegetable oil, Ginger powder, Raising agents (Ammonium bicarbonate, sodium bicarbonate), Salt, Lemon oil.

**Label claim(s):**

Contains wheat, gluten

Recipe: No nuts

Ingredients: Cannot guarantee nut free

Factory: Product made in nut free area but nuts used elsewhere

No artificial colours or flavours

Produced in the UK

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 3.8  
Sub-sample Name: Tesco Ginger Nuts

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per biscuit</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 1875               | 190  |
| Energy          | kcal        | 445                | 45   |
| Protein         | g           | 5.3                | 0.5  |
| Carbohydrate    | g           | 73.0               | 7.4  |
| Sugars          | g           | 33.5               | 3.4  |
| Starch          | g           | N/A                | N/A  |
| Fat             | g           | 14.6               | 1.5  |
| Saturates       | g           | 6.9                | 0.7  |
| Monounsaturates | g           | 5.6                | 0.6  |
| Polyunsaturates | g           | 1.7                | 0.2  |
| Fibre           | g           | 2.3                | 0.2  |
| Salt            | g           | 1.1                | Trace                                      |
| Sodium          | g           | 0.4                | Trace                                      |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 3  
Composite Sample Name: Ginger Nut Biscuits  
Sub-sample Number: 3.9  
Sub-sample Name: Aldi Ginger Nuts  
Full Product Name: Belmont Ginger Nuts  
Brand: Belmont  
Pack size: 300g (Approx 30 biscuits)  
Purchase Date: 4/11/08  
Place of Purchase: Aldi, Dereham Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 25 04 09  
Batch Number: CE 1 00:34  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheatflour, Sugar, Glucose-fructose syrup, Vegetable oil, Ginger powder, Raising agents (Ammonium hydrogen carbonate, Sodium hydrogen carbonate), Salt, Lemon oil.

**Label claim(s):**

Contains gluten  
Suitable for vegetarians



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 3.9  
Sub-sample Name: Aldi Ginger Nuts

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per biscuit</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 1871               | 188  |
| Energy          | kcal        | 445                | 45   |
| Protein         | g           | 5.3                | 0.5  |
| Carbohydrate    | g           | 73.0               | 7.3  |
| Sugars          | g           | 33.5               | 3.4  |
| Starch          | g           | N/A                | N/A  |
| Fat             | g           | 14.6               | 1.5  |
| Saturates       | g           | 6.9                | 0.7  |
| Monounsaturates | g           | N/A                | N/A  |
| Polyunsaturates | g           | N/A                | N/A  |
| Fibre           | g           | 2.3                | 0.2  |
| Salt            | g           | N/A                | N/A  |
| Sodium          | g           | 0.4                | 0.1  |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 3  
Composite Sample Name: Ginger Nut Biscuits  
Sub-sample Number: 3.10  
Sub-sample Name: Asda Ginger Nuts  
Full Product Name: Asda Ginger Nuts  
Brand: Asda  
Pack size: 400g  
Purchase Date: 4/11/08  
Place of Purchase: Asda, Boundary Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 02 MAY 09  
Batch Number: 8291 LEB 3 21:30  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheatflour, Sugar, Glucose-fructose syrup, Vegetable oil, Ginger powder, Raising agents (Ammonium bicarbonate, Sodium bicarbonate), Salt, Lemon oil.

**Label claim(s):**

Contains gluten and wheat  
May contain traces of nuts and/or seeds  
No hydrogenated fats  
No artificial colours or flavours  
Suitable for vegetarians

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 3.10

Sub-sample Name: Asda Ginger Nuts

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per biscuit</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 1871               | 190  |
| Energy          | kcal        | 445                | 45   |
| Protein         | g           | 5.3                | 0.5  |
| Carbohydrate    | g           | 73.0               | 7.4  |
| Sugars          | g           | 33.5               | 3.4  |
| Starch          | g           | N/A                | N/A  |
| Fat             | g           | 14.6               | 1.5  |
| Saturates       | g           | 6.9                | 0.7  |
| Monounsaturates | g           | N/A                | N/A  |
| Polyunsaturates | g           | N/A                | N/A  |
| Fibre           | g           | 2.3                | 0.2  |
| Salt            | g           | 1.1                | 0.1  |
| Sodium          | g           | 0.43               | 0.04                                       |

### Sample 4: Digestives, plain

Composite Sample Number: 4

Composite Sample Name: Digestives, Plain

Sub-sample Number: 4.1

Sub-sample Name: McVitie's Digestive Biscuits

Full Product Name: McVitie's Digestives

Brand: McVitie's

Pack size: 500g

Purchase Date: 11/11/08

Place of Purchase: Sainsbury's, William Frost Way, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 11 JUL 09

Batch Number: HF5 03:26

Packaging: Paper

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

**Ingredients:** Wheatflour (54%), Vegetable oil, Wholemeal wheatflour (16%), Sugar, Partially inverted sugar syrup, Raising agents (Sodium bicarbonate, Tartaric acid, Malic acid), Salt, Dried skimmed milk.

**Label claim(s):**

Contains: milk, gluten  
No artificial flavours or colours  
No hydrogenated vegetable oil  
50% less saturated fat  
Good source of fibre  
Made in the UK

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 4.1

Sub-sample Name: McVitie's Digestive Biscuits

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per biscuit</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 1976               | 292  |
| Energy          | kcal        | 471                | 70   |
| Protein         | g           | 7.1                | 1.1  |
| Carbohydrate    | g           | 62.8               | 9.3  |
| Sugars          | g           | 16.6               | 7.5  |
| Starch          | g           | N/A                | N/A  |
| Fat             | g           | 21.3               | 3.1  |
| Saturates       | g           | 4.8                | 0.7  |
| Monounsaturates | g           | N/A                | N/A  |
| Polyunsaturates | g           | N/A                | N/A  |
| Fibre           | g           | 3.6                | 0.5  |
| Salt            | g           | N/A                | N/A  |
| Sodium          | g           | 0.5                | 0.1  |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 4

Composite Sample Name: Digestives, Plain

Sub-sample Number: 4.2

Sub-sample Name: McVitie's Digestive Biscuits

Full Product Name: McVitie's Digestives

Brand: McVitie's

Pack size: 500g

Purchase Date: 17/11/08

Place of Purchase: Sainsbury's, William Frost Way, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 18 JUL 09

Batch Number: HD1 22:48

Packaging: Paper

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

Additional information as 4.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 4

Composite Sample Name: Digestives, Plain

Sub-sample Number: 4.3

Sub-sample Name: McVitie's Digestive Biscuits

Full Product Name: McVitie's Digestives

Brand: McVitie's

Pack size: 500g

Purchase Date: 17/11/08

Place of Purchase: Sainsbury's, William Frost Way, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 18 JUL 09

Batch Number: HF5 03:25

Packaging: Paper

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

Additional information as 4.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 4

Composite Sample Name: Digestives, Plain

Sub-sample Number: 4.4

Sub-sample Name: McVitie's Digestive Biscuits

Full Product Name: McVitie's Digestives

Brand: McVitie's

Pack size: 500g

Purchase Date: 17/11/08

Place of Purchase: Sainsbury's, William Frost Way, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 18 JUL 09

Batch Number: HD4 22:47

Packaging: Paper

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

Additional information as 4.1



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 4  
Composite Sample Name: Digestives, Plain  
Sub-sample Number: 4.5  
Sub-sample Name: Tesco Value Digestives  
Full Product Name: Tesco Value Digestive Biscuits  
Brand: Tesco  
Pack size: 400g  
Purchase Date: 4/11/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: JUL 09  
Batch Number: 8266 05:52  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheatflour, Vegetable oil, Wholemeal wheatflour, Sugar, Glucose syrup, Invert sugar syrup, Raising agents (Sodium bicarbonate, Ammonium bicarbonate), Salt.

**Label claim(s):**

Contains wheat, gluten

Recipe: No nuts

Ingredients: Cannot guarantee nut free

Factory: No nuts

Suitable for vegetarians

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 4.5  
Sub-sample Name: Tesco Value Digestives

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per biscuit</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 2035               | 320  |
| Energy          | kcal        | 490                | 80   |
| Protein         | g           | 6.9                | 1.1  |
| Carbohydrate    | g           | 64.0               | 9.9  |
| Sugars          | g           | 14.8               | 2.3  |
| Starch          | g           | N/A                | N/A  |
| Fat             | g           | 22.4               | 3.5  |
| Saturates       | g           | 10.1               | 1.6  |
| Monounsaturates | g           | 8.2                | 1.3  |
| Polyunsaturates | g           | 2.5                | 0.4  |
| Fibre           | g           | 3.3                | 0.5  |
| Salt            | g           | N/A                | N/A  |
| Sodium          | g           | 0.6                | 0.1  |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 4  
Composite Sample Name: Digestives, Plain  
Sub-sample Number: 4.6  
Sub-sample Name: Asda Smart Price Digestives  
Full Product Name: Asda Smart Price Digestive Biscuits  
Brand: Asda  
Pack size: 400g  
Purchase Date: 4/11/08  
Place of Purchase: Asda, Boundary Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 11 MAY 09  
Batch Number: 8303 04:48B  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheatflour, Vegetable oil, Sugar, Wholemeal flour, Partially inverted sugar syrup, Raising agents (Sodium bicarbonate, Ammonium bicarbonate), Salt.

**Label claim(s):**

Contains gluten and wheat

Suitable for vegetarians

May contain traces of nuts and/or seeds

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 4.6  
Sub-sample Name: Asda Smart Price Digestives

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per biscuit</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 1952               | 281  |
| Energy          | kcal        | 465                | 67   |
| Protein         | g           | 6.0                | 0.9  |
| Carbohydrate    | g           | 65.3               | 9.3  |
| Sugars          | g           | 16.0               | 2.3  |
| Starch          | g           | N/A                | N/A  |
| Fat             | g           | 20.0               | 2.9  |
| Saturates       | g           | 10.0               | 1.4  |
| Monounsaturates | g           | N/A                | N/A  |
| Polyunsaturates | g           | N/A                | N/A  |
| Fibre           | g           | 3.1                | 0.4  |
| Salt            | g           | 0.8                | 0.1  |
| Sodium          | g           | 0.3                | 0.04                                       |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 4  
Composite Sample Name: Digestives, Plain  
Sub-sample Number: 4.7  
Sub-sample Name: Tesco Digestives  
Full Product Name: Tesco Digestive Biscuits  
Brand: Tesco  
Pack size: 500g  
Purchase Date: 4/11/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: JUL 09  
Batch Number: 8291 10:09  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheatflour, Vegetable oil, Sugar, Wholemeal flour, Glucose syrup, Raising agents (Sodium bicarbonate, Ammonium bicarbonate), Whey powder (from milk), Invert sugar syrup, Wheat bran, Salt.

**Label claim(s):**

Contains milk, wheat, gluten

Recipe: No nuts

Ingredients: Cannot guarantee nut free

Factory: No nuts

Suitable for vegetarians

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 4.7  
Sub-sample Name: Tesco Digestives

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per biscuit (15.8g)</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 2030               | 325  |
| Energy          | kcal        | 485                | 80   |
| Protein         | g           | 6.5                | 1.0  |
| Carbohydrate    | g           | 64.5               | 10.2   |
| Sugars          | g           | 19.1               | 3.0  |
| Starch          | g           | N/A                | N/A  |
| Fat             | g           | 22.2               | 3.5  |
| Saturates       | g           | 10.1               | 1.6  |
| Monounsaturates | g           | 8.2                | 1.3  |
| Polyunsaturates | g           | 2.5                | 0.4  |
| Fibre           | g           | 3.2                | 0.5  |
| Salt            | g           | N/A                | N/A  |
| Sodium          | g           | 0.7                | 0.1  |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 4  
Composite Sample Name: Digestives, Plain  
Sub-sample Number: 4.8  
Sub-sample Name: Aldi (Belmont) Digestive Sweetmeal  
Full Product Name: Sweetmeal Digestives  
Brand: Belmont  
Pack size: 400g (Approx 31 biscuits)  
Purchase Date: 4/11/08  
Place of Purchase: Aldi, Dereham Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 18 04 09  
Batch Number: T2 B03:02  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheatflour, Palm oil, Wholemeal wheatflour, Sugar, Oatmeal, Whey powder, Raising agents (Sodium hydrogen carbonate, Ammonium hydrogen carbonate), Salt.

**Label claim(s):**

Contains milk, gluten, oats and wheat  
May contain traces of nuts and soya  
Suitable for vegetarians

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 4.8

Sub-sample Name: Aldi (Belmont) Digestive Sweetmeal

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per biscuit</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 1958               | 247  |
| Energy          | kcal        | 467                | 59   |
| Protein         | g           | 6.4                | 0.8  |
| Carbohydrate    | g           | 60.0               | 7.6  |
| Sugars          | g           | 21.4               | 2.7  |
| Starch          | g           | N/A                | N/A  |
| Fat             | g           | 22.2               | 2.8  |
| Saturates       | g           | 10.7               | 1.3  |
| Monounsaturates | g           | N/A                | N/A  |
| Polyunsaturates | g           | N/A                | N/A  |
| Fibre           | g           | 3.5                | 0.4  |
| Salt            | g           | 1.2                | 0.2  |
| Sodium          | g           | 0.5                | 0.1  |



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 4  
Composite Sample Name: Digestives, Plain  
Sub-sample Number: 4.9  
Sub-sample Name: Lidl (Parkside) Digestives  
Full Product Name: Parkside Digestive Biscuits  
Brand: Parkside  
Pack size: 400g  
Purchase Date: 4/11/08  
Place of Purchase: Lidl, Waterworks Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 01 08 09  
Batch Number: T3 B03:09  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheatflour, Vegetable oil and hydrogenated vegetable oil, Wholemeal, Sugar, Oatmeal, Dried whey, Raising agents (Sodium bicarbonate, Ammonium bicarbonate), Salt.

**Label claim(s):**

May contain traces of nuts  
Suitable for vegetarians

**Nutrient Information:**

No nutrient information available

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 4  
Composite Sample Name: Digestives, Plain  
Sub-sample Number: 4.10  
Sub-sample Name: Sainsbury's Basic Digestives  
Full Product Name: Sainsbury's Basics Digestive Biscuits  
Brand: Sainsbury's  
Pack size: 400g  
Purchase Date: 4/11/08  
Place of Purchase: Sainsbury's, William Frost Way, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 02 MAY 09  
Batch Number: T1 8295 05:46  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheatflour, Vegetable oil, Wholemeal, Sugar, Oatmeal, Dried whey (from cow's milk), Raising agents (Sodium bicarbonate, Ammonium bicarbonate), Salt.

**Label claim(s):**

Contains milk and wheat gluten

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

Suitable for vegetarians

Produced in the UK

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 4.10

Sub-sample Name: Sainsbury's Basic Digestives

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per biscuit</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 2006               | 253  |
| Energy          | kcal        | 479                | 60   |
| Protein         | g           | 6.7                | 0.8  |
| Carbohydrate    | g           | 62.2               | 7.8  |
| Sugars          | g           | 21.4               | 2.7  |
| Starch          | g           | 40.8               | 5.1  |
| Fat             | g           | 22.6               | 2.8  |
| Saturates       | g           | 10.7               | 1.3  |
| Monounsaturates | g           | 8.7                | 1.1  |
| Polyunsaturates | g           | 2.6                | 0.3  |
| Fibre           | g           | 3.7                | 0.5  |
| Salt            | g           | 1.5                | 0.2  |
| Sodium          | g           | 0.6                | 0.3  |

### Sample 5: Wafer, plain ice cream wafer, not filled

Composite Sample Number: 5

Composite Sample Name: Wafer, Plain Ice Cream Wafer, Not Filled

Sub-sample Number: 5.1

Sub-sample Name: Askeys Ice Cream Wafers

Full Product Name: Askeys Ice Cream Wafers

Brand: Askeys

Pack size: 48

Purchase Date: 4/11/08

Place of Purchase: Sainsbury's, William Frost Way, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: NOV 09

Batch Number: 82550

Packaging: Paper/foil

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

**Ingredients:** Wheatflour, Vegetable oil, Emulsifier (Soya lecithin), Raising agent (Sodium hydrogen carbonate), Milk proteins, Salt, Sweetener (Saccharin), Colour (Annatto).

**Label claim(s):**

Contains: wheat, soya and milk proteins  
No artificial colours or flavourings or preservatives  
Suitable for vegetarians  
Foil wrapped for freshness

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 5.1  
Sub-sample Name: Askeys Ice Cream Wafers

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per Wafer</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 1644               | 22                                       |
| Energy          | kcal        | 388                | 5  |
| Protein         | g           | 11.4               | 0.2                                      |
| Carbohydrate    | g           | 79.0               | 1.1                                      |
| Sugars          | g           | N/A                | N/A                                      |
| Starch          | g           | N/A                | N/A                                      |
| Fat             | g           | 2.5                | <0.1                                     |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 5  
Composite Sample Name: Wafer, Plain Ice Cream Wafer, Not Filled  
Sub-sample Number: 5.2  
Sub-sample Name: Askeys Ice Cream Wafers  
Full Product Name: Askeys Ice Cream Wafers  
Brand: Askeys  
Pack size: 48  
Purchase Date: 4/11/08  
Place of Purchase: Asda, Boundary Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: NOV 09  
Batch Number: 82400  
Packaging: Paper/foil  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional information as 5.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 5  
Composite Sample Name: Wafer, Plain Ice Cream Wafer, Not Filled  
Sub-sample Number: 5.3  
Sub-sample Name: Askeys Cup Cornets  
Full Product Name: Askeys Cup Cornets  
Brand: Askeys  
Pack size: 21  
Purchase Date: 4/11/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: SEP 09  
Batch Number: 8169N  
Packaging: Card/foil  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheatflour, Vegetable oil, Raising agent (Sodium hydrogen carbonate), Emulsifier (Soya lecithin), Milk proteins, Salt, Sweetener (Saccharin), Colour (Annatto).

**Label claim(s):**

Contains: wheat, soya and milk proteins  
No artificial colours or flavourings or preservatives  
Suitable for vegetarians  
Foil wrapped for freshness

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 5.3

Sub-sample Name: Askeys Cup Cornets

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per Cornet</b> |
|-----------------|-------------|--------------------|---|
| Energy          | kJ          | 1594               | 54  |
| Energy          | kcal        | 376                | 13  |
| Protein         | g           | 10.7               | 0.4                                       |
| Carbohydrate    | g           | 77.6               | 2.6                                       |
| Sugars          | g           | N/A                | N/A                                       |
| Starch          | g           | N/A                | N/A                                       |
| Fat             | g           | 2.5                | <0.1                                      |



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 5  
Composite Sample Name: Wafer, Plain Ice Cream Wafer, Not Filled  
Sub-sample Number: 5.4  
Sub-sample Name: Askeys Round Cornets  
Full Product Name: Askeys Round Cornets  
Brand: Askeys  
Pack size: 21  
Purchase Date: 4/11/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: OCT 09  
Batch Number: 8191D  
Packaging: Card/foil  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheatflour, Vegetable oil, Raising agent (Sodium hydrogen carbonate), Emulsifier (Soya lecithin), Milk proteins, Salt, Sweetener (Saccharin), Colour (Annatto).

**Label claim(s):**

Contains: wheat, soya and milk proteins  
No artificial colours or flavourings or preservatives  
Suitable for vegetarians  
Foil wrapped for freshness

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 5.4

Sub-sample Name: Askeys Round Cornets

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per Cornet</b> |
|-----------------|-------------|--------------------|---|
| Energy          | kJ          | 1594               | 54  |
| Energy          | kcal        | 376                | 13  |
| Protein         | g           | 10.7               | 0.4                                       |
| Carbohydrate    | g           | 77.6               | 2.6                                       |
| Sugars          | g           | N/A                | N/A                                       |
| Starch          | g           | N/A                | N/A                                       |
| Fat             | g           | 2.5                | <0.1                                      |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 5  
Composite Sample Name: Wafer, Plain Ice Cream Wafer, Not Filled  
Sub-sample Number: 5.5  
Sub-sample Name: Carousel Ice Cream Cones  
Full Product Name: Carousel Ice Cream Cones  
Brand: Carousel Wafer Company  
Pack size: 21  
Purchase Date: 4/11/08  
Place of Purchase: Sainsbury's, William Frost Way, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 31 05 10  
Batch Number: D30  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheatflour, Wheat starch, Vegetable oil, Emulsifier (Soya lecithin), Raising agent (Sodium bicarbonate), Salt, Artificial sweetener (Saccharin), Colour (Annatto).

**Label claim(s):**

Contains: gluten and soya  
With sweetener

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 5.5  
Sub-sample Name: Carousel Ice Cream Cones

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per Cone</b> |
|-----------------|-------------|--------------------|---|
| Energy          | kJ          | 1660               | 79                                      |
| Energy          | kcal        | 392                | 19                                      |
| Protein         | g           | 9.8                | 0.5                                     |
| Carbohydrate    | g           | 78.6               | 3.7                                     |
| Sugars          | g           | N/A                | N/A                                     |
| Starch          | g           | N/A                | N/A                                     |
| Fat             | g           | 4.2                | 0.2                                     |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 5  
Composite Sample Name: Wafer, Plain Ice Cream Wafer, Not Filled  
Sub-sample Number: 5.6  
Sub-sample Name: Asda Cornets  
Full Product Name: Asda Cornets  
Brand: Asda  
Pack size: 21  
Purchase Date: 4/11/08  
Place of Purchase: Asda, Boundary Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: MAY 09  
Batch Number: 8127E  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheatflour, Vegetable oil, Raising agent (Sodium bicarbonate), Emulsifier (Soya lecithin), Milk proteins, Salt, Sweetener (Saccharin), Colour (Annatto).

**Label claim(s):**

Contains: gluten, milk, wheat and soya  
No preservatives  
No artificial colours  
Produced in the UK

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 5.6  
Sub-sample Name: Asda Cornets

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per Cornet</b> |
|-----------------|-------------|--------------------|---|
| Energy          | kJ          | 1606               | 56  |
| Energy          | kcal        | 379                | 13  |
| Protein         | g           | 11                 | 0.4                                       |
| Carbohydrate    | g           | 78                 | 2.7                                       |
| Sugars          | g           | 0.8                | Trace                                     |
| Starch          | g           | N/A                | N/A                                       |
| Fat             | g           | 2.5                | 0.1                                       |
| Saturates       | g           | 0.6                | Trace                                     |
| Monounsaturates | g           | N/A                | N/A                                       |
| Polyunsaturates | g           | N/A                | N/A                                       |
| Fibre           | g           | 3.5                | 0.1                                       |
| Salt            | g           | N/A                | N/A                                       |
| Sodium          | g           | 0.2                | Trace                                     |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 5  
Composite Sample Name: Wafer, Plain Ice Cream Wafer, Not Filled  
Sub-sample Number: 5.7  
Sub-sample Name: Askeys Party Cornets, Coloured  
Full Product Name: Askeys Party Cornets  
Brand: Askeys  
Pack size: 21  
Purchase Date: 5/11/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: AUG 09  
Batch Number: 8136D  
Packaging: Card/Foil  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheatflour, Raising agent (Ammonium hydrogen carbonate), Vegetable oil, Emulsifier (Soya lecithin), Milk proteins, Salt, Sweetener (Saccharin), Colours (E104, E129, E133, E160c).

**Label claim(s):**

Contains: gluten, soya and milk proteins  
Suitable for vegetarians

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 5.7

Sub-sample Name: Askeys Party Cornets, Coloured

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per Cornet</b> |
|-----------------|-------------|--------------------|---|
| Energy          | kJ          | 1594               | 54  |
| Energy          | kcal        | 376                | 13  |
| Protein         | g           | 10.7               | 0.4                                       |
| Carbohydrate    | g           | 77.6               | 2.6                                       |
| Sugars          | g           | N/A                | N/A                                       |
| Starch          | g           | N/A                | N/A                                       |
| Fat             | g           | 2.5                | <0.1                                      |



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 5

Composite Sample Name: Wafer, Plain Ice Cream Wafer, Not Filled

Sub-sample Number: 5.8

Sub-sample Name: Marcantonio Little Bear Teddy Top Cones

Full Product Name: Marcantonio Little Bear Teddy Top Cones

Brand: Marcantonio

Pack size: 12

Purchase Date: 7/11/08

Place of Purchase: Morrisons, Riverside, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 31 05 10

Batch Number: L8150

Packaging: Card

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

**Ingredients:** Wheatflour, Vegetable oil, Emulsifier (Soya lecithin), Salt, Raising agent (Bicarbonate of soda), Natural colour (Annatto), Artificial sweetener (Saccharin).

### **Nutrient Information:**

No nutrient information available

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 5  
Composite Sample Name: Wafer, Plain Ice Cream Wafer, Not Filled  
Sub-sample Number: 5.9  
Sub-sample Name: Marcantonio Little Bear Wafers  
Full Product Name: Marcantonio Little Bear Wafers  
Brand: Marcantonio  
Pack size: 12  
Purchase Date: 7/11/08  
Place of Purchase: Morrisons, Riverside, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 30 06 10  
Batch Number: L8164  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheatflour, Sugar, Emulsifier (Soya lecithin), Vegetable oil, Salt, Raising agent (Sodium bicarbonate), Egg yolk powder, Flavouring.

**Label Claims:**

Made in England

**Nutrient Information:**

No nutrient information available

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 5  
Composite Sample Name: Wafer, Plain Ice Cream Wafer, Not Filled  
Sub-sample Number: 5.10  
Sub-sample Name: Tesco Ice Cream Cornets  
Full Product Name: Tesco Ice Cream Cornets  
Brand: Tesco  
Pack size: 21  
Purchase Date: 4/11/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: AUG 09  
Batch Number: 8234E  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheatflour, Vegetable oil, Raising agent (Sodium bicarbonate), Emulsifier (Soya lecithin), Milk solids, Salt, Sweetener (Saccharin), Colour (Annatto).

**Label claim(s):** Contains milk, wheat, gluten, soya

Recipe: No nuts

Ingredients: Cannot guarantee nut free

Factory: No nuts

Suitable for vegetarians

Produced in the UK

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 5.10

Sub-sample Name: Tesco Ice Cream Cornets

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per Cone</b> |
|-----------------|-------------|--------------------|---|
| Energy          | kJ          | 1595               | 54                                      |
| Energy          | kcal        | 380                | 13                                      |
| Protein         | g           | 10.7               | 0.4                                     |
| Carbohydrate    | g           | 77.6               | 2.6                                     |
| Sugars          | g           | 0.8                | Trace                                   |
| Starch          | g           | N/A                | N/A                                     |
| Fat             | g           | 2.5                | Trace                                   |
| Saturates       | g           | 0.6                | Trace                                   |
| Monounsaturates | g           | N/A                | N/A                                     |
| Polyunsaturates | g           | N/A                | N/A                                     |
| Fibre           | g           | 3.5                | 0.1                                     |
| Salt            | g           | N/A                | N/A                                     |
| Sodium          | g           | 0.2                | Trace                                   |

### Sample 6: Reduced fat plain biscuits

Composite Sample Number: 6  
Composite Sample Name: Reduced Fat Plain Biscuits  
Sub-sample Number: 6.1  
Sub-sample Name: McVitie's Digestives Light  
Full Product Name: McVitie's Digestives Lights  
Brand: McVitie's  
Pack size: 400g  
Purchase Date: 11/12/08  
Place of Purchase: Supplied by United Biscuits  
Sell by Date: N/A  
Use by Date/Best Before Date: 22 AUG 09 H B9  
Batch Number: 11:44  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat flour (60%), Sugar, Wholemeal wheat flour (13%), Vegetable oil, Glucose-Fructose syrup, Raising agents (Sodium bicarbonate, Tartaric acid, Malic acid), Emulsifier (E422e), Salt.

**Label claim(s):**

Contains Gluten  
Produced on a line handling milk  
30% reduced fat  
Good source of fibre  
No hydrogenated vegetable oil  
No artificial flavours or colours  
Made in the UK

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 6.1  
Sub-sample Name: McVitie's Digestives Light

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per biscuit</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 1839               | 272  |
| Energy          | kcal        | 437                | 65   |
| Protein         | g           | 7.3                | 1.1  |
| Carbohydrate    | g           | 69.5               | 10.3                                       |
| Sugars          | g           | 20.1               | 3.0  |
| Starch          | g           | N/A                | N/A  |
| Fat             | g           | 14.4               | 2.1  |
| Saturates       | g           | 4.0                | 0.6  |
| Monounsaturates | g           | N/A                | N/A  |
| Polyunsaturates | g           | N/A                | N/A  |
| Fibre           | g           | 3.6                | 0.5  |
| Salt            | g           | N/A                | N/A  |
| Sodium          | g           | 0.5                | 0.1  |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 6  
Composite Sample Name: Reduced Fat Plain Biscuits  
Sub-sample Number: 6.2  
Sub-sample Name: McVitie's Digestives Light  
Full Product Name: McVitie's Digestives Lights  
Brand: McVitie's  
Pack size: 400g  
Purchase Date: 11/12/08  
Place of Purchase: Supplied by United Biscuits  
Sell by Date: N/A  
Use by Date/Best Before Date: 22 AUG 09 H B9  
Batch Number: 11:44  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional Information as 6.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 6  
Composite Sample Name: Reduced Fat Plain Biscuits  
Sub-sample Number: 6.3  
Sub-sample Name: McVitie's Digestives Light  
Full Product Name: McVitie's Digestives Lights  
Brand: McVitie's  
Pack size: 400g  
Purchase Date: 11/12/08  
Place of Purchase: Supplied by United Biscuits  
Sell by Date: N/A  
Use by Date/Best Before Date: 22 AUG 09 H B9  
Batch Number: 11:44  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional Information as 6.1



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 6  
Composite Sample Name: Reduced Fat Plain Biscuits  
Sub-sample Number: 6.4  
Sub-sample Name: McVitie's Digestives Light  
Full Product Name: McVitie's Digestives Lights  
Brand: McVitie's  
Pack size: 400g  
Purchase Date: 11/12/08  
Place of Purchase: Supplied by United Biscuits  
Sell by Date: N/A  
Use by Date/Best Before Date: 22 AUG 09 H B9  
Batch Number: 11:44  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional Information as 6.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 6  
Composite Sample Name: Reduced Fat Plain Biscuits  
Sub-sample Number: 6.5  
Sub-sample Name: Tesco Reduced Fat Digestives  
Full Product Name: Tesco Reduced Fat Digestive Biscuits  
Brand: Tesco  
Pack size: 400g  
Purchase Date: 4/11/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: JUN 09  
Batch Number: 82617 05:03  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat flour, Sugar, Wholewheat flour, Vegetable oil, Wheat starch, Oat flakes, Invert sugar syrup, Milk whey powder, Raising agents (Sodium bicarbonate, Ammonium bicarbonate), Wheat bran, Salt, Emulsifiers (Tartaric acid esters of mono- and di-glycerides of fatty acids, Sodium stearyl-2-lactylate).

**Label claim(s):**

Contains Milk, Wheat, Gluten

Recipe: No nuts

Ingredients: Cannot guarantee nut free

Factory: No nuts

Suitable for vegetarian

Contains 30% less fat than standard Tesco digestive biscuits

Produced in the UK

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 6.5

Sub-sample Name: Tesco Reduced Fat Digestives

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per biscuit (15.5g)</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 1890               | 295  |
| Energy          | kcal        | 450                | 70   |
| Protein         | g           | 6.6                | 1.0  |
| Carbohydrate    | g           | 70.9               | 11.0   |
| Sugars          | g           | 20.9               | 3.2  |
| Starch          | g           | N/A                | N/A  |
| Fat             | g           | 15.5               | 2.4  |
| Saturates       | g           | 6.9                | 1.1  |
| Monounsaturates | g           | 5.7                | 0.9  |
| Polyunsaturates | g           | 1.8                | 0.3  |
| Fibre           | g           | 3.4                | 0.5  |
| Salt            | g           | 1.7                | 0.3  |
| Sodium          | g           | 0.7                | 0.1  |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 6  
Composite Sample Name: Reduced Fat Plain Biscuits  
Sub-sample Number: 6.6  
Sub-sample Name: Tesco Reduced Fat Digestives  
Full Product Name: Tesco Reduced Fat Digestive Biscuits  
Brand: Tesco  
Pack size: 400g  
Purchase Date: 4/11/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: JUL 09  
Batch Number: 8287 15:16  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional Information as 6.5

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 6  
Composite Sample Name: Reduced Fat Plain Biscuits  
Sub-sample Number: 6.7  
Sub-sample Name: McVitie's Rich Tea Light  
Full Product Name: McVitie's Rich Tea Light  
Brand: McVitie's  
Pack size: 300g  
Purchase Date: 11/12/08  
Place of Purchase: Supplied by United Biscuits  
Sell by Date: N/A  
Use by Date/Best Before Date: 15 AUG 09  
Batch Number: H E3 10:59  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat flour, Sugar, Vegetable oil, Glucose-Fructose syrup, Barley malt extract, Emulsifiers (Soya lecithin E422e), Salt, Raising agents (Sodium bicarbonate, Ammonium bicarbonate), Dried skimmed milk

**Label claim(s):**

Contains Milk, Soya, Gluten  
30% reduced fat  
No hydrogenated vegetable oil  
No artificial flavours or colours

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 6.7

Sub-sample Name: McVitie's Rich Tea Light

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per biscuit</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 1808               | 150  |
| Energy          | kcal        | 428                | 36   |
| Protein         | g           | 7.5                | 0.6  |
| Carbohydrate    | g           | 75.5               | 6.3  |
| Sugars          | g           | 21.4               | 1.8  |
| Starch          | g           | N/A                | N/A  |
| Fat             | g           | 10.7               | 0.9  |
| Saturates       | g           | 2.3                | 0.2  |
| Monounsaturates | g           | N/A                | N/A  |
| Polyunsaturates | g           | N/A                | N/A  |
| Fibre           | g           | 3.1                | 0.3  |
| Salt            | g           | N/A                | N/A  |
| Sodium          | g           | 0.3                | Trace                                      |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 6  
Composite Sample Name: Reduced Fat Plain Biscuits  
Sub-sample Number: 6.8  
Sub-sample Name: McVitie's Rich Tea Light  
Full Product Name: McVitie's Rich Tea Light  
Brand: McVitie's  
Pack size: 300g  
Purchase Date: 11/12/08  
Place of Purchase: Supplied by United Biscuits  
Sell by Date: N/A  
Use by Date/Best Before Date: 15 AUG 09  
Batch Number: H E3 10:59  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional Information as 6.7

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 6  
Composite Sample Name: Reduced Fat Plain Biscuits  
Sub-sample Number: 6.9  
Sub-sample Name: McVitie's HobNobs Lights  
Full Product Name: McVitie's HobNobs Lights  
Brand: McVitie's  
Pack size: 300g  
Purchase Date: 16/12/08  
Place of Purchase: Supplied by United Biscuits  
Sell by Date: N/A  
Use by Date/Best Before Date: 27 JUN 09  
Batch Number: T1A 10:13  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Rolled oats (43%), Wholemeal wheat flour (28%), Sugar, Vegetable oil, Partially inverted sugar syrup, Emulsifier (Soya lecithin E422e), Raising agents (Sodium bicarbonate, Ammonium bicarbonate), Salt

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

Contains Soya, Gluten  
Produced on a line handling nuts, milk  
30% reduced fat  
High in fibre  
No hydrogenated vegetable oil  
No artificial flavours or colours



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 6.9

Sub-sample Name: McVitie's HobNobs Lights

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per biscuit</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 1800               | 257  |
| Energy          | kcal        | 428                | 61   |
| Protein         | g           | 8.1                | 1.2  |
| Carbohydrate    | g           | 65.5               | 9.4  |
| Sugars          | g           | 23.9               | 3.4  |
| Starch          | g           | N/A                | N/A  |
| Fat             | g           | 14.8               | 2.1  |
| Saturates       | g           | 2.9                | 0.4  |
| Monounsaturates | g           | N/A                | N/A  |
| Polyunsaturates | g           | N/A                | N/A  |
| Fibre           | g           | 6.3                | 0.9  |
| Salt            | g           | N/A                | N/A  |
| Sodium          | g           | 0.3                | 0.1  |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 6  
Composite Sample Name: Reduced Fat Plain Biscuits  
Sub-sample Number: 6.10  
Sub-sample Name: Tesco Reduced Fat Rich Tea  
Full Product Name: Tesco Reduced Rich Tea Biscuits  
Brand: Tesco  
Pack size: 300g  
Purchase Date: 4/11/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: MAY 2009  
Batch Number: 8289B  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat flour, Sugar, Vegetable oil, Barley malt extract, Raising agents (Sodium bicarbonate, Ammonium bicarbonate, Disodium diphosphate), Emulsifiers (Mono and di-Acetyltartaric acid esters of mono- and di-glycerides of fatty acids, Soya lecithins), Glucose syrup, Salt, Preservative (Sodium metabisulphite).

**Label claim(s):**

Contains Wheat, Gluten, Soya, Sulphites

Recipe: No nuts

Ingredients: Cannot guarantee nut free

Factory: Product made in nut free area nut nuts used elsewhere

Suitable for vegetarian

Contains 30% less fat than standard Tesco digestive biscuits

Produced in the UK

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 6.10

Sub-sample Name: Tesco Reduced Fat Rich Tea

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per biscuit (9.7g)</b> |
|-----------------|-------------|--------------------|---|
| Energy          | kJ          | 1785               | 173   |
| Energy          | kcal        | 425                | 41  |
| Protein         | g           | 8.4                | 0.8   |
| Carbohydrate    | g           | 76.7               | 7.4   |
| Sugars          | g           | 18.7               | 1.8   |
| Starch          | g           | N/A                | N/A   |
| Fat             | g           | 9.1                | 0.9   |
| Saturates       | g           | 3.5                | 0.3   |
| Monounsaturates | g           | 3.5                | 0.3   |
| Polyunsaturates | g           | 1.6                | 0.2   |
| Fibre           | g           | 3.3                | 0.3   |
| Salt            | g           | 0.8                | Trace   |
| Sodium          | g           | 0.3                | Trace   |

## Sample 7: Shortbread

Composite Sample Number: 7

Composite Sample Name: Shortbread

Sub-sample Number: 7.1

Sub-sample Name: Marks and Spencer Organic All Butter Scottish Shortbread Assortment

Full Product Name: Marks and Spencer All Butter Scottish Shortbread Assortment

Brand: Marks and Spencer

Pack size: 650g

Purchase Date: 30/10/08

Place of Purchase: Marks and Spencer, Rampant Horse Street, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 11 02 2009

Batch Number: L8277

Packaging: Tin

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

### **Ingredients:**

Wheat flour, Butter (31%), Caster sugar, Rice flour, Cornflour, Salt, Baking powder (Raising agent (Sodium bicarbonate))

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

Contains, Cow's milk, wheat, gluten  
No artificial colours or flavourings hydrogenated fat  
Made in a factory that uses nut ingredients  
Made in Scotland

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 7.1

Sub-sample Name: Marks and Spencer Organic All Butter Scottish Shortbread Assortment

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per shortbread</b> |
|-----------------|-------------|--------------------|---|
| Energy          | kJ          | 2160               | 585   |
| Energy          | kcal        | 515                | 140   |
| Protein         | g           | 5.7                | 1.5   |
| Carbohydrate    | g           | 58.3               | 15.8  |
| Sugars          | g           | 16.5               | 4.5   |
| Starch          | g           | N/A                | N/A   |
| Fat             | g           | 29.0               | 7.9   |
| Saturates       | g           | 18.3               | 5.0   |
| Monounsaturates | g           | N/A                | N/A   |
| Polyunsaturates | g           | N/A                | N/A   |
| Fibre           | g           | 1.6                | 0.4   |
| Salt Equivalent | g           | 0.65               | 0.18  |
| Sodium          | g           | 0.26               | Tr  |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 7

Composite Sample Name: Shortbread

Sub-sample Number: 7.2

Sub-sample Name: Marks and Spencer Organic All Butter Scottish Shortbread Assortment

Full Product Name: Marks and Spencer Scottish Shortbread Selection

Brand: Marks and Spencer

Pack size: 675g

Purchase Date: 30/10/08

Place of Purchase: Marks and Spencer, Rampant Horse Street, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 11 03 2009

Batch Number: L8284

Packaging: Card

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

**Ingredients:** Wheat flour, Butter (31%), Sugar, Rice flour, Cornflour, Salt, baking powder (Raising agent (Sodium bicarbonate)).

**Label claim(s):**

Contains, Cow's milk, wheat, gluten  
No artificial colours or flavourings hydrogenated fat  
Made in a factory that uses nut ingredients  
Baked in Edinburgh

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 7.2

Sub-sample Name: Marks and Spencer Organic All Butter Scottish Shortbread Assortment

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per shortbread</b> |
|-----------------|-------------|--------------------|---|
| Energy          | kJ          | 2160               | 405   |
| Energy          | kcal        | 515                | 95  |
| Protein         | g           | 5.7                | 1.1   |
| Carbohydrate    | g           | 58.3               | 10.9  |
| Sugars          | g           | 16.5               | 3.1   |
| Starch          | g           | N/A                | N/A   |
| Fat             | g           | 29.0               | 5.4   |
| Saturates       | g           | 18.3               | 3.4   |
| Monounsaturates | g           | N/A                | N/A   |
| Polyunsaturates | g           | N/A                | N/A   |
| Fibre           | g           | 1.6                | 0.3   |
| Salt Equivalent | g           | 0.65               | 0.12  |
| Sodium          | g           | 0.26               | Tr  |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 7  
Composite Sample Name: Shortbread  
Sub-sample Number: 7.3  
Sub-sample Name: Tesco Traditional Scottish All Butter Shortbread Fingers  
Full Product Name: Tesco Traditional Scottish All Butter Shortbread Fingers  
Brand: Tesco  
Pack size: 250g  
Purchase Date: 4/11/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 18 Jul 09  
Batch Number: 8269  
Packaging: Plastic  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat flour, Butter (31%), Sugar, Cornflour, Salt

**Label claim(s):**

Contains milk, wheat, gluten

Recipe: No nuts

Ingredients: Cannot guarantee nut free

Factory: Product made in nut free area but nuts used elsewhere

Produced in Scotland



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 7.3

Sub-sample Name: Tesco Traditional Scottish All Butter Shortbread Fingers

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per shortbread<br/>(17.8g)</b> |
|-----------------|-------------|--------------------|---|
| Energy          | kJ          | 2180               | 390   |
| Energy          | kcal        | 525                | 95  |
| Protein         | g           | 6.1                | 1.1   |
| Carbohydrate    | g           | 58.2               | 10.4  |
| Sugars          | g           | 14.5               | 2.6   |
| Starch          | g           | N/A                | N/A   |
| Fat             | g           | 29.3               | 5.2   |
| Saturates       | g           | 18.9               | 3.4   |
| Monounsaturates | g           | 7.0                | 1.2   |
| Polyunsaturates | g           | 1.3                | 0.2   |
| Fibre           | g           | 1.9                | 0.3   |
| Salt Equivalent | g           | N/A                | N/A   |
| Sodium          | g           | 0.5                | 0.1   |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 7  
Composite Sample Name: Shortbread  
Sub-sample Number: 7.4  
Sub-sample Name: Tesco Traditional Scottish All Butter Shortbread Fingers  
Full Product Name: Tesco Traditional Scottish All Butter Shortbread Fingers  
Brand: Tesco  
Pack size: 250g  
Purchase Date: 4/11/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 15 Aug 09  
Batch Number: 8298  
Packaging: Plastic  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat flour, Butter (34%), Sugar, Cornflour, Salt

**Label claim(s):**

Contains milk, wheat, gluten

Recipe: No nuts

Ingredients: Cannot guarantee nut free

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

Produced in the UK

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 7.4

Sub-sample Name: Tesco Traditional Scottish All Butter Shortbread Fingers

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 2145               | N/A                        |
| Energy          | kcal        | 515                | N/A                        |
| Protein         | g           | 6.2                | N/A                        |
| Carbohydrate    | g           | 58.5               | N/A                        |
| Sugars          | g           | 26.0               | N/A                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 28.2               | N/A                        |
| Saturates       | g           | 18.1               | N/A                        |
| Monounsaturates | g           | 6.8                | N/A                        |
| Polyunsaturates | g           | 1.2                | N/A                        |
| Fibre           | g           | 2.4                | N/A                        |
| Salt Equivalent | g           | 0.6                | N/A                        |
| Sodium          | g           | 0.3                | N/A                        |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 7  
Composite Sample Name: Shortbread  
Sub-sample Number: 7.5  
Sub-sample Name: Lidl Castello Shortbread Fingers  
Full Product Name: Castello Scottish All Butter Shortbread Fingers  
Brand: Lidl  
Pack size: 200g  
Purchase Date: 4/11/08  
Place of Purchase: Lidl, Waterworks Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 30 06 09  
Batch Number: E277A  
Packaging: Plastic  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat flour, Butter (31%), Sugar, Salt

**Label claim(s):**

Contains wheat, gluten and milk

Not suitable for nut allergy sufferers

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 7.5

Sub-sample Name: Lidl Castello Shortbread Fingers

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per Biscuit</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 2182               | 364  |
| Energy          | kcal        | 522                | 87   |
| Protein         | g           | 6.0                | 1.0  |
| Carbohydrate    | g           | 58.4               | 9.7  |
| Sugars          | g           | 15.6               | 2.6  |
| Starch          | g           | N/A                | N/A  |
| Fat             | g           | 29.6               | 4.9  |
| Saturates       | g           | 18.0               | 3.0  |
| Monounsaturates | g           | N/A                | N/A  |
| Polyunsaturates | g           | N/A                | N/A  |
| Fibre           | g           | 1.9                | 0.3  |
| Salt Equivalent | g           | N/A                | N/A  |
| Sodium          | g           | 0.4                | < 0.1                                      |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 7  
Composite Sample Name: Shortbread  
Sub-sample Number: 7.6  
Sub-sample Name: Sainsbury's Highland All Butter Shortbread Fingers  
Full Product Name: Sainsbury's Highland All Butter Shortbread Fingers  
Brand: Sainsbury's  
Pack size: 400g  
Purchase Date: 4/11/08  
Place of Purchase: Sainsbury's, William Frost Way, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 02 May 09  
Batch Number: E270A  
Packaging: Plastic  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat flour, Butter (32%), Sugar, Salt

**Label claim(s):**

Contains milk, wheat and gluten

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

Produced in Scotland

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 7.6

Sub-sample Name: Sainsbury's Highland All Butter Shortbread Fingers

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per Biscuit</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 2206               | 441  |
| Energy          | kcal        | 528                | 106  |
| Protein         | g           | 5.6                | 1.1  |
| Carbohydrate    | g           | 57.8               | 11.6                                       |
| Sugars          | g           | 15.3               | 3.1  |
| Starch          | g           | N/A                | N/A  |
| Fat             | g           | 30.5               | 6.1  |
| Saturates       | g           | 18.5               | 3.7  |
| Monounsaturates | g           | 8.5                | 1.7  |
| Polyunsaturates | g           | 1.1                | 0.2  |
| Fibre           | g           | 1.9                | 0.4  |
| Salt Equivalent | g           | 0.7                | 0.1  |
| Sodium          | g           | 0.3                | Tr   |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 7  
Composite Sample Name: Shortbread  
Sub-sample Number: 7.7  
Sub-sample Name: Asda Shortbread Fingers  
Full Product Name: Asda Highland All Butter Shortbread Fingers  
Brand: Asda  
Pack size: 210g  
Purchase Date: 4/11/08  
Place of Purchase: Asda, Boundary Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 04 Jul 09  
Batch Number: 8296 03:17  
Packaging: Plastic  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat flour, Butter (30%), Sugar, Cornflour, Salt

**Label claim(s):**

Contains gluten, milk and wheat

May contain traces of nuts and/or seeds



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 7.7

Sub-sample Name: Asda Shortbread Fingers

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per Finger</b> |
|-----------------|-------------|--------------------|---|
| Energy          | kJ          | 2145               | 375                                       |
| Energy          | kcal        | 513                | 90  |
| Protein         | g           | 5.6                | 1.0                                       |
| Carbohydrate    | g           | 59.2               | 10.4                                      |
| Sugars          | g           | 14.7               | 2.6                                       |
| Starch          | g           | N/A                | N/A                                       |
| Fat             | g           | 28.2               | 4.9                                       |
| Saturates       | g           | 18.3               | 3.2                                       |
| Monounsaturates | g           | N/A                | N/A                                       |
| Polyunsaturates | g           | N/A                | N/A                                       |
| Fibre           | g           | 1.8                | 0.3                                       |
| Salt Equivalent | g           | 0.6                | 0.1                                       |
| Sodium          | g           | 0.22               | 0.04                                      |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

|                                |   |
|--------------------------------|---|
| Composite Sample Number:       | 7   |
| Composite Sample Name:         | Shortbread  |
| Sub-sample Number:             | 7.8   |
| Sub-sample Name:               | Marks and Spencer Organic All Butter Scottish Shortbread Assortment |
| Full Product Name:             | Marks and Spencer All Butter Scottish Shortbread Assortment         |
| Brand:                         | Marks and Spencer   |
| Pack size:                     | 650g  |
| Purchase Date:                 | 14/11/08  |
| Place of Purchase:             | Marks and Spencer, Rampant Horse Street, Norwich                    |
| Sell by Date:                  | N/A   |
| Use by Date/Best Before Date:  | 11 03 2009  |
| Batch Number:                  | L8304   |
| Packaging:                     | Tin   |
| Sample Condition As Purchased: | Ambient   |
| Post Purchase Storage:         | 15°C food store   |

Additional information as 7.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 7  
Composite Sample Name: Shortbread  
Sub-sample Number: 7.9  
Sub-sample Name: Dean's Shortbread Petticoat Tails  
Full Product Name: Dean's Shortbread Petticoat Tails  
Brand: Dean's  
Pack size: 150g  
Purchase Date: 4/11/08  
Place of Purchase: Tesco, Harford Bridges, Norwich, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 18 Aug 09  
Batch Number: 8231Y  
Packaging: Plastic  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat flour, Butter (31%), Non-hydrogenated vegetable margarine (Vegetable oil, Water, Salt, Emulsifier (Polyglycerol esters of fatty acids), flavourings, Colours (Curcumin, Annatto), Sugar, Rice flour, Maize starch, Salt.

**Label claim(s):**

We do not use nuts in our factory but cannot guarantee that our ingredients are nut free.  
Contains milk products, wheat and gluten  
Product of Scotland

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 7.9

Sub-sample Name: Dean's Shortbread Petticoat Tails

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per shortbread</b> |
|-----------------|-------------|--------------------|---|
| Energy          | kJ          | 2143               | 536   |
| Energy          | kcal        | 512                | 128   |
| Protein         | g           | 5.0                | 1.3   |
| Carbohydrate    | g           | 64.9               | 16.2  |
| Sugars          | g           | 16.0               | 4.0   |
| Starch          | g           | N/A                | N/A   |
| Fat             | g           | 25.8               | 6.5   |
| Saturates       | g           | 13.4               | 3.4   |
| Monounsaturates | g           | N/A                | N/A   |
| Polyunsaturates | g           | N/A                | N/A   |
| Fibre           | g           | 1.1                | 0.3   |
| Salt Equivalent | g           | N/A                | N/A   |
| Sodium          | g           | 0.3                | 0.1   |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 7  
Composite Sample Name: Shortbread  
Sub-sample Number: 7.10  
Sub-sample Name: Walkers Pure Butter Shortbread Fingers  
Full Product Name: Walkers Pure Butter Shortbread Fingers  
Brand: Walkers  
Pack size: 250g  
Purchase Date: 4/11/08  
Place of Purchase: Waitrose, Eaton, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 30 09 09  
Batch Number: E247A  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat flour, Butter (32%), Sugar, Salt.

**Label claim(s):**

Contains milk, wheat, gluten

Not suitable for nut allergy sufferers

Product of Scotland

### Sample 8: Digestives with oats, plain

Composite Sample Number: 8  
Composite Sample Name: Digestives With Oats, Plain  
Sub-sample Number: 8.1  
Sub-sample Name: McVitie's HobNobs  
Full Product Name: McVitie's HobNobs  
Brand: McVitie's  
Pack size: 2 x 300g  
Purchase Date: 12/11/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 11 JUL 09  
Batch Number: TC3 03:07  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Rolled oats (38%), Wholemeal wheat flour (23%), Sugar, Vegetable oil, Glucose-fructose syrup, Raising agents (Sodium bicarbonate, Ammonium bicarbonate), Salt.

**Label claim(s):**

Contains gluten  
Produced on a line handling nuts, milk, soya  
No artificial flavours or colours  
50% less saturated fat  
No hydrogenated vegetable oil  
Suitable for vegetarians  
Made in the UK

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 8.1

Sub-sample Name: McVitie's HobNobs

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per biscuit</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 1959               | 280  |
| Energy          | kcal        | 467                | 67   |
| Protein         | g           | 7.1                | 1.0  |
| Carbohydrate    | g           | 60.9               | 8.7  |
| Sugars          | g           | 23.8               | 3.4  |
| Starch          | g           | N/A                | N/A  |
| Fat             | g           | 21.7               | 3.1  |
| Saturates       | g           | 4.7                | 0.7  |
| Monounsaturates | g           | N/A                | N/A  |
| Polyunsaturates | g           | N/A                | N/A  |
| Fibre           | g           | 5.5                | 0.8  |
| Salt            | g           | N/A                | N/A  |
| Sodium          | g           | 0.3                | <0.1                                       |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 8  
Composite Sample Name: Digestives With Oats, Plain  
Sub-sample Number: 8.2  
Sub-sample Name: McVitie's HobNobs  
Full Product Name: McVitie's HobNobs  
Brand: McVitie's  
Pack size: 2 x 300g  
Purchase Date: 17/11/08  
Place of Purchase: Tesco Extra, Blue Boar Lane, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 11 JUL 09  
Batch Number: TD3 12:43  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional information as 8.1



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 8  
Composite Sample Name: Digestives With Oats, Plain  
Sub-sample Number: 8.3  
Sub-sample Name: McVitie's HobNobs  
Full Product Name: McVitie's HobNobs  
Brand: McVitie's  
Pack size: 300g  
Purchase Date: 29/11/08  
Place of Purchase: Tesco, Market Harborough, Leicestershire  
Sell by Date: N/A  
Use by Date/Best Before Date: 18 JUL 09  
Batch Number: T1 C20:12  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional information as 8.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 8

Composite Sample Name: Digestives With Oats, Plain

Sub-sample Number: 8.4

Sub-sample Name: McVitie's HobNobs

Full Product Name: McVitie's HobNobs

Brand: McVitie's

Pack size: 300g

Purchase Date: 29/11/08

Place of Purchase: Tesco, Market Harborough, Leicestershire

Sell by Date: N/A

Use by Date/Best Before Date: 11 JUL 09

Batch Number: T2 C20:42

Packaging: Paper

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

Additional information as 8.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 8  
Composite Sample Name: Digestives With Oats, Plain  
Sub-sample Number: 8.5  
Sub-sample Name: McVitie's HobNobs  
Full Product Name: McVitie's HobNobs  
Brand: McVitie's  
Pack size: 2 x 300g  
Purchase Date: 11/11/08  
Place of Purchase: Sainsbury's, William Frost Way, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 11 JUL 09  
Batch Number: TB3 05:16  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional information as 8.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 8  
Composite Sample Name: Digestives With Oats, Plain  
Sub-sample Number: 8.6  
Sub-sample Name: McVitie's HobNobs  
Full Product Name: McVitie's HobNobs  
Brand: McVitie's  
Pack size: 2 x 300g  
Purchase Date: 11/11/08  
Place of Purchase: Sainsbury's, William Frost Way, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 18 JUL 09  
Batch Number: TA3 06:59  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional information as 8.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 8  
Composite Sample Name: Digestives With Oats, Plain  
Sub-sample Number: 8.7  
Sub-sample Name: Aldi (Belmont) Wholemeal Oaties  
Full Product Name: Belmont Oaties  
Brand: Belmont  
Pack size: 300g  
Purchase Date: 4/11/08  
Place of Purchase: Aldi, Dereham Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 06 JUN 09  
Batch Number: 8267 A  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Rolled oats (29%), Wholemeal flour (24%), Sugar, Vegetable oil, Partially inverted sugar syrup, Raising agents (Sodium hydrogen carbonate, Ammonium hydrogen carbonate), Salt.

**Label claim(s):**

Contains gluten  
Suitable for vegetarians

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 8.7

Sub-sample Name: Aldi (Belmont) Wholemeal Oaties

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per biscuit</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 1862               | 285  |
| Energy          | kcal        | 443                | 68   |
| Protein         | g           | 7.6                | 1.2  |
| Carbohydrate    | g           | 68.2               | 10.4                                       |
| Sugars          | g           | 30.1               | 4.6  |
| Starch          | g           | N/A                | N/A  |
| Fat             | g           | 15.5               | 2.4  |
| Saturates       | g           | 6.5                | 1.0  |
| Monounsaturates | g           | N/A                | N/A  |
| Polyunsaturates | g           | N/A                | N/A  |
| Fibre           | g           | 5.5                | 0.8  |
| Salt            | g           | 1.1                | 0.2  |
| Sodium          | g           | 0.4                | 0.1  |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 8  
Composite Sample Name: Digestives With Oats, Plain  
Sub-sample Number: 8.8  
Sub-sample Name: Morrisons Wholemeal Oaties  
Full Product Name: Morrisons Oaties  
Brand: Morrisons  
Pack size: 300g  
Purchase Date: 4/11/08  
Place of Purchase: Morrisons, Riverside, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 04 APR 09  
Batch Number: 8176 B  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Rolled oats (37%), Wholemeal flour, Vegetable oil, Sugar, Glucose syrup, Salt.

**Label claim(s):**

Contains gluten

Suitable for vegetarians

Produced in a factory which uses nut ingredients

Produced in the UK

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 8.8

Sub-sample Name: Morrisons Wholemeal Oaties

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per biscuit</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 1961               | 310  |
| Energy          | kcal        | 468                | 74   |
| Protein         | g           | 7.3                | 1.2  |
| Carbohydrate    | g           | 56.8               | 9.0  |
| Sugars          | g           | 19.3               | 3.0  |
| Starch          | g           | N/A                | N/A  |
| Fat             | g           | 23.5               | 3.7  |
| Saturates       | g           | 8.8                | 1.4  |
| Monounsaturates | g           | N/A                | N/A  |
| Polyunsaturates | g           | N/A                | N/A  |
| Fibre           | g           | 5.4                | 0.9  |
| Salt            | g           | 0.3                | Trace                                      |
| Sodium          | g           | 0.1                | Trace                                      |



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 8  
Composite Sample Name: Digestives With Oats, Plain  
Sub-sample Number: 8.9  
Sub-sample Name: Tesco Wholemeal Oaties  
Full Product Name: Oatland Biscuit Co. Oaties  
Brand: Oatland Biscuit Co.  
Pack size: 300g  
Purchase Date: 4/11/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: JUL 09  
Batch Number: 8285 09:10  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Oat flakes (27%), Sugar, Vegetable oil, Wheat flour, Oats (13%), Wholewheat flour (5%), Invert sugar syrup, Raising agents (Sodium bicarbonate, Ammonium bicarbonate), Salt, Natural flavouring.

**Label claim(s):**

Contains wheat, gluten

Recipe: No nuts

Ingredients: Cannot guarantee nut free

Factory: No nuts

Suitable for vegetarians

Produced in the UK

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 8.9

Sub-sample Name: Tesco Wholemeal Oaties

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per biscuit (14g)</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 1975               | 280  |
| Energy          | kcal        | 470                | 70   |
| Protein         | g           | 6.5                | 0.9  |
| Carbohydrate    | g           | 64.9               | 9.1  |
| Sugars          | g           | 25.8               | 3.6  |
| Starch          | g           | N/A                | N/A  |
| Fat             | g           | 20.5               | 2.9  |
| Saturates       | g           | 8.2                | 1.1  |
| Monounsaturates | g           | 7.1                | 1.0  |
| Polyunsaturates | g           | 2.2                | 0.3  |
| Fibre           | g           | 4.5                | 0.5  |
| Salt            | g           | 1.0                | 0.1  |
| Sodium          | g           | 0.4                | 0.1  |

### Sample 9: Jam-filled biscuits

Composite Sample Number: 9  
Composite Sample Name: Jam-Filled Biscuits  
Sub-sample Number: 9.1  
Sub-sample Name: Burtons Jammie Dodgers  
Full Product Name: Burtons Jammie Dodgers, Original  
Brand: Burtons  
Pack size: 300g  
Purchase Date: 04/09/08  
Place of Purchase: Asda, Boundary Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 25/04/09  
Batch Number: 8240 23:40  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat flour, Raspberry flavoured Plum Jam (26%) (Glucose-Fructose Syrup, Plums, Humectant (Glycerol), Gelling Agent (Pectins), Acidity Regulator (Sodium Citrates), Citric Acid, Natural Flavouring, Natural Colour (Anthocyanins), Calcium Chloride), Palm Oil, Granulated Sugar, Glucose Syrup, Raising Agents (Ammonium Bicarbonate, Sodium Bicarbonate), Dried Whey (Milk), Salt.

**Label claim(s):**

Contains, Wheat, Gluten and Milk  
No artificial colours  
No artificial flavours  
Non GM ingredients  
Free from hydrogenated fats  
Suitable for Vegetarians  
Baked in the UK

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 9.1

Sub-sample Name: Burtons Jammie Dodgers

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 1840               | 350                        |
| Energy          | kcal        | 437                | 83                         |
| Protein         | g           | 5.1                | 1.0                        |
| Carbohydrate    | g           | 69.5               | 13.2                       |
| Sugars          | g           | 29.2               | 5.6                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 15.9               | 3.0                        |
| Saturates       | g           | 7.5                | 1.4                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | 1.9                | 0.4                        |
| Salt equivalent | g           | 0.4                | Tr                         |
| Sodium          | g           | 0.15               | Trace                      |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 9

Composite Sample Name: Jam-Filled Biscuits

Sub-sample Number: 9.2

Sub-sample Name: Burtons Jammie Dodgers

Full Product Name: Burtons Jammie Dodgers, Original

Brand: Burtons

Pack size: 150g

Purchase Date: 04/09/08

Place of Purchase: Asda, Boundary Road, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 28/02/09

Batch Number: 8183 4 01:35

Packaging: Paper

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

Additional information as 9.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 9  
Composite Sample Name: Jam-Filled Biscuits  
Sub-sample Number: 9.3  
Sub-sample Name: Burtons Jammie Dodgers  
Full Product Name: Burtons Jammie Dodgers, Original  
Brand: Burtons  
Pack size: 300g  
Purchase Date: 05/09/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 28/03/09  
Batch Number: 8211 11:02  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional information as 9.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 9  
Composite Sample Name: Jam-Filled Biscuits  
Sub-sample Number: 9.4  
Sub-sample Name: Burtons Jammie Dodgers  
Full Product Name: Burtons Jammie Dodgers, Original  
Brand: Burtons  
Pack size: 150g  
Purchase Date: 05/09/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 18/04/09  
Batch Number: 8233 05:15  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional information as 9.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 9  
Composite Sample Name: Jam-Filled Biscuits  
Sub-sample Number: 9.5  
Sub-sample Name: Burtons Jammie Dodgers  
Full Product Name: Burtons Jammie Dodgers, Original  
Brand: Burtons  
Pack size: 150g  
Purchase Date: 04/09/08  
Place of Purchase: Sainsbury's, William Frost Way, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 11/04/09  
Batch Number: 8226 06:23  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional information as 9.1



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 9  
Composite Sample Name: Jam-Filled Biscuits  
Sub-sample Number: 9.6  
Sub-sample Name: Burtons Jammie Dodgers Mini  
Full Product Name: Burtons Jammie Dodgers Minis, Original  
Brand: Burtons  
Pack size: 7  
Purchase Date: 04/09/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 27/04/09  
Batch Number: 3 2 7 9C  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat flour, Raspberry flavoured Plum Jam (23%) (Glucose-Fructose Syrup, Plums, Humectant (Glycerol), Sugar, Natural Flavouring, Citric Acid, Natural Colour (Anthocyanins), Gelling Agent (Pectins), Acidity Regulator (Trisodium Citrate)), Palm Oil, Sugar, Glucose Syrup, Whey Powder (Milk), Raising Agent (Ammonium Hydrogen Carbonate), Salt.

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

Contains, Gluten and Milk  
Made in a factory handling nuts, soya & eggs  
No artificial flavours  
No artificial colours  
Suitable for vegetarians  
Non GM ingredients  
Low in Salt  
Free from hydrogenated fats  
Baked in France

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 9.6

Sub-sample Name: Burtons Jammie Dodgers Minis

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 1851               | 370                        |
| Energy          | kcal        | 439                | 88                         |
| Protein         | g           | 6                  | 1.2                        |
| Carbohydrate    | g           | 70                 | 14.0                       |
| Sugars          | g           | 28.2               | 5.5                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 15.1               | 3.0                        |
| Saturates       | g           | 7                  | 1.4                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | 2.3                | 0.5                        |
| Salt Equivalent | g           | 0.1                | Tr                         |
| Sodium          | g           | Trace              | Trace                      |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 9  
Composite Sample Name: Jam-Filled Biscuits  
Sub-sample Number: 9.7  
Sub-sample Name: Burtons Jammie Dodgers, Berrilicious  
Full Product Name: Burtons Jammie Dodgers Minis - Berrilicious  
Brand: Burtons  
Pack size: 7  
Purchase Date: 04/09/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 21/02/2009  
Batch Number: 8 152 9 B  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat flour, Blackcurrant flavoured Plum Jam (23%) (Glucose-Fructose Syrup, Plums, Humectant (Glycerol), Sugar, Colour (Anthocyanins), Citric Acid, Natural Flavouring, Gelling Agent (Pectins), Acidity Regulator (Trisodium Citrate)), Palm Oil, Sugar, Glucose Syrup, Whey Powder (Milk), Raising Agent (Ammonium Hydrogen Carbonate), Salt.

**Label claim(s):**

Contains, Gluten and Milk  
Made in a factory handling nuts, soya & eggs  
No artificial flavours  
No artificial colours  
Suitable for vegetarians  
Non GM ingredients  
Low in Salt  
Free from hydrogenated fats  
Baked in France

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 9.7

Sub-sample Name: Burtons Jammie Dodgers, Berrilicious

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 1851               | 370                        |
| Energy          | kcal        | 439                | 88                         |
| Protein         | g           | 6                  | 1.2                        |
| Carbohydrate    | g           | 70                 | 14.0                       |
| Sugars          | g           | 28.2               | 5.6                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 15.1               | 3.0                        |
| Saturates       | g           | 7                  | 1.4                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | 2.3                | 0.5                        |
| Salt Equivalent | g           | 0.1                | Trace                      |
| Sodium          | g           | Trace              | Trace                      |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 9  
Composite Sample Name: Jam-Filled Biscuits  
Sub-sample Number: 9.8  
Sub-sample Name: Tesco Jammy Rings  
Full Product Name: Tesco Jammy Rings  
Brand: Tesco  
Pack size: 150g  
Purchase Date: 04/09/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 11/04/2009  
Batch Number: 8223 05:45  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat flour, Raspberry flavour Jam, (24%), Sugar, Vegetable Oil, Glucose-Fructose Syrup, Raising Agents (Ammonium Bicarbonate, Sodium Bicarbonate, Disodium Diphosphate), Salt.

Raspberry Flavour Jam contains: Glucose-Fructose Syrup, Apple, Sugar, Humectant (Glycerol), Citric Acid, Acidity Regulator (Sodium Citrate), Colour (Anthocyanins), Gelling Agent (Pectin), Flavouring.

### **Label Claim(s):**

Contains, Wheat, Gluten

Recipe: No nuts

Ingredients: Cannot guarantee nut free

Factory: No nuts.

Suitable for vegetarians

Produced in the UK

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 9.8

Sub-sample Name: Tesco Jammy Rings

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 1870               | N/A                        |
| Energy          | kcal        | 445                | 85                         |
| Protein         | g           | 5.2                | N/A                        |
| Carbohydrate    | g           | 71.5               | N/A                        |
| Sugars          | g           | 34.2               | 6.4                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 15.2               | 2.9                        |
| Saturates       | g           | 8                  | 1.5                        |
| Monounsaturates | g           | 5.5                | N/A                        |
| Polyunsaturates | g           | 1.6                | N/A                        |
| Fibre           | g           | 1.3                | N/A                        |
| Salt            | g           | 0.6                | 0.1                        |
| Sodium          | g           | 0.3                | N/A                        |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 9  
Composite Sample Name: Jam-Filled Biscuits  
Sub-sample Number: 9.9  
Sub-sample Name: Lidl Tower Gate Jammy Rings  
Full Product Name: Lidl Tower Gate Jammy Rings  
Brand: Tower Gate  
Pack size: 300g  
Purchase Date: 05/09/08  
Place of Purchase: Lidl, Waterworks Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 30/05/2009 1  
Batch Number: 8231 19:34  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat flour, Raspberry flavour Apple Jam (24%), Glucose-Fructose Syrup, Sugar Solution, Apples, Humectant (Glycerol), Citric Acid, Acidity Regulator (Sodium Citrates) Gelling Agent (Pectins), Flavouring, Colour (Carmoisine), Sugar, Vegetable Oil, Glucose Syrup, Raising Agents (Ammonium Hydrogen Carbonate, Sodium Hydrogen Carbonate, Disodium Diphosphates), Salt, Whey Powder.

**Label Claim(s):**

Contains, Wheat and Milk  
May contain traces of nuts

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 9.9

Sub-sample Name: Lidl, Tower Gate Jammy Rings

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 1863               | N/A                        |
| Energy          | kcal        | 443                | 83                         |
| Protein         | g           | 4.9                | N/A                        |
| Carbohydrate    | g           | 71.5               | N/A                        |
| Sugars          | g           | 32.2               | 6.0                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 15.3               | 2.9                        |
| Saturates       | g           | 6.7                | 1.3                        |
| Monounsaturates | g           | 6.1                | N/A                        |
| Polyunsaturates | g           | 1.5                | N/A                        |
| Fibre           | g           | 1.7                | N/A                        |
| Salt            | g           | N/A                | N/A                        |
| Sodium          | g           | 0.2                | <0.1                       |



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 9  
Composite Sample Name: Jam-Filled Biscuits  
Sub-sample Number: 9.10  
Sub-sample Name: Aldi (Belmont) Jammy Devils  
Full Product Name: Jammy Devils  
Brand: Belmont  
Pack size: 300g  
Purchase Date: 05/09/08  
Place of Purchase: Aldi, Larkman, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 31/01/2009 14:40  
Batch Number: 8224 2  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat flour, Raspberry Flavour Filling (24%), Glucose-Fructose Syrup, Sugar Solution, Apple, Humectant: Vegetable Glycerol; Citric Acid, Acidity Regulator: Sodium Citrates; Gelling Agent Pectin; Flavouring, Colour: (Anthocyanins), Sugar, Vegetable Oil, Glucose Fructose Syrup, Raising Agents: (Ammonium Hydrogen Carbonate, Sodium Hydrogen Carbonate, Disodium Diphosphates), Salt, Whey Powder.

### **Label Claim(s):**

Contains, Gluten and Milk  
Suitable for Vegetarians  
No Artificial Colours or Preservatives

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 9.10

Sub-sample Name: Aldi (Belmont) Jammy Devils

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 1863               | 350                        |
| Energy          | kcal        | 443                | 83                         |
| Protein         | g           | 4.9                | 0.9                        |
| Carbohydrate    | g           | 71.4               | 13.4                       |
| Sugars          | g           | 32.2               | 6.0                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 15.3               | 2.9                        |
| Saturates       | g           | 6.7                | 1.3                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | 1.7                | 0.3                        |
| Salt Equivalent | g           | 0.5                | Trace                      |
| Sodium          | g           | 0.2                | Trace                      |

### Sample 10: Fig rolls

Composite Sample Number: 10  
Composite Sample Name: Fig Rolls  
Sub-sample Number: 10.1  
Sub-sample Name: Boland's fig rolls  
Full Product Name: Boland's of Ireland fig rolls  
Brand: Boland's  
Pack size: 200g  
Purchase Date: 05/09/08  
Place of Purchase: Morrison's Riverside Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 08/08/09  
Batch Number: 8 23 3  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat Flour, Figs (23%), Glucose Syrup, Sugar, Vegetable Oil, Salt, Raising Agents (Sodium Bicarbonate), Citric Acid, Emulsifier (Sodium Stearoyl-2-Lactylate).

**Label claim(s):**

Contains: Gluten

Produced on a line handling Milk, Soya and in a factory handling Tree Nuts, Egg but on a different line

Suitable for Vegetarians

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 10.1

Sub-sample Name: Boland's fig rolls

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 1498               | 255                        |
| Energy          | kcal        | 355                | 60                         |
| Protein         | g           | 3.7                | 0.6                        |
| Carbohydrate    | g           | 67.6               | 11.5                       |
| Sugars          | g           | 44.9               | 7.6                        |
| Starch          | g           | 22.7               | 3.9                        |
| Fat             | g           | 7.7                | 1.3                        |
| Saturates       | g           | 3.8                | 0.7                        |
| Monounsaturates | g           | 2.9                | 0.5                        |
| Polyunsaturates | g           | 0.9                | 0.2                        |
| Fibre           | g           | 4.3                | 0.7                        |
| Salt Equivalent | g           | 0.5                | 0.08                       |
| Sodium          | g           | 0.2                | Trace                      |
| Trans Fats      | g           | Trace              | Trace                      |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

|                                |                              |
|--------------------------------|------------------------------|
| Composite Sample Number:       | 10                           |
| Composite Sample Name:         | Fig Rolls                    |
| Sub-sample Number:             | 10.2                         |
| Sub-sample Name:               | Boland's fig rolls           |
| Full Product Name:             | Boland's fig rolls           |
| Brand:                         | Boland's                     |
| Pack size:                     | 200g                         |
| Purchase Date:                 | 25/09/08                     |
| Place of Purchase:             | Morrison's Riverside Norwich |
| Sell by Date:                  | N/A                          |
| Use by Date/Best Before Date:  | 27 JUN 09                    |
| Batch Number:                  | 8 192                        |
| Packaging:                     | Paper                        |
| Sample Condition As Purchased: | Ambient                      |
| Post Purchase Storage:         | 15°C food store              |

Additional information as 10.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 10  
Composite Sample Name: Fig rolls  
Sub-sample Number: 10.3  
Sub-sample Name: Boland's fig rolls  
Full Product Name: Boland's  
Brand: Boland's  
Pack size: 200g  
Purchase Date: 08/09/08  
Place of Purchase: Roy's of Wroxham, Wroxham, Norfolk  
Sell by Date: N/A  
Use by Date/Best Before Date: 09/05/09  
Batch Number: 81 3  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional information as 10.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 10  
Composite Sample Name: Fig Rolls  
Sub-sample Number: 10.4  
Sub-sample Name: Co-op fig rolls  
Full Product Name: The co-operative fig rolls  
Brand: Co-operative  
Pack size: 200g  
Purchase Date: 08/09/08  
Place of Purchase: Co-operative, Earlham Green, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 21/02/09  
Batch Number: 8164 2 01:17  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Fig Paste (30%), Wheat Flour, Sugar, Glucose Syrup, Palm Oil, Water, Partially Inverted Refiners Syrup, Citric acid, Raising Agents (Sodium hydrogen carbonate, Ammonium hydrogen carbonate), Salt, Vegetarian Whey Powder (Milk).

**Label claim(s):**

Contains: Gluten, milk, Wheat  
Made in the UK using Turkish figs

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 10.4

Sub-sample Name: Co-op fig rolls

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 1660               | 310                        |
| Energy          | kcal        | 395                | 75                         |
| Protein         | g           | 4.1                | 0.8                        |
| Carbohydrate    | g           | 74.0               | 13.8                       |
| Sugars          | g           | 41.2               | 7.7                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 8.9                | 1.7                        |
| Saturates       | g           | 3.9                | 0.7                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | 3.1                | 0.6                        |
| Salt Equivalent | g           | 0.7                | 0.1                        |
| Sodium          | g           | 0.3                | Trace                      |



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 10  
Composite Sample Name: Fig Rolls  
Sub-sample Number: 10.5  
Sub-sample Name: Jacob's fig rolls  
Full Product Name: Jacob's fig rolls  
Brand: Jacob's  
Pack size: 200g  
Purchase Date: 04/09/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 04/07/09 T2  
Batch Number: 8237 21:31  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat Flour, Fig Paste (30%), Glucose Syrup, Sugar, Vegetable Oil, Water, Salt, Raising Agent (Sodium carbonate), Wheat Starch, Citric Acid.

**Label claim(s):**

Contains: Gluten

Produced on a line handling Nuts, Milk, Egg, Soya

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 10.5  
Sub-sample Name: Jacobs fig rolls

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 1606               | 268                        |
| Energy          | kcal        | 380                | 63                         |
| Protein         | g           | 4.0                | 0.7                        |
| Carbohydrate    | g           | 71.4               | 11.9                       |
| Sugars          | g           | 32.4               | 5.4                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 8.8                | 1.5                        |
| Saturates       | g           | 3.9                | 0.7                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | 3.3                | 0.6                        |
| Salt            | g           | 0.2                | <0.1                       |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 10  
Composite Sample Name: Fig Rolls  
Sub-sample Number: 10.6  
Sub-sample Name: Jacob's fig rolls  
Full Product Name: Jacob's fig rolls  
Brand: Jacob's  
Pack size: 200g  
Purchase Date: 04/09/08  
Place of Purchase: Sainsbury's, William Frost Way, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 04/07/09 T1  
Batch Number: 8237 03:44  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional information as 10.5

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 10  
Composite Sample Name: Fig Rolls  
Sub-sample Number: 10.7  
Sub-sample Name: Jacob's fig rolls  
Full Product Name: Jacob's fig rolls  
Brand: Jacob's  
Pack size: 200g  
Purchase Date: 04/09/08  
Place of Purchase: Somerfield, Catton, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 27/06/09 T2  
Batch Number: 8231 11.47  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional information as 10.5

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 10  
Composite Sample Name: Fig Rolls  
Sub-sample Number: 10.8  
Sub-sample Name: Aldi Belmont fig rolls  
Full Product Name: Belmont fig rolls  
Brand: Belmont  
Pack size: 200g  
Purchase Date: 05/09/08  
Place of Purchase: Aldi, Larkman Lane, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 27/12/08  
Batch Number: 8192 1  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat Flour, Fig Paste (21%), Glucose Syrup, Sugar, Vegetable Oil, Water, Whey Powder, Salt, Raising Agents: Ammonium Hydrogen Carbonate, Sodium Hydrogen Carbonate, Citric Acid.

**Label claim(s):**

Contains: Gluten and Milk  
Suitable for Vegetarians

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 10.8

Sub-sample Name: Aldi Belmont fig rolls

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 1606               | 268                        |
| Energy          | kcal        | 380                | 63                         |
| Protein         | g           | 4.0                | 0.7                        |
| Carbohydrate    | g           | 71.4               | 11.9                       |
| Sugars          | g           | 32.4               | 5.4                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 8.8                | 1.5                        |
| Saturates       | g           | 3.9                | 0.7                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | 3.3                | 0.6                        |
| Salt            | g           | N/A                | N/A                        |
| Sodium          | g           | 0.2                | <0.1                       |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 10  
Composite Sample Name: Fig Rolls  
Sub-sample Number: 10.9  
Sub-sample Name: Aldi Belmont fig rolls  
Full Product Name: Belmont fig rolls  
Brand: Belmont  
Pack size: 200g  
Purchase Date: 05/09/08  
Place of Purchase: Aldi, Larkman, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 27/12/08  
Batch Number: 8192 1 17:37  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional information as 10.8

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 10  
Composite Sample Name: Fig Rolls  
Sub-sample Number: 10.10  
Sub-sample Name: Morrisons fig rolls  
Full Product Name: Morrisons fig rolls  
Brand: Morrisons  
Pack size: 200g  
Purchase Date: 05/09/08  
Place of Purchase: Morrisons, Riverside, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 21/02/09 T1  
Batch Number: 8225 12:30  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat Flour, Fig paste (25%), Vegetable oil, Invert sugar syrup, Water, Glucose syrup, Dried whey, Salt, Raising Agents (Sodium bicarbonate, Citric acid)

**Label claim(s):**

Contains: gluten, milk and sulphite

Produced in a factory which uses nut, egg, soya, peanut and sesame ingredients



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 10.10

Sub-sample Name: Morrisons fig rolls

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 1571               | 267                        |
| Energy          | kcal        | 372                | 63                         |
| Protein         | g           | 3.7                | 0.6                        |
| Carbohydrate    | g           | 68.6               | 11.7                       |
| Sugars          | g           | 43.6               | 7.4                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 9.2                | 1.6                        |
| Saturates       | g           | 4.2                | 0.7                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | 3                  | 0.5                        |
| Salt            | g           | 0.5                | 0.1                        |
| Sodium          | g           | 0.2                | Trace                      |

Sample 11: Short or sweet biscuits, half coated in chocolate

Composite Sample Number: 11  
Composite Sample Name: Short Or Sweet Biscuits, Half Coated In Chocolate  
Sub-sample Number: 11.1  
Sub-sample Name: Cadbury Mini Animals  
Full Product Name: Cadbury Mini Animals  
Brand: Cadbury  
Pack size: 8 x 25g  
Purchase Date: 04/09/08  
Place of Purchase: Waitrose, Eaton, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 16/05/09  
Batch Number: L 8226 01:04  
Packaging: Foil  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat flour, Milk chocolate (23%) (Sugar, Cocoa butter, Cocoa mass, Dried skimmed milk, Milk fat, Dried whey, Emulsifier (Soya lecithin), Vegetable fat, Sugar, Partially inverted sugar syrup, Fat-reduced cocoa, Salt, Raising agents (Sodium bicarbonate, Ammonium bicarbonate), Natural flavouring.

**Label claim(s):**

No artificial flavours  
No artificial colours  
Free from hydrogenated fats  
May contain traces of nuts

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 11.1

Sub-sample Name: Cadburys Mini Animals

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>(25g Bag)</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 2015               | 505                                      |
| Energy          | kcal        | 480                | 120                                      |
| Protein         | g           | 6.6                | 1.7                                      |
| Carbohydrate    | g           | 68.2               | 17.1                                     |
| Sugars          | g           | 28.3               | 7.1                                      |
| Starch          | g           | N/A                | N/A                                      |
| Fat             | g           | 20.0               | 5.0                                      |
| Saturates       | g           | 10.0               | 2.5                                      |
| Monounsaturates | g           | N/A                | N/A                                      |
| Polyunsaturates | g           | N/A                | N/A                                      |
| Fibre           | g           | 2.0                | 0.5                                      |
| Salt            | g           | 0.60               | 0.15                                     |
| Sodium          | g           | 0.24               | 0.06                                     |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 11

Composite Sample Name: Short Or Sweet Biscuits, Half Coated In Chocolate

Sub-sample Number: 11.2

Sub-sample Name: Cadburys Mini Animals

Full Product Name: Cadbury Mini Animals

Brand: Cadbury

Pack size: 8 x 25g

Purchase Date: 04/09/08

Place of Purchase: Asda, Boundary Road, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 30/05/09

Batch Number: L 8240 13:46

Packaging: Foil

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

Additional information as 11.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 11

Composite Sample Name: Short Or Sweet Biscuits, Half Coated In Chocolate

Sub-sample Number: 11.3

Sub-sample Name: Marks and Spencer Dutch Shortcake (Chocolate Dipped)

Full Product Name: Marks and Spencer Dutch Shortcake

Brand: Marks and Spencer

Pack size: 2 x 150g

Purchase Date: 05/09/08

Place of Purchase: Marks and Spencer, Rampant Horse Street, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: Display until 08-04-2009 C / Best Before 22-04-2009

Batch Number: N/A

Packaging: Paper

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

**Ingredients:** Wheatflour, Sugar, Vegetable Fat, Milk chocolate (15%), Butter Oil, Dried Whey, Candied Lemon Peel, Salt, Raising Agent: Sodium Bicarbonate, E450, Milk Chocolate contains: Sugar, Cocoa butter, Cocoa mass, Dried Skimmed Milk, Butter Oil, Lactose, Emulsifier: Soya lecithin, Natural Vanilla flavouring. Candied Lemon Peel contains: Sugar, Lemon Peel, Citric Acid, Potato Starch.

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

No artificial Colours or flavourings, hydrogenated fat

This product has been made in a factory which uses sesame ingredients

Contains Cow's Milk, Wheat, Gluten, Soya

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 11.3

Sub-sample Name: Marks and Spencer Dutch Shortcake (Chocolate Dipped)

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 2245               | 380                        |
| Energy          | kcal        | 540                | 90                         |
| Protein         | g           | 5.4                | 0.9                        |
| Carbohydrate    | g           | 60.8               | 10.3                       |
| Sugars          | g           | 29.0               | 4.9                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 30.3               | 5.1                        |
| Saturates       | g           | 16.4               | 2.8                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | 1.3                | 0.2                        |
| Salt            | g           | 0.65               | 0.11                       |
| Sodium          | g           | 0.26               | 0.04                       |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 11

Composite Sample Name: Short Or Sweet Biscuits, Half Coated In Chocolate

Sub-sample Number: 11. 4

Sub-sample Name: Marks and Spencer Dutch Shortcake (Chocolate Dipped)

Full Product Name: Marks and Spencer Dutch Shortcake

Brand: Marks and Spencer

Pack size: 2 x 150g

Purchase Date: 05/09/08

Place of Purchase: Marks and Spencer, Rampant Horse Street, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: Display until 15-04-2009 D / Best Before 29-04-2009

Batch Number: N/A

Packaging: Paper

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

Additional information as 11.3

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 11  
Composite Sample Name: Short Or Sweet Biscuits, Half Coated In Chocolate  
Sub-sample Number: 11. 5  
Sub-sample Name: Cadbury Milk Chocolate Shortcake (Half Coated)  
Full Product Name: Cadbury Shortcake For Chocolate Lovers  
Brand: Cadbury  
Pack size: 300g  
Purchase Date: 04/09/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 07/03/09  
Batch Number: 8157 2 01:58  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat flour, Milk chocolate (24%) (Sugar, Cocoa butter, Cocoa mass, Dried skimmed milk, Milk fat, Dried whey, Emulsifier (Soya lecithin)), Vegetable fat, Sugar, Dried whey, Raising agents (Sodium bicarbonate, Ammonium bicarbonate), Salt, Flavourings.

**Label claim(s):**

May contain traces of nut  
Manufactured in the UK



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 11.5

Sub-sample Name: Cadbury Milk Chocolate Shortcake (Half Coated)

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 2095               | 315                        |
| Energy          | kcal        | 500                | 75                         |
| Protein         | g           | 6.3                | 0.9                        |
| Carbohydrate    | g           | 65.8               | 9.9                        |
| Sugars          | g           | N/A                | N/A                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 23.5               | 3.5                        |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 11  
Composite Sample Name: Short Or Sweet Biscuits, Half Coated In Chocolate  
Sub-sample Number: 11. 6  
Sub-sample Name: Cadbury Milk Chocolate Shortcake (Half Coated)  
Full Product Name: Cadbury Shortcake For Chocolate Lovers  
Brand: Cadbury  
Pack size: 300g  
Purchase Date: 04/09/08  
Place of Purchase: Asda, Boundary Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 21/03/09  
Batch Number: 8168 2 02:24  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional information as 11.5

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 11  
Composite Sample Name: Short Or Sweet Biscuits, Half Coated In Chocolate  
Sub-sample Number: 11. 7  
Sub-sample Name: Cadbury Milk Chocolate Rich Tea  
Full Product Name: Cadbury Rich Tea For Chocolate Lovers  
Brand: Cadbury  
Pack size: 300g  
Purchase Date: 04/09/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 06/06/09  
Batch Number: L8197 A 18:41  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat flour, Milk chocolate (32%) (Sugar, Dried skimmed milk, Dried whey, Cocoa mass, Cocoa butter, Milk fat, Emulsifier (Soya lecithin)), Sugar, Vegetable oil, Raising agents (Ammonium bicarbonate, Sodium bicarbonate, E450), Barley malt extract, Partially inverted refiners syrup, Salt, Flavourings. Preservative (E223)

**Label claim(s):**

Contains Sulphites  
May contain traces of nuts  
Baked in the UK

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 11.7

Sub-sample Name: Cadbury Milk Chocolate Rich Tea

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 1975               | 245                        |
| Energy          | kcal        | 470                | 60                         |
| Protein         | g           | 7.2                | 0.9                        |
| Carbohydrate    | g           | 68.6               | 8.6                        |
| Sugars          | g           | 32.8               | 4.1                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 18.5               | 2.3                        |
| Saturates       | g           | 9.3                | 1.2                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | 2.1                | 0.3                        |
| Salt            | g           | 0.6                | Trace                      |
| Sodium          | g           | 0.2                | Trace                      |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 11  
Composite Sample Name: Short Or Sweet Biscuits, Half Coated In Chocolate  
Sub-sample Number: 11. 8  
Sub-sample Name: Bahlsen Choco Leibniz Milk Chocolate  
Full Product Name: Bahlsen Choco Leibniz Milk Chocolate  
Brand: Bahlsen (Germany)  
Pack size: 125g  
Purchase Date: 04/09/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 28/04/09  
Batch Number: Date reference 29/07/08  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Butter biscuits set in milk chocolate (63%).

Sugar, wheat flour, Cocoa butter, Cocoa mass, Skimmed milk powder, Butter (3.7%), Whey powder, Butter oil, Glucose syrup (wheat), Lactose, Emulsifier (Soya lecithin), Raising agents (Sodium bicarbonate and Disodium diphosphate), whole milk powder, Salt, Flavours and flavouring, Acidity regulator (Citric acid), Powdered egg yolk.

Made in Germany

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 11.8

Sub-sample Name: Bahlsen Choco Leibniz Milk Chocolate

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>(Per 2 Biscuits =<br/>28gms)</b> |
|-----------------|-------------|--------------------|---|
| Energy          | kJ          | 2087               | 584   |
| Energy          | kcal        | 498                | 140   |
| Protein         | g           | 7.9                | 2.2   |
| Carbohydrate    | g           | 61                 | 17  |
| Sugars          | g           | 39                 | 11  |
| Starch          | g           | N/A                | N/A   |
| Fat             | g           | 25                 | 6.9   |
| Saturates       | g           | 16                 | 4.4   |
| Monounsaturates | g           | N/A                | N/A   |
| Polyunsaturates | g           | N/A                | N/A   |
| Fibre           | g           | 2.4                | 0.7   |
| Salt            | g           | N/A                | N/A   |
| Sodium          | g           | 0.02               | 0.01  |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 11  
Composite Sample Name: Short Or Sweet Biscuits, Half Coated In Chocolate  
Sub-sample Number: 11. 9  
Sub-sample Name: Bahlsen Choco Leibniz Plain Chocolate  
Full Product Name: Bahlsen Choco Leibniz Dark Chocolate  
Brand: Bahlsen (Germany)  
Pack size: 125g  
Purchase Date: 04/09/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 30/04/09  
Batch Number: Date reference 31/07/08  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Butter biscuits set in dark chocolate (63%).

Sugar, Wheat flour, Cocoa mass, Cocoa butter, Butter (3.7%), Glucose syrup (wheat), Whey products, Butter oil, Whey powder, Emulsifier (Soya lecithin), Raising agents (Sodium bicarbonate and Disodium diphosphate), whole milk powder, Salt, Flavours and flavouring, Acidity regulator (Citric acid), Powdered egg yolk.

Made in Germany

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 11.9

Sub-sample Name: Bahlsen Choco Leibniz Plain Chocolate

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>(Per 2 Biscuits =<br/>28gms)</b> |
|-----------------|-------------|--------------------|---|
| Energy          | kJ          | 2080               | 582   |
| Energy          | kcal        | 497                | 139   |
| Protein         | g           | 7.1                | 2.0   |
| Carbohydrate    | g           | 60                 | 17  |
| Sugars          | g           | 35                 | 9.9   |
| Starch          | g           | N/A                | N/A   |
| Fat             | g           | 26                 | 7.2   |
| Saturates       | g           | 16                 | 4.5   |
| Monounsaturates | g           | N/A                | N/A   |
| Polyunsaturates | g           | N/A                | N/A   |
| Fibre           | g           | 4.7                | 1.3   |
| Salt            | g           | N/A                | N/A   |
| Sodium          | g           | 0.02               | 0.01  |



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 11  
Composite Sample Name: Short Or Sweet Biscuits, Half Coated In Chocolate  
Sub-sample Number: 11.10  
Sub-sample Name: Jacob's Choc Gems  
Full Product Name: Jacob's Choc Gems  
Brand: Jacob's  
Pack size: 5 x 25g  
Purchase Date: 04/09/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 24/01/09  
Batch Number: 8206 00:25 B3  
Packaging: Foil bag  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

### **Ingredients:**

Milk Chocolate (40%) (Sugar, Dried Milk, Cocoa Butter, Cocoa Mass, Emulsifier (Soya Lecithin), Natural Vanilla Flavouring), Wheat Flour, Sugar, Vegetable oil, Invert Sugar Syrup, Raising Agents, (Sodium bicarbonate, Ammonium Bicarbonate), Salt, Natural Flavouring.

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

Contains Milk, Soya, Gluten  
Produced in a factory handling egg  
No Artificial colours or Flavours  
Suitable for Vegetarians

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 11.10

Sub-sample Name: Jacob's Choc Gems

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>(Per 25g Bag)</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 2046               | 512  |
| Energy          | kcal        | 488                | 122  |
| Protein         | g           | 6.5                | 1.6  |
| Carbohydrate    | g           | 64.0               | 16.0   |
| Sugars          | g           | 35.3               | 8.8  |
| Starch          | g           | N/A                | N/A  |
| Fat             | g           | 22.9               | 5.7  |
| Saturates       | g           | 12.7               | 3.2  |
| Monounsaturates | g           | N/A                | N/A  |
| Polyunsaturates | g           | N/A                | N/A  |
| Fibre           | g           | 2.6                | 0.6  |
| Salt            | g           | N/A                | N/A  |
| Sodium          | g           | 2.4                | 0.1  |

## Sample 12: Digestives, half coated in chocolate

|                                |   |
|--------------------------------|---|
| Composite Sample Number:       | 12  |
| Composite Sample Name:         | Digestives, Half Coated In Chocolate          |
| Sub-sample Number:             | 12.1  |
| Sub-sample Name:               | McVitie's Homewheat Milk Chocolate Digestiive |
| Full Product Name:             | McVitie's Digestive, Milk Chocolate           |
| Brand:                         | McVitie's                                     |
| Pack size:                     | 400g  |
| Purchase Date:                 | 04/09/08                                      |
| Place of Purchase:             | Sainsbury's, William Frost Way, Norwich       |
| Sell by Date:                  | N/A   |
| Use by Date/Best Before Date:  | 11/04/09                                      |
| Batch Number:                  | HF5 02:25                                     |
| Packaging:                     | Paper   |
| Sample Condition As Purchased: | Ambient                                       |
| Post Purchase Storage:         | 15°C food store                               |

**Ingredients:** Wheat flour 39%, Milk chocolate 29% (Sugar, Cocoa butter, Cocoa mass, Dried skimmed milk, Dried whey butter oil, Vegetable fat, Emulsifiers (Soya lecithin, E476), Natural vanilla flavouring), Vegetable oil, Wholemeal 9%, Sugar, Glucose-fructose syrup, Raising agents (Sodium bicarbonate, Tartaric acid, Malic acid), Salt

**Label claim(s):**

Contains, milk, soya, gluten  
No artificial flavours or colours  
No hydrogenated vegetable oil

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 12.1

Sub-sample Name: McVitie's Homewheat Milk Chocolate Digestive

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 2044               | 354                        |
| Energy          | kcal        | 488                | 84                         |
| Protein         | g           | 6.7                | 1.2                        |
| Carbohydrate    | g           | 62.7               | 10.8                       |
| Sugars          | g           | 29.2               | 5.1                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 23.4               | 4.0                        |
| Saturates       | g           | 12.1               | 2.1                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | 2.9                | 0.5                        |
| Salt            | g           | N/A                | N/A                        |
| Sodium          | g           | 0.4                | 0.1                        |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 12  
Composite Sample Name: Digestives, Half Coated In Chocolate  
Sub-sample Number: 12.2  
Sub-sample Name: McVitie's Homewheat Milk Chocolate Digestive  
Full Product Name: McVitie's Digestive, Milk Chocolate  
Brand: McVitie's  
Pack size: 400g  
Purchase Date: 04/09/08  
Place of Purchase: Asda, Boundary Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 02/05/09  
Batch Number: HD5 13:01  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional information as 12.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 12  
Composite Sample Name: Digestives, Half Coated In Chocolate  
Sub-sample Number: 12.3  
Sub-sample Name: McVitie's Homewheat Milk Chocolate Digestive  
Full Product Name: McVitie's Digestive, Milk Chocolate  
Brand: McVitie's  
Pack size: 400g  
Purchase Date: 04/09/08  
Place of Purchase: Waitrose, Eaton, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 21/03/09  
Batch Number: HG4 8:24  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional information as 12.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 12  
Composite Sample Name: Digestives, Half Coated In Chocolate  
Sub-sample Number: 12.4  
Sub-sample Name: McVitie's Homewheat Dark Chocolate Digestive  
Full Product Name: McVitie's Digestive, Dark Chocolate  
Brand: McVitie's  
Pack size: 400g  
Purchase Date: 04/09/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 04/04/09  
Batch Number: HA5 18:59  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat flour 39%, plain chocolate 29% (Sugar, Cocoa mass, Vegetable fat, Butter oil, Cocoa butter, Emulsifiers (Soya lecithin, E476), Natural vanilla flavouring), Vegetable oil, Wholemeal 9%, Sugar, Glucose-fructose syrup, Raising agents (Sodium bicarbonate, Tartaric acid, Malic acid), Salt

**Label claim(s):**

Contains, milk, soya, gluten  
No artificial flavours or colours  
No hydrogenated vegetable oil

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 12.4

Sub-sample Name: McVitie's Homewheat Dark Chocolate Digestive

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 2039               | 353                        |
| Energy          | kcal        | 487                | 84                         |
| Protein         | g           | 6.0                | 1.0                        |
| Carbohydrate    | g           | 61.6               | 10.7                       |
| Sugars          | g           | 27.3               | 4.7                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 24.0               | 4.2                        |
| Saturates       | g           | 12.5               | 2.2                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | 4.0                | 0.7                        |
| Salt            | g           | N/A                | N/A                        |
| Sodium          | g           | 0.3                | 0.1                        |



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 12  
Composite Sample Name: Digestives, Half Coated In Chocolate  
Sub-sample Number: 12.5  
Sub-sample Name: McVitie's Homewheat Dark Chocolate Digestive  
Full Product Name: McVitie's Digestive, Dark Chocolate  
Brand: McVitie's  
Pack size: 400g  
Purchase Date: 04/09/08  
Place of Purchase: Asda, Boundary Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 10/01/09  
Batch Number: HG2 21:3  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional information as 12.4

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 12  
Composite Sample Name: Digestives, Half Coated In Chocolate  
Sub-sample Number: 12.6  
Sub-sample Name: Tesco Value Milk Chocolate Digestive  
Full Product Name: Tesco Value Milk Chocolate Digestive Biscuits  
Brand: Tesco  
Pack size: 300g  
Purchase Date: 04/09/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 02/09  
Batch Number: H7 8230 17:58  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat flour, Milk chocolate 23% (Sugar, Cocoa butter, Cocoa mass, Dried skimmed milk, Whey powder, Butter oil, Emulsifiers (Soya lecithin, Polyglycerol polyricinoleate), Vegetable fat, Flavouring), Vegetable oil, Sugar wholemeal wheat flour, Glucose-fructose syrup, Raising agents (Sodium ammonium bicarbonate), Salt

**Label claim(s):**

Contains, milk, soya, wheat, gluten  
Recipe: no nuts  
Ingredients: cannot guarantee nut free  
Factory: no nuts  
Suitable for vegetarians  
Produced in the UK

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 12.6

Sub-sample Name: Tesco Value Milk Chocolate Digestive

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 2050               | 350                        |
| Energy          | kcal        | 490                | 85                         |
| Protein         | g           | 6.9                | 1.2                        |
| Carbohydrate    | g           | 64.0               | 10.8                       |
| Sugars          | g           | 26.5               | 4.5                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 22.8               | 3.9                        |
| Saturates       | g           | 11.6               | 2.0                        |
| Monounsaturates | g           | 8.4                | 1.4                        |
| Polyunsaturates | g           | 2.3                | 0.4                        |
| Fibre           | g           | 3.0                | 0.5                        |
| Salt            | g           | 0.8                | 0.1                        |
| Sodium          | g           | 0.3                | 0.1                        |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 12

Composite Sample Name: Digestives, Half Coated In Chocolate

Sub-sample Number: 12.7

Sub-sample Name: Tesco Value Milk Chocolate Digestive

Full Product Name: Tesco Value Milk Chocolate Digestive Biscuits

Brand: Tesco

Pack size: 300g

Purchase Date: 04/09/08

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 02/09

Batch Number: H7 8230 20:11

Packaging: Paper

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

Additional information as 12.6

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 12  
Composite Sample Name: Digestives, Half Coated In Chocolate  
Sub-sample Number: 12.8  
Sub-sample Name: Asda Smartprice Milk Chocolate Digestive  
Full Product Name: Asda Smartprice Milk Chocolate Digestive  
Brand: Asda  
Pack size: 300g  
Purchase Date: 04/09/08  
Place of Purchase: Asda, Boundary Road Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 11/03/09  
Batch Number: 8226 1 16:51  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat flour, Milk chocolate 23% (Sugar, Cocoa butter, Cocoa mass, Dried skimmed milk, Milk fat, Vegetarian whey powder (milk), Vegetable oil, Emulsifiers (Soya lecithin)), Vegetable oil, Sugar, Wholemeal flour, Glucose syrup, Raising agents (Sodium ammonium bicarbonate, Ammonium carbonate), Salt, Vegetarian whey powder

**Label claim(s):**

Contains, milk, soya, wheat, gluten  
May contain traces of nuts or seeds

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 12.8

Sub-sample Name: Asda Smartprice Milk Chocolate Digestive

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 2038               | 340                        |
| Energy          | kcal        | 486                | 81                         |
| Protein         | g           | 7.2                | 1.2                        |
| Carbohydrate    | g           | 63.7               | 10.6                       |
| Sugars          | g           | 24.4               | 4.1                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 22.5               | 3.8                        |
| Saturates       | g           | 12.2               | 2.0                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | 3.0                | 0.5                        |
| Salt            | g           | 1.1                | 0.2                        |
| Sodium          | g           | 0.43               | 0.07                       |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 12  
Composite Sample Name: Digestives, Half Coated In Chocolate  
Sub-sample Number: 12.9  
Sub-sample Name: Cadbury Milk Chocolate Digestive  
Full Product Name: Cadbury Digestives For Chocolate Lovers  
Brand: Cadbury  
Pack size: 400g  
Purchase Date: 04/09/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 02/05/09  
Batch Number: N/A  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat flour, Milk chocolate 28% (Sugar, Cocoa butter, Cocoa mass, Dried skimmed milk, Milk fat, Dried whey, Emulsifiers (Soya lecithin)), Vegetable oil, Sugar, Wholemeal flour, Wheat bran, Dried whey, Glucose syrup, Raising agents (Sodium bicarbonate, Ammonium bicarbonate, Diphosphates), Salt

**Label claim(s):**

May contain traces of nuts or seeds  
Manufactured in the UK

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 12.9

Sub-sample Name: Cadbury Milk Chocolate Digestive

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 2075               | 345                        |
| Energy          | kcal        | 495                | 85                         |
| Protein         | g           | 6.8                | 1.1                        |
| Carbohydrate    | g           | 62.3               | 10.4                       |
| Sugars          | g           | N/A                | N/A                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 24.4               | 4.1                        |



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 12  
Composite Sample Name: Digestives, Half Coated In Chocolate  
Sub-sample Number: 12.10  
Sub-sample Name: Aldi Belmont Milk Chocolate Digestive  
Full Product Name: Belmont Milk Chocolate Digestive  
Brand: Belmont  
Pack size: 400g  
Purchase Date: 05/09/08  
Place of Purchase: Aldi, Larkman Lane, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 28/02/09  
Batch Number: 202 8232 09:04  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat flour, Milk chocolate 24% (Sugar, Cocoa butter oil, Emulsifiers (Soya lecithin), Flavouring, Vanilla), Palm oil, Sugar, Wholemeal wheat flour, Raising agents (Sodium hydrogen carbonate, Ammonium hydrogen carbonate), Partially inverted sugar syrup, Salt

**Label claim(s):**

Contains milk, soya, gluten  
Suitable for vegetarians

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 12.10

Sub-sample Name: Aldi Belmont Milk Chocolate Digestive

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 2067               | 353                        |
| Energy          | kcal        | 493                | 84                         |
| Protein         | g           | 6.4                | 1.1                        |
| Carbohydrate    | g           | 63.3               | 10.8                       |
| Sugars          | g           | 28.3               | 4.8                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 23.8               | 4.1                        |
| Saturates       | g           | N/A                | N/A                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | 3.5                | 0.5                        |
| Salt            | g           | 1.2                | 0.2                        |
| Sodium          | g           | 0.5                | 0.1                        |

### Sample 13: Iced biscuits

|                                |                              |
|--------------------------------|------------------------------|
| Composite Sample Number:       | 13                           |
| Composite Sample Name:         | Iced Biscuits                |
| Sub-sample Number:             | 13.1                         |
| Sub-sample Name:               | Fox's Party Rings            |
| Full Product Name:             | Fox's Party Rings            |
| Brand:                         | Fox's                        |
| Pack size:                     | 125g                         |
| Purchase Date:                 | 04/09/08                     |
| Place of Purchase:             | Asda, Boundary Road, Norwich |
| Sell by Date:                  | N/A                          |
| Use by Date/Best Before Date:  | 02/05/09 A                   |
| Batch Number:                  | 1700                         |
| Packaging:                     | Paper                        |
| Sample Condition As Purchased: | Ambient                      |
| Post Purchase Storage:         | 15°C food store              |

**Ingredients:** Wheatflour, Sugar, Vegetable Oil, Glucose Syrup, Salt, Raising Agents: Ammonium Bicarbonate, Sodium Bicarbonate, Disodium Diphosphate, Partially Inverted Refiners Syrup, Gelatine, Colours: Carmine, Beta-Carotene, Natural Flavourings, Emulsifier Soya Lecithin, Hydrolysed Wheat Gluten, Glycerine, Acidity Regulator: Citric Acid.

**Label claim(s):**

Contains, Soya, Wheat, Gluten

This product has been made in a factory that uses nut ingredients.

Not Suitable for Vegetarians.

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 13.1

Sub-sample Name: Fox's Party Rings

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 1906               | 131                        |
| Energy          | kcal        | 454                | 31                         |
| Protein         | g           | 5.0                | 0.3                        |
| Carbohydrate    | g           | 77.2               | 5.3                        |
| Sugars          | g           | 42.5               | 2.9                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 13.9               | 0.9                        |
| Saturates       | g           | 6.6                | 0.4                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | 1.9                | 0.1                        |
| Salt            | g           | 0.54               | 0.03                       |
| Sodium          | g           | 0.22               | 0.01                       |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

|                                |                          |
|--------------------------------|--------------------------|
| Composite Sample Number:       | 13                       |
| Composite Sample Name:         | Iced Biscuits            |
| Sub-sample Number:             | 13.2                     |
| Sub-sample Name:               | Fox's Party Rings        |
| Full Product Name:             | Fox's Party Rings        |
| Brand:                         | Fox's                    |
| Pack size:                     | 125g                     |
| Purchase Date:                 | 04/09/08                 |
| Place of Purchase:             | Waitrose, Eaton, Norwich |
| Sell by Date:                  | N/A                      |
| Use by Date/Best Before Date:  | 25/04/09 B               |
| Batch Number:                  | 0339                     |
| Packaging:                     | Paper                    |
| Sample Condition As Purchased: | Ambient                  |
| Post Purchase Storage:         | 15°C food store          |

Additional information as 13.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 13  
Composite Sample Name: Iced Biscuits  
Sub-sample Number: 13.3  
Sub-sample Name: Fox's Party Rings  
Full Product Name: Fox's Party Rings  
Brand: Fox's  
Pack size: 125g  
Purchase Date: 04/09/08  
Place of Purchase: Sainsbury's, William Frost Way, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 09/05/09 C  
Batch Number: 0457  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional information as 13.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 13  
Composite Sample Name: Iced Biscuits  
Sub-sample Number: 13.4  
Sub-sample Name: Jacob's Iced Gems  
Full Product Name: Jacob's Iced Gems  
Brand: Jacob's  
Pack size: 6 x 25g  
Purchase Date: 04/09/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 18/04/09  
Batch Number: 8224 16:52 B3  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Sugar, Wheat Flour, Vegetable Oil, Raising Agent (Sodium Bicarbonate), Salt, Milk, Protein, Safflower Extract, Colours (Carmine, Anthocyanins), Natural Flavourings.

**Label claim(s):**

Contains, Milk, Gluten  
Produced in a factory handling egg, soya  
No Artificial Colours or Flavours  
Less than 100 Calories per bag

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 13.4

Sub-sample Name: Jacob's Iced Gems

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 1664               | 416                        |
| Energy          | kcal        | 392                | 98                         |
| Protein         | g           | 5.0                | 1.3                        |
| Carbohydrate    | g           | 86.2               | 21.6                       |
| Sugars          | g           | 51.3               | 12.8                       |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 3.1                | 0.8                        |
| Saturates       | g           | 1.3                | 0.3                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | 2.0                | 0.5                        |
| Salt            | g           | N/A                | N/A                        |
| Sodium          | g           | 0.3                | 0.1                        |



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 13  
Composite Sample Name: Iced Biscuits  
Sub-sample Number: 13.5  
Sub-sample Name: Jacob's Iced Gems  
Full Product Name: Jacob's Iced Gems  
Brand: Jacob's  
Pack size: 6 x 25g  
Purchase Date: 04/09/08  
Place of Purchase: Asda, Boundary Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 28/03/09  
Batch Number: 3198 13:11 B3  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional information as 13.4

Sample 14: Short or sweet biscuits, fully chocolate coated

Composite Sample Number: 14  
Composite Sample Name: Short Or Sweet Biscuits, Fully Chocolate Coated  
Sub-sample Number: 14.1  
Sub-sample Name: Cadbury Fingers  
Full Product Name: Cadbury Fingers  
Brand: Cadbury  
Pack size: 3 x 150g  
Purchase Date: 4/9/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 28/12/08  
Batch Number: 1L 8092  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Milk chocolate (48%) (Milk, Sugar, Cocoa butter, Cocoa mass, Vegetable fat, Emulsifier (Soya lecithin), Flavourings), Wheat flour, Vegetable fat, Sugar, Partially inverted sugar syrup, Salt, Raising agents (Sodium bicarbonate, Ammonium bicarbonate), Flavouring.

**Label claim(s):**

May contain traces of nuts  
Baked in the UK

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 14.1

Sub-sample Name: Cadbury Fingers

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 2150               | 120                        |
| Energy          | kcal        | 515                | 30                         |
| Protein         | g           | 6.8                | 0.4                        |
| Carbohydrate    | g           | 60.9               | 3.4                        |
| Sugars          | g           | 34.9               | 1.9                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 27.0               | 1.5                        |
| Saturates       | g           | 10.8               | 0.6                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | 1.7                | Trace                      |
| Salt            | g           | 0.39               | 0.02                       |
| Sodium          | g           | 0.16               | Trace                      |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 14  
Composite Sample Name: Short Or Sweet Biscuits, Fully Chocolate Coated  
Sub-sample Number: 14.2  
Sub-sample Name: Cadbury Fingers  
Full Product Name: Cadbury Fingers  
Brand: Cadbury  
Pack size: 150g  
Purchase Date: 4/9/08  
Place of Purchase: Asda, Boundary Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 26/04/09  
Batch Number: 8214 15:43  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional information as 14.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 14  
Composite Sample Name: Short Or Sweet Biscuits, Fully Chocolate Coated  
Sub-sample Number: 14.3  
Sub-sample Name: Cadbury Fingers  
Full Product Name: Cadbury Fingers  
Brand: Cadbury  
Pack size: 150g  
Purchase Date: 4/9/08  
Place of Purchase: Sainsbury's, William Frost Way, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 15/03/09  
Batch Number: 8158 23:08  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional information as 14.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 14  
Composite Sample Name: Short Or Sweet Biscuits, Fully Chocolate Coated  
Sub-sample Number: 14.4  
Sub-sample Name: Nestlé Breakaway  
Full Product Name: Nestlé Breakaway  
Brand: Nestlé  
Pack size: 9 pack  
Purchase Date: 4/9/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 01/2009  
Batch Number: 814010114 16:21  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Milk chocolate (48%) (Milk, Sugar, Cocoa butter, Cocoa mass, Vegetable fat, Emulsifier (Soya lecithin), Flavourings), Wheat flour, Vegetable fat, Sugar, Partially inverted sugar syrup, Salt, Raising agents (Sodium bicarbonate, Ammonium bicarbonate), Flavouring.

**Label claim(s):**

May contain traces of nuts

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 14.4

Sub-sample Name: Nestlé Breakaway

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 2091               | 448                        |
| Energy          | kcal        | 500                | 107                        |
| Protein         | g           | 6.3                | 1.3                        |
| Carbohydrate    | g           | 61.0               | 13.1                       |
| Sugars          | g           | 42.4               | 9.1                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 25.6               | 5.5                        |
| Saturates       | g           | 15.2               | 3.3                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | 2.4                | 0.5                        |
| Salt            | g           | 0.3                | 0.1                        |
| Sodium          | g           | 0.1                | Trace                      |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 14  
Composite Sample Name: Short Or Sweet Biscuits, Fully Chocolate Coated  
Sub-sample Number: 14.5  
Sub-sample Name: Nestlé Breakaway  
Full Product Name: Nestlé Breakaway  
Brand: Nestlé  
Pack size: 9 pack  
Purchase Date: 4/9/08  
Place of Purchase: Asda, Boundary Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 01/2009  
Batch Number: 812310111 01:07  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional information as 14.4



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 14  
Composite Sample Name: Short Or Sweet Biscuits, Fully Chocolate Coated  
Sub-sample Number: 14.6  
Sub-sample Name: Fox's Rocky  
Full Product Name: Fox's Chocolate Rocky  
Brand: Fox's  
Pack size: 10 pack  
Purchase Date: 4/9/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 11/04/09  
Batch Number: A13 01.44  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Milk chocolate (55%), Wheatflour, Vegetable Oil, Sugar, Oatmeal, Glucose Syrup, Desiccated Coconut, Partially inverted sugar syrup, Raising Agents: Disodium Diphosphate, Sodium Bicarbonate, Ammonium Bicarbonate, Molasses, Salt, Emulsifier: Soya Lecithin, Flavouring.

Milk Chocolate Contains: Sugar, Cocoa Butter, Dried Skimmed Milk, Cocoa Mass, Dried Whey, Dried Whole Milk, Vegetable Oil, Butter Oil, Emulsifier: Soya Lecithin, Disodium Diphosphate.

**Label claim(s):**

Contains: Cows Milk, Soya, Wheat, Gluten

Suitable for vegetarians

This product has been made in a factory that uses nut ingredients

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 14.6

Sub-sample Name: Fox's Rocky

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 2127               | 447                        |
| Energy          | kcal        | 507                | 107                        |
| Protein         | g           | 6.9                | 1.45                       |
| Carbohydrate    | g           | 60.3               | 12.7                       |
| Sugars          | g           | 41.4               | 8.9                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 26.4               | 5.5                        |
| Saturates       | g           | 15.5               | 3.3                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | 2.7                | 0.6                        |
| Salt            | g           | 0.8                | 0.17                       |
| Sodium          | g           | 0.33               | 0.07                       |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 14  
Composite Sample Name: Short Or Sweet Biscuits, Fully Chocolate Coated  
Sub-sample Number: 14.7  
Sub-sample Name: Fox's Rocky  
Full Product Name: Fox's Chocolate Rocky  
Brand: Fox's  
Pack size: 10 pack  
Purchase Date: 4/9/08  
Place of Purchase: Asda, Boundary Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 21/02/09  
Batch Number: C23 03:02  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional information as 14.6

## Nutrient analysis survey of biscuits, buns, cakes and pastries

|                                |  |
|--------------------------------|--|
| Composite Sample Number:       | 14   |
| Composite Sample Name:         | Short Or Sweet Biscuits, Fully Chocolate Coated                      |
| Sub-sample Number:             | 14.8   |
| Sub-sample Name:               | Marks and Spencer Milk, Plain And White Chocolate Biscuit Assortment |
| Full Product Name:             | Marks and Spencer Milk, Dark And White Chocolate Biscuit Selection   |
| Brand:                         | Marks and Spencer  |
| Pack size:                     | 500g   |
| Purchase Date:                 | 5/9/08   |
| Place of Purchase:             | Marks and Spencer, Rampant Horse Street, Norwich                     |
| Sell by Date:                  | N/A  |
| Use by Date/Best Before Date:  | Display until 18/02/09, Best before 04/03/09                         |
| Batch Number:                  | 8171 1612  |
| Packaging:                     | Card   |
| Sample Condition As Purchased: | Ambient  |
| Post Purchase Storage:         | 15°C food store  |

**Ingredients:** Milk chocolate (31%), Wheatflour, Dark Chocolate (17%), White Chocolate (12%), Sugar, Palm Oil, Wholewheat Flour, Partially Inverted Sugar Syrup, Glucose Syrup, Butter, Dried Skimmed Milk, Cocoa Powder, Raising Agent (Sodium Bicarbonate, E503, E450), Dextrose, Salt, Rolled Oats, Cocoa Mass, Dried Whole Milk, Rum, Emulsifier: Soya Lecithin, Pasteurised Free Range Egg, Natural Flavouring, Colour: Mixed Carotenes.

Milk Chocolate Contains: Sugar, Cocoa Butter, Dried Skimmed Milk, Cocoa Mass, Butter Oil, Dried Whey, Emulsifier: Soya Lecithin.

Dark Chocolate Contains: Sugar, Cocoa Mass, Cocoa Butter, Butter Oil, Emulsifier: Soya Lecithin, Natural Vanilla Flavouring.

White Chocolate Contains: Sugar, Cocoa Butter, Dried Skimmed Milk, Butter Oil, Emulsifier: Soya Lecithin, Natural Vanilla Flavouring.

**Label claim(s):** Contains: Cows Milk, Eggs, Soya, Wheat, Oats, Gluten

This product has been made in a factory that uses nut ingredients.

No artificial colours or flavourings, or Hydrogenated fat.

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Suitable for vegetarians

Not suitable for nut allergy sufferers.

### **Nutrient Information:**

No nutrient information available

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 14  
Composite Sample Name: Short Or Sweet Biscuits, Fully Chocolate Coated  
Sub-sample Number: 14.9  
Sub-sample Name: Tesco Value (Fully) Chocolate Coated Digestive Bars  
Full Product Name: Tesco Value Milk Chocolate Digestive Bars  
Brand: Tesco  
Pack size: 380g  
Purchase Date: 4/9/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: End May 09  
Batch Number: 8232NA  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Milk chocolate (39%), Wheat Flour, Vegetable oil, Wholemeal Wheat Flour, Sugar, Glucose Syrup, Invert sugar syrup, Raising agents (Sodium bicarbonate, Ammonium bicarbonate), Salt.

Milk Chocolate Contains: Sugar, Cocoa mass, Cocoa butter, Dried Skimmed Milk, Whey Powder, Vegetable fat, Milk Fat, Emulsifier (Soya lecithin), Flavouring.

Milk Chocolate contains: Cocoa solids 25 per cent minimum, Milk solids 14 per cent minimum.

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

Contains Milk, gluten, soya

Recipe: No nuts

Ingredients: Cannot guarantee nut free

Factory: No nuts

Suitable for vegetarians

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 14.9

Sub-sample Name: Tesco Value (Fully) Chocolate Coated Digestive Bars

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 2110               | 405                        |
| Energy          | kcal        | 505                | 100                        |
| Protein         | g           | 6.6                | 1.3                        |
| Carbohydrate    | g           | 61.8               | 11.8                       |
| Sugars          | g           | 31.1               | 5.9                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 25.5               | 4.9                        |
| Saturates       | g           | 13.4               | 2.6                        |
| Monounsaturates | g           | 8.8                | 1.7                        |
| Polyunsaturates | g           | 1.9                | 0.4                        |
| Fibre           | g           | 3.0                | 0.6                        |
| Salt            | g           | N/A                | N/A                        |
| Sodium          | g           | 0.4                | 0.1                        |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 14  
Composite Sample Name: Short Or Sweet Biscuits, Fully Chocolate Coated  
Sub-sample Number: 14.10  
Sub-sample Name: Nestlé Yorkie Biscuit  
Full Product Name: Nestlé Yorkie  
Brand: Nestlé  
Pack size: 7 pack  
Purchase Date: 4/9/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 03/ 09  
Batch Number: 819710115 20:50  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Milk chocolate (55%) (Sugar, Dried whole milk, Cocoa butter, Cocoa mass, Whey powder, Vegetable fat, Lactose, Emulsifier (Soya lecithin E476), Butter fat, Flavouring), Wheat Flour, Wholemeal Flour (11%), Vegetable fat, Sugar, Oat flour, Fat-reduced cocoa powder, Invert sugar syrup, Barley malt extract, Flavourings, Raising agents (Ammonium bicarbonate, Sodium bicarbonate).



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 14.10

Sub-sample Name: Nestlé Yorkie Biscuit

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 2125               | 529                        |
| Energy          | kcal        | 507                | 126                        |
| Protein         | g           | 6.4                | 1.6                        |
| Carbohydrate    | g           | 62.4               | 15.5                       |
| Sugars          | g           | 44.0               | 11.0                       |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 25.0               | 6.2                        |
| Saturates       | g           | 14.4               | 3.6                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | 2.5                | 0.6                        |
| Salt            | g           | 0.3                | 0.1                        |
| Sodium          | g           | 0.1                | Trace                      |

Sample 15: Cream biscuits, fully chocolate coated

Composite Sample Number: 15  
Composite Sample Name: Cream Biscuits, Fully Chocolate Coated  
Sub-sample Number: 15.1  
Sub-sample Name: McVitie's Penguin  
Full Product Name: McVitie's Penguin  
Brand: McVitie's  
Pack size: Pack of 18  
Purchase Date: 04/09/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 08/04/09  
Batch Number: N/A  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Milk chocolate (28%) (Sugar, Cocoa butter, Cocoa mass, Dried skimmed milk, Dried whey, Butter oil, Vegetable fat, Emulsifiers (Soya lecithin, E476), Natural flavouring), Wheat flour, Sugar, Vegetable oil, Glucose-fructose syrup, Fat reduced cocoa powder, Raising agents, (Ammonium Bicarbonate, Sodium Bicarbonate), Natural Flavourings, Salt

**Label claim(s):**

Contains, milk, soya, gluten  
No artificial colours or flavours  
No hydrogenated vegetable oil  
Made with milk chocolate  
Made in the UK

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 15.1

Sub-sample Name: McVitie's Penguin

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 2175               | 479                        |
| Energy          | kcal        | 520                | 114                        |
| Protein         | g           | 5.2                | 1.2                        |
| Carbohydrate    | g           | 62.4               | 13.7                       |
| Sugars          | g           | 39.8               | 8.8                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 27.7               | 6.1                        |
| Saturates       | g           | 15.5               | 3.4                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | 2.4                | 0.5                        |
| Salt            | g           | N/A                | N/A                        |
| Sodium          | g           | 0.1                | <0.1                       |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 15  
Composite Sample Name: Cream Biscuits, Fully Chocolate Coated  
Sub-sample Number: 15.2  
Sub-sample Name: McVitie's Penguin  
Full Product Name: McVitie's Penguin  
Brand: McVitie's  
Pack size: Pack of 9  
Purchase Date: 04/09/08  
Place of Purchase: Asda, Boundary Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 30/05/09  
Batch Number: M A 5 00:14  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional information as 15.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 15  
Composite Sample Name: Cream Biscuits, Fully Chocolate Coated  
Sub-sample Number: 15.3  
Sub-sample Name: McVitie's Penguin  
Full Product Name: McVitie's Penguin  
Brand: McVitie's  
Pack size: Pack of 9  
Purchase Date: 04/09/08  
Place of Purchase: Sainsbury's, William Frost Way, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 23/05/09  
Batch Number: M B 6 21:03  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional information as 15.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 15

Composite Sample Name: Cream Biscuits, Fully Chocolate Coated

Sub-sample Number: 15.4

Sub-sample Name: McVitie's Penguin Variety Pack

Full Product Name: McVitie's Penguin  
6 x Milk, 6 x Orange, 6 x Mint

Brand: McVitie's

Pack size: Pack of 18 (6 x Milk, 6 x Orange, 6 x Mint)

Purchase Date: 04/09/08

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 08/11/08 M B 6

Batch Number: R8161

Packaging: Paper

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

Additional information as 15.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 15  
Composite Sample Name: Cream Biscuits, Fully Chocolate Coated  
Sub-sample Number: 15.5  
Sub-sample Name: Jacob's Club (Orange)  
Full Product Name: Jacob's Club, Orange  
Brand: Jacob's  
Pack size: Pack of 8  
Purchase Date: 04/09/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 04/04/09  
Batch Number: 179 1D 5 15:42  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Milk chocolate (43%) (Sugar, Cocoa Butter, Cocoa Mass, Dried Whey, Dried Skimmed Milk, Dried Glucose, Butter Oil, Vegetable Fat, Emulsifiers (Soya Lecithin, E476), Natural Vanilla Flavouring), Wheat Flour, Partially Hydrogenated Vegetable Oil, Glucose Syrup, Sugar, Rolled Oats, Raising Agents, (Ammonium Bicarbonate, Sodium Bicarbonate, Disodium Diphosphate), Orange Oil, Salt, Colour (Paprika Extract), Citric Acid.

**Label claim(s):**

Contains, Milk, Soya, Gluten  
Suitable for Vegetarians  
Made in the UK

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 15.5

Sub-sample Name: Jacob's Club (orange)

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 2128               | 468                        |
| Energy          | kcal        | 509                | 112                        |
| Protein         | g           | 5.1                | 1.1                        |
| Carbohydrate    | g           | 60.9               | 13.3                       |
| Sugars          | g           | 40.4               | 8.9                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 27.2               | 5.9                        |
| Saturates       | g           | 16.9               | 3.7                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | 2.1                | 0.5                        |
| Salt            | g           | N/A                | N/A                        |
| Sodium          | g           | 0.2                | <0.1                       |



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 15

Composite Sample Name: Cream Biscuits, Fully Chocolate Coated

Sub-sample Number: 15.6

Sub-sample Name: Jacob's Club (Variety pack)

Full Product Name: Jacob's Club  
8 x Mint, 8 x Orange, 8 x Chocolate

Brand: Jacob's

Pack size: Pack of 24

Purchase Date: 04/09/08

Place of Purchase: Sainsbury's, William Frost Way, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 16/05/09

Batch Number: 8231 09:02

Packaging: Paper

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 15.6

Sub-sample Name: Jacob's Club (Variety Pack - Mint)

**Ingredients:** Milk chocolate (43%), (Sugar, Cocoa Butter, Cocoa Mass, Dried Whey, Dried Skimmed Milk, Dried Glucose, Butter Oil, Vegetable Fat, Emulsifiers (Soya Lecithin, E476), Natural Vanilla Flavouring), Wheat Flour, Partially Hydrogenated Vegetable Oil, Glucose Syrup, Sugar, Rolled Oats, Raising Agents, (Ammonium Bicarbonate, Sodium Bicarbonate, Disodium Diphosphate), Salt, Peppermint Oil.

### Label claim(s):

Contains, Milk, Soya, Gluten  
Suitable for Vegetarians

### Nutrient Information:

| Nutrient        | Unit | Amount/100g | Amount/Unit/serving |
|-----------------|------|-------------|---------------------|
| Energy          | kJ   | 2128        | 468                 |
| Energy          | kcal | 509         | 112                 |
| Protein         | g    | 5.2         | 1.1                 |
| Carbohydrate    | g    | 61.4        | 13.5                |
| Sugars          | g    | 40.7        | 8.8                 |
| Starch          | g    | N/A         | N/A                 |
| Fat             | g    | 26.9        | 5.9                 |
| Saturates       | g    | 16.6        | 3.6                 |
| Monounsaturates | g    | N/A         | N/A                 |
| Polyunsaturates | g    | N/A         | N/A                 |
| Fibre           | g    | 2.1         | 0.5                 |
| Salt            | g    | N/A         | N/A                 |
| Sodium          | g    | 0.2         | <0.1                |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 15.6

Sub-sample Name: Jacob's Club (Variety Pack - Chocolate)

**Ingredients:** Milk chocolate (43%) (Sugar, Cocoa Butter, Cocoa Mass, Dried Whey, Dried Skimmed Milk, Dried Glucose, Butter Oil, Vegetable Fat, Emulsifiers (Soya Lecithin, E476), Natural Vanilla Flavouring), Wheat Flour, Partially Hydrogenated Vegetable Oil, Glucose Syrup, Sugar, Rolled Oats, Fat Reduced Cocoa Powder, Raising Agents, (Ammonium Bicarbonate, Sodium Bicarbonate, Disodium Diphosphate), Salt.

### Label claim(s):

Contains, Milk, Soya, Gluten

Suitable for Vegetarians

### Nutrient Information:

| Nutrient        | Unit | Amount/100g | Amount/Unit/serving |
|-----------------|------|-------------|---------------------|
| Energy          | kJ   | 2117        | 465                 |
| Energy          | kcal | 506         | 111                 |
| Protein         | g    | 5.4         | 1.2                 |
| Carbohydrate    | g    | 61.0        | 13.2                |
| Sugars          | g    | 40.4        | 8.7                 |
| Starch          | g    | N/A         | N/A                 |
| Fat             | g    | 26.7        | 5.8                 |
| Saturates       | g    | 16.5        | 3.6                 |
| Monounsaturates | g    | N/A         | N/A                 |
| Polyunsaturates | g    | N/A         | N/A                 |
| Fibre           | g    | 2.5         | 0.6                 |
| Salt            | g    | N/A         | N/A                 |
| Sodium          | g    | 0.2         | <0.1                |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 15.6

Sub-sample Name: Jacob's Club (Variety Pack - Orange)

**Ingredients:** Milk chocolate (43%) (Sugar, Cocoa Butter, Cocoa Mass, Dried Whey, Dried Skimmed Milk, Dried Glucose, Butter Oil, Vegetable Fat, Emulsifiers (Soya Lecithin, E476), Natural Vanilla Flavouring), Wheat Flour, Partially Hydrogenated Vegetable Oil, Glucose Syrup, Sugar, Rolled Oats, Raising Agents, (Ammonium Bicarbonate, Sodium Bicarbonate, Disodium Diphosphate), Orange Oil, Salt, Colour (Paprika Extract) Citric Acid.

### Label claim(s):

Contains, Milk, Soya, Gluten  
Suitable for Vegetarians

### Nutrient Information:

| Nutrient        | Unit | Amount/100g | Amount/Unit/serving |
|-----------------|------|-------------|---------------------|
| Energy          | kJ   | 2128        | 468                 |
| Energy          | kcal | 509         | 112                 |
| Protein         | g    | 5.1         | 1.1                 |
| Carbohydrate    | g    | 60.9        | 13.3                |
| Sugars          | g    | 40.4        | 8.9                 |
| Starch          | g    | N/A         | N/A                 |
| Fat             | g    | 27.2        | 5.9                 |
| Saturates       | g    | 16.9        | 3.7                 |
| Monounsaturates | g    | N/A         | N/A                 |
| Polyunsaturates | g    | N/A         | N/A                 |
| Fibre           | g    | 2.1         | 0.5                 |
| Salt            | g    | 0.2         | <0.1                |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 15  
Composite Sample Name: Cream Biscuits, Fully Chocolate Coated  
Sub-sample Number: 15.7  
Sub-sample Name: Fox's Classic  
Full Product Name: Fox's Classic  
Brand: Fox's Biscuit Limited  
Pack size: Pack of 8  
Purchase Date: 04/09/08  
Place of Purchase: Asda, Boundary Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 02 05 09  
Batch Number: B23S 03:12  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Milk chocolate (33%), Wheatflour, Sugar, Vegetable Oil, Oatmeal, Butteroil, Dried Whey, Partially inverted Refiners Syrup, Desiccated Coconut, Raising Agents: Ammonium Bicarbonate, Disodium Diphosphate, Sodium Bicarbonate, Molasses, Salt, Natural Flavouring, Emulsifier: Soya Lecithin, Colour: Beta-carotene,  
Milk Chocolate contains: Sugar, Cocoa Butter, Dried Skimmed Milk, Cocoa Mass, Dried Whey, Dried Whole Milk, Vegetable Oil, Butteroil, Emulsifier: Soya Lecithin

**Label claim(s):**

Contains, Cows Milk, Soya, Wheat, Gluten, Oats  
Suitable for Vegetarians

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 15.7

Sub-sample Name: Fox's Classic

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 2160               | 551                        |
| Energy          | kcal        | 514                | 131                        |
| Protein         | g           | 5.7                | 1.5                        |
| Carbohydrate    | g           | 61.7               | 15.7                       |
| Sugars          | g           | 43.3               | 11.0                       |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 27.2               | 7.0                        |
| Saturates       | g           | 16.0               | 4.1                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | 2.2                | 0.6                        |
| Salt            | g           | 0.8                | 0.23                       |
| Sodium          | g           | 0.3                | 0.09                       |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 15

Composite Sample Name: Cream Biscuits, Fully Chocolate Coated

Sub-sample Number: 15.8

Sub-sample Name: Marks and Spencer Milk, Plain And White Chocolate Biscuit Assortment

Full Product Name: Marks and Spencer Milk, Plain And White Chocolate Biscuit Selection

Brand: Marks and Spencer

Pack size: 500g

Purchase Date: 5/9/08

Place of Purchase: Marks and Spencer, Rampant Horse Street, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: Display until 28/01/2009, Best before 11/02/09

Batch Number: 8213 2012

Packaging: Card

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

**Ingredients:** Milk chocolate (31%), Wheatflour, Dark Chocolate (17%), White Chocolate (12%), Sugar, Palm Oil, Wholewheat Flour, Partially Inverted Sugar Syrup, Glucose Syrup, Butter, Dried Skimmed Milk, Cocoa Powder, Raising Agent (Sodium Bicarbonate, E503, E450), Dextrose, Salt, Rolled Oats, Cocoa Mass, Dried Whole Milk, Rum, Emulsifier: Soya Lecithin, Pasteurised Free Range Egg, Natural Flavourings, Colour: Mixed Carotenes.

Milk Chocolate Contains: Sugar, Cocoa Butter, Dried Skimmed Milk, Cocoa Mass, Butter Oil, Dried Whey, Emulsifier: Soya Lecithin.

Dark Chocolate Contains: Sugar, Cocoa Mass, Cocoa Butter, Butter Oil, Emulsifier: Soya Lecithin, Natural Vanilla Flavouring.

White Chocolate Contains: Sugar, Cocoa Butter, Dried Skimmed Milk, Butter Oil, Emulsifier: Soya Lecithin, Natural Vanilla Flavouring.

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

Contains: Cows Milk, Eggs, Soya, Wheat, Oats, Gluten

This product has been made in a factory that uses nut ingredients

## Nutrient analysis survey of biscuits, buns, cakes and pastries

No artificial colours or flavourings, or Hydrogenated fat  
Not suitable for nut allergy sufferers

### **Nutrient Information:**

No nutrient information available



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 15  
Composite Sample Name: Cream Biscuits, Fully Chocolate Coated  
Sub-sample Number: 15.9  
Sub-sample Name: Tesco Plain Chocolate Mint Sandwich Biscuits.  
Full Product Name: Tesco Plain Chocolate Mint Biscuits  
Brand: Tesco  
Pack size: Pack of 14  
Purchase Date: 04/09/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: End APR 09  
Batch Number: 8222NB  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Plain chocolate (32%), (Sugar, Cocoa Mass, Cocoa Butter, Vegetable Fat, Anhydrous Milk Fat, Emulsifier: Soya Lecithin, Flavouring), Wheat flour, Sugar, Vegetable Oil, Whey Powder (from milk), Glucose Syrup, Invert Sugar Syrup, Fat Reduced Cocoa Powder, Salt, Raising Agents: Sodium Bicarbonate, Ammonium Bicarbonate), Emulsifier (Soya Lecithin), Flavourings.

Plain Chocolate contains: Cocoa solids 41 per cent minimum

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

Contains, Milk, Wheat, Gluten, Soya

Ingredients: Cannot guarantee nut free

Factory: No nuts

Suitable for vegetarians

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 15.9

Sub-sample Name: Tesco Plain Chocolate Mint Sandwich Biscuits

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 2125               | 550                        |
| Energy          | kcal        | 510                | 135                        |
| Protein         | g           | 4.9                | 1.3                        |
| Carbohydrate    | g           | 63.3               | 16.3                       |
| Sugars          | g           | 37.1               | 9.6                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 26.0               | 6.7                        |
| Saturates       | g           | 14.5               | 3.7                        |
| Monounsaturates | g           | 8.5                | 2.2                        |
| Polyunsaturates | g           | 1.7                | 0.4                        |
| Fibre           | g           | 0.8                | 0.8                        |
| Salt            | g           | N/A                | N/A                        |
| Sodium          | g           | 0.1                | 0.1                        |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 15  
Composite Sample Name: Cream Biscuits, Fully Chocolate Coated  
Sub-sample Number: 15.10  
Sub-sample Name: Asda Puffin Chocolate Mint Sandwich Biscuits.  
Full Product Name: Asda Chocolate Puffins  
Brand: Asda  
Pack size: Pack of 8  
Purchase Date: 04/09/08  
Place of Purchase: Asda, Boundary Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 02 MAR 2009  
Batch Number: 8230 11:05 B  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Milk Chocolate (32%), (Sugar, Cocoa Butter, Cocoa Mass, Skimmed Milk Powder, Whey Powder (Milk), Milk Fat, Vegetable Fat, Emulsifier (Soya Lecithins)), Wheat Flour, Sugar, Vegetable Oil, Fat Reduced Cocoa Powder, Golden Syrup, Wheat Starch, Raising Agents (Ammonium Bicarbonates, Sodium Bicarbonate), Salt, Flavouring

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

Contains, Gluten, Milk, Wheat & Soya  
May contain traces of nuts &/or seeds.  
No artificial colours or flavours  
No hydrogenated fat  
Suitable for vegetarians

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 15.10

Sub-sample Name: Asda Puffin Chocolate Mint Sandwich Biscuits

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 2223               | N/A                        |
| Energy          | kcal        | 531                | N/A                        |
| Protein         | g           | 5.5                | N/A                        |
| Carbohydrate    | g           | 63.0               | N/A                        |
| Sugars          | g           | 42.8               | N/A                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 28.6               | N/A                        |
| Saturates       | g           | 17.0               | N/A                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | 1.2                | N/A                        |
| Salt            | g           | 0.4                | N/A                        |
| Sodium          | g           | 0.14               | N/A                        |

Sample 16: Chocolate coated biscuits with marshmallow

Composite Sample Number: 16  
Composite Sample Name: Chocolate Coated Biscuits With Marshmallow  
Sub-sample Number: 16.1  
Sub-sample Name: Tunnock's Chocolate Teacakes  
Full Product Name: Tunnock's Milk Chocolate Teacakes  
Brand: Tunnock's  
Pack size: 10 x 24g  
Purchase Date: 4/9/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 15/11/08  
Batch Number: L3 8233 14 39  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Mallow 38% (Sugar, Glucose Syrup, Egg Albumin), Milk Chocolate 34% (Sugar, Cocoa Solids (Min.25%) Milk Solids (Min.14%) Vegetable Fat, Emulsifier (Soya Lecithin (E322)), Flavouring), Biscuit 28% (Wheat Flour, Vegetable Oil, Sugar, Chocolate (Cocoa Solids (Min. 25%) Milk Solids (Min.14%), Raising Agents (Sodium Bicarbonate and Disodium Diphosphate (E450))

**Label claim(s):**

Contains: Egg, Cows Milk, Wheat Gluten, Soya  
Suitable for Vegetarians

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 16.1

Sub-sample Name: Tunnock's Chocolate Teacakes

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 1840               | 442                        |
| Energy          | kcal        | 440                | 106                        |
| Protein         | g           | 4.9                | 1.2                        |
| Carbohydrate    | g           | 61.9               | 14.9                       |
| Sugars          | g           | 36.0               | 8.6                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 19.2               | 4.6                        |
| Saturates       | g           | 10.5               | 2.5                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | 2.4                | 0.6                        |
| Salt            | g           | 0.50               | 0.12                       |
| Sodium          | g           | 0.20               | 0.075                      |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 16

Composite Sample Name: Chocolate Coated Biscuits With Marshmallow

Sub-sample Number: 16.2

Sub-sample Name: Tunnock's Chocolate Teacakes

Full Product Name: Tunnock's Milk Chocolate Teacakes

Brand: Tunnock's

Pack size: 10 x 24g

Purchase Date: 4/9/08

Place of Purchase: Asda  
Boundary Road Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 29/11/08

Batch Number: L3 8241 19 31

Packaging: Card

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

Additional information as 16.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 16  
Composite Sample Name: Chocolate Coated Biscuits With Marshmallow  
Sub-sample Number: 16.3  
Sub-sample Name: Tunnock's Chocolate Teacakes  
Full Product Name: Tunnock's Milk Chocolate Teacakes  
Brand: Tunnock's  
Pack size: 6 x 24g  
Purchase Date: 4/9/08  
Place of Purchase: Waitrose, Eaton, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 01/11/08  
Batch Number: L2 8218 16 57  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional information as 16.1



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 16  
Composite Sample Name: Chocolate Coated Biscuits With Marsmallow  
Sub-sample Number: 16.4  
Sub-sample Name: Marks and Spencer Teacakes  
Full Product Name: Marks and Spencer Milk Chocolate Teacakes  
Brand: Marks and Spencer  
Pack size: 16 Pack = 280g  
Purchase Date: 3/10/08  
Place of Purchase: Marks and Spencer, Rampant Horse Street, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: Display until 11/03/09 A1, Best Before 25/03/09  
Batch Number: 12:11  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Milk Chocolate (40%), Glucose Syrup, Wheatflour, Water, Sugar, Palm Oil, Partially Inverted Sugar Syrup, Fat Reduced Cocoa Powder, Beef Gelatine, Dried Free Range Egg White, Raising agent (Sodium Bicarbonate E503), Salt, Natural Vanilla Flavouring. Milk Chocolate Contains: Sugar, Cocoa Butter, Dried Whole Milk, Cocoa Mass, Dried Whey, Emulsifier: Soya Lecithin, Natural Vanilla Flavouring

**Label claim(s):** Contains: Cows Milk, Egg, Soya, Wheat, Gluten

No artificial colours or flavourings, or hydrogenated fat

Not suitable for nut allergy sufferers

This product has been made in a factory which uses nut and sesame ingredients

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 16.4

Sub-sample Name: Marks and Spencer Teacakes

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per teacake</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 1765               | 310  |
| Energy          | kcal        | 420                | 75   |
| Protein         | g           | 5.0                | 0.9  |
| Carbohydrate    | g           | 62.3               | 10.9                                       |
| Sugars          | g           | 43.8               | 7.7  |
| Starch          | g           | N/A                | N/A  |
| Fat             | g           | 16.8               | 2.9  |
| Saturates       | g           | 9.6                | 1.7  |
| Monounsaturates | g           | N/A                | N/A  |
| Polyunsaturates | g           | N/A                | N/A  |
| Fibre           | g           | 1.7                | 0.3  |
| Salt            | g           | 0.40               | 0.08                                       |
| Sodium          | g           | 0.16               | 0.03                                       |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 16  
Composite Sample Name: Chocolate Coated Biscuits With Marshmallow  
Sub-sample Number: 16.5  
Sub-sample Name: Marks and Spencer Teacakes  
Full Product Name: Marks and Spencer Milk Chocolate Teacakes  
Brand: Marks and Spencer  
Pack size: 16 Pack = 280g  
Purchase Date: 5/9/08  
Place of Purchase: Marks and Spencer, Rampant Horse Street, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: Display until 21/01/09 D2, Best Before 04/02/09  
Batch Number: 15:16  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional information as 16.4

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 16  
Composite Sample Name: Chocolate Coated Biscuits With Marshmallow  
Sub-sample Number: 16.6  
Sub-sample Name: Burton's Jam Teacakes  
Full Product Name: Jam Teacakes  
Brand: Burton's  
Pack size: 15 Pack = 188g  
Purchase Date: 4/9/08  
Place of Purchase: Asda, Boundary Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 10/01/09  
Batch Number: L8204 09:13  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Glucose Syrup, Wheat flour, Sugar, Vegetable Oil, Apple and Raspberry Jam (Glucose-Fructose Syrup, Sugar, Apples (contains Preservative: Sodium Metabisulphate), Raspberries, Acidity Regulator (Sodium Citrates), Elderberry Juice Concentrate, Gelling Agent (Pectin), Flavouring, Colour (Carmines)), Cocoa Mass, Whey Powder (from Milk), Pork Gelatine, Cocoa Powder, Emulsifiers (Soya Lecithin, Polyricinoleate), Raising agents (Sodium Hydrogen Carbonate, Ammonium Hydrogen Carbonate) Salt, Flavouring,  
Contains: 32% Chocolate Flavour Coating, 26% Mallow, 8% Apple and Raspberry Jam

**Label claim(s):**

Contains: wheat, gluten, milk and soya  
Made in a factory handling nuts

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 16.6

Sub-sample Name: Burton's Jam Teacakes

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 1910               | 240                        |
| Energy          | kcal        | 455                | 57                         |
| Protein         | g           | 3.8                | 0.5                        |
| Carbohydrate    | g           | 66.9               | 8.4                        |
| Sugars          | g           | 45.1               | 5.7                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 19.3               | 2.4                        |
| Saturates       | g           | 10.8               | 1.4                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | 1.1                | 0.2                        |
| Salt            | g           | 0.3                | Trace                      |
| Sodium          | g           | 0.1                | Trace                      |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 16  
Composite Sample Name: Chocolate Coated Biscuits With Marshmallow  
Sub-sample Number: 16.7  
Sub-sample Name: Burton's Wagon Wheels (Original)  
Full Product Name: Wagon Wheels  
Brand: Burton's  
Pack size: 6 Pack  
Purchase Date: 4/9/08  
Place of Purchase: Sainsburys, William Frost Way, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 28/03/09  
Batch Number: 8213 4 10:42  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat flour, Glucose Syrup, Sugar, Vegetable Fat, Whey Powder, Fat Reduced Cocoa Powder, Egg, Gelatine, Raising Agent (Sodium Bicarbonate), Emulsifiers (Soya Lecithin E476), Salt, Citric Acid, Humectant (Glycerol).  
With 22% Mallow

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

Contains: wheat, gluten, milk, eggs and soya  
Low in salt  
No artificial colours  
Free from hydrogenated fats  
Non GM ingredients  
Baked in the UK

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 16.7

Sub-sample Name: Burton's Wagon Wheels (Original)

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 1798               | 649                        |
| Energy          | kcal        | 431                | 156                        |
| Protein         | g           | 5.1                | 1.8                        |
| Carbohydrate    | g           | 66.9               | 24.1                       |
| Sugars          | g           | 37.1               | 13.3                       |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 15.6               | 5.6                        |
| Saturates       | g           | 8.6                | 3.1                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | 1.9                | 0.7                        |
| Salt            | g           | 0.4                | 0.2                        |
| Sodium          | g           | 0.17               | Trace                      |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 16  
Composite Sample Name: Chocolate Coated Biscuits With Marshmallow  
Sub-sample Number: 16.8  
Sub-sample Name: Burton's Wagon Wheels (Jam)  
Full Product Name: Wagon Wheels, Jammie  
Brand: Burton's  
Pack size: 6 Pack  
Purchase Date: 4/9/08  
Place of Purchase: Asda, Boundary Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 04/04/09  
Batch Number: 8220 1  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat flour, Glucose Syrup, Sugar, Vegetable Fat, Raspberry Flavour Plum Jam (5%) (Glucose-Fructose Syrup, Plums, Humectant (Glycerol), Gelling Agent (Pectins) Citric Acid, Acidity Regulator (Trisodium Citrate), Natural Flavourings, Natural Colour (Anthocyanins), Whey Powder, Fat Reduced Cocoa Powder, Egg, Gelatine, Raising Agent (Sodium Hydrogen Carbonate) Emulsifiers (Soya Lecithin E476), Salt, Citric Acid, Humectant (Glycerol).

With 20% Mallow

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

Contains: wheat, gluten, milk, eggs and soya

Low in salt

No artificial colours

Free from hydrogenated fats

Non GM ingredients

Baked in the UK



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 16.8

Sub-sample Name: Burton's Wagon Wheels (Jam)

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 1772               | 686                        |
| Energy          | kcal        | 425                | 164                        |
| Protein         | g           | 4.9                | 1.9                        |
| Carbohydrate    | g           | 63.2               | 24.5                       |
| Sugars          | g           | 34.7               | 13.4                       |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 15.0               | 5.8                        |
| Saturates       | g           | 8.3                | 3.2                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | 1.8                | 0.7                        |
| Salt            | g           | 0.3                | 0.1                        |
| Sodium          | g           | 0.13               | Trace                      |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 16  
Composite Sample Name: Chocolate Coated Biscuits With Marshmallow  
Sub-sample Number: 16.9  
Sub-sample Name: Lee's Teacakes  
Full Product Name: Lee's Teacakes, Jam Centred  
Brand: Lee's  
Pack size: 12 Pack  
Purchase Date: 5/9/08  
Place of Purchase: Morrison's, Riverside, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 21/11/08  
Batch Number: c  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Jam (4%) Centred Mallow (29%) on a Biscuit Base (34%) with Chocolate flavoured Coating (33%).

Sugar, Wheat Flour, Vegetable Oil, Glucose Syrup, Whey Powder (from Milk), Apple and Raspberry Jam (containing Glucose Syrup, Sugar, Apples, Raspberries, Acidity Regulators (Citric Acid and Sodium Citrate), Colours (Anthocyanins, Cochineal), Gelling Agent (Pectin), Flavouring), Dextrose, Gelling agent (Gelatine), Fat Reduced Cocoa Powder, Partially Inverted Refiners Syrup, Emulsifier (Soya Lecithin & Polyglycerol Polyricinoleate), Salt, Raising agents (Sodium and Ammonium Hydrogen Carbonate), Flavouring

**Label claim(s):**

Contains Wheat, Gluten, Milk and Soya

May contain traces of egg

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 16.9

Sub-sample Name: Lee's Teacakes

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 1850               | N/A                        |
| Energy          | kcal        | 440                | N/A                        |
| Protein         | g           | 3.8                | N/A                        |
| Carbohydrate    | g           | 68.9               | N/A                        |
| Sugars          | g           | N/A                | N/A                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 16.6               | N/A                        |
| Saturates       | g           | N/A                | N/A                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | N/A                | N/A                        |
| Salt            | g           | N/A                | N/A                        |
| Sodium          | g           | N/A                | N/A                        |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 16  
Composite Sample Name: Chocolate Coated Biscuits With Marshmallow  
Sub-sample Number: 16.10  
Sub-sample Name: Asda Smart Price Coated Mallows  
Full Product Name: Asda Smart Price Teacakes  
Brand: Asda  
Pack size: 6 Pack  
Purchase Date: 04/09/08  
Place of Purchase: Asda, Boundary Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 14/02/09  
Batch Number: 8240 05:18  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Mallow (36%) (Glucose Syrup, Gelatine), Chocolate Flavour Coating (28%) (Sugar, Vegetable Oil, Cocoa Mass, Whey Powder (Milk), Emulsifiers (Soya Lecithin, Polyglycerol Polyricinoleate), Wheat Flour, Vegetable Oil, Sugar, Glucose Syrup, Raising Agents (Sodium Bicarbonate, Ammonium Carbonates), Salt, Emulsifier (Soya Lecithin)

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

Contains gluten, milk, wheat and soya  
May contain traces of nuts and/or seeds  
No artificial flavours  
No hydrogenated fat

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 16.10

Sub-sample Name: Asda Smart Price Coated Mallows

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 1779               | 374                        |
| Energy          | kcal        | 423                | 89                         |
| Protein         | g           | 3.6                | 0.8                        |
| Carbohydrate    | g           | 65.8               | 13.8                       |
| Sugars          | g           | 41.8               | 8.8                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 16.2               | 3.4                        |
| Saturates       | g           | 9.0                | 1.9                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | 1.4                | 0.3                        |
| Salt            | g           | 0.5                | 0.1                        |
| Sodium          | g           | 0.20               | 0.04                       |

### Sample 17: Chocolate wafer biscuits fully coated

Composite Sample Number: 17  
Composite Sample Name: Chocolate Wafer Biscuits Fully Coated  
Sub-sample Number: 17.1  
Sub-sample Name: Kit Kat 2 Finger Wafer Biscuits  
Full Product Name: Kit Kat, Milk Chocolate  
Brand: Kit Kat  
Pack size: 9 x 2 finger  
Purchase Date: 11/09/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 01/05/09  
Batch Number: 82181012 HBM50 1 10:37  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Milk chocolate (66%) (Sugar, Cocoa butter, Cocoa mass, Dried skimmed milk, Whey powder, Butterfat, Vegetable fat, Lactose, Emulsifiers (Soya lecithin, E476), Flavouring), Wheat flour, Sugar, Vegetable fat, Cocoa mass, Yeast, Raising agent (Sodium bicarbonate), Salt, Calcium sulphate, Flavouring

**Label claim(s):**

Free from hydrogenated fat  
Free from artificial colours and sweeteners  
Free from nuts and eggs  
Free from preservatives  
Suitable for vegetarians  
Only 107 calories

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 17.1

Sub-sample Name: Kit Kat 2 Finger Wafer Biscuits

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 2132               | 449                        |
| Energy          | kcal        | 509                | 107                        |
| Protein         | g           | 5.6                | 1.2                        |
| Carbohydrate    | g           | 61.9               | 13.0                       |
| Sugars          | g           | 48.7               | 10.2                       |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 26.6               | 5.6                        |
| Saturates       | g           | 18.1               | 3.8                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | 1.1                | 0.2                        |
| Salt            | g           | 0.2                | 0.1                        |
| Sodium          | g           | 0.1                | Trace                      |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 17  
Composite Sample Name: Chocolate Wafer Biscuits Fully Coated  
Sub-sample Number: 17.2  
Sub-sample Name: Kit Kat 2 Finger Wafer Biscuits  
Full Product Name: Kit Kat, Milk Chocolate  
Brand: Kit Kat  
Pack size: 18 x 2 finger  
Purchase Date: 11/09/08  
Place of Purchase: Asda, Boundary Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 01/04/09  
Batch Number: 81871012 HBM502 21:55  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional information as 17.1



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 17  
Composite Sample Name: Chocolate Wafer Biscuits Fully Coated  
Sub-sample Number: 17.3  
Sub-sample Name: Kit Kat 2 Finger Wafer Biscuits  
Full Product Name: Kit Kat Milk Chocolate  
Brand: Kit Kat  
Pack size: 9 x 2 finger  
Purchase Date: 11/09/08  
Place of Purchase: Sainsbury's, William Frost Way, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 01/05/09  
Batch Number: 82141012 4:1 WEST 05:24  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional information as 17.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 17

Composite Sample Name: Chocolate Wafer Biscuits Fully Coated

Sub-sample Number: 17.4

Sub-sample Name: Kit Kat 2 Finger Wafer Biscuits

Full Product Name: Kit Kat Milk Chocolate

Brand: Kit Kat

Pack size: 9 x 2 finger

Purchase Date: 11/09/08

Place of Purchase: Waitrose, Eaton, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 01/05/09

Batch Number: 82171012 4:1 WEST 21:02

Packaging: Paper

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

Additional information as 17.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 17  
Composite Sample Name: Chocolate Wafer Biscuits Fully Coated  
Sub-sample Number: 17.5  
Sub-sample Name: Blue Riband Wafers  
Full Product Name: Blue Riband  
Brand: Nestlé  
Pack size: 9 pack  
Purchase Date: 11/09/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: End 03/2009  
Batch Number: 818910115 09:34  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Milk chocolate (45%) (Sugar, Dried whole milk, Cocoa butter, Cocoa mass, Whey powder, Vegetable fat, Lactose, Emulsifiers (Soya lecithin, E476), Butterfat, Flavouring), Wheat flour, Sugar, Vegetable fat, Fat reduced cocoa powder, Raising agent (Sodium bicarbonate).

**Label claim(s):**

Only 99 Calories per biscuit

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 17.5  
Sub-sample Name: Blue Riband Wafers

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 2152               | 416                        |
| Energy          | kcal        | 514                | 99                         |
| Protein         | g           | 4.9                | 0.9                        |
| Carbohydrate    | g           | 66.4               | 12.9                       |
| Sugars          | g           | 50.0               | 9.7                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 25.4               | 4.9                        |
| Saturates       | g           | 16.1               | 3.1                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | 1.1                | 0.2                        |
| Salt            | g           | 0.2                | Trace                      |
| Sodium          | g           | 0.1                | Trace                      |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 17  
Composite Sample Name: Chocolate Wafer Biscuits Fully Coated  
Sub-sample Number: 17.6  
Sub-sample Name: Blue Riband wafers  
Full Product Name: Blue Riband  
Brand: Nestlé  
Pack size: 9 pack  
Purchase Date: 11/09/08  
Place of Purchase: Asda, Boundary Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: End 03/2009  
Batch Number: 819610115 21:16  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional information as 17.5

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 17

Composite Sample Name: Chocolate Wafer Biscuits Fully Coated

Sub-sample Number: 17.7

Sub-sample Name: Tunnock's Caramel Wafer

Full Product Name: Tunnock's Real Milk Chocolate Caramel Wafer Biscuits

Brand: Tunnock's

Pack size: 8 pack 8 x 30g

Purchase Date: 11/09/08

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 07/03/09

Batch Number: A1/1 8248 1057

Packaging: Paper

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

**Ingredients:** Caramel 50% (Glucose Syrup, Sugar, Sweetened Condensed Milk, Invert Sugar Syrup, Vegetable Oil, Flavour, Emulsifier (Soya Lecithin (E322)), Milk Chocolate 33% (Sugar, Cocoa Solid (Min 25%), Milk Solids (Min14%),Vegetable Fat, Emulsifier (Soya Lecithin (E322), Flavouring), Wheat Flour, Sugar, Vegetable Oil, Raising Agent (Sodium Bicarbonate), Salt, Emulsifier (Soya Lecithin (E322))

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

Contains: cow's milk, wheat gluten, soya

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 17.7

Sub-sample Name: Tunnock's Caramel Wafer

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 1873               | 562                        |
| Energy          | kcal        | 448                | 134                        |
| Protein         | g           | 3.6                | 1.1                        |
| Carbohydrate    | g           | 69.2               | 20.8                       |
| Sugars          | g           | 34.7               | 10.4                       |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 17.4               | 5.2                        |
| Saturates       | g           | 12.7               | 3.8                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | 2.5                | 0.7                        |
| Salt            | g           | 0.48               | 0.14                       |
| Sodium          | g           | 0.19               | 0.06                       |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 17  
Composite Sample Name: Chocolate Wafer Biscuits Fully Coated  
Sub-sample Number: 17.8  
Sub-sample Name: Cadbury Time Out 2 Finger Wafers  
Full Product Name: Cadbury Time Out  
Brand: Cadbury  
Pack size: 9 pack 9 x 20 4g  
Purchase Date: 11/09/08  
Place of Purchase: Sainsbury's, William Frost Way, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: End 02 2009  
Batch Number: L8170 LA  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Milk chocolate (65%) (Milk, Sugar, Cocoa butter, Cocoa Mass, Vegetable fat, Emulsifier (E442), Flavourings), Wheat flour, Hydrogenated vegetable oil. Dextrose, Dried whey, Maize starch, Maltodextrin, Chocolate (Sugar, Cocoa mass, Cocoa butter, Butter fat, Emulsifier (Soya lecithin)), Salt, Raising agent (Sodium bicarbonate), Flavourings.

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

May contain traces of hazelnut  
Made by Cadbury Ireland



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 17.8

Sub-sample Name: Cadbury Time Out 2 Finger Wafers

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 2230               | 445                        |
| Energy          | kcal        | 530                | 110                        |
| Protein         | g           | 6.3                | 1.3                        |
| Carbohydrate    | g           | 58.3               | 11.9                       |
| Sugars          | g           | N/A                | N/A                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 30.7               | 6.3                        |
| Saturates       | g           | N/A                | N/A                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | N/A                | N/A                        |
| Salt            | g           | N/A                | N/A                        |
| Sodium          | g           | N/A                | N/A                        |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 17  
Composite Sample Name: Chocolate Wafer Biscuits Fully Coated  
Sub-sample Number: 17.9  
Sub-sample Name: McVitie's Taxi  
Full Product Name: McVitie's Taxi  
Brand: McVitie's  
Pack size: 9 pack  
Purchase Date: 11/09/08  
Place of Purchase: Sainsburys, William Frost Way, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 14/03/09  
Batch Number: T2 A 14:54  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Caramel (39%) (Glucose Syrup, Partially Hydrogenated Vegetable Oil, Dried Whey, Emulsifier (E471)), Milk Chocolate, (37%), (Sugar, Cocoa Butter, Dried Skimmed Milk, Cocoa Mass, Dried Whey, Butter Oil, Emulsifier (Soya Lecithin), Natural Vanilla Flavouring, Sugar, Wheat Flour, Partially Hydrogenated Vegetable Oil, Fat Reduced Cocoa Powder, Maltodextrin, Soya Flour, Wheat Starch, Emulsifier (Soya Lecithin) Raising Agent (Sodium Bicarbonate), Flavourings (Colour: Plain Caramel).

### Label claim(s)

May contain traces of nuts  
Contains milk, soya, gluten  
Suitable for vegetarians  
Made in the UK

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 17.9

Sub-sample Name: McVitie's Taxi

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 1957               | 519                        |
| Energy          | kcal        | 468                | 124                        |
| Protein         | g           | 3.4                | 0.9                        |
| Carbohydrate    | g           | 55.7               | 14.8                       |
| Sugars          | g           | 49.2               | 13.0                       |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 25.7               | 6.8                        |
| Saturates       | g           | 18.3               | 4.8                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | N/A                | N/A                        |
| Salt            | g           | N/A                | N/A                        |
| Sodium          | g           | 2.5                | Trace                      |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 17  
Composite Sample Name: Chocolate Wafer Biscuits Fully Coated  
Sub-sample Number: 17.10  
Sub-sample Name: Rivington Ainsley Harriots Milk Chocolate Heaven Wafer  
Full Product Name: Ainsley Harriot Chocolate Heaven Bars  
Brand: Rivington  
Pack size: 8 pack  
Purchase Date: 11/09/08  
Place of Purchase: Waitrose, Eaton, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 17/12/08  
Batch Number: N/A  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Belgian Milk Chocolate (42%) (Sugar, Whole Milk Powder, Cocoa Liquor, Cocoa Butter, Emulsifier (Soya Lecithin), Flavouring), Chocolate Flavour Filling (37%) (Vegetable Oil, Sugar, Fat Reduced Cocoa Powder, Milk Proteins, Skimmed Milk Powder), Wafer (12%) (Wheat Flour, Vegetable Oil, Milk Proteins, Emulsifier (Soya Lecithins), Salt, Skimmed Milk Powder, Raising Agents (Sodium Hydrogen Carbonate, Ammonium Hydrogen Carbonate), Milk Chocolate Chips (9%) (Sugar, Whole Milk Powder, Cocoa Butter, Cocoa Mass, Whey Solids (Milk), Emulsifier (Soya Lecithins)), Flavouring)  
Belgian Milk Chocolate Contains: Cocoa Solids 20% Minimum, Milk Solids 20% Minimum.

### Label claim(s)

Contains: Cows Milk, Wheat, Gluten and Soya

Recipe: No Nuts

Ingredients: Cannot Guarantee all nut free

Factory: No Nuts on Site.

Vegetarian Society Approved

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 17.10

Sub-sample Name: Rivington Ainsley Harriots Milk Chocolate Heaven Wafer

### Nutrient Information:

| Nutrient        | Unit | Amount/100g | Amount/Unit/serving |
|-----------------|------|-------------|---------------------|
| Energy          | kJ   | 2136        | 511                 |
| Energy          | kcal | 555         | 133                 |
| Protein         | g    | 7.0         | 1.9                 |
| Carbohydrate    | g    | 53.8        | 14.0                |
| Sugars          | g    | 32.2        | 8.4                 |
| Starch          | g    | N/A         | N/A                 |
| Fat             | g    | 29.8        | 7.7                 |
| Saturates       | g    | 19.7        | 5.1                 |
| Monounsaturates | g    | N/A         | N/A                 |
| Polyunsaturates | g    | N/A         | N/A                 |
| Fibre           | g    | 4.4         | 1.1                 |
| Salt            | g    | 0.2         | 0.05                |
| Sodium          | g    | 0.09        | 0.02                |

### Sample 18: Cream sandwich biscuits

|                                |                                 |
|--------------------------------|---------------------------------|
| Composite Sample Number:       | 18                              |
| Composite Sample Name:         | Cream Sandwich Biscuits         |
| Sub-sample Number:             | 18.1                            |
| Sub-sample Name:               | Tesco Value Custard Creams      |
| Full Product Name:             | Tesco Value Custard Creams      |
| Brand:                         | Tesco                           |
| Pack size:                     | 400g                            |
| Purchase Date:                 | 19/09/08                        |
| Place of Purchase:             | Tesco, Harford Bridges, Norwich |
| Sell by Date:                  | N/A                             |
| Use by Date/Best Before Date:  | END MAR 09                      |
| Batch Number:                  | 8259 1 18 :30                   |
| Packaging:                     | Paper                           |
| Sample Condition As Purchased: | Ambient                         |
| Post Purchase Storage:         | 15°C food store                 |

**Ingredients:** Wheat flour, Sugar, Vegetable Oil, Whey Solids, Glucose Syrup, Wheat Starch, Salt, Raising Agents (Ammonium Bicarbonate, Sodium Bicarbonate), Flavouring, Colour (Mixed Carotenes).

**Label claim(s):**

Contains: milk, wheat, gluten

Recipe: No nuts.

Ingredients: Cannot guarantee nut free.

Factory: Product made in nut free area but nuts used elsewhere.

Suitable for Vegetarians

Produced in the UK

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 18.1

Sub-sample Name: Tesco Value Custard Creams

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 2080               | 240                        |
| Energy          | kcal        | 500                | 60                         |
| Protein         | g           | 5.2                | 0.6                        |
| Carbohydrate    | g           | 67.2               | 7.7                        |
| Sugars          | g           | 28.3               | 3.2                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 22.9               | 2.6                        |
| Saturates       | g           | 13.7               | 1.6                        |
| Monounsaturates | g           | 6.7                | 0.8                        |
| Polyunsaturates | g           | 2.0                | 0.2                        |
| Fibre           | g           | 2.1                | 0.2                        |
| Salt            | g           | 0.4                | Trace                      |
| Sodium          | g           | 0.2                | Trace                      |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 18  
Composite Sample Name: Cream Sandwich Biscuits  
Sub-sample Number: 18.2  
Sub-sample Name: Tesco Value Bourbon Creams  
Full Product Name: Tesco Value Bourbon Creams  
Brand: Tesco  
Pack size: 400g  
Purchase Date: 11/09/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: End Feb 09  
Batch Number: 8240 4 17:55  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat flour, Sugar, Vegetable Oil, Fat Reduced Cocoa Powder, Glucose Syrup, Dextrose, Wheat Starch, Raising Agents (Ammonium Bicarbonate, Sodium Bicarbonate), Salt, Flavouring.

**Label claim(s):**

Contains: wheat, gluten

Recipe: No nuts

Ingredients: Cannot guarantee nut free

Factory: Product made in a nut free area, but nuts used elsewhere

Suitable for vegetarians

Produced in the UK



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 18.2

Sub-sample Name: Tesco Value Bourbon Creams

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 2015               | 285                        |
| Energy          | kcal        | 480                | 70                         |
| Protein         | g           | 5.5                | 0.8                        |
| Carbohydrate    | g           | 66.2               | 9.3                        |
| Sugars          | g           | 30.0               | 4.2                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 21.4               | 3.0                        |
| Saturates       | g           | 12.8               | 1.8                        |
| Monounsaturates | g           | 6.4                | 0.9                        |
| Polyunsaturates | g           | 1.9                | 0.3                        |
| Fibre           | g           | 3.4                | 0.5                        |
| Salt            | g           | N/A                | N/A                        |
| Sodium          | g           | 0.1                | Trace                      |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 18  
Composite Sample Name: Cream Sandwich Biscuits  
Sub-sample Number: 18.3  
Sub-sample Name: Fox's Golden Crunch Creams  
Full Product Name: Fox's Creams Golden Crunch  
Brand: Fox's  
Pack size: 200g  
Purchase Date: 11/09/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 02 05 09 A  
Batch Number: 1 3 S 02:16  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Sugar, Wheatflour, Vegetable Oil, Dried Whole Milk, Rolled Oats (3%), Glucose Syrup, Partially Inverted Refiners Syrup, Dried Skimmed Milk, Raising Agents (Ammonium Bicarbonate, Sodium Bicarbonate, Disodium Diphosphate), Salt, Flavouring, Emulsifier (Soya Lecithin), Colour (Beta-carotene).

**Label claim(s):**

Contains Cows Milk, Soya, Wheat, Gluten, Oats  
This product has been made in a factory that uses nut ingredients  
Suitable for vegetarians

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 18.3

Sub-sample Name: Fox's Golden Crunch Creams

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 2164               | 311                        |
| Energy          | kcal        | 515                | 74                         |
| Protein         | g           | 5.0                | 0.7                        |
| Carbohydrate    | g           | 64.9               | 9.3                        |
| Sugars          | g           | 38.3               | 5.5                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 26.2               | 3.8                        |
| Saturates       | g           | 15.2               | 2.2                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | 1.6                | 0.2                        |
| Salt            | g           | 0.57               | 0.08                       |
| Sodium          | g           | 0.23               | 0.03                       |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 18  
Composite Sample Name: Cream Sandwich Biscuits  
Sub-sample Number: 18.4  
Sub-sample Name: Asda Smart Price Custard Creams  
Full Product Name: Asda Smart Price Custard Creams  
Brand: Asda  
Pack size: 400g  
Purchase Date: 11/09/08  
Place of Purchase: Asda, Boundary Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 07 MAR 09  
Batch Number: 8233 LEB 1 11:41  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat flour, Sugar, Vegetable Oil, Whey Solids (Milk), Glucose Syrup, Wheat Starch, Salt, Raising Agents (Ammonium Carbonates, Sodium Bicarbonate), Natural Flavouring, Colour (Carotenes).

**Label claim(s):**

Contains: Gluten, milk and wheat  
May contain traces of nuts and/or seeds  
Suitable for vegetarians  
No artificial colours, flavours or hydrogenated fat

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 18.4

Sub-sample Name: Asda Smart Price Custard Creams

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 2078               | 237                        |
| Energy          | kcal        | 496                | 57                         |
| Protein         | g           | 5.2                | 0.6                        |
| Carbohydrate    | g           | 67.2               | 7.7                        |
| Sugars          | g           | 28.3               | 3.2                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 22.9               | 2.6                        |
| Saturates       | g           | 13.7               | 1.6                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | 2.1                | 0.2                        |
| Salt            | g           | 0.5                | 0.1                        |
| Sodium          | g           | 0.20               | 0.02                       |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 18  
Composite Sample Name: Cream Sandwich Biscuits  
Sub-sample Number: 18.5  
Sub-sample Name: Tesco Custard Creams  
Full Product Name: Tesco Custard Cream Biscuits  
Brand: Tesco  
Pack size: 400g  
Purchase Date: 11/09/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: END JUN 09  
Batch Number: 8252 01:48  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat flour, Sugar, Vegetable Oil, Dried Skimmed Milk, Wheat Starch, Whey Powder (from Milk), Raising Agents (Ammonium Bicarbonate, Sodium Bicarbonate), Salt, Flavourings, Emulsifier (Soya Lecithin), Colour (Beta-Carotenes).

**Label claim(s):**

Contains, milk, wheat, gluten, soya  
Recipe: No nuts  
Ingredients: Cannot guarantee nut free  
Factory: No nuts  
Suitable for vegetarians  
Produced in the UK

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 18.5

Sub-sample Name: Tesco Custard Creams

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 2135               | 270                        |
| Energy          | kcal        | 510                | 65                         |
| Protein         | g           | 5.7                | 0.7                        |
| Carbohydrate    | g           | 65.7               | 8.3                        |
| Sugars          | g           | 30.1               | 3.8                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 24.8               | 3.1                        |
| Saturates       | g           | 13.1               | 1.7                        |
| Monounsaturates | g           | 8.0                | 1.0                        |
| Polyunsaturates | g           | 2.2                | 0.3                        |
| Fibre           | g           | 1.5                | 0.2                        |
| Salt            | g           | N/A                | N/A                        |
| Sodium          | g           | 0.2                | Trace                      |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 18  
Composite Sample Name: Cream Sandwich Biscuits  
Sub-sample Number: 18.6  
Sub-sample Name: Asda Custard Creams  
Full Product Name: Asda Custard Creams  
Brand: Asda  
Pack size: 400g  
Purchase Date: 11/09/08  
Place of Purchase: Asda, Boundary Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 07 MAR 09  
Batch Number: 8230 LEB 5 18:36  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat flour, Sugar, Vegetable Oil, Whey Solids (from Milk), Glucose Syrup, Wheat Starch, Salt, Raising Agents (Ammonium Bicarbonate, Sodium Bicarbonate), Natural Flavourings, Colour (Mixed Carotenes).

**Label claim(s):**

Contains, gluten, milk and wheat  
May contain traces of nuts and/or seeds  
Suitable for vegetarians



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 18.6

Sub-sample Name: Asda Custard Creams

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 2088               | 250                        |
| Energy          | kcal        | 498                | 60                         |
| Protein         | g           | 5.0                | 0.6                        |
| Carbohydrate    | g           | 67.1               | 8.0                        |
| Sugars          | g           | 29.8               | 3.5                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 23.3               | 2.8                        |
| Saturates       | g           | 14.4               | 1.7                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | 2.0                | 0.2                        |
| Salt            | g           | 0.5                | 0.1                        |
| Sodium          | g           | 0.17               | 0.02                       |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 18  
Composite Sample Name: Cream Sandwich Biscuits  
Sub-sample Number: 18.7  
Sub-sample Name: Asda Smart Price Bourbon Creams  
Full Product Name: Asda Smart Price Bourbon Creams Biscuits  
Brand: Asda  
Pack size: 200g  
Purchase Date: 11/09/08  
Place of Purchase: Asda, Boundary Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 07 MAR 09  
Batch Number: 8233 LEB 6 09:12  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat flour, Sugar, Vegetable Oil, Fat Reduced Cocoa Powder, Glucose Syrup, Dextrose Monohydrate, Wheat Starch, Raising Agents (Ammonium Carbonates, Sodium Bicarbonate), Salt, Flavouring.

**Label claim(s):**

Contains gluten and wheat

May contain traces of nuts and/or seeds

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 18.7

Sub-sample Name: Asda Smart Price Bourbon Creams

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 2011               | 272                        |
| Energy          | kcal        | 479                | 65                         |
| Protein         | g           | 5.5                | 0.7                        |
| Carbohydrate    | g           | 66.2               | 9.0                        |
| Sugars          | g           | 30.0               | 4.1                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 21.4               | 2.9                        |
| Saturates       | g           | 12.8               | 1.7                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | 3.4                | 0.5                        |
| Salt            | g           | 0.3                | Trace                      |
| Sodium          | g           | 0.10               | Trace                      |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 18  
Composite Sample Name: Cream Sandwich Biscuits  
Sub-sample Number: 18.8  
Sub-sample Name: Asda Bourbon Creams  
Full Product Name: Asda Bourbon Creams  
Brand: Asda  
Pack size: 400g  
Purchase Date: 11/09/08  
Place of Purchase: Asda, Boundary Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 07 MAR 09  
Batch Number: 8235 LEB 4 01:07  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat flour, Sugar, Vegetable Oil, Fat Reduced Cocoa Powder (4%), Glucose Syrup, Dextrose Monohydrate, Wheat Starch, Raising Agents (Ammonium Carbonates, Sodium Bicarbonate), Salt, Flavouring.  
Chocolate Flavoured Cream Filling (25%)

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

Contains, gluten and wheat  
May contain traces of nuts and/or seeds  
No Colours  
No hydrogenated fat  
Produced in the UK

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 18.8

Sub-sample Name: Asda Bourbon Creams

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 2015               | 283                        |
| Energy          | kcal        | 480                | 67                         |
| Protein         | g           | 5.4                | 0.8                        |
| Carbohydrate    | g           | 66.1               | 9.3                        |
| Sugars          | g           | 30.7               | 4.3                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 21.6               | 3.0                        |
| Saturates       | g           | 13.1               | 1.8                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | 3.4                | 0.5                        |
| Salt            | g           | 0.3                | Trace                      |
| Sodium          | g           | 0.10               | 0.1                        |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 18  
Composite Sample Name: Cream Sandwich Biscuits  
Sub-sample Number: 18.9  
Sub-sample Name: Sainsbury's Custard Creams  
Full Product Name: Sainsbury's Custard Creams  
Brand: Sainsbury's  
Pack size: 400g  
Purchase Date: 11/09/08  
Place of Purchase: Sainsbury's, William Frost Way, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 21 FEB 09 C  
Batch Number: 8242 1 18:34  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

### Ingredients:

Biscuit contains: Wheat flour, Vegetable Oil, Sugar, Glucose Syrup, Whey Solids (from Cow's Milk), Salt, Raising Agents: Ammonium Hydrogen Carbonate, Sodium Hydrogen Carbonate.  
Cream Filling contains: Sugar, Vegetable Oil, Whey Solids (from Cow's Milk), Wheat Starch, Natural Flavourings, Colour (Mixed Carotenes).

### Label claim(s):

Contains milk and wheat gluten

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

Vegetarian

Produced in the UK

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 18.9

Sub-sample Name: Sainsbury's Custard Creams

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 2088               | 248                        |
| Energy          | kcal        | 498                | 59                         |
| Protein         | g           | 5.0                | 0.6                        |
| Carbohydrate    | g           | 67.1               | 8.0                        |
| Sugars          | g           | 29.8               | 3.5                        |
| Starch          | g           | 37.3               | 4.4                        |
| Fat             | g           | 23.3               | 2.8                        |
| Saturates       | g           | 14.4               | 1.7                        |
| Monounsaturates | g           | 6.6                | 0.8                        |
| Polyunsaturates | g           | 2.0                | 0.2                        |
| Fibre           | g           | 2.0                | 0.2                        |
| Salt            | g           | 0.43               | Trace                      |
| Sodium          | g           | 0.17               | Trace                      |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 18  
Composite Sample Name: Cream Sandwich Biscuits  
Sub-sample Number: 18.10  
Sub-sample Name: McVitie's, Hob Nob Creams, Vanilla  
Full Product Name: McVitie's Hobnob Creams  
Brand: United Biscuits  
Pack size: 200g  
Purchase Date: 11/09/08  
Place of Purchase: Waitrose, Eaton, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 07 FEB 09  
Batch Number: T4 B 09:23  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

### **Ingredients:**

Rolled Oats (27%), Vegetable Oil, Sugar, Wholemeal (17%), Maltodextrin, Lactose, Partially Inverted Sugar Syrup, Dextrose Monohydrate, Raising Agents (Sodium Bicarbonate, Ammonium Bicarbonate), Dried Skimmed Milk, Salt, Wheat Starch, Natural Vanilla Flavouring.

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

Contains milk, gluten  
Produced on a line handling soya  
Suitable for vegetarians  
No artificial flavours or colours  
No hydrogenated vegetable oil



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 18.10

Sub-sample Name: McVitie's, Hob Nob Creams, Vanilla

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 2083               | 292                        |
| Energy          | kcal        | 498                | 70                         |
| Protein         | g           | 5.5                | 0.8                        |
| Carbohydrate    | g           | 59.7               | 8.4                        |
| Sugars          | g           | 30.1               | 4.2                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 26.4               | 3.7                        |
| Saturates       | g           | 15.1               | 2.1                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | 3.9                | 0.5                        |
| Salt            | g           | N/A                | N/A                        |
| Sodium          | g           | 0.4                | 0.1                        |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 18  
Composite Sample Name: Cream Sandwich Biscuits  
Sub-sample Number: 18.11  
Sub-sample Name: Fox's Rich Tea Finger Creams  
Full Product Name: Fox's Creams Rich Tea With Real Vanilla Cream  
Brand: Fox's  
Pack size: 200g  
Purchase Date: 11/09/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 06 06 09  
Batch Number: T4 B 09:23 F 01:00  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

### **Ingredients:**

Wheatflour, Sugar, Vegetable oil, Glucose Syrup, Dried Whole Milk, Partially Inverted Refiners Syrup, Salt Raising Agents: Ammonium Bicarbonate, Sodium Bicarbonate, Disodium Diphosphate, Flavourings, Emulsifier: Soya Lecithin.

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

Contains: Cows Milk, Soya, Wheat, Gluten

Suitable for Vegetarians

This product has been made in a factory that uses nut ingredients

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 18.11

Sub-sample Name: Fox's Rich Tea Finger Creams

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 1991               | 235                        |
| Energy          | kcal        | 474                | 56                         |
| Protein         | g           | 6.0                | 0.7                        |
| Carbohydrate    | g           | 64.7               | 7.6                        |
| Sugars          | g           | 27.0               | 3.2                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 21.3               | 2.5                        |
| Saturates       | g           | 12.0               | 1.4                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | 1.9                | 0.2                        |
| Salt            | g           | 0.71               | 0.08                       |
| Sodium          | g           | 0.3                | 0.03                       |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 18  
Composite Sample Name: Cream Sandwich Biscuits  
Sub-sample Number: 18.12  
Sub-sample Name: Sainsbury's Bourbon Creams  
Full Product Name: Sainsbury's Bourbon Creams  
Brand: Sainsbury's  
Pack size: 400g  
Purchase Date: 11/09/08  
Place of Purchase: Sainsbury's, William Frost Way, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 28 FEB 09  
Batch Number: 8247 3 13:40  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

### Ingredients:

Biscuit, Cream Filling (25%)

Biscuit contains: Wheat flour, Sugar, Vegetable Oil, Glucose Syrup, Fat Reduced Cocoa Powder, Raising Agents: Ammonium Bicarbonate, Sodium Bicarbonate; Salt.

Cream Filling contains: Sugar, Vegetable Oil, Dextrose Monohydrate, Fat Reduced Cocoa Powder, Wheat Starch, Flavourings, Salt

### Label claim(s):

Contains, wheat gluten

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

Vegetarian

Produced in the UK

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 18.12

Sub-sample Name: Sainsbury's Bourbon Creams

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 2016               | 282                        |
| Energy          | kcal        | 481                | 67                         |
| Protein         | g           | 5.4                | 0.8                        |
| Carbohydrate    | g           | 66.1               | 9.3                        |
| Sugars          | g           | 30.7               | 4.3                        |
| Starch          | g           | 35.4               | 5.0                        |
| Fat             | g           | 21.6               | 3.0                        |
| Saturates       | g           | 13.1               | 1.8                        |
| Monounsaturates | g           | 6.3                | 0.9                        |
| Polyunsaturates | g           | 1.8                | 0.3                        |
| Fibre           | g           | 3.4                | 0.5                        |
| Salt            | g           | 0.3                | Trace                      |
| Sodium          | g           | 0.1                | Trace                      |

### Sample 19: Flapjacks, retail

Composite Sample Number: 19  
Composite Sample Name: Flapjacks, Retail  
Sub-sample Number: 19.1  
Sub-sample Name: Fabulous Bakin' Boys Golden Oaty Flapjack Fingers  
Full Product Name: Fabulous Bakin' Boys Golden Oaty Flapjack Fingers  
Brand: Fabulous Bakin' Boys  
Pack size: 168g  
Purchase Date: 11/09/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 07/03/09  
Batch Number: 12:30  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Oats (47%), Golden Syrup, Vegetable Oil, Butter (8.5%), Sugar.

**Label claim(s):**

Contains Gluten, Milk Products  
Suitable for Vegetarians  
Baked in a Nut Free Zone  
No Hydrogenated Fats  
No Artificial Colours or preservatives

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 19.1

Sub-sample Name: Fabulous Bakin' Boys Golden Oaty Flapjack Fingers

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 1947               | 545                        |
| Energy          | kcal        | 465                | 130                        |
| Protein         | g           | 6                  | 1.7                        |
| Carbohydrate    | g           | 59                 | 16.5                       |
| Sugars          | g           | 30                 | 8.4                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 23                 | 6.4                        |
| Saturates       | g           | 6                  | 1.7                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre (Dietary) | g           | 4                  | 1.1                        |
| Salt            | g           | N/A                | N/A                        |
| Sodium          | g           | 0.1                | 0.04                       |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 19  
Composite Sample Name: Flapjacks, Retail  
Sub-sample Number: 19.2  
Sub-sample Name: Fabulous Bakin' Boys Golden Oaty Flapjack Fingers  
Full Product Name: Fabulous Bakin' Boys Golden Oaty Flapjack Fingers  
Brand: Fabulous Bakin' Boys  
Pack size: 168g  
Purchase Date: 11/09/08  
Place of Purchase: Sainsbury's, William Frost Way, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 07/03/09  
Batch Number: 05:05  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional information as 19.1



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 19  
Composite Sample Name: Flapjacks, Retail  
Sub-sample Number: 19.3  
Sub-sample Name: Marks and Spencer Mini Flapjack Bites  
Full Product Name: Marks and Spencer Flapjack Mini Bites  
Brand: Marks and Spencer  
Pack size: 320g  
Purchase Date: 13/10/08  
Place of Purchase: Marks and Spencer, Rampant Horse Street, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 23 OCT 09  
Batch Number: N/A  
Packaging: Plastic Tub  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Rolled oats (41%), Butter (23%), Golden syrup (16%), Sweetened skimmed condensed milk, Demerara sugar, Salt, Emulsifier (Soya lecithin).

**Label claim(s):**

Contains cow's milk, soya, gluten  
Made in a factory that uses nut ingredients  
Suitable for Vegetarians  
Made in the UK

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 19.3

Sub-sample Name: Marks and Spencer Mini Flapjack Bites

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per Flapjack</b> |
|-----------------|-------------|--------------------|---|
| Energy          | kJ          | 2100               | 290   |
| Energy          | kcal        | 500                | 70  |
| Protein         | g           | 6.4                | 0.9   |
| Carbohydrate    | g           | 62.8               | 8.7   |
| Sugars          | g           | 35.7               | 5.0   |
| Starch          | g           | N/A                | N/A   |
| Fat             | g           | 25.0               | 3.5   |
| Saturates       | g           | 11.1               | 1.5   |
| Monounsaturates | g           | N/A                | N/A   |
| Polyunsaturates | g           | N/A                | N/A   |
| Fibre (Dietary) | g           | 3.4                | 0.5   |
| Salt            | g           | 0.8                | 0.1   |
| Sodium          | g           | 0.33               | 0.05  |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 19  
Composite Sample Name: Flapjacks, Retail  
Sub-sample Number: 19.4  
Sub-sample Name: Aldi, Holly Lane Rustics Flapjack  
Full Product Name: Aldi, Holly Lane Rustics Flapjack  
Brand: Holly Lane  
Pack size: 120g  
Purchase Date: 13/10/08  
Place of Purchase: Aldi, Larkman Lane, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: END FEB 09  
Batch Number: N/A  
Packaging: Plastic  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Oats, Vegetable Oil, Brown sugar, Partially inverted sugar syrup, Wheat flour, Salt, Emulsifier (Polyglycerol esters of fatty acids), Colours (Annatto, Curcumin), Flavouring.

**Label claim(s):**

Contains Gluten

May contain traces of nuts and sesame seeds

Suitable for Vegetarians

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 19.4

Sub-sample Name: Aldi, Holly Lane Rustics Flapjack

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per Flapjack</b> |
|-----------------|-------------|--------------------|---|
| Energy          | kJ          | 1939               | 2328  |
| Energy          | kcal        | 463                | 557   |
| Protein         | g           | 5.8                | 7.0   |
| Carbohydrate    | g           | 59.7               | 71.6  |
| Sugars          | g           | 27.3               | 32.8  |
| Starch          | g           | N/A                | N/A   |
| Fat             | g           | 22.3               | 26.8  |
| Saturates       | g           | 7.4                | 8.9   |
| Monounsaturates | g           | N/A                | N/A   |
| Polyunsaturates | g           | N/A                | N/A   |
| Fibre (Dietary) | g           | 4.2                | 5.0   |
| Salt            | g           | N/A                | N/A   |
| Sodium          | g           | 0.2                | 0.2   |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 19  
Composite Sample Name: Flapjacks, Retail  
Sub-sample Number: 19.5  
Sub-sample Name: Tesco Mini Flapjack Bites  
Full Product Name: Tesco Flapjack Mini Bites  
Brand: Tesco  
Pack size: 18  
Purchase Date: 13/10/08  
Place of Purchase: Tesco Extra, Blue Boar Lane, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 18 OCT  
Batch Number: N/A  
Packaging: Plastic Tub  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

### **Ingredients:**

**Label claim(s):** May contain traces of nuts

### **Nutrient Information:**

No nutrient information available

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 19  
Composite Sample Name: Flapjacks, Retail  
Sub-sample Number: 19.6  
Sub-sample Name: McVitie's HobNob Flapjacks  
Full Product Name: McVitie's HobNob Flapjacks  
Brand: McVitie's  
Pack size: 5 X 34g = 170g  
Purchase Date: 25/09/08  
Place of Purchase: Morrisons, Riverside, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 25 NOV 08  
Batch Number: F7Y 13:30  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Rolled Oats (41%), Glucose-Fructose Syrup, Vegetable Oil, Sugar, Golden Syrup (Partially Inverted Sugar Syrup), Wholemeal Butter Emulsifier (E471), Raising Agents (Sodium Bicarbonate, Ammonium Bicarbonate), Salt

**Label claim(s):**

Contains: milk, gluten  
Produced on a line handling peanuts, nuts, soya  
Suitable for vegetarians  
Source of fibre  
No hydrogenated vegetable oil  
No artificial colours or flavours

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 19.6

Sub-sample Name: McVities Hob Nob Flapjacks

### Nutrient Information:

|                 | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per flapjack</b> |
|-----------------|-------------|--------------------|---|
| Energy          | kJ          | 1887               | 660   |
| Energy          | kcal        | 450                | 158   |
| Protein         | g           | 5.7                | 2.0   |
| Carbohydrate    | g           | 59.2               | 20.7  |
| Sugars          | g           | 28.5               | 10.0  |
| Starch          | g           | N/A                | N/A   |
| Fat             | g           | 21.2               | 7.4   |
| Saturates       | g           | 9.1                | 3.2   |
| Monounsaturates | g           | N/A                | N/A   |
| Polyunsaturates | g           | N/A                | N/A   |
| Fibre (Dietary) | g           | 4.3                | 1.5   |
| Salt            | g           | N/A                | N/A   |
| Sodium          | g           | 0.3                | 0.1   |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 19  
Composite Sample Name: Flapjacks, Retail  
Sub-sample Number: 19.7  
Sub-sample Name: Sainsbury's Butter Flapjack Bites  
Full Product Name: Sainsbury's Butter Flapjack Bites  
Brand: Sainsbury's  
Pack size: 20 345g  
Purchase Date: 13/10/08  
Place of Purchase: Sainsbury's, William Frost Way, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 18 OCT  
Batch Number: N/A  
Packaging: Plastic Tub  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Oats (37%), Sweetened condensed cows' milk, Golden syrup, Sugar (14%), Butter (from cows' milk) (11%), Vegetable margarine (Palm oil, rapeseed oil, Water, Salt, Emulsifier (Polyglycerol esters of fatty acids), Natural flavouring), Salt.

**Label claim(s):**

Contain milk, oat, gluten  
Suitable for vegetarians

**Nutrient Information:**

No nutrient information available



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 19  
Composite Sample Name: Flapjacks, Retail  
Sub-sample Number: 19.8  
Sub-sample Name: Asda Flapjack Bites  
Full Product Name: Asda Flapjack Mini Bites  
Brand: Asda  
Pack size: 20 380g  
Purchase Date: 13/10/08  
Place of Purchase: Asda, Boundary Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 06 NOV 08  
Batch Number: 23:09  
Packaging: Plastic Tub  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Oats (38%), Partially inverted sugar syrup, Sweetened condensed skimmed milk [skimmed milk, Sugar, Butterfat], Butter (11%), Margarine (Vegetable oils, Water, Salt, Natural flavouring), Sugar.

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

Contain gluten, milk and oats  
May contain traces of nuts and/or seeds  
Suitable for vegetarians  
Produced in the UK

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 19.8

Sub-sample Name: Asda Flapjack Bites

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per Flapjack</b> |
|-----------------|-------------|--------------------|---|
| Energy          | kJ          | 1794               | 342   |
| Energy          | kcal        | 428                | 82  |
| Protein         | g           | 5.1                | 1.0   |
| Carbohydrate    | g           | 55.8               | 10.6  |
| Sugars          | g           | 33.0               | 6.3   |
| Starch          | g           | N/A                | N/A   |
| Fat             | g           | 20.5               | 3.9   |
| Saturates       | g           | 9.6                | 1.8   |
| Monounsaturates | g           | N/A                | N/A   |
| Polyunsaturates | g           | N/A                | N/A   |
| Fibre (Dietary) | g           | 3.0                | 0.6   |
| Salt            | g           | 0.3                | 0.1   |
| Sodium          | g           | 0.10               | 0.02  |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 19  
Composite Sample Name: Flapjacks, Retail  
Sub-sample Number: 19.9  
Sub-sample Name: Flapjack From Independent Bakery Shop  
Full Product Name: Flapjack  
Brand: N/A  
Pack size: N/A  
Purchase Date: 14/10/08  
Place of Purchase: Upper Crust Bakery, Dereham Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: N/A  
Batch Number: N/A  
Packaging: Paper bag  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

### **Ingredients:**

Not listed

### **Nutrient Information:**

No nutrient information available

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 19  
Composite Sample Name: Flapjacks, Retail  
Sub-sample Number: 19.10  
Sub-sample Name: Flapjack From Catering Outlet  
Full Product Name: Flapjack  
Brand: N/A  
Pack size: N/A  
Purchase Date: 16/10/08  
Place of Purchase: Notcutts Café, Ipswich Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 2/11/08  
Batch Number: N/A  
Packaging: N/A  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

### **Ingredients:**

Not listed

### **Nutrient Information:**

No nutrient information available

## Sample 20: Chocolate chip standard cookies and biscuits

|                                |  |
|--------------------------------|--|
| Composite Sample Number:       | 20   |
| Composite Sample Name:         | Chocolate Chip Standard Cookies And Biscuits |
| Sub-sample Number:             | 20.1   |
| Sub-sample Name:               | Maryland Traditional Chocolate Chip Cookies  |
| Full Product Name:             | Maryland Choc Chip Cookies                   |
| Brand:                         | Burton's                                     |
| Pack size:                     | 150g   |
| Purchase Date:                 | 11/09/08                                     |
| Place of Purchase:             | Tesco, Harford Bridges, Norwich              |
| Sell by Date:                  | N/A  |
| Use by Date/Best Before Date:  | 25/07/09                                     |
| Batch Number:                  | 8213 C7N                                     |
| Packaging:                     | Paper  |
| Sample Condition As Purchased: | Ambient                                      |
| Post Purchase Storage:         | 15°C food store                              |

**Ingredients:** Wheat Flour, Chocolate Chips (22%) (Sugar, Cocoa Mass, Vegetable Oil, Cocoa Butter, Emulsifier (Soya Lecithin), Flavouring), Vegetable Oil, Sugar, Whey Powder, Partially Inverted Sugar Syrup, Raising Agents (Ammonium Hydrogen Carbonate, Sodium Hydrogen Carbonate), Salt, Flavourings

**Label claim(s):**

Contains Soya, Gluten and Milk  
May Contain Traces of Nuts  
Suitable for Vegetarians  
Baked in the UK

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 20.1

Sub-sample Name: Maryland Traditional Chocolate Chip Cookies

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 2139               | 234                        |
| Energy          | kcal        | 511                | 57                         |
| Protein         | g           | 6.2                | 0.7                        |
| Carbohydrate    | g           | 68.0               | 7.4                        |
| Sugars          | g           | N/A                | N/A                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 23.9               | 2.6                        |
| Saturates       | g           | N/A                | N/A                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | N/A                | N/A                        |
| Salt            | g           | N/A                | N/A                        |
| Sodium          | g           | N/A                | N/A                        |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 20  
Composite Sample Name: Chocolate Chip Standard Cookies And Biscuits  
Sub-sample Number: 20.2  
Sub-sample Name: Maryland Traditional Chocolate Chip Cookies  
Full Product Name: Maryland Choc Chip Cookies  
Brand: Burton's  
Pack size: 150g  
Purchase Date: 11/09/08  
Place of Purchase: Asda, Boundary Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 04/07/09  
Batch Number: 8189 22:00 B  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional information as 20.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 20  
Composite Sample Name: Chocolate Chip Standard Cookies And Biscuits  
Sub-sample Number: 20.3  
Sub-sample Name: Maryland Traditional Chocolate Chip Cookies  
Full Product Name: Maryland Choc Chip Cookies  
Brand: Burtons  
Pack size: 150g  
Purchase Date: 11/09/08  
Place of Purchase: Sainsbury's, William Frost Way, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 25/07/09  
Batch Number: 8212 A7N  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional information as 20.1



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 20  
Composite Sample Name: Chocolate Chip Standard Cookies And Biscuits  
Sub-sample Number: 20.4  
Sub-sample Name: Tesco Value Cookies With Chocolate Flavour Chips  
Full Product Name: Tesco Value Chocolate Chip Cookies  
Brand: Tesco  
Pack size: 2 x 300g  
Purchase Date: 11/09/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: End April 09  
Batch Number: 8244 B 10:48  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat Flour, Sugar, Vegetable Margarine, Chocolate Flavour Pieces (7%), Vegetable Oil, Invert Sugar Syrup, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Salt, Flavouring  
Vegetable Margarine contains: Vegetable Fat, Vegetable Oil, Water, Salt, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Acidity Regulator (Citric Acid), Flavouring.  
Chocolate Flavour Pieces contain: Sugar, Vegetable Oil, Maize Starch, Fat Reduced Cocoa Powder, Wheat Flour, Whey Powder, Milk Proteins, Whey Protein Concentrate, Emulsifier (Soya Lecithins), Flavouring.

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

Contains milk, wheat, gluten, soya

Recipe: No nuts

Ingredients: Cannot guarantee nut free

Factory: Before being prepared for manufacture of this product, the equipment was previously used to make products containing

Suitable for Vegetarians. Produced in the UK

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 20.4

Sub-sample Name: Tesco Value Cookies With Chocolate Flavour Chips

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 2155               | 240                        |
| Energy          | kcal        | 515                | 60                         |
| Protein         | g           | 4.8                | 0.5                        |
| Carbohydrate    | g           | 65.0               | 7.2                        |
| Sugars          | g           | 31.4               | 3.5                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 26.1               | 2.9                        |
| Saturates       | g           | 12.1               | 1.3                        |
| Monounsaturates | g           | 3.2                | 0.4                        |
| Polyunsaturates | g           | 5.8                | 0.6                        |
| Fibre           | g           | 1.6                | 0.2                        |
| Salt            | g           | N/A                | N/A                        |
| Sodium          | g           | 0.1                | Trace                      |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 20  
Composite Sample Name: Chocolate Chip Standard Cookies And Biscuits  
Sub-sample Number: 20.5  
Sub-sample Name: Asda Smart Price Chocolate Chip Cookies  
Full Product Name: Asda Smart Price Chocolate Chip Cookies  
Brand: Asda  
Pack size: 200g  
Purchase Date: 11/09/08  
Place of Purchase: Asda, Boundary Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 11/03/09  
Batch Number: 8240 2 00:38 LAL  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat Flour, Vegetable Oil, Sugar, Chocolate Chips (6%), (Sugar, cocoa Mass, Vegetable Oil, Cocoa Butter, Emulsifier (Soya Lecithins), Flavouring), Whey Powder (from Milk), Partially inverted Sugar Syrup, Raising Agent (Sodium Bicarbonate), Salt, Flavouring

**Label claim(s):**

Contains, gluten, milk, wheat and soya  
May contain traces of nuts and/or seeds  
Suitable for Vegetarians

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 20.5

Sub-sample Name: Asda Smart Price Chocolate Chip Cookies

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 2092               | 216                        |
| Energy          | kcal        | 499                | 52                         |
| Protein         | g           | 5.2                | 0.5                        |
| Carbohydrate    | g           | 68.3               | 7.2                        |
| Sugars          | g           | 29.0               | 3.1                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 23.4               | 2.5                        |
| Saturates       | g           | 10.8               | 1.1                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | 1.7                | 0.2                        |
| Salt            | g           | 0.6                | 0.1                        |
| Sodium          | g           | 0.25               | 0.03                       |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 20  
Composite Sample Name: Chocolate Chip Standard Cookies And Biscuits  
Sub-sample Number: 20.6  
Sub-sample Name: Maryland Traditional Chocolate Chip Cookies  
Full Product Name: Maryland Choc Chip Cookies  
Brand: Burton's  
Pack size: 150g  
Purchase Date: 11/09/08  
Place of Purchase: Asda, Boundary Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 04/07/09  
Batch Number: 8190 C7E  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional information as 20.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 20  
Composite Sample Name: Chocolate Chip Standard Cookies And Biscuits  
Sub-sample Number: 20.7  
Sub-sample Name: Maryland Double Chocolate Chip Cookies  
Full Product Name: Maryland Double Choc Chip Cookies  
Brand: Burton's  
Pack size: 2 x 150g  
Purchase Date: 12/09/08  
Place of Purchase: Morrison's, Riverside, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 30/05/09  
Batch Number: 8153 H7  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat Flour, Chocolate Chips (18%) (Sugar, Cocoa Mass, Vegetable Oil, Cocoa Butter, Emulsifier (Soya Lecithin), Flavouring), Sugar, Vegetable Oil, Partially Inverted Sugar Syrup, Reduced Fat Cocoa Powder, Whey Powder, Raising Agents (Sodium Hydrogen Carbonate, Ammonium Hydrogen Carbonate), Salt, Flavourings.

**Label claim(s):**

Contains, Soya, Gluten and Milk  
May Contain Traces of Nuts  
No artificial colours, sweeteners or preservatives.  
Reduced salt  
Non GM ingredients  
No hydrogenated fats  
Suitable for Vegetarians  
Baked in the UK

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 20.7

Sub-sample Name: Maryland Double Chocolate Chip Cookies

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 2099               | 227                        |
| Energy          | kcal        | 500                | 54                         |
| Protein         | g           | 6.2                | 0.7                        |
| Carbohydrate    | g           | 68.0               | 7.3                        |
| Sugars          | g           | 35.3               | 3.8                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 22.8               | 2.5                        |
| Saturates       | g           | 9.8                | 1.1                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | 1.3                | 0.1                        |
| Salt            | g           | 0.6                | Trace                      |
| Sodium          | g           | 0.22               | Trace                      |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 20  
Composite Sample Name: Chocolate Chip Standard Cookies And Biscuits  
Sub-sample Number: 20.8  
Sub-sample Name: Sainsbury's Chocolate Chip Cookies  
Full Product Name: Sainsbury's Chocolate Chip Cookies  
Brand: Sainsbury's  
Pack size: 200g  
Purchase Date: 11/09/08  
Place of Purchase: Sainsbury's, William Frost Way, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 02 FEB 09  
Batch Number: 8204 16:54 C  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

### **Ingredients:** Biscuit; Chocolate Chips (20%)

Biscuit contains: Wheat Flour, Palm Oil, Sugar, Vegetarian Whey Powder, (from Cows Milk), Partially Inverted Sugar Syrup, Raising Agents: Sodium Bicarbonate, Ammonium Bicarbonate, Salt, Flavouring

Chocolate Chips Contain: Sugar, Cocoa Mass, Cocoa Butter, Vegetable Oil, Emulsifier (Soya Lecithin) Flavouring.

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

Contains, milk, wheat, gluten & soya.

Not suitable for peanut or allergy sufferers

Vegetarian

Produced in the UK



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 20.8

Sub-sample Name: Sainsbury's Chocolate Chip Cookies

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 2130               | 230                        |
| Energy          | kcal        | 508                | 55                         |
| Protein         | g           | 6.2                | 0.7                        |
| Carbohydrate    | g           | 67.0               | 7.2                        |
| Sugars          | g           | 34.2               | 3.7                        |
| Starch          | g           | 32.9               | 3.5                        |
| Fat             | g           | 23.9               | 2.6                        |
| Saturates       | g           | 13.1               | 1.4                        |
| Monounsaturates | g           | 7.7                | 0.8                        |
| Polyunsaturates | g           | 2.8                | 0.3                        |
| Fibre           | g           | 1.3                | 0.1                        |
| Salt            | g           | 0.7                | Trace                      |
| Sodium          | g           | 0.3                | Trace                      |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 20  
Composite Sample Name: Chocolate Chip Standard Cookies And Biscuits  
Sub-sample Number: 20.9  
Sub-sample Name: Asda Chocolate Chip Cookies  
Full Product Name: Asda Choc Chip Cookies  
Brand: Asda  
Pack size: 250g  
Purchase Date: 11/09/08  
Place of Purchase: Asda, Boundary Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 12/02/09  
Batch Number: 8213 07:43  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat Flour, Vegetable Oil, Sugar, Plain Chocolate Chips, (18%) (Sugar, Cocoa Mass, Vegetable Oil, Cocoa Butter, Emulsifier (Soya Lecithins), Natural Flavouring), Vegetarian Whey Powder (Milk), Raising Agents (Sodium Bicarbonate, Diphosphates, Ammonium Carbonate), Salt, Natural Flavouring.

**Label claim(s):**

Contains gluten, milk, wheat, & soya  
May contain traces of nuts and/ or seeds  
Suitable for Vegetarians  
No artificial flavours  
No hydrogenated fat

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 20.9

Sub-sample Name: Asda Chocolate Chip Cookies

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 2092               | 240                        |
| Energy          | kcal        | 500                | 57                         |
| Protein         | g           | 5.2                | 0.6                        |
| Carbohydrate    | g           | 62.8               | 7.2                        |
| Sugars          | g           | 34.1               | 3.9                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 25.3               | 2.9                        |
| Saturates       | g           | 12.9               | 1.5                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | 2.6                | 0.3                        |
| Salt            | g           | 1.0                | 0.1                        |
| Sodium          | g           | 0.39               | 0.04                       |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 20  
Composite Sample Name: Chocolate Chip Standard Cookies And Biscuits  
Sub-sample Number: 20.10  
Sub-sample Name: Fox's Chunkies Cookies, Chocolate Chunk (Not Half Coated)  
Full Product Name: Fox's Chunkie Milk Chocolate Cookies  
Brand: Fox's  
Pack size: 200g  
Purchase Date: 11/09/08  
Place of Purchase: Asda, Boundary Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 23/05/09 B  
Batch Number: 5 3 S 04:32  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Milk Chocolate Chunks (27%), Wheatflour, Vegetable Oil, Sugar, Oatmeal, Partially Inverted Refiners Syrup, Desiccated Coconut, Glucose Syrup, Molasses, Raising Agents: Disodium Diphosphate, Sodium Bicarbonate, Ammonium Bicarbonate, Salt, Flavouring, Emulsifier: Soya Lecithin.  
Milk Chocolate Chunks contain Sugar, Dried Whole Milk, Cocoa Butter, Cocoa Mass. Dried Whey, Dried Skimmed Milk, Emulsifier (Soya Lecithin), Natural Flavouring.

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

Contains Wheat, Gluten, Cow's Milk, Oats, Soya  
This product has been made in a factory which uses nut ingredients  
Suitable for Vegetarians

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 20.10

Sub-sample Name: Fox's Chunkies Cookies, Chocolate Chunk (Not Half Coated)

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 2111               | 485                        |
| Energy          | kcal        | 502                | 116                        |
| Protein         | g           | 6.0                | 1.4                        |
| Carbohydrate    | g           | 61.8               | 14                         |
| Sugars          | g           | 37.5               | 8.6                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 25.7               | 5.9                        |
| Saturates       | g           | 13.9               | 3.2                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | 2.7                | 0.6                        |
| Salt            | g           | 0.7                | 0.15                       |
| Sodium          | g           | 0.28               | 0.06                       |

Sample 21: American-style chocolate chip cookies

Composite Sample Number: 21  
Composite Sample Name: American-Style Chocolate Chip Cookies  
Sub-sample Number: 21.1  
Sub-sample Name: Tesco Finest Triple Chocolate Chunk Cookies  
Full Product Name: Tesco Finest Triple Chocolate Chunk Cookies  
Brand: Tesco  
Pack size: 4 Pack  
Purchase Date: 21/10/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 23 Oct  
Batch Number: N/A  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:**

Not listed

**Label claim(s):**

May Contain Traces of Nuts

**Nutrient Information:**

No nutrient information available

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 21  
Composite Sample Name: American-Style Chocolate Chip Cookies  
Sub-sample Number: 21.2  
Sub-sample Name: Asda Double Chocolate Cookies  
Full Product Name: Asda Double Chocolate Cookies  
Brand: Asda  
Pack size: 5 Pack  
Purchase Date: 21/10/08  
Place of Purchase: Asda, Boundary Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 23 10 08  
Batch Number: N/A  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

### **Ingredients:**

Not listed

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

May Contain Traces of Nuts or Seeds

### **Nutrient Information:**

No nutrient information available

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 21  
Composite Sample Name: American-Style Chocolate Chip Cookies  
Sub-sample Number: 21.3  
Sub-sample Name: Tesco Finest White Chocolate Chunk Cookies  
Full Product Name: Tesco Finest White Chocolate Chunk Cookies  
Brand: Tesco  
Pack size: 4 Pack  
Purchase Date: 21/10/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 23 Oct  
Batch Number: N/A  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

### **Ingredients:**

Not listed

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

May Contain Traces of Nuts

### **Nutrient Information:**

No nutrient information available



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 21  
Composite Sample Name: American-Style Chocolate Chip Cookies  
Sub-sample Number: 21.4  
Sub-sample Name: Asda White Chocolate Cookies  
Full Product Name: Asda White Chocolate Cookies  
Brand: Asda  
Pack size: 5 Pack  
Purchase Date: 21/10/08  
Place of Purchase: Asda, Boundary Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 22 10 08  
Batch Number: N/A  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

### **Ingredients:**

Not listed

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

May Contain Traces of Nuts or Seeds

### **Nutrient Information:**

No nutrient information available

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 21  
Composite Sample Name: American-Style Chocolate Chip Cookies  
Sub-sample Number: 21.5  
Sub-sample Name: Tesco Finest Chocolate Chunk Cookies  
Full Product Name: Tesco Finest Chocolate Chunk Cookies  
Brand: Tesco  
Pack size: 4 Pack  
Purchase Date: 21/10/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 23 Oct  
Batch Number: N/A  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

### **Ingredients:**

Not listed

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

May Contain Traces of Nuts

### **Nutrient Information:**

No nutrient information available

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 21  
Composite Sample Name: American-Style Chocolate Chip Cookies  
Sub-sample Number: 21.6  
Sub-sample Name: Asda Milk Chocolate Cookies  
Full Product Name: Asda Milk Chocolate Cookies  
Brand: Asda  
Pack size: 5 Pack  
Purchase Date: 21/10/08  
Place of Purchase: Asda, Boundary Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 22 10 08  
Batch Number: N/A  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

### **Ingredients:**

Not listed

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

May Contain Traces of Nuts or Seeds

### **Nutrient Information:**

No nutrient information available

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 21  
Composite Sample Name: American-Style Chocolate Chip Cookies  
Sub-sample Number: 21.7  
Sub-sample Name: Tesco Milk Chocolate Buttons Cookies  
Full Product Name: Tesco Milk Chocolate Button Cookies  
Brand: Tesco  
Pack size: 4 Pack  
Purchase Date: 21/10/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 23 Oct  
Batch Number: N/A  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

### **Ingredients:**

Not listed

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

May Contain Traces of Nuts

### **Nutrient Information:**

No nutrient information available

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 21  
Composite Sample Name: American-Style Chocolate Chip Cookies  
Sub-sample Number: 21.8  
Sub-sample Name: Sainsbury's Double Chocolate Chip Cookies  
Full Product Name: Sainsbury's Milk Chocolate Button Cookies  
Brand: Sainsbury's  
Pack size: 5 Pack 200g  
Purchase Date: 21/10/08  
Place of Purchase: Sainsbury's, William Frost Way, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 24 Oct  
Batch Number: N/A  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

### **Ingredients:**

Not listed

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

May Contain Traces of Nuts

### **Nutrient Information:**

No nutrient information available

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 21

Composite Sample Name: American-Style Chocolate Chip Cookies

Sub-sample Number: 21.9

Sub-sample Name: Millie's Cookies  
One each of milk chocolate, white chocolate, plain chocolate, double chocolate

Full Product Name: Millie's Cookies

Brand: Millie's

Pack size: N/A

Purchase Date: 21/10/08

Place of Purchase: Millie's Cookies, Chapelfield Mall, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: N/A

Batch Number: N/A

Packaging: Paper

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

### **Ingredients:**

Not listed

### **Nutrient Information:**

No nutrient information available

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 21

Composite Sample Name: American-Style Chocolate Chip Cookies

Sub-sample Number: 21.10

Sub-sample Name: Chocolate Chip Cookie From Catering Outlet

Full Product Name: Milk Chocolate And White Chocolate Cookie

Brand: N/A

Pack size: N/A

Purchase Date: 21/10/08

Place of Purchase: Edwards and Blake Catering, Institute of Food Research,  
Norwich

Sell by Date: N/A

Use by Date/Best Before Date: N/A

Batch Number: N/A

Packaging: N/A

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

### **Ingredients:**

Not listed

### **Nutrient Information:**

No nutrient information available

## Sample 22: Fruit biscuits

Composite Sample Number: 22  
Composite Sample Name: Fruit Biscuits  
Sub-sample Number: 22.1  
Sub-sample Name: McVitie's Fruit Shortcake  
Full Product Name: McVitie's Fruit Shortcake  
Brand: McVitie's  
Pack size: 250g  
Purchase Date: 11/09/08  
Place of Purchase: Sainsbury's, William Frost Way, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 02 MAY 09 CE  
Batch Number: 3 01:01  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat Flour, Vegetable Oil, Sugar, Currants (12%), Oatmeal, Glucose Syrup, Raising Agents (Sodium Bicarbonate, Ammonium Bicarbonate, Disodium Diphosphate), Partially Inverted Sugar Syrup, Salt, Flavourings, Colour (Curcumin).

**Label claim(s):**

Contains: Gluten  
Produced on a line handling milk  
No hydrogenated vegetable oil  
Suitable For Vegetarians



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 22.1

Sub-sample Name: McVitie's Fruit Shortcake

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 1944               | 156                        |
| Energy          | kcal        | 463                | 37                         |
| Protein         | g           | 5.7                | 0.5                        |
| Carbohydrate    | g           | 65.0               | 5.2                        |
| Sugars          | g           | 25.3               | 2.0                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 20.1               | 1.6                        |
| Saturates       | g           | 9.6                | 0.8                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | 2.6                | 0.2                        |
| Salt            | g           | N/A                | N/A                        |
| Sodium          | g           | 0.4                | <0.1                       |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 22  
Composite Sample Name: Fruit Biscuits  
Sub-sample Number: 22.2  
Sub-sample Name: McVitie's Fruit Shortcake  
Full Product Name: McVitie's Fruit Shortcake  
Brand: McVitie's  
Pack size: 250g  
Purchase Date: 11/09/08  
Place of Purchase: Waitrose, Eaton, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 04 APR 09 CD  
Batch Number: 3 03:53  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional information as 22.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 22  
Composite Sample Name: Fruit Biscuits  
Sub-sample Number: 22.3  
Sub-sample Name: Tesco Fruit Shortcake  
Full Product Name: Tesco Fruit Shortcake Biscuits  
Brand: Tesco  
Pack size: 250g  
Purchase Date: 11/09/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: MAR 2009  
Batch Number: 8 241 00:32 B  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat Flour, Vegetable Oil, Sugar, Currants (11%), Oatmeal Flour, Raising Agents (Ammonium Bicarbonate, Sodium Bicarbonate), Glucose Syrup, Partially Inverted Sugar Syrup, Salt, Flavouring, Colour (Curcumin).

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

Contains wheat gluten

This product may contain traces of nuts, as it has been made in a factory that uses nut ingredients

Suitable for vegetarians

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 22.3

Sub-sample Name: Tesco Fruit Shortcake

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 2092               | N/A                        |
| Energy          | kcal        | 499                | N/A                        |
| Protein         | g           | 6.3                | N/A                        |
| Carbohydrate    | g           | 68.0               | N/A                        |
| Sugars          | g           | 25.7               | N/A                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 22.4               | N/A                        |
| Saturates       | g           | 9.0                | N/A                        |
| Monounsaturates | g           | 9.4                | N/A                        |
| Polyunsaturates | g           | 3.5                | N/A                        |
| Fibre           | g           | 1.9                | N/A                        |
| Salt            | g           | 0.8                | N/A                        |
| Sodium          | g           | 0.3                | N/A                        |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 22  
Composite Sample Name: Fruit Biscuits  
Sub-sample Number: 22.4  
Sub-sample Name: Morrisons Garibaldi  
Full Product Name: Morrisons Garibaldi  
Brand: Morrisons  
Pack size: 200g  
Purchase Date: 25/09/08  
Place of Purchase: Morrisons, Riverside, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 21 MAR 2009  
Batch Number: 8 245 LEG1 15:58  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Currants (40%), Wheat flour, Vegetable oil, Wheat starch, Sugar, Glucose syrup, Dried skimmed milk, Dextrose monohydrate, Lactose, Raising agents (Sodium bicarbonate, Ammonium bicarbonate), Salt.

**Label claim(s):**

Contains gluten, milk and sulphite

Produced in a factory which uses nut and soya ingredients

Vegetarian

Produced in the UK

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 22.4

Sub-sample Name: Morrisons Garibaldi

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per biscuit</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 1581               | 161  |
| Energy          | kcal        | 375                | 38   |
| Protein         | g           | 4.7                | 0.5  |
| Carbohydrate    | g           | 68.5               | 7  |
| Sugars          | g           | 37.8               | 3.9  |
| Starch          | g           | N/A                | N/A  |
| Fat             | g           | 9.1                | 0.9  |
| Saturates       | g           | 4.2                | 0.4  |
| Monounsaturates | g           | N/A                | N/A  |
| Polyunsaturates | g           | N/A                | N/A  |
| Fibre           | g           | 2.2                | 0.2  |
| Salt            | g           | 0.3                | Trace                                      |
| Sodium          | g           | 0.1                | Trace                                      |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 22  
Composite Sample Name: Fruit Biscuits  
Sub-sample Number: 22.5  
Sub-sample Name: Lidl Parkside Fruit Shorties  
Full Product Name: Parkside Fruit Shorties Biscuits  
Brand: Hergestellt  
Pack size: 200g  
Purchase Date: 12/09/08  
Place of Purchase: LIDL, Waterworks Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 30 05 09 CD  
Batch Number: 4 14:20  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat Flour, Vegetable Oil and Hydrogenated Vegetable Oil, Sugar, Currants (9%), Oatmeal, Glucose Syrup, Raising Agents (Ammonium Bicarbonate, Sodium Bicarbonate, Disodium Diphosphate), Partially Inverted Sugar Syrup, Salt, Flavourings, Colour (Curcumin).

**Label claim(s):**

Suitable for vegetarians

**Nutrient Information:**

No nutrient information available

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 22  
Composite Sample Name: Fruit Biscuits  
Sub-sample Number: 22.6  
Sub-sample Name: Lidl Parkside Fruit Shorties  
Full Product Name: Parkside Fruit Shorties Biscuits  
Brand: Hergestellt  
Pack size: 200g  
Purchase Date: 12/09/08  
Place of Purchase: LIDL, Waterworks Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 30 05 09 CC  
Batch Number: 4 14:36  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional Information as 22.5



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 22  
Composite Sample Name: Fruit Biscuits  
Sub-sample Number: 22.7  
Sub-sample Name: Tesco Garibaldi  
Full Product Name: Tesco Garibaldi  
Brand: Tesco  
Pack size: 200g  
Purchase Date: 11/09/08  
Place of Purchase: Tesco, Harford Bridge, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: FEB 09  
Batch Number: 8 239 LEG2 10:33  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Currants (39%), Wheat Flour, Vegetable Oil, Wheat Starch, Sugar, Glucose Syrup, Dried Skimmed Milk, Dextrose, Milk Sugar, Raising Agents (Sodium Bicarbonate, Ammonium Bicarbonate), Salt.

**Label claim(s):**

Suitable for vegetarians

Contains: milk, wheat, gluten

Recipe: No nuts

Ingredients: Cannot guarantee nut free

Factory: No nuts

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 22.7

Sub-sample Name: Tesco Garibaldi

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 1675               | N/A                        |
| Energy          | kcal        | 400                | N/A                        |
| Protein         | g           | 4.7                | N/A                        |
| Carbohydrate    | g           | 74.0               | N/A                        |
| Sugars          | g           | 37.8               | N/A                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 9.1                | N/A                        |
| Saturates       | g           | 4.2                | N/A                        |
| Monounsaturates | g           | 3.4                | N/A                        |
| Polyunsaturates | g           | 1.1                | N/A                        |
| Fibre           | g           | 2.2                | N/A                        |
| Salt            | g           | 0.3                | N/A                        |
| Sodium          | g           | 0.1                | N/A                        |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 22  
Composite Sample Name: Fruit Biscuits  
Sub-sample Number: 22.8  
Sub-sample Name: Asda Fruit Shortcake  
Full Product Name: Asda Fruit Shortcake Biscuits  
Brand: Asda  
Pack size: 250g  
Purchase Date: 11/09/08  
Place of Purchase: Asda, Boundary Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 07 MAR 09  
Batch Number: 8233 L\*B 1 17:45  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat Flour, Vegetable Oil, Sugar, Currants (9%), Oatmeal, Glucose Syrup, Raising Agents (Sodium Bicarbonate, Ammonium Carbonates, Disphosphates), Partially Inverted Sugar Syrup, Salt, Flavourings, Colour (Curcumin).

**Label claim(s):**

No artificial colours  
No hydrogenated fat  
Contains gluten, wheat and oats  
May contain traces of nuts and/or seeds  
Suitable for vegetarians

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 22.8

Sub-sample Name: Asda Fruit Shortcake

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 1947               | 154                        |
| Energy          | kcal        | 464                | 37                         |
| Protein         | g           | 5.6                | 0.4                        |
| Carbohydrate    | g           | 65.4               | 5.2                        |
| Sugars          | g           | 25.7               | 2.1                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 20.0               | 1.6                        |
| Saturates       | g           | 9.5                | 0.8                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | 2.5                | 0.2                        |
| Salt            | g           | 1.0                | 0.1                        |
| Sodium          | g           | 0.39               | 0.03                       |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 22  
Composite Sample Name: Fruit Biscuits  
Sub-sample Number: 22.9  
Sub-sample Name: Asda Garibaldi  
Full Product Name: Asda Garibaldi  
Brand: Asda  
Pack size: 200g  
Purchase Date: 11/09/08  
Place of Purchase: Asda, Boundary Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 07 MAR 09  
Batch Number: LEG1 8 232  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Currants (39%), Wheat Flour, Vegetable Oil, Wheat Starch, Sugar, Glucose Syrup, Dried Skimmed Milk, Dextrose Monohydrate, Lactose, Raising Agents (Sodium Bicarbonate, Ammonium Carbonates), Salt.

**Label claim(s):**

No colours or flavourings  
No hydrogenated fat  
Contains gluten, milk and wheat  
May contain traces of nuts and/or seeds  
Suitable for vegetarians  
Produced in the UK

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 22.9

Sub-sample Name: Asda Garibaldi

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 1581               | N/A                        |
| Energy          | kcal        | 375                | N/A                        |
| Protein         | g           | 4.7                | N/A                        |
| Carbohydrate    | g           | 68.5               | N/A                        |
| Sugars          | g           | N/A                | N/A                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 9.1                | N/A                        |
| Saturates       | g           | N/A                | N/A                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | N/A                | N/A                        |
| Salt            | g           | N/A                | N/A                        |
| Sodium          | g           | N/A                | N/A                        |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 22  
Composite Sample Name: Fruit Biscuits  
Sub-sample Number: 22.10  
Sub-sample Name: Sainsbury's Garibaldi  
Full Product Name: Sainsbury's Garibaldi  
Brand: Sainsbury's  
Pack size: 200g  
Purchase Date: 11/09/08  
Place of Purchase: Sainsbury's, William Frost Way , Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 07 MAR 2009  
Batch Number: 8 240 LEG1 14:31  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Currants (39%), Wheat Flour, Vegetable Oil, Wheat Starch, Sugar, Glucose Syrup, Skimmed Milk Powder (from Cows' Milk), Dextrose, Lactose (from Cows' Milk) Raising Agents (Sodium Bicarbonate, Ammonium Bicarbonate) Salt.

**Label claim(s):**

Contains milk & wheat gluten  
Not suitable for nut or soya allergy sufferers  
Suitable for vegetarians

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 22.10

Sub-sample Name: Sainsbury's Garibaldi

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 1581               | 164                        |
| Energy          | kcal        | 375                | 39                         |
| Protein         | g           | 4.7                | 0.5                        |
| Carbohydrate    | g           | 68.5               | 7.1                        |
| Sugars          | g           | 37.8               | 3.9                        |
| Starch          | g           | 30.7               | 3.2                        |
| Fat             | g           | 9.1                | 0.9                        |
| Saturates       | g           | 4.2                | 0.4                        |
| Monounsaturates | g           | 3.4                | 0.4                        |
| Polyunsaturates | g           | 1.1                | 0.1                        |
| Fibre           | g           | 2.2                | 0.2                        |
| Salt            | g           | 0.3                | Trace                      |
| Sodium          | g           | 0.1                | Trace                      |



Sample 23: Cereal bars, with fruit and/or nuts, with chocolate, not fortified

Composite Sample Number: 23

Composite Sample Name: Cereal Bars, With Fruit And/Or Nuts, With Chocolate, Not Fortified

Sub-sample Number: 23.1

Sub-sample Name: Cadbury Brunch Bar, Raisin And Chocolate

Full Product Name: Cadbury Brunch Bar, Raisin

Brand: Cadbury

Pack size: 6 x 35g

Purchase Date: 11/09/08

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 04 2009

Batch Number: LS8178A

Packaging: Cardboard

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

**Ingredients:** Milk chocolate (25%) (Sugar, Dried whole milk, Cocoa butter, Cocoa mass , Dried Whey, Vegetable fat, Emulsifiers (E442, E476), Flavourings), Oats (17%), Invert sugar syrup, Bran flakes (9%) (Cracked wheat, Wheat bran, Sugar, Malt extract, Salt), Glucose syrup, Raisins (9%), Vegetable oil, Crispy cereal (6%) (Wheat flour, Rice flour, Sugar, Dextrose, Salt), Honey (2%), Humectant (Glycerine), Salt, Molasses, Emulsifiers (E471, Soya lecithin)

**Label claim(s):**

May contain sesame seeds and traces of peanut, nuts and egg  
Suitable for vegetarians

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 23.1

Sub-sample Name: Cadbury Brunch Bar, Raisin And Chocolate

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 1800               | 630                        |
| Energy          | kcal        | 430                | 150                        |
| Protein         | g           | 5.6                | 2.0                        |
| Carbohydrate    | g           | 66.4               | 23.2                       |
| Sugars          | g           | 42.2               | 14.8                       |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 15.5               | 5.4                        |
| Saturates       | g           | 7.9                | 2.8                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | 1.8                | 0.6                        |
| Salt            | g           | 0.6                | 0.2                        |
| Sodium          | g           | 0.24               | 0.1                        |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 23

Composite Sample Name: Cereal Bars, With Fruit And/Or Nuts, With Chocolate, Not Fortified

Sub-sample Number: 23.2

Sub-sample Name: Cadbury Brunch Bar, Raisin And Chocolate

Full Product Name: Cadbury Brunch Bar, Raisin

Brand: Cadbury

Pack size: 6 x 35g

Purchase Date: 11/09/08

Place of Purchase: Sainsburys, William Frost Way, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 04 2009

Batch Number: LS8168A

Packaging: Cardboard

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

Additional Information as 23.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 23

Composite Sample Name: Cereal Bars, With Fruit And/Or Nuts, With Chocolate, Not Fortified

Sub-sample Number: 23.3

Sub-sample Name: Tracker Chocolate Chip Chewy Cereal Bar

Full Product Name: Tracker Chocolate Chip

Brand: Mars

Pack size: 6 x 26g (208g)

Purchase Date: 11/09/08

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: V08-03-09

Batch Number: UA1 #2

Packaging: Cardboard

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

**Ingredients:** Cereal bar with crispies (7.4%) and chocolate chips (6.2%).  
Glucose syrup, Whole grains (16%) (Oat flakes, Wholemeal wheat flour), Vegetable fat, Peanuts (10%), Sweetened condensed skimmed milk, Maize (7.7%), Sugar, Rice flour, Cocoa mass, Humectant (glycerol), Hydrogenated vegetable fat, Salt, Demineralised whey powder, Emulsifier (Soya lecithin E471), Barley malt extract, Flavouring. (Traces: hazelnut).

**Label claim(s):**  
Contains wholegrain  
Source of fibre

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 23.3

Sub-sample Name: Tracker Chocolate Chip Chewy Cereal Bar

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 2011               | 523                        |
| Energy          | kcal        | 480                | 125                        |
| Protein         | g           | 6.8                | 1.8                        |
| Carbohydrate    | g           | 58.0               | 15.1                       |
| Sugars          | g           | 30.2               | 7.9                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 23.6               | 6.1                        |
| Saturates       | g           | 11.0               | 2.9                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | 3.8                | 1.0                        |
| Salt            | g           | 0.43               | 0.10                       |
| Sodium          | g           | 0.17               | 0.04                       |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 23

Composite Sample Name: Cereal Bars, With Fruit And/Or Nuts, With Chocolate, Not Fortified

Sub-sample Number: 23.4

Sub-sample Name: Cadbury Brunch Bar, Hazelnut And Chocolate

Full Product Name: Cadbury Brunch Bar, Hazelnut

Brand: Cadbury

Pack size: 6 x 35g

Purchase Date: 11/09/08

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 05 2009

Batch Number: LS8205B

Packaging: Cardboard

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

**Ingredients:** Milk chocolate (25%) (Sugar, Dried whole milk, Cocoa butter, Cocoa mass, Dried Whey, Vegetable fat, Emulsifiers (E442, E476), Flavourings), Oats (17%), Invert sugar syrup, Bran flakes (9%) (Cracked wheat, Wheat bran, Sugar, Malt extract, Salt), Glucose syrup, Hazelnuts (9%), Vegetable oil, Crispy cereal (6%) (Wheat flour, Rice flour, Sugar, Dextrose, Salt), Honey (2%), Humectant (Glycerine), Salt, Molasses, Emulsifiers (E471), Soya (lecithin)

**Label claim(s):**

May contain sesame seeds and traces of peanut and egg  
Suitable for vegetarians

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 23.4

Sub-sample Name: Cadbury Brunch Bar, Hazelnut And Chocolate

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 1940               | 680                        |
| Energy          | kcal        | 460                | 160                        |
| Protein         | g           | 7.0                | 2.5                        |
| Carbohydrate    | g           | 60.5               | 21.2                       |
| Sugars          | g           | 36.1               | 12.6                       |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 21.4               | 7.5                        |
| Saturates       | g           | 8.3                | 2.9                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | 2.2                | 0.8                        |
| Salt            | g           | 0.60               | 0.2                        |
| Sodium          | g           | 0.24               | 0.1                        |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 23

Composite Sample Name: Cereal Bars, With Fruit And/Or Nuts, With Chocolate, Not Fortified

Sub-sample Number: 23.5

Sub-sample Name: Alpen Chewy Fruit, Nut And Chocolate Cereal Bar

Full Product Name: Alpen Fruit and Nut With Milk Chocolate

Brand: Alpen

Pack size: 174g (6 x 29g bars)

Purchase Date: 11/09/08

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 13/08/2009 2

Batch Number: 8225 14:19

Packaging: Cardboard

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

**Ingredients:** Cereals (30%) (Whole Wheat, Rice, Oats), Milk Chocolate (24%) (Sugar, Cocoa Butter, Skimmed Milk Powder, Cocoa mass, Full Cream Milk Powder, Milk Fat, Emulsifier (Soya Lecithin)); Glucose Syrup, Raisins (9.5%), Apple Juice Concentrate, Sugar, Roasted Chopped Nuts (3.4%), (Hazelnuts, Almonds), Milk Butter Powder, Humectant (Glycerol), Vegetable Oil, Wheat Gluten, Malted Barley Extract, Salt, Flavouring, Skimmed Milk Powder, Emulsifier (Soya Lecithin), Milk Whey Powder, Defatted Wheat Germ, Antioxidant (Tocopherol).

**Label claim(s):**

This product contains wheat, barley, oats, milk, soya, hazelnuts & almonds  
May contain traces of other nuts  
Suitable for vegetarians



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 23.5

Sub-sample Name: Alpen Chewy Fruit, Nut And Chocolate Cereal Bar

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 1795               | 521                        |
| Energy          | kcal        | 427                | 124                        |
| Protein         | g           | 7.1                | 2.1                        |
| Carbohydrate    | g           | 67.8               | 19.7                       |
| Sugars          | g           | N/A                | N/A                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 14.1               | 4.1                        |
| Saturates       | g           | N/A                | N/A                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | N/A                | N/A                        |
| Salt            | g           | N/A                | N/A                        |
| Sodium          | g           | N/A                | N/A                        |

Sample 24: Cereal bars, with fruit and/or nuts, no chocolate, not fortified

Composite Sample Number: 24  
Composite Sample Name: Cereal Bars, With Fruit And/Or Nuts, No Chocolate, Not Fortified  
Sub-sample Number: 24.1  
Sub-sample Name: Jordans Frusli Bar, Raisin And Hazelnut  
Full Product Name: Jordans Frusli Raisin & Hazelnut  
Brand: Jordans  
Pack size: 6 x 30g (180g)  
Purchase Date: 11/09/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 04/04/09  
Batch Number: 8218/2 14:09  
Packaging: Cardboard  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Dried Fruit & Nuts (37%), (Raisins (28%), Roasted Chopped Hazelnuts (9%), British Conservation Grade Wholegrain Oat Flakes (24%), Glucose Syrup, Conservation Grade Wholegrain Oat Flour, Vegetable Oil (Rapeseed Oil, Palm Oil), Raw Cane Sugar, Honey, Barley Malt Syrup, Rice Flour.

**Label claim(s):**

Contains: Oats, hazelnuts, Barley  
May Contain: Wheat, Rye, Other Nuts, Sesame Seeds.  
Source of fibre  
No added salt  
No artificial flavourings, colourings or preservatives  
Lactose free  
Non GM  
Suitable for vegetarians

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 24.1

Sub-sample Name: Jordans Frusli Bar, Raisin And Hazelnut

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 1708               | 512                        |
| Energy          | kcal        | 406                | 122                        |
| Protein         | g           | 6.3                | 1.9                        |
| Carbohydrate    | g           | 63.9               | 19.2                       |
| Sugars          | g           | 34.7               | 10.4                       |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 13.9               | 4.2                        |
| Saturates       | g           | 2.2                | 0.7                        |
| Monounsaturates | g           | 8.4                | 2.5                        |
| Polyunsaturates | g           | 2.7                | 0.8                        |
| Fibre           | g           | 4.7                | 1.4                        |
| Salt            | g           | Trace              | Trace                      |
| Sodium          | g           | Trace              | Trace                      |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 24

Composite Sample Name: Cereal Bars, With Fruit And/Or Nuts, No Chocolate, Not Fortified

Sub-sample Number: 24.2

Sub-sample Name: Jordans Frusli Bar, Wild Berry

Full Product Name: Jordans Frusli Wild Berries

Brand: Jordans

Pack size: 6 x 30g (180g)

Purchase Date: 11/09/08

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 26/04/09

Batch Number: 8244/4 04:48

Packaging: Cardboard

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

**Ingredients:** British Conservation Grade Wholegrain Oat Flakes (32%), Fruit (24%) (Strawberry & Blueberry Flavoured Dried Diced Cranberries (18%), Cranberries, Sugar, Blueberry juice, Blueberry Extract, Natural Flavourings), Raisins (4%), Dried Wild Blueberries (1%) (Blueberries, Sugar), Strawberry & Raspberry Flakes (1%), (Strawberry Puree, Raspberry Puree, Cornflour)) Glucose Syrup, Conservation Grade Wholegrain Oat Flour, Vegetable Oil (Rapeseed Oil, Palm Oil), Raw Cane Sugar, Honey, Rice Flour, Barley Malt Syrup, Chopped Almonds, Natural Flavouring.

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

Contains: Oats, Barley, Almonds  
May Contain: Other Nuts, Wheat, Rye, Sesame Seeds  
Source of fibre  
No added salt  
No artificial flavourings, colourings or preservatives  
Lactose free  
Non GM. Suitable for vegetarians

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 24.2

Sub-sample Name: Jordans Frusli Bar, Wild Berry

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 1653               | 496                        |
| Energy          | kcal        | 392                | 118                        |
| Protein         | g           | 5.7                | 1.7                        |
| Carbohydrate    | g           | 70.0               | 21.0                       |
| Sugars          | g           | 30.8               | 9.2                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 9.9                | 3.0                        |
| Saturates       | g           | 2.1                | 0.6                        |
| Monounsaturates | g           | 4.8                | 1.4                        |
| Polyunsaturates | g           | 2.6                | 0.8                        |
| Fibre           | g           | 5.0                | 1.5                        |
| Salt            | g           | Trace              | Trace                      |
| Sodium          | g           | Trace              | Trace                      |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 24.3

Composite Sample Name: Cereal Bars, With Fruit And/Or Nuts, No Chocolate, Not Fortified

Sub-sample Number: 24.3

Sub-sample Name: Alpen Chewy Strawberry And Yoghurt Cereal Bar

Full Product Name: Alpen Strawberry & Yogurt

Brand: Alpen

Pack size: 174g (6 x 29g bars)

Purchase Date: 11/09/08

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 04/08/2009 2

Batch Number: 8216 08:13

Packaging: Cardboard

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

**Ingredients:** Cereals (37%) (Whole Wheat, Rice, Oats), Glucose Syrup, Sugar, Vegetable Oil, Fruit Juice Concentrate (Apple (4.0%), Strawberry (0.5%)), Milk Lactose, Humectant (Glycerol), Milk Yogurt Powder (2.5%), Dried Apple Pieces (2.4%) (with Preservative (Sulphur Dioxide)), Dextrose, Wheat Gluten, Freeze Dried Strawberry (0.8%), Malted Barley Extract, Salt, Emulsifier (Soya Lecithin), Skimmed Milk Powder, Maize Starch, Milk Whey Powder, Defatted Wheat Germ, Flavourings, Acidity Regulator (Malic Acid), Antioxidant (Tocopherol).

### Label claim(s):

This product contains wheat, oats, barley, milk, soya and sulphites.

May contain traces of nuts

Suitable for vegetarians

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 24.3

Sub-sample Name: Alpen Chewy Strawberry And Yoghurt Cereal Bar

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 1732               | 502                        |
| Energy          | kcal        | 411                | 119                        |
| Protein         | g           | 5.7                | 1.7                        |
| Carbohydrate    | g           | 71.6               | 21.0                       |
| Sugars          | g           | N/A                | N/A                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 11.3               | 3.3                        |
| Saturates       | g           | N/A                | N/A                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | N/A                | N/A                        |
| Salt            | g           | N/A                | N/A                        |
| Sodium          | g           | N/A                | N/A                        |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 24

Composite Sample Name: Cereal Bars, With Fruit And/Or Nuts, No Chocolate, Not Fortified

Sub-sample Number: 24.4

Sub-sample Name: Jordans Frusli Bar, Blueberry

Full Product Name: Jordans Frusli, Blueberry

Brand: Jordans

Pack size: 6 x 30g (180g)

Purchase Date: 11/09/08

Place of Purchase: Asda, Boundary Road, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 11/04/09

Batch Number: 8224/1 00:50

Packaging: Cardboard

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

**Ingredients:** Conservation Grade Wholegrain Oat Flakes (33%), Fruit (24%) (Blueberry Infused Dried Diced Cranberries (Cranberries, Sugar, Blueberry juice, Blueberry Extract, Sunflower Oil), Raisins, Dried Blueberries (2%) (Blueberries, Sugar, Sunflower Oil)), Glucose Syrup, Conservation Grade Wholegrain Oat Flour, Vegetable Oil (Rapeseed Oil, Palm Oil), Raw Cane Sugar, Honey, Rice Flour, Barley Malt Syrup, Nibbed Almonds, Natural Flavouring.

**Label claim(s):**

Contains: Oats, Barley, Almonds  
May Contain: Wheat, Rye, Other Nuts, Sesame Seeds.  
Source of fibre  
No added salt  
No artificial flavourings, colourings or preservatives  
Lactose free  
Non GM  
Suitable for vegetarians



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 24.4

Sub-sample Name: Jordans Frusli Bar, Blueberry

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 1653               | 493                        |
| Energy          | kcal        | 392                | 117                        |
| Protein         | g           | 5.8                | 1.7                        |
| Carbohydrate    | g           | 70.1               | 21.0                       |
| Sugars          | g           | 30.5               | 9.2                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 9.8                | 2.9                        |
| Saturates       | g           | 2.0                | 0.6                        |
| Monounsaturates | g           | 4.8                | 1.4                        |
| Polyunsaturates | g           | 2.6                | 0.8                        |
| Fibre           | g           | 5.1                | 1.5                        |
| Salt            | g           | Trace              | Trace                      |
| Sodium          | g           | Trace              | Trace                      |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 24.5

Composite Sample Name: Cereal Bars, With Fruit And/Or Nuts, No Chocolate, Not Fortified

Sub-sample Number: 24.5

Sub-sample Name: Alpen Chewy Raspberry And Yoghurt Cereal Bar

Full Product Name: Alpen, Raspberry & Yogurt

Brand: Alpen

Pack size: 174g (6 x 29g bars)

Purchase Date: 11/09/08

Place of Purchase: Asda, Boundary Road, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 24/06/2009 3

Batch Number: 8175 18:12

Packaging: Cardboard

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

**Ingredients:** Cereals (34%) (Whole Wheat, Rice, Oats), Glucose Syrup, Sugar, Vegetable Oil, Fruit Juice Concentrate (Apple (4.0%), Raspberry (0.5%), Dried Apple Pieces (3.5%) (with preservative (Sulphur Dioxide)), Humectant (Glycerol), Milk Lactose, Milk Yogurt Powder (2.5%), Dextrose, Wheat Gluten, Freeze Dried Raspberry (0.8%), Malted Barley Extract, Salt, Maize Starch, Emulsifier (Soya Lecithin), Skimmed Milk Powder, Milk Whey Powder, Flavourings, Defatted Wheat Germ, Acidity Regulator (Malic Acid), Antioxidant (Tocopherol).

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

This product contains wheat, oats, barley, milk, soya and sulphites.

May contain traces of nuts

Suitable for vegetarians

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 24.5

Sub-sample Name: Alpen Chewy Raspberry And Yoghurt Cereal Bar

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 1755               | 509                        |
| Energy          | kcal        | 416                | 121                        |
| Protein         | g           | 5.6                | 1.6                        |
| Carbohydrate    | g           | 73.5               | 21.3                       |
| Sugars          | g           | N/A                | N/A                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 11.1               | 3.2                        |
| Saturates       | g           | N/A                | N/A                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | N/A                | N/A                        |
| Salt            | g           | N/A                | N/A                        |
| Sodium          | g           | N/A                | N/A                        |

### Sample 25: Cream crackers

|                                |                                 |
|--------------------------------|---------------------------------|
| Composite Sample Number:       | 25                              |
| Composite Sample Name:         | Cream Crackers                  |
| Sub-sample Number:             | 25.1                            |
| Sub-sample Name:               | Jacob's Cream Crackers          |
| Full Product Name:             | Jacob's Cream Crackers          |
| Brand:                         | Jacob's                         |
| Pack size:                     | 300g                            |
| Purchase Date:                 | 11/09/08                        |
| Place of Purchase:             | Tesco, Harford Bridges, Norwich |
| Sell by Date:                  | N/A                             |
| Use by Date/Best Before Date:  | 14.03.09                        |
| Batch Number:                  | 8 232 BB 12.30                  |
| Packaging:                     | Paper                           |
| Sample Condition As Purchased: | Ambient                         |
| Post Purchase Storage:         | 15°C food store                 |

**Ingredients:** Wheat Flour, Vegetable Oil, Salt, Raising Agent (Sodium Bicarbonate), Yeast.

**Label claim(s):**

Contains: Gluten

A good source of fibre

Suitable for vegetarians

Without artificial colours of flavours

Free from trans fats

Made with the finest wheat

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 25.1

Sub-sample Name: Jacob's Cream Crackers

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 1816               | 145                        |
| Energy          | kcal        | 431                | 34                         |
| Protein         | g           | 10.0               | 0.8                        |
| Carbohydrate    | g           | 67.6               | 5.4                        |
| Sugars          | g           | 1.4                | 0.1                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 13.5               | 1.1                        |
| Saturates       | g           | 6.2                | 0.4                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | 3.8                | 0.3                        |
| Salt            | g           | N/A                | N/A                        |
| Sodium          | g           | 0.5                | <0.1                       |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 25  
Composite Sample Name: Cream Crackers  
Sub-sample Number: 25.2  
Sub-sample Name: Jacob's Cream Crackers  
Full Product Name: Jacobs Cream Crackers  
Brand: Jacob's  
Pack size: 200g  
Purchase Date: 11/09/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 28.03.09  
Batch Number: 8 246 BA 07.57  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional information as 25.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 25  
Composite Sample Name: Cream Crackers  
Sub-sample Number: 25.3  
Sub-sample Name: Jacob's Cream Crackers  
Full Product Name: Jacob's Cream Crackers  
Brand: Jacob's  
Pack size: 300g  
Purchase Date: 11/09/08  
Place of Purchase: ASDA, Boundary Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 28.03.09  
Batch Number: 8 246 BE 16:18  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional information as 25.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 25  
Composite Sample Name: Cream Crackers  
Sub-sample Number: 25.4  
Sub-sample Name: Jacob's Cream Crackers  
Full Product Name: Jacob's Cream Crackers  
Brand: Jacob's  
Pack size: 300g  
Purchase Date: 11/09/08  
Place of Purchase: Sainbury's, William Frost Way, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 28.03.09  
Batch Number: 8 247 BC 08:52  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional information as 25.1



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 25  
Composite Sample Name: Cream Crackers  
Sub-sample Number: 25.5  
Sub-sample Name: Jacob's Cream Crackers  
Full Product Name: Jacob's Cream Crackers  
Brand: Jacob's  
Pack size: 300g  
Purchase Date: 11/09/08  
Place of Purchase: Waitrose, Eaton, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 28.03.09  
Batch Number: 8 244 BC 09:31  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional information as 25.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 25  
Composite Sample Name: Cream Crackers  
Sub-sample Number: 25.6  
Sub-sample Name: Tesco Cream Crackers  
Full Product Name: Tesco Cream Crackers  
Brand: Tesco  
Pack size: 200g  
Purchase Date: 11/09/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 09.MAY.09  
Batch Number: 8 239 E3 07:51  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat Flour, Vegetable Oil, Salt, Raising Agent (Sodium Bicarbonate), Yeast.

**Label claim(s):**

Contains: wheat, gluten

Recipe: No nuts

Ingredients: Cannot guarantee nut free

Factory: No nuts.

Suitable for vegetarians

Produced in the UK

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 25.6

Sub-sample Name: Tesco Cream Crackers

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 1805               | N/A                        |
| Energy          | kcal        | 430                | 34                         |
| Protein         | g           | 9.9                | N/A                        |
| Carbohydrate    | g           | 67.1               | N/A                        |
| Sugars          | g           | 1.4                | 0.1                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 13.4               | 1.1                        |
| Saturates       | g           | 6.2                | 0.5                        |
| Monounsaturates | g           | 5.0                | N/A                        |
| Polyunsaturates | g           | 1.8                | N/A                        |
| Fibre           | g           | 3.8                | N/A                        |
| Salt equivalent | g           | 1.2                | Trace                      |
| Sodium          | g           | 0.5                | N/A                        |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 25  
Composite Sample Name: Cream Crackers  
Sub-sample Number: 25.7  
Sub-sample Name: Asda Cream Crackers  
Full Product Name: Asda Cream Crackers  
Brand: Asda  
Pack size: 300g  
Purchase Date: 11/09/08  
Place of Purchase: Asda, Boundary Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 17JAN 09  
Batch Number: 8 240 BC 15:38  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat Flour, Vegetable Oil, Salt, Yeast, Raising Agent (Sodium Bicarbonate).

**Label claim(s):**

No colours, flavourings or preservatives  
No hydrogenated fat  
Contains gluten and wheat  
May contain traces of nuts and/or seeds  
Suitable for vegetarians

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 25.7

Sub-sample Name: Asda Cream Crackers

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 1805               | 146                        |
| Energy          | kcal        | 429                | 35                         |
| Protein         | g           | 9.9                | 0.8                        |
| Carbohydrate    | g           | 67.1               | 5.4                        |
| Sugars          | g           | 1.4                | 0.1                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 13.4               | 1.1                        |
| Saturates       | g           | 6.1                | 0.5                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | 3.8                | 0.3                        |
| Salt            | g           | 1.2                | 0.1                        |
| Sodium          | g           | 0.48               | 0.04                       |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 25  
Composite Sample Name: Cream Crackers  
Sub-sample Number: 25.8  
Sub-sample Name: Lidl (Crusti Croc) Cream Crackers  
Full Product Name: Crusti Croc Cream Crackers  
Brand: Hergestellt  
Pack size: 300g  
Purchase Date: 12/09/08  
Place of Purchase: Lidl, Waterworks Road , Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 04.2009  
Batch Number: 8 211 2 06:20  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat Flour, Vegetable Oil, Salt, Yeast, Raising Agent (sodium hydrogen Carbonate).

**Label claim(s):**  
Suitable for Vegetarians

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 25  
Composite Sample Name: Cream Crackers  
Sub-sample Number: 25.9  
Sub-sample Name: Sainsbury's Cream Crackers  
Full Product Name: Sainsbury's Cream Crackers  
Brand: Sainsbury's  
Pack size: 200g  
Purchase Date: 11/09/08  
Place of Purchase: Sainsbury's, William Frost Way, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 21 FEB 09  
Batch Number: 8 227 BA 09:19  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat Flour, Vegetable Oil, Salt, Yeast.

**Label claim(s):**

Contains wheat gluten  
Vegetarian

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 25.9

Sub-sample Name: Sainsbury's Cream Crackers

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 1858               | 149                        |
| Energy          | kcal        | 442                | 35                         |
| Protein         | g           | 9.5                | 0.8                        |
| Carbohydrate    | g           | 66.7               | 5.3                        |
| Sugars          | g           | 1.9                | 0.2                        |
| Starch          | g           | 64.8               | 5.1                        |
| Fat             | g           | 15.2               | 1.2                        |
| Saturates       | g           | 6.3                | 0.5                        |
| Monounsaturates | g           | 7.0                | 0.5                        |
| Polyunsaturates | g           | 1.9                | 0.2                        |
| Fibre           | g           | 2.8                | 0.2                        |
| Salt            | g           | 1.3                | 0.1                        |
| Sodium          | g           | 0.5                | < 0.1                      |



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 25  
Composite Sample Name: Cream Crackers  
Sub-sample Number: 25.10  
Sub-sample Name: Morrisons Cream Crackers  
Full Product Name: Morrisons Cream Crackers  
Brand: Morrisons  
Pack size: 300g  
Purchase Date: 25/09/08  
Place of Purchase: Morrisons, Riverside, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 11 04 09  
Batch Number: 8254 2 22:12  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat Flour, Vegetable Oil, Salt, Yeast, Raising Agent (E500)

**Label claim(s):**

Contains: gluten

Suitable for vegetarians

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 25.10

Sub-sample Name: Morrisons Cream Crackers

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per cracker</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 1868               | 149  |
| Energy          | kcal        | 444                | 36   |
| Protein         | g           | 9.7                | 0.8  |
| Carbohydrate    | g           | 68.3               | 5.5  |
| Sugars          | g           | N/A                | N/A  |
| Starch          | g           | N/A                | N/A  |
| Fat             | g           | 14.6               | 1.2  |
| Saturates       | g           | N/A                | N/A  |
| Monounsaturates | g           | N/A                | N/A  |
| Polyunsaturates | g           | N/A                | N/A  |
| Fibre           | g           | N/A                | N/A  |
| Salt            | g           | N/A                | N/A  |
| Sodium          | g           | N/A                | N/A  |

Sample 26: Biscuits, cheese flavoured

Composite Sample Number: 26  
Composite Sample Name: Biscuits, Cheese Flavoured  
Sub-sample Number: 26.1  
Sub-sample Name: McVitie's Mini Cheddars (Original)  
Full Product Name: McVitie's Baked Mini Cheddars Original  
Brand: McVitie's  
Pack size: 7 packs  
Purchase Date: 11/09/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 28 MAR 09  
Batch Number: C11 20:55  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat flour, Vegetable oil, Dried powdered cheese (12%), Sugar, Glucose syrup, Salt, Dried whey, Malt extract, Raising agents (ammonium bicarbonate, sodium bicarbonate), Lactic acid, Natural flavouring, Pepper extracts.

**Label claim(s):**

Contains: milk, egg, wheat, gluten  
Produced on a line handling soya  
Baked not fried  
No artificial colours or flavours  
Made with real cheese

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 26.1

Sub-sample Name: McVitie's Mini Cheddars (Original)

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 2161               | 540                        |
| Energy          | kcal        | 517                | 129                        |
| Protein         | g           | 10.8               | 2.7                        |
| Carbohydrate    | g           | 51.0               | 12.8                       |
| Sugars          | g           | 4.6                | 1.2                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 30.0               | 7.5                        |
| Saturates       | g           | 11.9               | 3.0                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | 2.5                | 0.6                        |
| Salt            | g           | N/A                | N/A                        |
| Sodium          | g           | 1.0                | 0.3                        |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 26  
Composite Sample Name: Biscuits, Cheese Flavoured  
Sub-sample Number: 26.2  
Sub-sample Name: McVitie's Mini Cheddars (Original)  
Full Product Name: McVitie's Baked Mini Cheddars Original  
Brand: McVitie's  
Pack size: 12 packs  
Purchase Date: 11/09/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 11 APR 09  
Batch Number: C13 17:58  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional information as 26.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 26  
Composite Sample Name: Biscuits, Cheese Flavoured  
Sub-sample Number: 26.3  
Sub-sample Name: McVitie's Mini Cheddars (Original)  
Full Product Name: McVitie's Baked Mini Cheddars Original  
Brand: McVitie's  
Pack size: 7 packs  
Purchase Date: 11/09/08  
Place of Purchase: Asda, Boundary Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 28 FEB 09  
Batch Number: C11 17:14  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional information as 26.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 26  
Composite Sample Name: Biscuits, Cheese Flavoured  
Sub-sample Number: 26.4  
Sub-sample Name: McVitie's Mini Cheddars (Original)  
Full Product Name: McVitie's Baked Mini Cheddars Original  
Brand: KP Snacks/United Biscuits  
Pack size: 7 packs  
Purchase Date: 11/09/08  
Place of Purchase: Waitrose, Eaton, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 21 MAR 09  
Batch Number: C12 10:23  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional information as 26.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 26  
Composite Sample Name: Biscuits, Cheese Flavoured  
Sub-sample Number: 26.5  
Sub-sample Name: McVitie's Mini Cheddars (Original)  
Full Product Name: McVitie's Baked Mini Cheddars Original  
Brand: McVitie's  
Pack size: 7 packs  
Purchase Date: 11/09/08  
Place of Purchase: Sainsbury's, William Frost Way Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 28 MAR 09  
Batch Number: C12 14:24  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional information as 26.1



## Nutrient analysis survey of biscuits, buns, cakes and pastries

|                                |   |
|--------------------------------|---|
| Composite Sample Number:       | 26  |
| Composite Sample Name:         | Biscuits, Cheese Flavoured  |
| Sub-sample Number:             | 26.6  |
| Sub-sample Name:               | McVitie's Mini Cheddars (Assorted)  |
| Full Product Name:             | McVitie's Baked Mini Cheddars (7 cheesy variety pack, x 2 cheese & onion x 3 original x 2 extra mature cheddar) |
| Brand:                         | McVitie's   |
| Pack size:                     | 7 packs   |
| Purchase Date:                 | 11/09/08  |
| Place of Purchase:             | Tesco, Harford Bridges, Norwich   |
| Sell by Date:                  | N/A   |
| Use by Date/Best Before Date:  | 24 Jan 09   |
| Batch Number:                  | 819212 00:00 c  |
| Packaging:                     | Paper   |
| Sample Condition As Purchased: | Ambient   |
| Post Purchase Storage:         | 15°C food store   |

### Ingredients:

**Original:** Wheat flour, Vegetable oil, Dried powdered cheese (12%), Sugar, Glucose syrup, Salt, Dried whey, Malt extract, Raising agents (Ammonium bicarbonate, Sodium bicarbonate), Lactic acid, Natural flavouring, Pepper extracts.

**Cheese and onion:** Wheat flour, Vegetable oil, Dried powdered cheese (7%), Cheese & onion flavour (Dried onion, Dried autolysed yeast, Dried cheese, Citric acid, flavourings), Glucose syrup, Sugar, Dried whey, Malt extract, Raising agents (Ammonium bicarbonate, Sodium bicarbonate), Salt, Lactic acid, Natural flavouring, Pepper extracts.

**Extra mature cheddar flavour:** Wheat flour, Vegetable oil, Dried powdered cheese (7%), Extra mature cheddar flavour (Flavourings, Dextrose, Dried autolysed yeast, Dried cheese, Dried yeast extract, Dried onion, Colours (Paprika extract, Turmeric extract), Cayenne pepper extract), Glucose syrup, Sugar, Dried whey, Malt extract, Raising agents (Ammonium bicarbonate, Sodium bicarbonate), Salt, Lactic acid, Natural flavouring, Pepper extracts.

## Nutrient analysis survey of biscuits, buns, cakes and pastries

### Label claim(s):

Contains: milk, egg, wheat, gluten  
 Produced on a line handling soya  
 Baked not fried  
 No artificial colours or flavours  
 Made with real cheese

### Nutrient Information: Original

| Nutrient        | Unit | Amount/100g | Amount/Unit/serving |
|-----------------|------|-------------|---------------------|
| Energy          | kJ   | 2161        | 540                 |
| Energy          | kcal | 517         | 129                 |
| Protein         | g    | 10.8        | 2.7                 |
| Carbohydrate    | g    | 51.0        | 12.8                |
| Sugars          | g    | 4.6         | 1.2                 |
| Starch          | g    | N/A         | N/A                 |
| Fat             | g    | 30.0        | 7.5                 |
| Saturates       | g    | 11.9        | 3.0                 |
| Monounsaturates | g    | N/A         | N/A                 |
| Polyunsaturates | g    | N/A         | N/A                 |
| Fibre           | g    | 2.5         | 0.6                 |
| Salt            | g    | N/A         | N/A                 |
| Sodium          | g    | 1.0         | 0.3                 |

### Nutrient Information: Cheese and Onion

| Nutrient        | Unit | Amount/100g | Amount/Unit/serving |
|-----------------|------|-------------|---------------------|
| Energy          | kJ   | 2166        | 542                 |
| Energy          | kcal | 518         | 130                 |
| Protein         | g    | 9.3         | 2.3                 |
| Carbohydrate    | g    | 53.1        | 13.3                |
| Sugars          | g    | 6.0         | 1.5                 |
| Starch          | g    | N/A         | N/A                 |
| Fat             | g    | 29.9        | 7.5                 |
| Saturates       | g    | 11.2        | 2.8                 |
| Monounsaturates | g    | N/A         | N/A                 |
| Polyunsaturates | g    | N/A         | N/A                 |
| Fibre           | g    | 2.8         | 0.7                 |
| Salt            | g    | N/A         | N/A                 |
| Sodium          | g    | 0.8         | 0.2                 |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

### Nutrient Information: Extra mature cheddar

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 2169               | 542                        |
| Energy          | kcal        | 519                | 130                        |
| Protein         | g           | 9.3                | 2.3                        |
| Carbohydrate    | g           | 53.1               | 13.3                       |
| Sugars          | g           | 5.0                | 1.3                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 30.0               | 7.5                        |
| Saturates       | g           | 11.2               | 2.8                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | 2.7                | 0.7                        |
| Salt            | g           | N/A                | N/A                        |
| Sodium          | g           | 0.7                | 0.2                        |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 26  
Composite Sample Name: Biscuits, Cheese Flavoured  
Sub-sample Number: 26.7  
Sub-sample Name: Jacob's Cheddars Biscuits  
Full Product Name: Jacob's Ceddars Real Cheddar Cheese Biscuits  
Brand: Jacob's  
Pack size: 150g  
Purchase Date: 11/09/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 07.03.09  
Batch Number: 8 240 A 13:23  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat Flour, Vegetable Oil, Cheese Powder (10%, of which Cheddar 50%), Dried Yeast, Glucose Syrup, Sugar, Raising Agents (Ammonium Bicarbonate, Sodium Bicarbonate), Malt Extract, Whey Powder, Salt, Lactic Acid, Cayenne Pepper, Black Pepper,

**Label claim(s):**

Suitable for vegetarians

Contains: Milk, Wheat

Produced on a line handling Sesame, Soya and in a factory handling egg but on a different line

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 26.7

Sub-sample Name: Jacob's Cheddars Biscuits

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit</b><br>1 biscuit = 3.8g |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 2127               | N/A                                    |
| Energy          | kcal        | 509                | N/A                                    |
| Protein         | g           | 11.6               | N/A                                    |
| Carbohydrate    | g           | 53.2               | N/A                                    |
| Sugars          | g           | 3.5                | N/A                                    |
| Starch          | g           | N/A                | N/A                                    |
| Fat             | g           | 27.7               | N/A                                    |
| Saturates       | g           | 16.0               | N/A                                    |
| Monounsaturates | g           | N/A                | N/A                                    |
| Polyunsaturates | g           | N/A                | N/A                                    |
| Fibre           | g           | 2.7                | N/A                                    |
| Salt            | g           | N/A                | N/A                                    |
| Sodium          | g           | 0.6                | N/A                                    |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 26  
Composite Sample Name: Biscuits, Cheese Flavoured  
Sub-sample Number: 26.8  
Sub-sample Name: Jacob's Cheddars Biscuits  
Full Product Name: Jacob's Cheddars, Real Cheddar Cheese Biscuits  
Brand: Jacob's  
Pack size: 150g  
Purchase Date: 11/09/08  
Place of Purchase: Asda, Boundary Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 07.03.09  
Batch Number: 8 240 A 13:08  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional information as 26.8

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 26  
Composite Sample Name: Biscuits, Cheese Flavoured  
Sub-sample Number: 26.9  
Sub-sample Name: Carr's Cheese Melts  
Full Product Name: Carr's Melts  
Brand: Carr's  
Pack size: 150g  
Purchase Date: 11/09/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 24-JAN-2009  
Batch Number: LZ8201 11:43  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat Flour, Vegetable Oil, Wheat Germ, Sugar, Raising Agents (Ammonium Bicarbonate, Sodium Bicarbonate, Disodium Diphosphate), Dried Whey, Salt, Flavouring, Wheat Bran.

**Label claim(s):**

Contains: milk, gluten  
Produced on a line handling sesame seeds, egg, soya  
Suitable for vegetarians  
Made in Holland under the trademark 'Shuttles'

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 26.9

Sub-sample Name: Carr's Cheese Melts

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 1884               | 81                         |
| Energy          | kcal        | 451                | 19                         |
| Protein         | g           | 10.4               | 0.4                        |
| Carbohydrate    | g           | 56.0               | 2.4                        |
| Sugars          | g           | 5.9                | 0.3                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 20.4               | 0.9                        |
| Saturates       | g           | 13.8               | 0.6                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | 4.3                | 0.2                        |
| Salt            | g           | N/A                | N/A                        |
| Sodium          | g           | 0.8                | <0.1                       |



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 26  
Composite Sample Name: Biscuits, Cheese Flavoured  
Sub-sample Number: 26.10  
Sub-sample Name: Tesco Cheese Savouries  
Full Product Name: Tesco Cheese Savouries  
Brand: Tesco  
Pack size: 250g  
Purchase Date: 11/09/08  
Place of Purchase: Tesco, Harford Bridges ,Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 31 JAN 09 HD  
Batch Number: B05 16:08  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat Flour, Vegetable Oil, Cheese Powder (10%), Sunflower Oil, Yeast Autolysate, Sugar, Glucose Syrup, Malted Barley Extract, Raising Agents (Ammonium Bicarbonate, Sodium Bicarbonate), Salt, Whey Powder, Lactic Acid, Natural Flavouring, Pepper, Cayenne Pepper.

**Label claim(s):**

Contains milk, wheat, gluten

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 26.10

Sub-sample Name: Tesco Cheese Savouries

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>25g contains</b> |
|-----------------|-------------|--------------------|---|
| Energy          | kJ          | 2175               | 545   |
| Energy          | kcal        | 525                | 130   |
| Protein         | g           | 11.1               | 2.8   |
| Carbohydrate    | g           | 49.8               | 12.5  |
| Sugars          | g           | 4.1                | 1.0   |
| Starch          | g           | N/A                | N/A   |
| Fat             | g           | 30.8               | 7.7   |
| Saturates       | g           | 12.0               | 3.0   |
| Monounsaturates | g           | 15.2               | 3.8   |
| Polyunsaturates | g           | 2.7                | 0.7   |
| Fibre           | g           | 3.0                | 0.8   |
| Salt            | g           | 1.9                | 0.5   |
| Sodium          | g           | 0.8                | 0.2   |

### Sample 27: Rye crisp bread

Composite Sample Number: 27  
Composite Sample Name: Rye Crisp Bread  
Sub-sample Number: 27.1  
Sub-sample Name: Ryvita Original  
Full Product Name: Ryvita Original Rye Crispbread  
Brand: Ryvita  
Pack size: 250g  
Purchase Date: 11/09/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 06.2009  
Batch Number: 8246 05:35  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wholegrain Rye Flour, Salt.

**Label claim(s):**

Contains: Rye  
May contain traces of Sesame Seeds and Soya  
Suitable for vegetarians  
Source of iron  
Wholegrain rye crispbread  
High in fibre  
All natural ingredients  
Less than 2% fat in each slice

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 27.1

Sub-sample Name: Ryvita Original

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 1345               | 135                        |
| Energy          | kcal        | 317                | 32                         |
| Protein         | g           | 8.5                | 0.9                        |
| Carbohydrate    | g           | 66.9               | 6.7                        |
| Sugars          | g           | 2.9                | 0.3                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 1.7                | 0.2                        |
| Saturates       | g           | 0.3                | Trace                      |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | 16.5               | 1.7                        |
| Salt            | g           | 0.5                | 0.05                       |
| Sodium          | g           | 0.2                | Trace                      |
| Iron            | mg          | 2.6                | 0.26                       |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 27  
Composite Sample Name: Rye Crisp Bread  
Sub-sample Number: 27.2  
Sub-sample Name: Ryvita Original  
Full Product Name: Ryvita Original Rye Crispbread  
Brand: Ryvita  
Pack size: 250g  
Purchase Date: 11/09/08  
Place of Purchase: Asda , Boundary Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 04.2009  
Batch Number: 8206 22:19  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional information as 27.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 27  
Composite Sample Name: Rye Crisp Bread  
Sub-sample Number: 27.3  
Sub-sample Name: Ryvita Original  
Full Product Name: Ryvita Original Rye Crispbread  
Brand: Ryvita  
Pack size: 250g  
Purchase Date: 11/09/08  
Place of Purchase: Sainsburys, William Frost Way, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 04.2009 2A  
Batch Number: 8212 09:15  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional information as 27.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 27  
Composite Sample Name: Rye Crisp Bread  
Sub-sample Number: 27.4  
Sub-sample Name: Ryvita Dark Rye  
Full Product Name: Ryvita Dark Rye Rye Crispbread  
Brand: Ryvita  
Pack size: 250g  
Purchase Date: 11/09/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 05.2009  
Batch Number: 8241 09:57  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wholegrain Rye Flour, Salt.

**Label claim(s):**

Contains: Rye  
May contain traces of Sesame Seeds and Soya  
Suitable for vegetarians  
Source of iron  
High in fibre  
All Natural ingredients  
Less than 2% fat in each slice

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 27.4

Sub-sample Name: Ryvita Dark Rye

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 1321               | 132                        |
| Energy          | kcal        | 311                | 31                         |
| Protein         | g           | 8.5                | 0.9                        |
| Carbohydrate    | g           | 65.5               | 6.6                        |
| Sugars          | g           | 2.5                | 0.3                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 1.7                | 0.2                        |
| Saturates       | g           | 0.4                | Trace                      |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | 18.0               | 1.8                        |
| Salt            | g           | 0.9                | 0.1                        |
| Sodium          | g           | 0.34               | Trace                      |
| Iron            | mg          | 2.8                | 0.28                       |



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 27  
Composite Sample Name: Rye Crisp Bread  
Sub-sample Number: 27.5  
Sub-sample Name: Ryvita Dark Rye  
Full Product Name: Ryvita Dark Rye Rye Crispbread  
Brand: Ryvita  
Pack size: 250g  
Purchase Date: 11/09/08  
Place of Purchase: Asda, Boundary Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 04.2009 1A  
Batch Number: 8205 17:14  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional information as 27.4

## Sample 28: Oatcakes

|                                |                                 |
|--------------------------------|---------------------------------|
| Composite Sample Number:       | 28                              |
| Composite Sample Name:         | Oatcakes                        |
| Sub-sample Number:             | 28.1                            |
| Sub-sample Name:               | Nairn's Oatcakes, Rough         |
| Full Product Name:             | Nairn's Oatcakes                |
| Brand:                         | Nairn's                         |
| Pack size:                     | 400g                            |
| Purchase Date:                 | 11/09/08                        |
| Place of Purchase:             | Tesco, Harford Bridges, Norwich |
| Sell by Date:                  | N/A                             |
| Use by Date/Best Before Date:  | 09 MAR 2009                     |
| Batch Number:                  | 3628 15:56 C2                   |
| Packaging:                     | Cardboard                       |
| Sample Condition As Purchased: | Ambient                         |
| Post Purchase Storage:         | 15°C food store                 |

**Ingredients:** Wholegrain Oats (88%), Sunflower Oil, Palm Fruit Oil, Sea Salt, Raising Agent: Sodium Bicarbonate.

**Label claim(s):**

No artificial colours, Flavours or Preservatives

No Hydrogenated Fat

High Fibre

Suitable for Vegans

No GM Ingredients

Both our recipe and factory are nut free. We cannot guarantee that our ingredients are nut free.

Manufactured on equipment that handles milk.

Low GI

Wheat Free

## Nutrient analysis survey of biscuits, buns, cakes and pastries

No Added Sugar  
Wholegrain Oats  
Baked in Scotland

Sub-sample Number: 28.1

Sub-sample Name: Nairn's Oatcakes, Rough

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 1766               | 198                        |
| Energy          | kcal        | 421                | 47                         |
| Protein         | g           | 10.6               | 1.2                        |
| Carbohydrate    | g           | 52.8               | 5.9                        |
| Sugars          | g           | 1.2                | 0.1                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 18.6               | 2.1                        |
| Saturates       | g           | 4.6                | 0.5                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | 10.5               | 1.2                        |
| Salt            | g           | 1.2                | 0.1                        |
| Sodium          | g           | 0.74               | 0.08                       |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 28  
Composite Sample Name: Oatcakes  
Sub-sample Number: 28.2  
Sub-sample Name: Nairn's Oatcakes, Rough  
Full Product Name: Nairn's Oatcakes  
Brand: Nairn's  
Pack size: 400g  
Purchase Date: 11/09/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 05 FEB 2009  
Batch Number: 3158 08:08 C1  
Packaging: Cardboard  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional information as 28.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 28  
Composite Sample Name: Oatcakes  
Sub-sample Number: 28.3  
Sub-sample Name: Nairn's Oatcakes, Rough  
Full Product Name: Nairn's Oatcakes  
Brand: Nairn's  
Pack size: 300g  
Purchase Date: 11/09/08  
Place of Purchase: Sainsbury's, William Frost Way, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 20 JAN 2009  
Batch Number: 2938 12:16 C1  
Packaging: Cardboard  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional information as 28.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 28  
Composite Sample Name: Oatcakes  
Sub-sample Number: 28.4  
Sub-sample Name: Nairn's Oatcakes, Rough  
Full Product Name: Nairn's Oatcakes  
Brand: Nairn's  
Pack size: 300g  
Purchase Date: 11/09/08  
Place of Purchase: Waitrose, Eaton, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 31 DEC 2008  
Batch Number: 2648 04:54 C2  
Packaging: Cardboard  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional information as 28.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 28  
Composite Sample Name: Oatcakes  
Sub-sample Number: 28.5  
Sub-sample Name: Nairn's Scottish Oatcakes  
Full Product Name: Nairn's Oatcakes, Scottish  
Brand: Nairn's  
Pack size: 300g  
Purchase Date: 11/09/08  
Place of Purchase: Asda, Boundary Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 23 JAN 2009  
Batch Number: 2968 02:46 C2  
Packaging: Cardboard  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wholegrain Oats (86%), Palm Fruit Oil, Sea Salt, Raising Agent: Sodium Bicarbonate.

**Label claim(s):**

No artificial colours, Flavours or Preservatives

No Hydrogenated Fat

High Fibre

Suitable for Vegans

No GM Ingredients

'Both our recipe and factory are nut free. We cannot guarantee that our ingredients are nut free. Manufactured on equipment that handles milk'

Low GI

Wheat Free

No Added Sugar

Wholegrain Oats

Baked in Scotland

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 28.5

Sub-sample Name: Nairn's Scottish Oatcakes

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 1871               | 202                        |
| Energy          | kcal        | 446                | 48                         |
| Protein         | g           | 10.6               | 1.1                        |
| Carbohydrate    | g           | 55.9               | 6.0                        |
| Sugars          | g           | 0.9                | 0.1                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 20.0               | 2.2                        |
| Saturates       | g           | 7.7                | 0.8                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | 8.3                | 0.9                        |
| Salt            | g           | 1.4                | 0.15                       |
| Sodium          | g           | 0.8                | 0.1                        |



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 28  
Composite Sample Name: Oatcakes  
Sub-sample Number: 28.6  
Sub-sample Name: Nairn's Oatcakes, Fine  
Full Product Name: Nairn's Oatcakes Fine Milled  
Brand: Nairn's  
Pack size: 250g  
Purchase Date: 11/09/08  
Place of Purchase: Asda, Boundary Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 03 FEB 2009  
Batch Number: 3138 01:56 C1  
Packaging: Cardboard  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wholegrain Oats (86%), Palm Fruit Oil, Sea Salt, Raising Agent: Sodium Bicarbonate.

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

No artificial colours, Flavours or Preservatives

No Hydrogenated Fat

High Fibre

Suitable for Vegans

No GM Ingredients

'Both our recipe and factory are nut free. We cannot guarantee that our ingredients are nut free. Manufactured on equipment that handles milk'.

Low GI

Wheat Free

No Added Sugar

Wholegrain Oats

Baked in Scotland

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 28.6

Sub-sample Name: Nairn's Oatcakes, Fine

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 1879               | 147                        |
| Energy          | kcal        | 449                | 35                         |
| Protein         | g           | 10.5               | 0.8                        |
| Carbohydrate    | g           | 52.6               | 4.1                        |
| Sugars          | g           | 0.4                | Trace                      |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 21.8               | 1.7                        |
| Saturates       | g           | 8.4                | 0.7                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | 8.6                | 0.7                        |
| Salt            | g           | 1.1                | 0.09                       |
| Sodium          | g           | 0.7                | 0.05                       |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 28  
Composite Sample Name: Oatcakes  
Sub-sample Number: 28.7  
Sub-sample Name: Tesco Scottish Rough Oatcakes  
Full Product Name: Tesco Scottish Rough Oatcakes  
Brand: Tesco  
Pack size: 250g  
Purchase Date: 11/09/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: JAN 2009  
Batch Number: 3048 07:31 C1  
Packaging: Cardboard  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Oatmeal, Vegetable Fat, Water, Salt, Raising Agent (Sodium Bicarbonate).

**Label claim(s):**

Contains gluten

Recipe: No nuts

Ingredients: Cannot guarantee nut free.

Factory: No nuts

Suitable for vegetarians

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 28.7

Sub-sample Name: Tesco Scottish Rough Oatcakes

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 1815               | 189                        |
| Energy          | kcal        | 435                | 45                         |
| Protein         | g           | 11.4               | 1.2                        |
| Carbohydrate    | g           | 55.3               | 5.8                        |
| Sugars          | g           | 0.7                | Trace                      |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 18.4               | 1.9                        |
| Saturates       | g           | 7.4                | 0.8                        |
| Monounsaturates | g           | 7.0                | 0.7                        |
| Polyunsaturates | g           | 3.5                | 0.4                        |
| Fibre           | g           | 8.0                | 0.8                        |
| Salt            | g           | N/A                | N/A                        |
| Sodium          | g           | 0.8                | 0.1                        |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 28  
Composite Sample Name: Oatcakes  
Sub-sample Number: 28.8  
Sub-sample Name: Nairn's Organic Oatcakes, Rough  
Full Product Name: Nairn's Organic Oatcakes Rough Oatmeal  
Brand: Nairn's  
Pack size: 250g  
Purchase Date: 11/09/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 16 FEB 2009  
Batch Number: 3328 02:20 C1  
Packaging: Cardboard  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Organic Wholegrain Oats (89%), Organic Sunflower Oil, Organic Palm Fruit Oil, Sea Salt, Raising Agent: Sodium Bicarbonate.

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

No artificial colours, Flavours or Preservatives

No Hydrogenated Fat

High Fibre

Suitable for Vegans

No GM Ingredients

'Both our recipe and factory are nut free. We cannot guarantee that our ingredients are nut free. Manufactured on equipment that handles milk'.

Low GI

Wheat Free

No Added Sugar

Wholegrain Oats

Baked in Scotland

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 28.8

Sub-sample Name: Nairn's Organic Oatcakes, Rough

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 1757               | 183                        |
| Energy          | kcal        | 418                | 43                         |
| Protein         | g           | 10.2               | 1.1                        |
| Carbohydrate    | g           | 57.7               | 6.0                        |
| Sugars          | g           | 0.9                | 0.1                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 16.3               | 1.7                        |
| Saturates       | g           | 4.4                | 0.5                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | 7.5                | 0.8                        |
| Salt            | g           | 1.1                | 0.1                        |
| Sodium          | g           | 0.66               | 0.1                        |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 28  
Composite Sample Name: Oatcakes  
Sub-sample Number: 28.9  
Sub-sample Name: Stockans Oatcakes, Thin  
Full Product Name: Stockan And Gardens Original Orkney Oatcakes, Thin  
Brand: Stockan and Gardens  
Pack size: 100g  
Purchase Date: 11/09/08  
Place of Purchase: Asda, Boundary Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 04 03 09  
Batch Number: 96419  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Oatmeal (66%), Vegetable Oil, Wheat Flour, Raising Agent (Disodium Diphosphate, Sodium Bicarbonate), Salt.

**Label claim(s):**

Contains wheat, gluten

May contain traces of nuts and seeds

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 28.9

Sub-sample Name: Stockans Oatcakes, Thin

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 1895               | N/A                        |
| Energy          | kcal        | 453                | N/A                        |
| Protein         | g           | 11.1               | N/A                        |
| Carbohydrate    | g           | 50.3               | N/A                        |
| Sugars          | g           | 0.3                | N/A                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 23.0               | N/A                        |
| Saturates       | g           | 6.1                | N/A                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | 6.0                | N/A                        |
| Salt            | g           | 1.9                | N/A                        |
| Sodium          | g           | 1.2                | N/A                        |



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 28  
Composite Sample Name: Oatcakes  
Sub-sample Number: 28.10  
Sub-sample Name: Sainsbury's Highland Oatcakes  
Full Product Name: Sainsbury's Highland Oatcakes  
Brand: Sainsbury's  
Pack size: 300g  
Purchase Date: 11/09/08  
Place of Purchase: Sainsbury's, William Frost Way, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 21 MAR 09  
Batch Number: E225B  
Packaging: Cardboard  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Oatmeal (77%), Vegetable Oils, Wheat Flour, Sugar, Salt, Raising Agent: Sodium Hydrogen Carbonate.

**Label claim(s):**

High in fibre

Vegetarian

Contains wheat gluten & oat gluten

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

Produced in the UK

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 28.10

Sub-sample Name: Sainsbury's Highland Oatcakes

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 1792               | 224                        |
| Energy          | kcal        | 427                | 53                         |
| Protein         | g           | 10.7               | 1.3                        |
| Carbohydrate    | g           | 56.4               | 7.0                        |
| Sugars          | g           | 2.7                | 0.3                        |
| Starch          | g           | 53.7               | 6.7                        |
| Fat             | g           | 17.6               | 2.2                        |
| Saturates       | g           | 5.0                | 0.6                        |
| Monounsaturates | g           | 7.9                | 1.0                        |
| Polyunsaturates | g           | 4.5                | 0.6                        |
| Fibre           | g           | 8.9                | 1.1                        |
| Salt            | g           | 1.4                | 0.2                        |
| Sodium          | g           | 0.6                | 0.1                        |

Sample 29: Cheese straws/twist

Composite Sample Number: 29  
Composite Sample Name: Cheese Straws/Twists  
Sub-sample Number: 29.1  
Sub-sample Name: Lidl Snacky Cracky Butter Cheese Sticks  
Full Product Name: Lidl Snacky Cracky Butter Cheese Sticks  
Brand: Snacky Cracky  
Pack size: 150g  
Purchase Date: 13/10/08  
Place of Purchase: Lidl, Alysham Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 09 2009  
Batch Number: 958249 3  
Packaging: Cardboard  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheatflour, Butter (32%), Gouda and Edam Cheese (18%), Salt, Milk protein, Dextrose, Vegetable fat, Colour (E160b).

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 29.1

Sub-sample Name: Lidl Snacky Cracky Butter Cheese Sticks

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 2323               | N/A                        |
| Energy          | kcal        | 558                | N/A                        |
| Protein         | g           | 13.3               | N/A                        |
| Carbohydrate    | g           | 41.5               | N/A                        |
| Sugars          | g           | 1.7                | N/A                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 37.6               | N/A                        |
| Saturates       | g           | 25.7               | N/A                        |
| Monounsaturates | g           | 10.1               | N/A                        |
| Polyunsaturates | g           | 1.8                | N/A                        |
| Fibre           | g           | 0.3                | N/A                        |
| Salt            | g           | 1.2                | N/A                        |
| Sodium          | g           | N/A                | N/A                        |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 29  
Composite Sample Name: Cheese Straws/Twists  
Sub-sample Number: 29.2  
Sub-sample Name: Lidl Snacky Cracky Butter Cheese Sticks  
Full Product Name: Lidl Snacky Cracky Butter Cheese Sticks  
Brand: Snacky Cracky  
Pack size: 150g  
Purchase Date: 13/10/08  
Place of Purchase: Lidl, Alysham Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 09 2009  
Batch Number: 958256 4  
Packaging: Cardboard  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional information as 29.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 29  
Composite Sample Name: Cheese Straws/Twists  
Sub-sample Number: 29.3  
Sub-sample Name: Marks and Spencer Cheese Crispies  
Full Product Name: Marks and Spencer Cheddar Cheese Crispies  
Brand: Marks and Spencer  
Pack size: 100g  
Purchase Date: 12/09/08  
Place of Purchase: Marks and Spencer, Rampant Horse Street, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: Display until 13. 01.09 Best before 20.01.09  
Batch Number: N/A  
Packaging: Cardboard  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheatflour, Cheddar Cheese (27%), Butter (12%), Vegetable Fat, Vegetable Oil, Salt, Emulsifier (E471).

**Label claim(s):**

Contains Cow's Milk, Wheat, Gluten

This product has been made in a factory which uses sesame ingredients.

No artificial colours or flavourings

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 29.3

Sub-sample Name: Marks and Spencer Cheese Crispies

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per 25g</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 2360               | 590                                    |
| Energy          | kcal        | 565                | 140                                    |
| Protein         | g           | 15.8               | 4.0                                    |
| Carbohydrate    | g           | 40.1               | 10.0                                   |
| Sugars          | g           | 0.9                | Trace                                  |
| Starch          | g           | N/A                | N/A                                    |
| Fat             | g           | 38.1               | 9.5                                    |
| Saturates       | g           | 22.0               | 5.5                                    |
| Monounsaturates | g           | N/A                | N/A                                    |
| Polyunsaturates | g           | N/A                | N/A                                    |
| Fibre           | g           | 2.2                | 0.6                                    |
| Salt equivalent | g           | 2.81               | 0.70                                   |
| Sodium          | g           | 1.10               | 0.28                                   |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 29

Composite Sample Name: Cheese Straws/Twists

Sub-sample Number: 29.4

Sub-sample Name: Marks and Spencer Cheese Crispies

Full Product Name: Marks and Spencer Cheddar Cheese Crispies

Brand: Marks and Spencer

Pack size: 100g

Purchase Date: 13/09/08

Place of Purchase: Marks and Spencer, Rampant Horse Street, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: Display until 03. 021.09 Best before 10.02.09

Batch Number: N/A

Packaging: Cardboard

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

Additional information as 29.3



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 29  
Composite Sample Name: Cheese Straws/Twists  
Sub-sample Number: 29.5  
Sub-sample Name: Marks and Spencer Cheese Twists  
Full Product Name: Marks and Spencer All Butter Cheese Twists  
Brand: Marks and Spencer  
Pack size: 125g  
Purchase Date: 12/09/08  
Place of Purchase: Marks and Spencer, Rampant Horse Street, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: Display until 11.11.2008 Best before 25.11.2008  
Batch Number: L 68AFF 10:18 AB  
Packaging: Cardboard  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheatflour, Butter (29%), Gruyere Cheese (9%), Dried Skimmed Milk, Salt, Yeast, Malted Barley Flour, Sugar.

**Label claim(s):**

Contains Cow's Milk, Wheat, Barley, Gluten  
No artificial colours or flavourings

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 29.5

Sub-sample Name: Marks and Spencer Cheese Twists

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 2085               | 165                        |
| Energy          | kcal        | 500                | 40                         |
| Protein         | g           | 14.2               | 1.1                        |
| Carbohydrate    | g           | 50.2               | 4.0                        |
| Sugars          | g           | 2.1                | 0.2                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 26.7               | 2.1                        |
| Saturates       | g           | 15.9               | 1.3                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | 3.2                | 0.3                        |
| Salt            | g           | 1.90               | 0.15                       |
| Sodium          | g           | 0.76               | 0.06                       |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 29  
Composite Sample Name: Cheese Straws/Twists  
Sub-sample Number: 29.6  
Sub-sample Name: Sainsbury's Cheese Twists  
Full Product Name: Sainsbury's Cheese Twists  
Brand: Sainsbury's  
Pack size: 125g  
Purchase Date: 13/10/08  
Place of Purchase: Sainsbury's, William Frost Way, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 15/04/09  
Batch Number: N/A  
Packaging: Plastic  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat Flour, Butter (23%) (Milk), Cheese (15%) (Milk), Yeast, Salt, Skimmed Milk Powder, Barley Malt.

**Label claim(s):**

Contains milk, wheat gluten and barley gluten

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

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 29.6

Sub-sample Name: Sainsbury's Cheese Twists

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per Twist</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 2058               | 144                                      |
| Energy          | kcal        | 492                | 34                                       |
| Protein         | g           | 12.0               | 0.8                                      |
| Carbohydrate    | g           | 57.0               | 4.0                                      |
| Sugars          | g           | 1.8                | 0.1                                      |
| Starch          | g           | 48.8               | 3.4                                      |
| Fat             | g           | 24.0               | 1.7                                      |
| Saturates       | g           | 16.2               | 1.1                                      |
| Monounsaturates | g           | 6.5                | 0.4                                      |
| Polyunsaturates | g           | 1.2                | <0.1                                     |
| Fibre           | g           | 3.0                | 0.2                                      |
| Salt            | g           | 1.9                | 0.1                                      |
| Sodium          | g           | 0.8                | <0.1                                     |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 29  
Composite Sample Name: Cheese Straws/Twists  
Sub-sample Number: 29.7  
Sub-sample Name: Tesco Cheese Twists  
Full Product Name: Tesco Party! Cheese Twists  
Brand: Tesco  
Pack size: 125g  
Purchase Date: 11/09/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 04/2009  
Batch Number: L 08EFF 23:28 TF  
Packaging: Cardboard  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat Flour, Vegetable Margarine, Butter, Gruyere Medium Fat Hard Cheese (10%), Dried Skimmed Milk, Salt, Yeast, Barley Malt Flour, Sugar, Vegetable Margarine contains: Vegetable Oil, Water, Coconut Oil, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Acidity Regulator (Citric Acid).

**Label claim(s):**

Contains gluten, wheat, milk

Recipe: No nuts

Ingredients: Cannot guarantee nut free

Factory: Product made in nut free area but nuts used elsewhere

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 29.7

Sub-sample Name: Tesco Cheese Twists

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Three twists contain</b> |
|-----------------|-------------|--------------------|---|
| Energy          | kJ          | 2120               | 510   |
| Energy          | kcal        | 510                | 125   |
| Protein         | g           | 13.9               | 3.3   |
| Carbohydrate    | g           | 47.9               | 11.5  |
| Sugars          | g           | 0.4                | 0.1   |
| Starch          | g           | N/A                | N/A   |
| Fat             | g           | 28.9               | 6.9   |
| Saturates       | g           | 18.9               | 4.5   |
| Monounsaturates | g           | 6.4                | 1.5   |
| Polyunsaturates | g           | 1.5                | 0.4   |
| Fibre           | g           | 3.6                | 0.9   |
| Salt            | g           | 1.6                | 0.4   |
| Sodium          | g           | 0.7                | 0.2   |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 29  
Composite Sample Name: Cheese Straws/Twists  
Sub-sample Number: 29.8  
Sub-sample Name: Roka Cheese Crispies  
Full Product Name: Roka Original Cheese Crispies  
Brand: Roka  
Pack size: 100g  
Purchase Date: 11/09/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 25.05.09  
Batch Number: 09: 52. 4228  
Packaging: Cardboard  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat flour, Gouda cheese (30%), Vegetable oils and fats, Salt, Emulsifier: E471, Acid: lactic acid, Flavour.

**Label claim(s):**

Contains: milk, wheat & gluten

Produced in a factory handling sesame

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 29.8

Sub-sample Name: Roka Cheese Crispies

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per 30g serving</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 2496               | 749  |
| Energy          | kcal        | 590                | 177  |
| Protein         | g           | 15.4               | 4.6  |
| Carbohydrate    | g           | 41.8               | 12.5   |
| Sugars          | g           | 4.9                | 1.5  |
| Starch          | g           | N/A                | N/A  |
| Fat             | g           | 40.1               | 12.0   |
| Saturates       | g           | 22.6               | 6.8  |
| Monounsaturates | g           | N/A                | N/A  |
| Polyunsaturates | g           | N/A                | N/A  |
| Fibre           | g           | 1.7                | 0.51   |
| Salt            | g           | N/A                | N/A  |
| Sodium          | mg          | 1000               | 300  |



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 29  
Composite Sample Name: Cheese Straws/Twists  
Sub-sample Number: 29.9  
Sub-sample Name: Asda Cheese Twists  
Full Product Name: Asda Cheese Twists  
Brand: Asda  
Pack size: 125g  
Purchase Date: 11/09/08  
Place of Purchase: Asda, Boundary Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 30/03/09  
Batch Number: 0 B 233 19:32  
Packaging: Paper Foil  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat Flour, Butter (20%) (Milk), Cheese (10%) (Milk), Yeast, Salt, Skimmed Milk Powder, Barley Malt Extract,

**Label claim(s):**

No colours, preservatives or flavourings  
No hydrogenated fat  
Contains gluten, milk, wheat and barley  
May contain traces of nuts and/or seeds

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 29.9

Sub-sample Name: Asda Cheese Twists

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 1952               | 137                        |
| Energy          | kcal        | 465                | 33                         |
| Protein         | g           | 12.9               | 0.9                        |
| Carbohydrate    | g           | 58.8               | 4.1                        |
| Sugars          | g           | 2.9                | 0.2                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 19.8               | 1.4                        |
| Saturates       | g           | 15.2               | 1.1                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | 3.8                | 0.3                        |
| Salt            | g           | 1.6                | 0.1                        |
| Sodium          | g           | 0.63               | 0.04                       |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 29  
Composite Sample Name: Cheese Straws/Twists  
Sub-sample Number: 29.10  
Sub-sample Name: Bakery Cheese Straws  
Full Product Name: Cheese Straws  
Brand: N/A  
Pack size: 125g  
Purchase Date: 13/10/08  
Place of Purchase: The Boundary Bakery, Alysham Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: N/A  
Batch Number: N/A  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

### **Ingredients:**

Not listed

### **Nutrient Information:**

Not available

### Sample 30: Toasted minibreads

Composite Sample Number: 30  
Composite Sample Name: Toasted Minibreads  
Sub-sample Number: 30.1  
Sub-sample Name: Bertolli Pepite Cheese And Red Onion  
Full Product Name: Bertolli Pepite Italian Cheese & Red Onion Flavour  
Brand: Bertolli  
Pack size: 200g  
Purchase Date: 11/09/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 21/01/09  
Batch Number: L2 8190  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat Flour, Vegetable Oil, Italian Cheese and Red Onion Flavouring (Italian Cheese Powder, Italian Cheese (0.49%), Wheat Flour, Cheese Powder, Butter Milk Powder, Flavourings), Extra Virgin Olive Oil (4%), Cheese (2.2%) (Pecorino, Grana Padano, Parmesan), Salt, Sugar, Yeast, Onion Powder (0.5%), Paprika

**Label claim(s):**

Contains: gluten (wheat), milk, soya  
May contain: sesame seeds, nuts  
Free from GM ingredients  
Free from hydrogenated fats  
Baked with bertolli extra virgin olive oil

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 30.1

Sub-sample Name: Bertolli Pepite Cheese And Red Onion

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving/</b> |
|-----------------|-------------|--------------------|-----------------------------|
| Energy          | kJ          | 1930               | N/A                         |
| Energy          | kcal        | 460                | N/A                         |
| Protein         | g           | 10.3               | N/A                         |
| Carbohydrate    | g           | 63.2               | N/A                         |
| Sugars          | g           | 2.6                | N/A                         |
| Starch          | g           | N/A                | N/A                         |
| Fat             | g           | 18.4               | N/A                         |
| Saturates       | g           | 4.7                | N/A                         |
| Monounsaturates | g           | N/A                | N/A                         |
| Polyunsaturates | g           | N/A                | N/A                         |
| Fibre           | g           | 2.7                | N/A                         |
| Salt            | g           | N/A                | N/A                         |
| Sodium          | g           | 1.0                | N/A                         |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 30

Composite Sample Name: Toasted Minibreads

Sub-sample Number: 30.2

Sub-sample Name: Bertolli Pepite Cheese And Red Onion

Full Product Name: Bertolli Pepite Hand Baked In Italy Italian Cheese & Red Onion

Brand: Bertolli

Pack size: 200g

Purchase Date: 11/09/08

Place of Purchase: Asda, Boundary Road, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 21/10/08

Batch Number: L2 8085

Packaging: Paper

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

Additional information as 30.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 30  
Composite Sample Name: Toasted Minibreads  
Sub-sample Number: 30.3  
Sub-sample Name: Bertolli Focaccine Parsley and Garlic  
Full Product Name: Bertolli Focaccine Parsley and Garlic  
Brand: Bertolli  
Pack size: 200g  
Purchase Date: 11/09/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 21/01/09  
Batch Number: L1 8187  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat Flour, Vegetable Oil, Extra Virgin Olive Oil (5%), Malt Flour, Salt, Yeast, Dried Parsley (0.8%), Garlic powder (0.8%) , Natural Flavour.

**Label claim(s):**

Contains: gluten (wheat, barley)  
May contain: sesame seeds, nuts  
Made with natural ingredients  
Free from GM ingredients  
Free from hydrogenated fats  
Suitable for vegetarians

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 30.3

Sub-sample Name: Bertolli Focaccine Parsley and Garlic

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 1874               | N/A                        |
| Energy          | kcal        | 446                | N/A                        |
| Protein         | g           | 10.1               | N/A                        |
| Carbohydrate    | g           | 67.2               | N/A                        |
| Sugars          | g           | 2.5                | N/A                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 16.7               | N/A                        |
| Saturates       | g           | 3.7                | N/A                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | 3.4                | N/A                        |
| Salt            | g           | N/A                | N/A                        |
| Sodium          | g           | 1.5                | N/A                        |



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 30  
Composite Sample Name: Toasted Minibreads  
Sub-sample Number: 30.4  
Sub-sample Name: Bertolli Focaccine Parsley and Garlic  
Full Product Name: Bertolli Focaccine Parsley And Garlic  
Brand: Bertolli  
Pack size: 200g  
Purchase Date: 11/09/08  
Place of Purchase: Asda, Boundary Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 21/12/08  
Batch Number: L2 8165  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional information as 30.3

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 30  
Composite Sample Name: Toasted Minibreads  
Sub-sample Number: 30.5  
Sub-sample Name: Bertolli Focaccine Tomato And Oregano  
Full Product Name: Bertolli Focaccine Tomato And Oregano  
Brand: Bertolli  
Pack size: 200g  
Purchase Date: 11/09/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 21/12/08  
Batch Number: L2 8150  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat Flour, Vegetable Oil, Extra Virgin Olive Oil (5%), Salt, Tomato Powder (1.0%), Malt Flour, Yeast, Dried Oregano (0.8%), Onion Powder, Natural Flavour.

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

Contains: gluten (Wheat, Barley)  
May contain: sesame seeds, nuts  
Baked with Bertolli extra virgin olive oil  
Free from gm ingredients  
Free from hydrogenated fats  
Suitable for vegetarians  
Made with natural ingredients

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 30.5

Sub-sample Name: Bertolli Focaccine Tomato And Oregano

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 1874               | N/A                        |
| Energy          | kcal        | 446                | N/A                        |
| Protein         | g           | 9.9                | N/A                        |
| Carbohydrate    | g           | 66.8               | N/A                        |
| Sugars          | g           | 3.0                | N/A                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 16.9               | N/A                        |
| Saturates       | g           | 3.9                | N/A                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | 3.2                | N/A                        |
| Salt            | g           | N/A                | N/A                        |
| Sodium          | g           | 1.2                | N/A                        |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 30  
Composite Sample Name: Toasted Minibreads  
Sub-sample Number: 30.6  
Sub-sample Name: Bertolli Focaccine Tomato And Oregano  
Full Product Name: Bertolli Focaccine Tomato And Oregano  
Brand: Bertolli  
Pack size: 150g  
Purchase Date: 11/09/08  
Place of Purchase: Asda, Boundary Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 21/01/09  
Batch Number: L2 8201  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional information as 30.5

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 30  
Composite Sample Name: Toasted Minibreads  
Sub-sample Number: 30.7  
Sub-sample Name: Bertolli Bruschettine Rosemary And Sea Salt  
Full Product Name: Bertolli Bruschettine Rosemary And Sea Salt  
Brand: Bertolli  
Pack size: 150g  
Purchase Date: 11/09/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 21/02/09  
Batch Number: L2 8205  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat Flour, Vegetable Oil, Extra Virgin Olive Oil (4%), Salt (2.3%), Rosemary (0.8%), Malt Flour, Yeast, Flavouring.

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

Contains: gluten (wheat, barley)  
May contain: sesame seeds, nuts  
Baked with Bertolli extra virgin olive oil  
Free from GM ingredients  
Free from hydrogenated fats  
Suitable for vegetarians

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 30.7

Sub-sample Name: Bertolli Bruschettine Rosemary And Sea Salt

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 1846               | N/A                        |
| Energy          | kcal        | 438                | N/A                        |
| Protein         | g           | 10.6               | N/A                        |
| Carbohydrate    | g           | 69.1               | N/A                        |
| Sugars          | g           | 2.5                | N/A                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 13.3               | N/A                        |
| Saturates       | g           | 1.6                | N/A                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | 2.9                | N/A                        |
| Salt            | g           | N/A                | N/A                        |
| Sodium          | g           | 1.0                | N/A                        |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 30  
Composite Sample Name: Toasted Minibreads  
Sub-sample Number: 30.8  
Sub-sample Name: Asda Chilli And Oregano Bruchetta  
Full Product Name: Asda Chilli And Oregano Bruschetta  
Brand: Asda  
Pack size: 120g  
Purchase Date: 11/09/08  
Place of Purchase: Asda, Boundary Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 05 2009  
Batch Number: L80529  
Packaging: Paper/Foil  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat Flour, Durum Wheat Semolina, Olive Oil, Extra Virgin Olive Oil, Palm Oil, Salt, Yeast, Milk Protein, Sugar, Malt Extract (from Barley), Chilli (0.5%), Oregano, Paprika, Pink Pepper.

**Label claim(s):**

Contains gluten, milk, wheat and barley  
No hydrogenated fat  
No colours, flavourings or preservatives.  
Suitable for Vegetarians

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 30.8

Sub-sample Name: Asda Chilli And Oregano Bruschetta

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving/Per bite</b> |
|-----------------|-------------|--------------------|-------------------------------------|
| Energy          | kJ          | 1843               | 49                                  |
| Energy          | kcal        | 438                | 12                                  |
| Protein         | g           | 11.5               | 0.3                                 |
| Carbohydrate    | g           | 63.2               | 1.7                                 |
| Sugars          | g           | 3.8                | 0.1                                 |
| Starch          | g           | N/A                | N/A                                 |
| Fat             | g           | 15.5               | 0.4                                 |
| Saturates       | g           | 3.7                | 0.1                                 |
| Monounsaturates | g           | N/A                | N/A                                 |
| Polyunsaturates | g           | N/A                | N/A                                 |
| Fibre           | g           | 4.5                | 0.1                                 |
| Salt equivalent | g           | 1.8                | 0.1                                 |
| Sodium          | g           | 0.70               | 0.02                                |



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 30  
Composite Sample Name: Toasted Minibreads  
Sub-sample Number: 30.9  
Sub-sample Name: Sainsburys Taste The Difference Olive Oil Crostini  
Full Product Name: Sainsbury's Taste The Difference Double Baked Italian Olive Oil Crostini  
Brand: Sainsbury's  
Pack size: 120g  
Purchase Date: 11/09/08  
Place of Purchase: Sainsbury's, William Frost Way, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 06/2009  
Batch Number: L 8162  
Packaging: Cardboard  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat Flour, Olive Oil (8%), Durum Wheat Flour, Salt, Yeast, Barley Malt Flour

**Label claim(s):**

Contains wheat gluten & barley gluten  
Vegetarian

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 30.9

Sub-sample Name: Sainsburys Taste The Difference Olive Oil Crostini

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving/Per<br/>crostini</b> |
|-----------------|-------------|--------------------|---|
| Energy          | kJ          | 1816               | 36  |
| Energy          | kcal        | 431                | 9   |
| Protein         | g           | 9.8                | 0.2   |
| Carbohydrate    | g           | 72.4               | 1.4   |
| Sugars          | g           | 1.6                | Trace                                       |
| Starch          | g           | 70.8               | 1.4   |
| Fat             | g           | 11.3               | 0.2   |
| Saturates       | g           | 1.9                | Trace                                       |
| Monounsaturates | g           | 7.5                | 0.1   |
| Polyunsaturates | g           | 1.4                | Trace                                       |
| Fibre           | g           | 3.2                | 0.1   |
| Salt            | g           | 2.0                | Trace                                       |
| Sodium          | g           | 0.8                | Trace                                       |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 30

Composite Sample Name: Toasted Minibreads

Sub-sample Number: 30.10

Sub-sample Name: Sainsburys Taste The Difference Olive Oil Crostini

Full Product Name: Sainsbury's Taste The Difference Double Baked Italian Olive Oil Crostini

Brand: Sainsbury's

Pack size: 120g

Purchase Date: 14/10/08

Place of Purchase: Sainsbury's, William Frost Way, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 07/2009

Batch Number: L 8193

Packaging: Cardboard

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

Additional information as 30.9

### Sample 31: Breadsticks

Composite Sample Number: 31  
Composite Sample Name: Breadsticks  
Sub-sample Number: 31.1  
Sub-sample Name: Italian Original Breadsticks  
Full Product Name: Tesco Party Italian Original Breadsticks  
Brand: Tesco  
Pack size: 125g  
Purchase Date: 11/09/08  
Place of Purchase: Tesco, Harford Bridge, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: MAR 09  
Batch Number: 8205 C  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat Flour, Coconut Oil, Barley Malt Extract, Yeast, Salt.

**Label claim(s):**

Contains wheat, gluten

Recipe: No nuts

Ingredients: Cannot guarantee nut free.

Factory: No nuts

Suitable for vegetarians

Produced in the UK

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 31.1

Sub-sample Name: Italian Original Breadsticks

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>each breadstick</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 1730               | 95   |
| Energy          | kcal        | 410                | 22   |
| Protein         | g           | 11.6               | 0.6  |
| Carbohydrate    | g           | 72.9               | 4.0  |
| Sugars          | g           | 3.7                | 0.2  |
| Starch          | g           | N/A                | N/A  |
| Fat             | g           | 7.8                | 0.4  |
| Saturates       | g           | 6.7                | 0.4  |
| Monounsaturates | g           | 0.6                | Trace  |
| Polyunsaturates | g           | 0.5                | Trace  |
| Fibre           | g           | 2.9                | 0.2  |
| Salt            | g           | N/A                | N/A  |
| Sodium          | g           | 0.8                | Trace  |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 31  
Composite Sample Name: Breadsticks  
Sub-sample Number: 31.2  
Sub-sample Name: Italian Original Breadsticks  
Full Product Name: Tesco Party Italian Original Breadsticks  
Brand: Tesco  
Pack size: 125g  
Purchase Date: 9/10/08  
Place of Purchase: Tesco, Harford Bridge, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: APR 09  
Batch Number: 8240 A  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional Information as 31.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 31  
Composite Sample Name: Breadsticks  
Sub-sample Number: 31.3  
Sub-sample Name: Italian Original Breadsticks  
Full Product Name: Tesco Party Italian Original Breadsticks  
Brand: Tesco  
Pack size: 125g  
Purchase Date: 13/10/08  
Place of Purchase: Tesco, Harford Bridge, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: APR 09  
Batch Number: 8241 A  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional Information as 31.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 31  
Composite Sample Name: Breadsticks  
Sub-sample Number: 31.4  
Sub-sample Name: Asda Traditional Breadsticks  
Full Product Name: Asda Breadsticks  
Brand: Asda  
Pack size: 125g  
Purchase Date: 13/10/08  
Place of Purchase: Asda, Boundary Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: MAY 09  
Batch Number: 2 8218 C  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat Flour, Coconut Oil, Malt Extract (from Barley), Yeast, Salt.

**Label claim(s):**

Contains gluten, wheat and barley  
May contain traces of nuts and/or seeds  
No colours, preservatives or flavourings  
No hydrogenated fat  
Suitable for vegetarians



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 31.4

Sub-sample Name: Asda Traditional Breadsticks

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>each breadstick</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 1741               | 95   |
| Energy          | kcal        | 412                | 22   |
| Protein         | g           | 12.0               | 0.7  |
| Carbohydrate    | g           | 73.0               | 4.0  |
| Sugars          | g           | 3.7                | 0.2  |
| Starch          | g           | N/A                | N/A  |
| Fat             | g           | 8.0                | 0.4  |
| Saturates       | g           | 7.0                | 0.4  |
| Monounsaturates | g           | N/A                | N/A  |
| Polyunsaturates | g           | N/A                | N/A  |
| Fibre           | g           | 2.9                | 0.2  |
| Salt            | g           | 2.0                | 0.1  |
| Sodium          | g           | 0.8                | 0.04   |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 31  
Composite Sample Name: Breadsticks  
Sub-sample Number: 31.5  
Sub-sample Name: Asda Traditional Breadsticks  
Full Product Name: Asda Breadsticks  
Brand: Asda  
Pack size: 125g  
Purchase Date: 13/10/08  
Place of Purchase: Asda, Boundary Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: MAY 09  
Batch Number: 2 8218 C  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional Information as 31.4

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 31  
Composite Sample Name: Breadsticks  
Sub-sample Number: 31.6  
Sub-sample Name: Asda Traditional Breadsticks  
Full Product Name: Asda Breadsticks  
Brand: Asda  
Pack size: 125g  
Purchase Date: 13/10/08  
Place of Purchase: Asda, Boundary Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: MAY 09  
Batch Number: 2 8218 C  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional Information as 31.4

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 31  
Composite Sample Name: Breadsticks  
Sub-sample Number: 31.7  
Sub-sample Name: Sainsbury's Italian Grissini Breadsticks, Original  
Full Product Name: Sainsbury's Grissini Breadsticks  
Brand: Sainsbury's  
Pack size: 125g  
Purchase Date: 11/09/08  
Place of Purchase: Sainsbury's, William Frost Way, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: MAY 09  
Batch Number: 2 8233 C  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat Flour, Coconut Oil, Barley Malt Extract, Yeast, Salt.

**Label claim(s):**

Contains wheat, gluten & barley gluten

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

Vegetarian

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 31.7

Sub-sample Name: Sainsbury's Italian Grissini Breadsticks, Original

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>each breadstick</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 1725               | 90   |
| Energy          | kcal        | 408                | 21   |
| Protein         | g           | 11.6               | 0.6  |
| Carbohydrate    | g           | 72.9               | 3.8  |
| Sugars          | g           | 3.7                | 0.2  |
| Starch          | g           | 69.2               | 3.6  |
| Fat             | g           | 7.8                | 0.4  |
| Saturates       | g           | 6.7                | 0.3  |
| Monounsaturates | g           | 0.6                | < 0.1g   |
| Polyunsaturates | g           | 0.5                | < 0.1g   |
| Fibre           | g           | 2.9                | 0.2  |
| Salt            | g           | 2.0                | 0.1  |
| Sodium          | g           | 0.8                | < 0.1g   |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 31  
Composite Sample Name: Breadsticks  
Sub-sample Number: 31.8  
Sub-sample Name: Sainsbury's Italian Grissini Breadsticks, Original  
Full Product Name: Sainsbury's Grissini Breadsticks  
Brand: Sainsbury's  
Pack size: 125g  
Purchase Date: 13/10/08  
Place of Purchase: Sainsbury's, William Frost Way, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: JUN 09  
Batch Number: 8273B  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional Information as 31.7

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 31  
Composite Sample Name: Breadsticks  
Sub-sample Number: 31.9  
Sub-sample Name: Tesco Party Italian Mini Breadsticks  
Full Product Name: Tesco Party Italian Mini Breadsticks  
Brand: Tesco  
Pack size: 100g  
Purchase Date: 11/9/08  
Place of Purchase: Tesco, Harford Bridge, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: MAR 09  
Batch Number: 8181 C  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat Flour, Coconut Oil, Barley Malt Extract, Yeast, Salt.

**Label claim(s):**

Contains Wheat, gluten

Recipe: No nuts

Ingredients: Cannot guarantee nut free

Factory: No nuts

Suitable for vegetarians

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 31.9

Sub-sample Name: Tesco Party Italian Mini Breadsticks

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>each breadstick</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 1730               | 31   |
| Energy          | kcal        | 410                | 7  |
| Protein         | g           | 11.6               | 0.2  |
| Carbohydrate    | g           | 72.9               | 1.3  |
| Sugars          | g           | 3.7                | Trace  |
| Starch          | g           | N/A                | N/A  |
| Fat             | g           | 7.8                | 0.1  |
| Saturates       | g           | 6.7                | 0.1  |
| Monounsaturates | g           | 0.6                | Trace  |
| Polyunsaturates | g           | 0.5                | Trace  |
| Fibre           | g           | 2.9                | Trace  |
| Salt            | g           | N/A                | N/A  |
| Sodium          | g           | 0.8                | Trace  |



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 31  
Composite Sample Name: Breadsticks  
Sub-sample Number: 31.10  
Sub-sample Name: Morrisons Italian Breadsticks  
Full Product Name: Italian Breadsticks  
Brand: Morrisons  
Pack size: 125g  
Purchase Date: 12/9/08  
Place of Purchase: Morrisons, Riverside, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 07 09  
Batch Number: L 8189  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat flour, Palm oil, Yeast, Malt extract, Salt

**Label claim(s):**

Contains: Gluten, Sesame seeds  
Suitable for vegetarians

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 31.10

Sub-sample Name: Morrisons Italian breadsticks

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>each breadstick</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 1732               | N/A  |
| Energy          | kcal        | 410                | N/A  |
| Protein         | g           | 11.5               | N/A  |
| Carbohydrate    | g           | 73.0               | N/A  |
| Sugars          | g           | 3.0                | N/A  |
| Starch          | g           | N/A                | N/A  |
| Fat             | g           | 8.0                | N/A  |
| Saturates       | g           | 3.8                | N/A  |
| Monounsaturates | g           | N/A                | N/A  |
| Polyunsaturates | g           | N/A                | N/A  |
| Fibre           | g           | 3.0                | N/A  |
| Salt            | g           | 2.0                | N/A  |
| Sodium          | g           | 0.8                | N/A  |

### Sample 32: Scones, plain

Composite Sample Number: 32  
Composite Sample Name: Scones, plain  
Sub-sample Number: 32.1  
Sub-sample Name: Tesco 6 All Butter Scones  
Full Product Name: Tesco 6 All Butter Scones  
Brand: Tesco  
Pack size: Pack of 6  
Purchase Date: 21/10/08  
Place of Purchase: Tesco, Harford Bridge, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 25 Oct 08  
Batch Number: 290 02:02 1  
Packaging: Plastic  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat flour, Partially reconstituted dried skimmed milk, Butter (15%), Sugar, Raising agents (Disodium diphosphate, Sodium bicarbonate), Pasteurised whole egg.

**Label claim(s):**

Contains: Milk, Wheat, Gluten, Egg

Recipe: No nuts

Ingredients: Cannot guarantee nut free

Factory: No nuts

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 32.1

Sub-sample Name: Tesco 6 All Butter Scones

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Each scone (60g)</b> |
|-----------------|-------------|--------------------|---|
| Energy          | kJ          | 1585               | 950   |
| Energy          | kcal        | 380                | 230   |
| Protein         | g           | 7.2                | 4.3   |
| Carbohydrate    | g           | 54.3               | 32.6  |
| Sugars          | g           | 17.3               | 10.4  |
| Starch          | g           | N/A                | N/A   |
| Fat             | g           | 14.5               | 8.7   |
| Saturates       | g           | 9.6                | 5.8   |
| Monounsaturates | g           | 4.1                | 2.5   |
| Polyunsaturates | g           | 0.6                | 0.4   |
| Fibre           | g           | 1.7                | 1.0   |
| Salt equivalent | g           | 1.1                | 0.7   |
| Sodium          | g           | 0.4                | 0.3   |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 32  
Composite Sample Name: Scones, plain  
Sub-sample Number: 32.2  
Sub-sample Name: Tesco 6 All Butter Scones  
Full Product Name: Tesco 6 All Butter Scones  
Brand: Tesco  
Pack size: Pack of 6  
Purchase Date: 21/10/08  
Place of Purchase: Tesco, Harford Bridge, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 24 Oct 08  
Batch Number: 289 00:37 1  
Packaging: Plastic  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional information as 32.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 32  
Composite Sample Name: Scones, plain  
Sub-sample Number: 32.3  
Sub-sample Name: Tesco 6 All Butter Scones  
Full Product Name: Tesco 6 All Butter Scones  
Brand: Tesco  
Pack size: Pack of 6  
Purchase Date: 21/10/08  
Place of Purchase: Tesco Metro, Guildhall, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 25 Oct 08  
Batch Number: 290 20:36 1  
Packaging: Plastic  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional information as 32.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 32  
Composite Sample Name: Scones, plain  
Sub-sample Number: 32.4  
Sub-sample Name: Asda Bakery Plain Scones  
Full Product Name: Asda Bakery Plain Scones  
Brand: Asda  
Pack size: Pack of 4  
Purchase Date: 21/10/08  
Place of Purchase: Asda, Boundary Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 21 Oct 08  
Batch Number: N/A  
Packaging: Plastic  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

### **Ingredients:**

Not listed

### **Nutrient Information:**

Not available

## Nutrient analysis survey of biscuits, buns, cakes and pastries

|                                |                              |
|--------------------------------|------------------------------|
| Composite Sample Number:       | 32                           |
| Composite Sample Name:         | Scones, plain                |
| Sub-sample Number:             | 32.5                         |
| Sub-sample Name:               | Asda Bakery Plain Scones     |
| Full Product Name:             | Asda Bakery Plain Scones     |
| Brand:                         | Asda                         |
| Pack size:                     | Pack of 4                    |
| Purchase Date:                 | 21/10/08                     |
| Place of Purchase:             | Asda, Boundary Road, Norwich |
| Sell by Date:                  | N/A                          |
| Use by Date/Best Before Date:  | 21 Oct 08                    |
| Batch Number:                  | N/A                          |
| Packaging:                     | Plastic                      |
| Sample Condition As Purchased: | Ambient                      |
| Post Purchase Storage:         | 15°C food store              |

Additional Information as 32.4



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 32  
Composite Sample Name: Scones, plain  
Sub-sample Number: 32.6  
Sub-sample Name: Sainsbury's 6 All Butter Scones  
Full Product Name: Sainsbury's 6 All Butter Scones  
Brand: Sainsbury's  
Pack size: Pack of 6  
Purchase Date: 21/10/08  
Place of Purchase: Sainsbury's, William Frost Way, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 26 Oct 08  
Batch Number: 291 06:07 2  
Packaging: Plastic  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat flour, Butter (15%), Sugar, Water, Skimmed milk powder, Raising agents (Disodium diphosphate, Sodium hydrogen carbonate), Pasteurised whole egg.

**Label claim(s):**

Contains: Milk, egg and wheat gluten

Not suitable for soya allergy sufferers due to the methods used in production

Produced in the UK

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 32.6

Sub-sample Name: Sainsbury's 6 All Butter Scones

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Each scone</b> |
|-----------------|-------------|--------------------|---|
| Energy          | kJ          | 1582               | 949                                       |
| Energy          | kcal        | 377                | 226                                       |
| Protein         | g           | 7.2                | 4.3                                       |
| Carbohydrate    | g           | 54.3               | 32.6                                      |
| Sugars          | g           | 17.3               | 10.4                                      |
| Starch          | g           | 37.0               | 22.2                                      |
| Fat             | g           | 14.5               | 8.7                                       |
| Saturates       | g           | 9.6                | 5.8                                       |
| Monounsaturates | g           | 4.1                | 2.5                                       |
| Polyunsaturates | g           | 0.6                | 0.4                                       |
| Fibre           | g           | 1.7                | 1.0                                       |
| Salt equivalent | g           | 1.1                | 0.66                                      |
| Sodium          | g           | 0.44               | 0.26                                      |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 32  
Composite Sample Name: Scones, plain  
Sub-sample Number: 32.7  
Sub-sample Name: Morrisons Bakery Plain Scones  
Full Product Name: Morrisons Bakery Plain Scones  
Brand: Morrisons  
Pack size: Pack of 4  
Purchase Date: 21/10/08  
Place of Purchase: Morrisons, Riverside, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 23 Oct 08  
Batch Number: N/A  
Packaging: Plastic  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

### **Ingredients:**

Not listed

### **Nutrient Information:**

Not available

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 32  
Composite Sample Name: Scones, plain  
Sub-sample Number: 32.8  
Sub-sample Name: Marks and Spencer Devon Scones  
Full Product Name: Marks and Spencer Devon Scones  
Brand: Marks and Spencer  
Pack size: Pack of 4 220g  
Purchase Date: 21/10/08  
Place of Purchase: Marks and Spencer, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 23 Oct 08  
Batch Number: N/A  
Packaging: Plastic  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat flour, Whole milk (12%), Unsalted butter (11%), Whipping Cream (9%), Sugar, Water, Pasteurised free range egg (6%), Baking powder (Raising agent: E450, Sodium bicarbonate), Salt, Emulsifier E471

**Label claim(s):**

Contains Cow's milk, eggs, wheat, gluten  
Made in a factory that uses sesame ingredients

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 32.8

Sub-sample Name: Marks and Spencer Devon Scones

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Each scone</b> |
|-----------------|-------------|--------------------|---|
| Energy          | kJ          | 1585               | 950                                       |
| Energy          | kcal        | 375                | 225                                       |
| Protein         | g           | 7.1                | 4.3                                       |
| Carbohydrate    | g           | 50.8               | 30.5                                      |
| Sugars          | g           | 11.7               | 7.0                                       |
| Starch          | g           | N/A                | N/A                                       |
| Fat             | g           | 16.2               | 9.7                                       |
| Saturates       | g           | 9.8                | 5.9                                       |
| Monounsaturates | g           | N/A                | N/A                                       |
| Polyunsaturates | g           | N/A                | N/A                                       |
| Fibre           | g           | 1.6                | 1.0                                       |
| Salt equivalent | g           | 1.70               | 1.03                                      |
| Sodium          | g           | 0.68               | 0.41                                      |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 32  
Composite Sample Name: Scones, plain  
Sub-sample Number: 32.9  
Sub-sample Name: Somerfield Devon Scones  
Full Product Name: Somerfield Devon Scones  
Brand: Somerfield  
Pack size: Pack of 6  
Purchase Date: 21/10/08  
Place of Purchase: Somerfield, Spixworth, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 26 Oct 08  
Batch Number: X42  
Packaging: Plastic  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat flour, Water, Vegetable oil, Sugar, Concentrated apple juice (Concentrated apple juice, Rice starch), Skimmed milk powder, egg, Raising agent (E450 E500), Invert sugar syrup, Salt, Milk proteins, Preservative (E202), Emulsifier (Soya lecithin, E471), Acidity regulator (E331), Dextrose

**Label claim(s):**

Contains Egg, milk, soya, wheat and gluten

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 32.9

Sub-sample Name: Somerfield Devon Scones

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Each scone</b> |
|-----------------|-------------|--------------------|---|
| Energy          | kJ          | 1439               | 892                                       |
| Energy          | kcal        | 342                | 212                                       |
| Protein         | g           | 7.4                | 4.6                                       |
| Carbohydrate    | g           | 52.0               | 32.2                                      |
| Sugars          | g           | 11.3               | 7.0                                       |
| Starch          | g           | N/A                | N/A                                       |
| Fat             | g           | 11.6               | 7.2                                       |
| Saturates       | g           | 2.4                | 1.5                                       |
| Monounsaturates | g           | N/A                | N/A                                       |
| Polyunsaturates | g           | N/A                | N/A                                       |
| Fibre           | g           | 1.0                | 0.6                                       |
| Salt equivalent | g           | 2.0                | 1.2                                       |
| Sodium          | g           | 0.78               | 0.48                                      |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 32  
Composite Sample Name: Scones, plain  
Sub-sample Number: 32.10  
Sub-sample Name: Waitrose All Butter Scones  
Full Product Name: Waitrose All Butter Scones Made With Cornish Butter And Clotted Cream  
Brand: Waitrose  
Pack size: Pack of 4  
Purchase Date: 21/10/08  
Place of Purchase: Waitrose, Eaton, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 22 Oct 08  
Batch Number: N/A  
Packaging: Plastic  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat flour, Reconstituted buttermilk, Cornish butter (13%), Sugar, Raising agents (Diphosphates and Potassium carbonates), Clotted cream (1.5%), Pasteurised free range egg, Emulsifier mono and diglycerides of fatty acids, Palm oil, Salt

**Label claim(s):**

Contains Egg, gluten and milk  
May contain traces of nuts and sesame  
Produced in the UK



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 32.10

Sub-sample Name: Waitrose All Butter Scones

### Nutrient Information:

| <b>Nutrient</b>       | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Each scone</b> |
|-----------------------|-------------|--------------------|---|
| <b>Typical values</b> |             |                    |   |
| Energy                | kJ          | 1517               | 1062                                      |
| Energy                | kcal        | 361                | 253                                       |
| Protein               | g           | 7.4                | 5.2                                       |
| Carbohydrate          | g           | 49.7               | 34.8                                      |
| Sugars                | g           | 12.8               | 9.0                                       |
| Starch                | g           | N/A                | N/A                                       |
| Fat                   | g           | 14.8               | 10.3                                      |
| Saturates             | g           | 9.1                | 6.4                                       |
| Monounsaturates       | g           | N/A                | N/A                                       |
| Polyunsaturates       | g           | N/A                | N/A                                       |
| Fibre                 | g           | 1.7                | 1.2                                       |
| Salt equivalent       | g           | N/A                | N/A                                       |
| Sodium                | g           | 0.39               | 0.27                                      |

### Sample 33: Iced buns

|                                |                                |
|--------------------------------|--------------------------------|
| Composite Sample Number:       | 33                             |
| Composite Sample Name:         | Iced buns                      |
| Sub-sample Number:             | 33.1                           |
| Sub-sample Name:               | Tesco Iced Finger Buns         |
| Full Product Name:             | Tesco Iced Finger Buns         |
| Brand:                         | Tesco                          |
| Pack size:                     | Pack of 6                      |
| Purchase Date:                 | 21/10/08                       |
| Place of Purchase:             | Tesco, Harford Bridge, Norwich |
| Sell by Date:                  | N/A                            |
| Use by Date/Best Before Date:  | 23 Oct 08                      |
| Batch Number:                  | L1 10.20                       |
| Packaging:                     | Card + Plastic                 |
| Sample Condition As Purchased: | Ambient                        |
| Post Purchase Storage:         | 15°C food store                |

**Ingredients:** Wheat flour, White icing (20%), Water, Sugar, Yeast, Vegetable oil, Emulsifiers (Mono- and di-glycerides of fatty acids, Mono- and di-acetyltartaric esters of mono- and di-glycerides of fatty acids, Sodium stearoyl-2-lactate), Salt, Lemon oil, Flour treatment agent (Ascorbic acid). White icing contains: Sugar, vegetable oil, Water, Milk proteins, Emulsifiers (Citric acid esters of mono- and di-glycerides of fatty acids, Polysorbate 60), Gelling agent (Agar), Preservative (Potassium sorbate), Colour (Titanium dioxide), Flavouring, Acidity Regulator (Citric acid).

**Label claim(s):**

Contains milk, wheat, gluten

Recipe: No nuts

Ingredients: Cannot guarantee nut free

Factory: No nuts

Suitable for vegetarians. Produced in the UK

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 33.1

Sub-sample Name: Tesco Iced Finger Buns

### Nutrient Information:

| <b>Nutrient</b>       | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Each Bun (40g)</b> |
|-----------------------|-------------|--------------------|---|
| <b>Typical values</b> |             |                    |   |
| Energy                | kJ          | 1180               | 475   |
| Energy                | kcal        | 280                | 115   |
| Protein               | g           | 7.1                | 2.8   |
| Carbohydrate          | g           | 54.7               | 21.9  |
| Sugars                | g           | 11.4               | 4.6   |
| Starch                | g           | N/A                | N/A   |
| Fat                   | g           | 3.4                | 1.4   |
| Saturates             | g           | 1.5                | 0.6   |
| Monounsaturates       | g           | 1.3                | 0.5   |
| Polyunsaturates       | g           | 0.5                | 0.2   |
| Fibre                 | g           | 2.9                | 1.2   |
| Salt equivalent       | g           | 0.5                | 0.2   |
| Sodium                | g           | 0.2                | 0.1   |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 33  
Composite Sample Name: Iced buns  
Sub-sample Number: 33.2  
Sub-sample Name: Tesco Iced Finger Buns  
Full Product Name: Tesco Iced Finger Buns  
Brand: Tesco  
Pack size: Pack of 6  
Purchase Date: 21/10/08  
Place of Purchase: Tesco, Harford Bridge, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 23 Oct 08  
Batch Number: L1 10.20  
Packaging: Card + Plastic  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional information as 33.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 33  
Composite Sample Name: Iced buns  
Sub-sample Number: 33.3  
Sub-sample Name: Tesco Iced Finger Buns  
Full Product Name: Tesco Iced Finger Buns  
Brand: Tesco  
Pack size: Pack of 6  
Purchase Date: 21/10/08  
Place of Purchase: Tesco, Harford Bridge, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 23 Oct 08  
Batch Number: L1 10.20  
Packaging: Card + Plastic  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional information as 33.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 33  
Composite Sample Name: Iced buns  
Sub-sample Number: 33.4  
Sub-sample Name: Tesco Iced Finger Buns  
Full Product Name: Tesco Iced Finger Buns  
Brand: Tesco  
Pack size: Pack of 6  
Purchase Date: 21/10/08  
Place of Purchase: Tesco, Harford Bridge, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 23 Oct 08  
Batch Number: L1 10.20  
Packaging: Card + Plastic  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional information as 33.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 33  
Composite Sample Name: Iced buns  
Sub-sample Number: 33.5  
Sub-sample Name: Sainsbury's Iced Buns  
Full Product Name: Sainsbury's 6 Iced Buns  
Brand: Sainsbury's  
Pack size: Pack of 6  
Purchase Date: 21/10/08  
Place of Purchase: Sainsbury's, William Frost Way, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 22 Oct 08  
Batch Number: L1 14:36  
Packaging: Card + Plastic  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Sweet Finger Bun (80%); White Icing (20%)

**Sweet Finger Bun** contains Wheat flour, Water, Sugar, Yeast, Vegetable oil (Palm oil, Rapeseed oil), Emulsifiers (Mono- and di-acetyltartaric esters of mono- and di-glycerides of fatty acids, Mono- and di-glycerides of fatty acids, Sodium stearoyl -2-lactate), Salt, Lemon oil, Flour treatment agent (ascorbic acid), Wheat gluten.

**White icing** contains: Sugar, Vegetable oil (Palm oil, Rapeseed oil), Water, Lactose (from cow's milk), Emulsifiers (Citric acid esters of mono- and di-glycerides of fatty acids, Polysorbate 60), Gelling agent (Agar), Preservative (Potassium sorbate), Colour (Titanium dioxide), Nature identical Flavouring, Acidity Regulator (Citric acid).

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

Contains milk, wheat, gluten

Recipe: No nuts

Ingredients: Cannot guarantee nut free

Factory: No nuts

Suitable for vegetarians

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 33.5

Sub-sample Name: Sainsbury's Iced Buns

### Nutrient Information:

| <b>Nutrient</b>       | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Each Bun</b> |
|-----------------------|-------------|--------------------|---|
| <b>Typical values</b> |             |                    |   |
| Energy                | kJ          | 1176               | 471                                     |
| Energy                | kcal        | 278                | 111                                     |
| Protein               | g           | 7.1                | 2.8                                     |
| Carbohydrate          | g           | 54.7               | 21.9                                    |
| Sugars                | g           | 11.4               | 4.6                                     |
| Starch                | g           | 43.3               | 17.3                                    |
| Fat                   | g           | 3.4                | 1.4                                     |
| Saturates             | g           | 1.5                | 0.6                                     |
| Monounsaturates       | g           | 1.3                | 0.5                                     |
| Polyunsaturates       | g           | 0.5                | 0.2                                     |
| Fibre                 | g           | 2.9                | 1.2                                     |
| Salt equivalent       | g           | 0.46               | 0.18                                    |
| Sodium                | g           | 0.18               | 0.07                                    |



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 33  
Composite Sample Name: Iced buns  
Sub-sample Number: 33.6  
Sub-sample Name: Asda Sticky Fingers  
Full Product Name: Asda 6 Sticky Fingers  
Brand: Asda  
Pack size: Pack of 6  
Purchase Date: 21/10/08  
Place of Purchase: Asda, Boundary Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 22 Oct 08  
Batch Number: N/A  
Packaging: Card + Plastic  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat flour, Sugar, Water, Vegetable oil, Yeast, Glucose syrup, Humectant (Sorbitol), Emulsifiers (Polyoxyethylene sorbitan monolaurate), Full fat soya flour, Salt, Flour treatment agent (Ascorbic acid), Wheat protein, Colours (Curcumin, Carotenes, Annatto), Natural flavouring.  
Icing 22%

**Label claim(s):**

Contains gluten, wheat and soya  
May contain traces of nuts or seeds

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 33.6

Sub-sample Name: Asda Sticky Fingers

### Nutrient Information:

| <b>Nutrient</b>       | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per Finger</b> |
|-----------------------|-------------|--------------------|---|
| <b>Typical values</b> |             |                    |   |
| Energy                | kJ          | 1393               | 558                                       |
| Energy                | kcal        | 330                | 132                                       |
| Protein               | g           | 7.1                | 2.8                                       |
| Carbohydrate          | g           | 62.0               | 24.8                                      |
| Sugars                | g           | 32.0               | 12.8                                      |
| Starch                | g           | N/A                | N/A                                       |
| Fat                   | g           | 5.9                | 2.4                                       |
| Saturates             | g           | 2.3                | 0.9                                       |
| Monounsaturates       | g           | N/A                | N/A                                       |
| Polyunsaturates       | g           | N/A                | N/A                                       |
| Fibre                 | g           | 2.7                | 1.1                                       |
| Salt equivalent       | g           | 0.3                | 0.12                                      |
| Sodium                | g           | 0.13               | 0.05                                      |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 33  
Composite Sample Name: Iced buns  
Sub-sample Number: 33.7  
Sub-sample Name: Morrisons Pink Iced Finger Buns  
Full Product Name: Morrisons Pink Iced Fingers  
Brand: Morrisons  
Pack size: Pack of 2  
Purchase Date: 21/10/08  
Place of Purchase: Morrisons, Riverside, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 23 Oct 08  
Batch Number: N/A  
Packaging: Plastic  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

### **Ingredients:**

Not listed

### **Nutrient Information:**

No nutrient information available

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 33  
Composite Sample Name: Iced buns  
Sub-sample Number: 33.8  
Sub-sample Name: Asda Iced Fingers  
Full Product Name: Asda Iced Fingers  
Brand: Asda  
Pack size: Pack of 2  
Purchase Date: 21/10/08  
Place of Purchase: Asda, Boundary Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 22 Oct 08  
Batch Number: N/A  
Packaging: Card + Plastic  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat flour, Sugar, Water, Vegetable oil, Lactose (milk), Yeast, Emulsifiers (Citric acid esters of mono and diglycerides of fatty acids, Polyoxyethylene sorbitan monsterate), Full fat soya flour, Salt, Stabiliser (Agar), Preservative (Potassium Sorbate), Natural flavourings, Acidity regulator (Citric acid), Flour treatment agent (Ascorbic acid), Wheat protein, Colours (Curcumin, Carotenes, Annatto)  
Icing 28%

**Label claim(s):**

Contains gluten, milk, wheat and soya  
May contain traces of nuts and/or seeds  
Produced in the UK

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 33.8  
Sub-sample Name: Asda Iced Fingers

### Nutrient Information:

| <b>Nutrient</b>       | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per Finger</b> |
|-----------------------|-------------|--------------------|---|
| <b>Typical values</b> |             |                    |   |
| Energy                | kJ          | 1563               | 1095                                      |
| Energy                | kcal        | 371                | 260                                       |
| Protein               | g           | 7.3                | 5.1                                       |
| Carbohydrate          | g           | 62.0               | 43.4                                      |
| Sugars                | g           | 30.7               | 21.5                                      |
| Starch                | g           | N/A                | N/A                                       |
| Fat                   | g           | 10.4               | 7.3                                       |
| Saturates             | g           | 6.4                | 4.5                                       |
| Monounsaturates       | g           | N/A                | N/A                                       |
| Polyunsaturates       | g           | N/A                | N/A                                       |
| Fibre                 | g           | 2.7                | 1.9                                       |
| Salt equivalent       | g           | 0.33               | 0.24                                      |
| Sodium                | g           | 0.13               | 0.095                                     |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 33  
Composite Sample Name: Iced buns  
Sub-sample Number: 33.9  
Sub-sample Name: Waitrose Iced Finger Buns  
Full Product Name: Waitrose Iced Finger Buns  
Brand: Waitrose  
Pack size: Pack of 6  
Purchase Date: 21/10/08  
Place of Purchase: Waitrose, Eaton, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 24 Oct 08  
Batch Number: N/A  
Packaging: Card + Plastic  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Bun dough, Fondant Icing.

**Bun Dough** contains Wheat flour, Water, Caster sugar, Yeast, Palm oil, Rapeseed oil, Invert sugar, Emulsifiers (Mono and diglycerides of fatty acids, and sodium, potassium and calcium salts of fatty acids), Salt, Wheat dextrose, Palm fat, Acetic acid, Flour treatment agent (Ascorbic acid)

**Fondant Icing** contains Sugar, Water, Palm fat, Maize glucose syrup, Sweetener (sorbitol), Gelling agent (acacia gum), Acidity regulator (trisodium citrate)

**Label claim(s):**

Contains gluten

May contain traces of nuts and sesame

Produced in the UK

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 33.9

Sub-sample Name: Waitrose Iced Finger Buns

### Nutrient Information:

| <b>Nutrient</b>       | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per Bun</b> |
|-----------------------|-------------|--------------------|--|
| <b>Typical values</b> |             |                    |  |
| Energy                | kJ          | 1405               | 562                                    |
| Energy                | kcal        | 333                | 133                                    |
| Protein               | g           | 5.3                | 2.1                                    |
| Carbohydrate          | g           | 61.7               | 24.7                                   |
| Sugars                | g           | 25.0               | 10.0                                   |
| Starch                | g           | N/A                | N/A                                    |
| Fat                   | g           | 7.2                | 2.9                                    |
| Saturates             | g           | 2.6                | 1.0                                    |
| Monounsaturates       | g           | N/A                | N/A                                    |
| Polyunsaturates       | g           | N/A                | N/A                                    |
| Fibre                 | g           | 1.8                | 0.7                                    |
| Salt equivalent       | g           | N/A                | N/A                                    |
| Sodium                | g           | 0.19               | 0.08                                   |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 33  
Composite Sample Name: Iced buns  
Sub-sample Number: 33.10  
Sub-sample Name: Bakery Iced Finger Buns  
Full Product Name: Bakery Iced Finger Buns  
Brand: N/A  
Pack size: N/A  
Purchase Date: 21/10/08  
Place of Purchase: Mile Cross Bakery, Alysham Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: N/A  
Batch Number: N/A  
Packaging: N/A  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

### **Ingredients:**

Not listed

### **Nutrient Information:**

No nutrient information available



### Sample 34 : Fruit cake

Composite Sample Number: 34  
Composite Sample Name: Fruit cake  
Sub-sample Number: 34.1  
Sub-sample Name: Mr Kipling Country Slices  
Full Product Name: Mr Kipling Country Slices  
Brand: Mr Kipling  
Pack size: 6  
Purchase Date: 9/10/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 24 Oct 2008  
Batch Number: J270E25 1858  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Sugar, Wheat flour, vegetable oil, Currants (9%), Sultanas (9%), Reconstituted egg white, Glucose syrup, Rice flour, Whey powder, Soya flour, Salt, Raising agents (Disodium diphosphate, sodium bicarbonate), Milk protein, Mixed spice (Ground nutmeg, Ground cassia, Ground ginger, Caraway, Cloves), Flavouring, Colour (Lutein).

**Label claim(s):**

Contains gluten (wheat), egg, milk and soya  
May contain nut traces  
Suitable for vegetarian  
No artificial colours or flavours  
No hydrogenated fat  
Twin packed for freshness

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 34.1

Sub-sample Name: Mr Kipling Country Slices

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per Slice</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 1612               | 516                                      |
| Energy          | kcal        | 384                | 123                                      |
| Protein         | g           | 4.4                | 1.4                                      |
| Carbohydrate    | g           | 56.9               | 18.2                                     |
| Sugars          | g           | 42.0               | 13.5                                     |
| Starch          | g           | N/A                | N/A                                      |
| Fat             | g           | 15.4               | 4.9                                      |
| Saturates       | g           | 5.2                | 1.7                                      |
| Monounsaturates | g           | N/A                | N/A                                      |
| Polyunsaturates | g           | N/A                | N/A                                      |
| Fibre           | g           | 1.1                | 0.4                                      |
| Salt            | g           | 0.43               | 0.13                                     |
| Sodium          | g           | 0.17               | 0.05                                     |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 34  
Composite Sample Name: Fruit cake  
Sub-sample Number: 34.2  
Sub-sample Name: Mr Kipling Country Slices  
Full Product Name: Mr Kipling Country Slices  
Brand: Mr Kipling  
Pack size: 6  
Purchase Date: 13/10/08  
Place of Purchase: Asda, Boundary Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 31 Oct 2008  
Batch Number: J277 N25 22:56  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional information as 34.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 34  
Composite Sample Name: Fruit cake  
Sub-sample Number: 34.3  
Sub-sample Name: Mr Kipling Manor House Cake  
Full Product Name: Mr Kipling Manor House Cake  
Brand: Mr Kipling  
Pack size: N/A  
Purchase Date: 9/10/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 31 Oct 2008  
Batch Number: J277 N28 1001  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Sultanas, Wheat flour, Sugar, Pork fat, Reconstituted egg, Vegetable oil, Soya flour, Reconstituted egg white, Whey powder, Demerera sugar, Raising agents (Disodium diphosphate, sodium bicarbonate), Preservative (Potassium sorbate), Stabiliser (Xanthan gum), Milk protein, Emulsifiers (Mono- and diglycerides of fatty acids, Polyglycerol esters of fatty acids)

**Label claim(s):**

Contains gluten (wheat), egg, milk and soya  
May contain nut traces  
No artificial colours or flavours  
No hydrogenated fat

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 34.3

Sub-sample Name: Mr Kipling Manor House Cake

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per 1/6<sup>th</sup> cake</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 1676               | 1118   |
| Energy          | kcal        | 400                | 267  |
| Protein         | g           | 5.2                | 3.5  |
| Carbohydrate    | g           | 50.5               | 33.7   |
| Sugars          | g           | 35.7               | 23.8   |
| Starch          | g           | N/A                | N/A  |
| Fat             | g           | 19.7               | 13.1   |
| Saturates       | g           | 6.4                | 4.3  |
| Monounsaturates | g           | N/A                | N/A  |
| Polyunsaturates | g           | N/A                | N/A  |
| Fibre           | g           | 1.5                | 1.0  |
| Salt            | g           | 0.30               | 0.20   |
| Sodium          | g           | 0.12               | 0.08   |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 34  
Composite Sample Name: Fruit cake  
Sub-sample Number: 34.4  
Sub-sample Name: Soreen Lincolnshire Plum Fruit Loaf  
Full Product Name: Soreen Lincolnshire Plum Fruit Loaf  
Brand: Soreen  
Pack size: N/A  
Purchase Date: 9/10/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 01 Nov 2008  
Batch Number: 1 270 0518  
Packaging: Plastic Wrapper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat flour, Water, Sultanas (12%), Glace cherries (6%) (contains: Glucose syrup (16%), Colour E127 and preservative E202), Currants (3.5%), Golden syrup, Sugar, Vegetable fat, Mixed citrus peel (1.5%), Malt flour, Wheat gluten, Dried whey (from cow's milk), Salt, Mixed spice, Yeast, Preservative E282, Emulsifier E471, Flavouring

**Label claim(s):**

Contains wheat, gluten whey (from cow's milk)  
May contain cherry stones  
Suitable for vegetarians

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 34.4

Sub-sample Name: Soreen Lincolnshire Plum Fruit Loaf

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per 1/8<sup>th</sup> Loaf</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 1107               | 276.8  |
| Energy          | kcal        | 261                | 65.3   |
| Protein         | g           | 8.4                | 2.1  |
| Carbohydrate    | g           | 49.3               | 12.3   |
| Sugars          | g           | 21.6               | 5.3  |
| Starch          | g           | N/A                | N/A  |
| Fat             | g           | 3.4                | 0.9  |
| Saturates       | g           | 0.5                | 0.13   |
| Monounsaturates | g           | N/A                | N/A  |
| Polyunsaturates | g           | N/A                | N/A  |
| Fibre           | g           | 2.1                | 0.5  |
| Salt            | g           | 0.5                | 0.13   |
| Sodium          | g           | 0.2                | 0.05   |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 34  
Composite Sample Name: Fruit cake  
Sub-sample Number: 34.5  
Sub-sample Name: Taylors Yorkshire Tea Fruit Loaf  
Full Product Name: Taylors of Harrogate Yorkshire Tea Loaf  
Brand: Taylors  
Pack size: N/A  
Purchase Date: 9/10/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 21 Nov 2008  
Batch Number: N/A  
Packaging: Plastic Wrapper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Mixed vine fruits (22%: Currants, Raisins, Sultanas), Wheat flour, Brown sugar, Egg, Yorkshire tea infusion (8%), Glace cherries (Cherries, Glucose syrup, sugar, Acidity regulator: Citric acid, Natural colour: Anthocyanins), Invert sugar syrup, Raising agents (Sodium bicarbonate, E405 (a)), Mixed spices, Preservative (Potassium sorbate)

**Label claim(s):**

Made in a bakery which also uses nuts  
Suitable for vegetarians



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 34.5

Sub-sample Name: Taylors Yorkshire Tea Fruit Loaf

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 1655               | N/A                        |
| Energy          | kcal        | 394                | N/A                        |
| Protein         | g           | 5.0                | N/A                        |
| Carbohydrate    | g           | 60.3               | N/A                        |
| Sugars          | g           | N/A                | N/A                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 14.7               | N/A                        |
| Saturates       | g           | N/A                | N/A                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | N/A                | N/A                        |
| Salt            | g           | N/A                | N/A                        |
| Sodium          | g           | N/A                | N/A                        |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 34  
Composite Sample Name: Fruit cake  
Sub-sample Number: 34.6  
Sub-sample Name: Marks and Spencer Fruit Cake  
Full Product Name: Marks and Spencer Rich Fruit Cake  
Brand: Marks and Spencer  
Pack size: 375g  
Purchase Date: 13/10/08  
Place of Purchase: Marks and Spencer, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 01 Nov 2008  
Batch Number: N/A  
Packaging: Plastic Wrapper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Sultanas (29%), Gluten free flour, Glace cherries (9%), Pasteurised free range egg, Golden syrup, Butter (8%), Currants (7%), Raisins (7%), Water, Invert sugar syrup, Sugar, Candied orange and lemon peel, Orange and lemon peel, Concentrated raisin juice, Concentrated grape juice, Raising agents (Sodium bicarbonate, E450), Stabiliser (Xanthan gum).

Gluten free flour contains: Rice flour, potato flour, Fine buckwheat flour, Fine maize flour.

Glace cherries contain: Cherries, Glucose-fructose syrup, Sugar, Acidity regulator (Citric acid), Natural colour (Anthocyanins from carrot and elderberry)

Candied orange and lemon peel contains: Glucose syrup, orange peel, Lemon peel, Sugar, Acidity regulator (Citric acid)

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

Gluten free

This product has been made in a factory which uses nut ingredients

Contains cow's milk, eggs

Made in the UK

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 34.6

Sub-sample Name: Marks and Spencer Fruit Cake

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per 1/6<sup>th</sup> cake</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 1320               | 860  |
| Energy          | kcal        | 315                | 215  |
| Protein         | g           | 3.8                | 2.5  |
| Carbohydrate    | g           | 57.0               | 37.1   |
| Sugars          | g           | 39.5               | 25.7   |
| Starch          | g           | N/A                | N/A  |
| Fat             | g           | 7.5                | 4.9  |
| Saturates       | g           | 3.8                | 2.5  |
| Monounsaturates | g           | N/A                | N/A  |
| Polyunsaturates | g           | N/A                | N/A  |
| Fibre           | g           | 3.2                | 2.1  |
| Salt            | g           | 0.3                | 0.2  |
| Sodium          | g           | 0.12               | 0.08   |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 34  
Composite Sample Name: Fruit cake  
Sub-sample Number: 34.7  
Sub-sample Name: McVitie's Fruitcake  
Full Product Name: McVitie's Fruitcake  
Brand: McVitie's  
Pack size: N/A  
Purchase Date: 9/10/08  
Place of Purchase: Asda, Boundary Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 30 Dec 2008  
Batch Number: F3W 18:54  
Packaging: Plastic Wrapper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat flour, Water, Sugar, Vegetable oil, Sultanas (9%), Humectant (Glycerine), Raisins (5%), Dried skimmed milk, Wheat starch, Dried whole egg, Raising agents (Disodium diphosphate, sodium bicarbonate, Dried egg white, Modified starch, Mixed spice, Salt, Colour (Caramelised sugar), Cinnamon, Preservative (Potassium sorbate), Stabiliser (Xanthan gum), Emulsifiers (E471, E481), Flavourings

**Label claim(s):**

Contains milk, egg, gluten

Produced on a line handling soya and in a factory handling peanuts, nuts

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 34.7

Sub-sample Name: McVitie's Fruitcake

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 1543               | N/A                        |
| Energy          | kcal        | 367                | N/A                        |
| Protein         | g           | 4.6                | N/A                        |
| Carbohydrate    | g           | 55.3               | N/A                        |
| Sugars          | g           | 30.4               | N/A                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 14.2               | N/A                        |
| Saturates       | g           | 1.5                | N/A                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | 1.8                | N/A                        |
| Salt            | g           | N/A                | N/A                        |
| Sodium          | g           | 0.3                | N/A                        |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 34  
Composite Sample Name: Fruit cake  
Sub-sample Number: 34.8  
Sub-sample Name: Tesco Sultana and Cherry Slabcake  
Full Product Name: Tesco Sultana and Cherry Cake  
Brand: Tesco  
Pack size: N/A  
Purchase Date: 9/10/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 26 Oct 2008  
Batch Number: L82730719  
Packaging: Plastic Wrapper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Sultanas (31%), Wheat flour, Egg, Sugar, Glace cherries (12%), Butter (from cow's milk), Vegetable oil, Glucose syrup, Humectant (Vegetable glycerine), Salt, Preservative (Potassium sorbate), Baking powder.

Sultanas contain: Sultanas, Vegetable oil, Preservative (Sulphur dioxide),

Glace cherries contain: Cherry, Glucose-fructose syrup, Sugar, Citric Acid, Natural colours (Anthocyanins, Blackcurrant concentrate, Carrot concentrate), Preservative (Sulphur dioxide)

Baking powder contains: Raising agents (Disodium diphosphate, Sodium bicarbonate), Wheat flour, Calcium carbonate

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

Contains milk, wheat, gluten, egg, sulphites

Recipe: No nuts

Ingredients: Cannot guarantee nut free

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

Produced in the UK

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 34.8

Sub-sample Name: Tesco Sultana and Cherry Slabcake

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 1480               | N/A                        |
| Energy          | kcal        | 355                | N/A                        |
| Protein         | g           | 4.0                | N/A                        |
| Carbohydrate    | g           | 60.2               | N/A                        |
| Sugars          | g           | 43.2               | N/A                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 10.4               | N/A                        |
| Saturates       | g           | 3.3                | N/A                        |
| Monounsaturates | g           | 5.0                | N/A                        |
| Polyunsaturates | g           | 2.0                | N/A                        |
| Fibre           | g           | 2.8                | N/A                        |
| Salt Equivalent | g           | 0.7                | N/A                        |
| Sodium          | g           | 0.3                | N/A                        |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 34  
Composite Sample Name: Fruit cake  
Sub-sample Number: 34.9  
Sub-sample Name: Sainsbury's Genoa Fruitcake  
Full Product Name: Sainsbury's Genoa Cake  
Brand: Sainsbury's  
Pack size: N/A  
Purchase Date: 31/10/08  
Place of Purchase: Sainsbury's, William Frost Way Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 30 Oct 2008  
Batch Number: L82791512  
Packaging: Plastic Wrapper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Sultanas (20%) (Sultanas, Cottonseed oil, Palm oil, Preservative (Sulphur dioxide), Glace cherries (15%) (Cherries, Glucose-fructose syrup, Sugar, Preservative (Sulphur dioxide, Potassium sorbate), Artificial colour (Erythrosine, Citric Acid), Wheat flour, Sugar, Egg, Currants (7%) (Currants, Palm oil), Butter (from cow's milk), Vegetable oil (Palm oil, Palm stearin, Rapeseed oil, Coconut oil), Citrus peel (5%) (Glucose-fructose syrup, Orange peel, Lemon peel, Sugar, Salt, Citric acid), Humectant (Vegetable glycerine), Skimmed milk powder (from cow's milk), Baking powder (Raising agents (Disodium diphosphate, Sodium bicarbonate, Wheat flour), Stabiliser (Xanthan gum)

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

Contains milk, egg, wheat, gluten, sulphites

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

Produced in the UK



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 34.9

Sub-sample Name: Sainsbury's Genoa Fruitcake

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 1477               | N/A                        |
| Energy          | kcal        | 351                | N/A                        |
| Protein         | g           | 3.8                | N/A                        |
| Carbohydrate    | g           | 58.7               | N/A                        |
| Sugars          | g           | 21.9               | N/A                        |
| Starch          | g           | 36.8               | N/A                        |
| Fat             | g           | 11.2               | N/A                        |
| Saturates       | g           | 6.1                | N/A                        |
| Monounsaturates | g           | 4.1                | N/A                        |
| Polyunsaturates | g           | 1.0                | N/A                        |
| Fibre           | g           | 3.0                | N/A                        |
| Salt Equivalent | g           | N/A                | N/A                        |
| Sodium          | g           | 0.1                | N/A                        |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 34  
Composite Sample Name: Fruit cake  
Sub-sample Number: 34.10  
Sub-sample Name: Morrisons Sultana and Cherry Slab Cake  
Full Product Name: Morrisons Sultana and Cherry Cake  
Brand: Morrisons  
Pack size: N/A  
Purchase Date: 12/09/08  
Place of Purchase: Morrisons, Riverside, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 03 Nov 2008  
Batch Number: 8246 04:53 1.4  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

### Ingredients:

Sultanas (32%), Glace cherries (16%) (Cherries, Glucose fructose syrup, Sugar, Citric acid, colour (Erythrosine) , Antioxidant (sulphur dioxide)), Wheat flour, Sugar, Egg, Butter (5%), Margarine (Vegetable oil (Palm oil, Palm kernel oil, Rapeseed), Water, Emulsifier (Mono-and diglycerides of fatty acids)), Humectant (Vegetable glycerine), Flavouring, Whey powder, Preservative (Potassium sorbate), Raising agents, (Disodium diphosphates, Sodium bicarbonate), Stabiliser, (Xanthan gum).

### Label claim(s):

Contains egg, gluten, milk and sulphite  
Produced in a factory which uses nut ingredients  
May contain fruit stones  
Vegetarian  
Produced in the UK

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 34.10

Sub-sample Name: Morrisons Sultana and Cherry Slab Cake

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per 50g</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 1630               | 815                                    |
| Energy          | kcal        | 385                | 192                                    |
| Protein         | g           | 3.8                | 1.9                                    |
| Carbohydrate    | g           | 78.6               | 39.3                                   |
| Sugars          | g           | 49.3               | 24.7                                   |
| Starch          | g           | N/A                | N/A                                    |
| Fat             | g           | 6.2                | 3.1                                    |
| Saturates       | g           | 3.2                | 1.6                                    |
| Monounsaturates | g           | N/A                | N/A                                    |
| Polyunsaturates | g           | N/A                | N/A                                    |
| Fibre           | g           | 1.5                | 0.8                                    |
| Salt            | g           | 0.3                | 0.3                                    |
| Sodium          | g           | 0.1                | 0.1                                    |

### Sample 35: Chocolate cake with filling and icing

Composite Sample Number: 35  
Composite Sample Name: Chocolate Cake With Filling And Icing  
Sub-sample Number: 35.1  
Sub-sample Name: Tesco Finest Chocolate Indulgence Cake  
Full Product Name: Tesco Finest Chocolate Indulgence Cake  
Brand: Tesco  
Pack size: Serves 12  
Purchase Date: 9/10/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 16 Oct 2008  
Batch Number: 584G G/8375 12:21  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Chocolate Cake (68%), Chocolate fudge buttercream (25%), Milk chocolate curls (2%), Marbled chocolate curls (2%), White chocolate curls (2%), Cocoa dusting

**Chocolate cake:** Sugar, Wheat flour, Vegetable oil, Free range egg, fat reduced cocoa powder, Humectant (Vegetable glycerine), Milk, Maize starch, Wheat starch, Raising agents (Disodium diphosphate, Sodium bicarbonate), Cocoa mass, Salt

**Chocolate fudge buttercream:** Sugar, Butter (16%), Cocoa powder, Invert sugar syrup, Glucose syrup

**Chocolate curls:** Sugar, Cocoa butter, Dried whole milk, Cocoa mass, Whey powder, Milk sugar, Emulsifier (Soya lecithin), Natural flavouring

**Coca dusting:** Fat reduced cocoa powder

**Label claim(s):**

Contains milk, wheat, gluten, egg, soya

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Recipe: No nuts

Ingredients: Cannot guarantee nut free

Factory: Before being prepared for manufacture of this product, the equipment was previously used to make products containing nuts. Produced in the UK

Sub-sample Number: 35.1

Sub-sample Name: Tesco Finest Chocolate Indulgence Cake

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per 1/12<sup>th</sup> cake</b> |
|-----------------|-------------|--------------------|---|
| Energy          | kJ          | 1695               | 830   |
| Energy          | kcal        | 405                | 200   |
| Protein         | g           | 4.8                | 2.8   |
| Carbohydrate    | g           | 55.9               | 27.4  |
| Sugars          | g           | 35.2               | 17.2  |
| Starch          | g           | N/A                | N/A   |
| Fat             | g           | 17.9               | 8.8   |
| Saturates       | g           | 4.8                | 2.4   |
| Monounsaturates | g           | 8.9                | 4.4   |
| Polyunsaturates | g           | 3.4                | 1.7   |
| Fibre           | g           | 1.2                | 0.6   |
| Salt equivalent | g           | 0.5                | 0.2   |
| Sodium          | g           | 0.2                | 0.1   |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 35  
Composite Sample Name: Chocolate Cake With Filling And Icing  
Sub-sample Number: 35.2  
Sub-sample Name: Tesco Finest Chocolate Indulgence Cake  
Full Product Name: Tesco Finest Chocolate Indulgence Cake  
Brand: Tesco  
Pack size: Serves 12  
Purchase Date: 13/10/08  
Place of Purchase: Tesco, Blue Boar Lane, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 22 Oct 2008  
Batch Number: 584G G/8281 14:59  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional information as 35.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 35  
Composite Sample Name: Chocolate Cake With Filling And Icing  
Sub-sample Number: 35.3  
Sub-sample Name: Nestle Smarties Little Cake  
Full Product Name: Nestle Smarties Little Cake  
Brand: Nestle  
Pack size: N/A  
Purchase Date: 9/10/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 03 Nov 2008  
Batch Number: G8279  
Packaging: Plastic  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Sugar, Wheat flour, Water, Vegetable oil, Whole egg, Smarties and mini Smarties (5%) (Sugar, Cocoa mass, Whey powder, Wheat flour, Butterfat, Skimmed milk powder, Cocoa butter, Wheat starch, Emulsifiers (Soya lecithin, Polyglycerol polycrinoleate), Colours (Riboflavin, Cochineal, Copper complexes of chlorophyll and chlorophyllins, Vegetable carbon, Beta Carotene, Mixed carotenes, Titanium dioxide), Spiulina concentrate, Orange extract, Modified starch, Glazing agents (Carnauba wax, Beeswax), Beetroot juice concentrate), Butter, Fat reduced cocoa powder, Cocoa butter, Glucose syrup, Cocoa mass, Humectant (glycerol), Full cream milk, Modified maize starch, Dried skimmed milk, Whey powder, Butterfat, Wheat starch, Raising agents (Disodium diphosphate, sodium bicarbonate), Flavourings, Salt, Emulsifiers (Mono- and di-glycerides of fatty acids, Polyglycerol esters of fatty acids, Soya lecithin), Preservative (Potassium sorbate), Dried egg white, Stabiliser (Xanthan gum)

### Label claim(s):

This product may contain trace of nuts  
No artificial colours or flavours  
Manufactured by Memory Lane Cakes Ltd.

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 35.3

Sub-sample Name: Nestle Smarties Little Cake

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per 1/6<sup>th</sup> cake</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 1530               | 427  |
| Energy          | kcal        | 365                | 150  |
| Protein         | g           | 4.5                | 1.8  |
| Carbohydrate    | g           | 47.6               | 19.5   |
| Sugars          | g           | 33.9               | 13.9   |
| Starch          | g           | N/A                | N/A  |
| Fat             | g           | 17.4               | 7.1  |
| Saturates       | g           | 5.2                | 2.1  |
| Monounsaturates | g           | N/A                | N/A  |
| Polyunsaturates | g           | N/A                | N/A  |
| Fibre           | g           | 1.3                | 0.5  |
| Salt equivalent | g           | 0.4                | 0.2  |
| Sodium          | g           | 0.2                | 0.1  |



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 35  
Composite Sample Name: Chocolate Cake With Filling And Icing  
Sub-sample Number: 35.4  
Sub-sample Name: Nestle Smarties Little Cake  
Full Product Name: Nestle Smarties Little Cake  
Brand: Nestle  
Pack size: N/A  
Purchase Date: 9/10/08  
Place of Purchase: Asda, Boundary Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 31 Oct 2008  
Batch Number: G8276  
Packaging: Plastic  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional information as 35.3

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 35  
Composite Sample Name: Chocolate Cake With Filling And Icing  
Sub-sample Number: 35.5  
Sub-sample Name: Lyons Chocolate Layer Cake  
Full Product Name: Lyons Chocolate Layer Cake  
Brand: Lyons  
Pack size: 230g  
Purchase Date: 13/10/08  
Place of Purchase: Morrions, Riverside, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 11 Nov 2008  
Batch Number: J24 9\*M90  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Sugar, Vegetable oil, Wheat flour, Reconstituted Egg, Water, Humectant (Vegetable glycerine), Milk protein, Glucose syrup, Whey powder, Fat reduced cocoa powder, Milk fat, Dried skimmed milk, Vegetable fat, Maize starch, Raising agents (Disodium diphosphate, sodium bicarbonate), Flavourings, Salt, Emulsifiers (Soya lecithin, mono- and di-glycerides of fatty acids, Polyglycerol esters of fatty acids,), Preservative (Potassium sorbate), Flavouring

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

May contain nut traces  
No artificial colours or flavours  
Contains gluten, wheat, egg, milk & soya  
No colours  
Suitable for vegetarians  
No artificial flavours

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 35.5

Sub-sample Name: Lyons Chocolate Layer Cake

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 1946               | 745                        |
| Energy          | kcal        | 466                | 178                        |
| Protein         | g           | 4.4                | 1.7                        |
| Carbohydrate    | g           | 50.2               | 19.2                       |
| Sugars          | g           | 37.2               | 14.3                       |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 27.5               | 10.6                       |
| Saturates       | g           | 11.5               | 4.5                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | 0.9                | 0.4                        |
| Salt equivalent | g           | 0.55               | 0.2                        |
| Sodium          | g           | 0.22               | 0.08                       |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 35  
Composite Sample Name: Chocolate Cake With Filling And Icing  
Sub-sample Number: 35.6  
Sub-sample Name: Lyons Chocolate Layer Cake  
Full Product Name: Lyons Chocolate Layer Cake  
Brand: Lyons  
Pack size: 230g  
Purchase Date: 13/10/08  
Place of Purchase: Morrions, Riverside, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 13 Nov 2008  
Batch Number: J24 9\*M90  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional information as 35.5

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 35  
Composite Sample Name: Chocolate Cake With Filling And Icing  
Sub-sample Number: 35.7  
Sub-sample Name: Sainsbury's Taste The Difference Chocolate Cake  
Full Product Name: Sainsbury's All Butter Rich Belgian Chocolate Cake  
Brand: Sainsbury's  
Pack size: N/A  
Purchase Date: 14/10/08  
Place of Purchase: Sainsbury's, William Frost Way, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 23 Oct 2008  
Batch Number: G/8284 08:51  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Dark Belgian chocolate cake (64%), Dark Belgian Chocolate Ganache (17%), Chocolate buttercream (14%), Dark and white Belgian chocolate decorations (5%).

**Dark Belgian chocolate cake:** Free range whole egg, Sugar, Wheat flour, Butter (15%), Cocoa powder, Cornflour, Dark Belgian chocolate (2%), (Sugar, Cocoa mass, Cocoa butter, Emulsifier (Soya lecithin), Natural flavouring), Humectant (Vegetable glycerine), Glucose syrup, Raising agents (Disodium diphosphate, sodium bicarbonate), Salt.

**Dark Belgian Chocolate Ganache:** Dark Belgian chocolate (51%), (Sugar, Cocoa mass, Cocoa butter, Emulsifier (Soya lecithin), Natural flavouring), Whipping cream (25%), Glucose syrup.

**Chocolate buttercream:** Butter (47%), Sugar, Fat reduced cocoa powder (6%).

**Dark and white Belgian chocolate decorations:** Dark Belgian chocolate (2%), (Sugar, Cocoa mass, Cocoa butter, Emulsifier (Soya lecithin), Natural flavouring), White Belgian chocolate (Sugar, Cocoa butter, Whole milk powder, Whey powder, Lactose, Emulsifier (Soya lecithin), Natural flavouring),

## Nutrient analysis survey of biscuits, buns, cakes and pastries

### Label claim(s):

Contains milk, egg, gluten, wheat, soya

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

Produced in the UK

Sub-sample Number: 35.7

Sub-sample Name: Sainsbury's Taste The Difference Chocolate Cake

### Nutrient Information:

| Nutrient        | Unit | Amount/100g | Amount/Unit/serving<br>Per 1/6 <sup>th</sup> cake |
|-----------------|------|-------------|---|
| Energy          | kJ   | 1887        | 1283  |
| Energy          | kcal | 451         | 307   |
| Protein         | g    | 6.0         | 4.1   |
| Carbohydrate    | g    | 50.6        | 34.4  |
| Sugars          | g    | 35.8        | 24.4  |
| Starch          | g    | 14.8        | 10.1  |
| Fat             | g    | 25.0        | 17.0  |
| Saturates       | g    | 15.4        | 10.5  |
| Monounsaturates | g    | 7.0         | 4.8   |
| Polyunsaturates | g    | 1.1         | 0.7   |
| Fibre           | g    | 2.2         | 1.5   |
| Salt equivalent | g    | 0.43        | 0.29  |
| Sodium          | g    | 0.17        | 0.12  |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

|                                |  |
|--------------------------------|--|
| Composite Sample Number:       | 35                                     |
| Composite Sample Name:         | Chocolate Cake With Filling And Icing  |
| Sub-sample Number:             | 35.8                                   |
| Sub-sample Name:               | Tesco Small Chocolate Celebration Cake |
| Full Product Name:             | Tesco Small Chocolate Celebration Cake |
| Brand:                         | Tesco                                  |
| Pack size:                     | N/A                                    |
| Purchase Date:                 | 9/10/08                                |
| Place of Purchase:             | Tesco, Harford Bridges, Norwich        |
| Sell by Date:                  | N/A                                    |
| Use by Date/Best Before Date:  | 18 Oct 2008                            |
| Batch Number:                  | L8274A                                 |
| Packaging:                     | Card                                   |
| Sample Condition As Purchased: | Ambient                                |
| Post Purchase Storage:         | 15°C food store                        |

**Ingredients:** Chocolate Ganache (38%), Sugar, Wheat flour, Milk chocolate curls (7%), Vegetable margarine (vegetable oil, Water, Salt, Natural colour (Beta carotene), Egg, Egg white, Cocoa powder. White chocolate balloon (2%), Humectant (Vegetable glycerine), Vegetable oil, Glucose syrup, Baking powder (Raising agents (Disodium diphosphate, sodium bicarbonate), Wheat flour, Calcium carbonate), Emulsifiers (Calcium stearoyl-2-lactylate, sodium stearoyl-2-lactylate, mono- and di-glycerides of fatty acid esters), Buttercream (0.2%), Salt, Preservative (Potassium sorbate), Citric acid. Milk chocolate curls contains: Sugar, Cocoa butter, Dried whole milk, Cocoa mass, Whey powder, Milk, Sugar, Emulsifier (Soya lecithin), Vanilla. White chocolate balloon contains: Sugar, Cocoa butter, Dried whole milk, Emulsifier (Soya lecithin), Vanilla. Chocolate ganache contains: Vegetable margarine, (Vegetable oil, Sugar, Wheat flour, Milk chocolate curls (7%), Vegetable margarine (vegetable oil, Water, Salt, Natural colour (Beta carotene), Sugar, Milk chocolate (Sugar, Dried whole milk, Cocoa butter, Cocoa mass, Emulsifier (Soya lecithin), Flavouring), Water, Double cream, Cocoa powder, Glucose syrup, Maize starch, Preservative (Potassium sorbate), Dried egg white. Buttercream contains: Sugar, Butter, Water, Glucose syrup, Preservative (Potassium sorbate).

## Nutrient analysis survey of biscuits, buns, cakes and pastries

### Label claim(s):

Contains milk, wheat, gluten, egg, soya

Recipe: No nuts

Ingredients: Cannot guarantee nut free

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

Produced in the UK

Sub-sample Number: 35.8

Sub-sample Name: Tesco Small Chocolate Celebration Cake

### Nutrient Information:

| Nutrient        | Unit | Amount/100g | Amount/Unit/serving<br>Per 1/10 <sup>th</sup> cake |
|-----------------|------|-------------|--|
| Energy          | kJ   | 1780        | 1190   |
| Energy          | kcal | 425         | 285  |
| Protein         | g    | 4.5         | 3.0  |
| Carbohydrate    | g    | 47.5        | 31.8   |
| Sugars          | g    | 31.0        | 20.8   |
| Starch          | g    | N/A         | N/A  |
| Fat             | g    | 24.1        | 16.1   |
| Saturates       | g    | 10.8        | 7.2  |
| Monounsaturates | g    | 9.4         | 6.3  |
| Polyunsaturates | g    | 2.8         | 1.9  |
| Fibre           | g    | 2.9         | 1.9  |
| Salt equivalent | g    | 0.5         | 0.3  |
| Sodium          | g    | 0.2         | 0.1  |



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 35  
Composite Sample Name: Chocolate Cake With Filling And Icing  
Sub-sample Number: 35.9  
Sub-sample Name: Tesco Chocolate Party Tray Bake  
Full Product Name: Tesco Chocolate Party Tray Bake Cake  
Brand: Tesco  
Pack size: 865g  
Purchase Date: 14/10/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 30 Oct 2008  
Batch Number: 8283  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

### **Ingredients:** Chocolate cake, Decorations

Chocolate cake contains: Wheat flour, sugar, Vegetable oil, Water, Milk chocolate chips (Sugar, Dried whole milk, Cocoa butter, Cocoa mass, Whey powder, Dried skimmed milk, Soya lecithins, Natural flavouring), Fat reduced cocoa powder, Egg, Invert sugar syrup, Dried skimmed milk, Modified maize starch, Soya flour, Raising agents (Disodium diphosphate, sodium bicarbonate), Wheat gluten, Emulsifiers (mono- and di-glycerides of fatty acid esters, Polyglycerol esters of fatty acids), Salt, Preservative (Potassium sorbate)

Decorations contain: Sugar, Butter, Glucose syrup, Milk chocolate (Sugar, Cocoa butter, Cocoa liquor, Dried skimmed milk, Milk fat, Whey powder, Emulsifiers (Soya lecithins), Natural flavouring), Milk chocolate covered malt balls (Sugar, Cocoa butter, Wheat flour, Dried whole milk, Cocoa mass, Maize flour, Whey powder, Milk sugar, Barley malt extract, Emulsifiers (Soya lecithins), Water, Vegetable oil, Tricalcium phosphate, Salt, Acacia, Natural flavouring, Glucose syrup, Alcohol, Citric acid), Large milk chocolate curls (Sugar, Cocoa butter, Dried whole milk, Cocoa mass, Whey powder, Milk sugar, Emulsifiers (Soya lecithins), Natural flavouring, White chocolate curls and micro drops (Sugar, Cocoa butter, Dried whole milk, Whey powder, Milk sugar, Emulsifiers (Soya lecithins), Natural flavouring, invert sugar syrup,

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Water, Emulsifiers (mono- and di-glycerides of fatty acid esters, Polyglycerol esters of fatty acids), Modified maize starch, Salt, Preservative (Potassium sorbate)

### Label claim(s):

Contains milk, wheat, gluten, egg, soya

Recipe: No nuts

Ingredients: Cannot guarantee nut free

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

Produced in the UK

Sub-sample Number: 35.9

Sub-sample Name: Tesco Chocolate Party Tray Bake

### Nutrient Information:

| Nutrient        | Unit | Amount/100g | Amount/Unit/serving<br>Per 1/15 <sup>th</sup> cake |
|-----------------|------|-------------|--|
| Energy          | kJ   | 1775        | 1080   |
| Energy          | kcal | 425         | 260  |
| Protein         | g    | 4.1         | 2.5  |
| Carbohydrate    | g    | 48.9        | 29.8   |
| Sugars          | g    | 23.7        | 14.4   |
| Starch          | g    | N/A         | N/A  |
| Fat             | g    | 23.5        | 14.3   |
| Saturates       | g    | 8.7         | 5.3  |
| Monounsaturates | g    | 11.1        | 6.8  |
| Polyunsaturates | g    | 3.2         | 1.9  |
| Fibre           | g    | 4.1         | 2.5  |
| Salt equivalent | g    | 1.0         | 0.6  |
| Sodium          | g    | 0.4         | 0.2  |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 35  
Composite Sample Name: Chocolate Cake With Filling And Icing  
Sub-sample Number: 35.10  
Sub-sample Name: Cadbury Buttons Tray Bake  
Full Product Name: Cadbury Hand Decorated Buttons Party Cake  
Brand: Tesco  
Pack size: N/A  
Purchase Date: 9/10/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 19 Oct 2008  
Batch Number: 275  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Sponge (Sugar, Wheat flour, Pasteurised whole egg, Vegetable margarine, Water, Vegetable oil, Humectant (Vegetable glycerine), Fat reduced cocoa powder, Dried skimmed milk, Emulsifiers (E481, E475, E471, E472b), Raising agents (Sodium bicarbonate, E450), Modified maize starch, Salt, Stabiliser (Xanthan gum).  
Buttercream (34%) (Butter, Sugar, Milk chocolate (6%) (Milk, Sugar, Cocoa butter, Cocoa mass, Dried skimmed milk, Emulsifiers (Soya lecithin), flavourings), Glucose syrup, Water, Fat reduced cocoa, Modified maize starch).  
Chocolate sugarpaste & royal icing (Sugar, Glucose syrup, Water, Vegetable oil, Fat reduced cocoa, Modified maize starch, Dried egg white, Caramelised sugar syrup, Colour (Curcumin).  
Milk chocolate buttons (Milk, Sugar, Cocoa mass, Vegetable fat, Emulsifiers (E442), flavourings).  
White chocolate buttons (Sugar, Milk preparation (Dried whole milk), Cocoa butter, Dried skimmed milk, Emulsifiers (E442), Natural flavouring).

### Label claim(s):

May contain traces of nuts

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Manufactured by Manor bakeries under licence from Cadbury's UK Ltd

Sub-sample Number: 35.10

Sub-sample Name: Cadbury Buttons Tray Bake

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per 1/165<sup>th</sup> cake</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 1965               | 1020   |
| Energy          | kcal        | 470                | 245  |
| Protein         | g           | 4.7                | 2.4  |
| Carbohydrate    | g           | 54.2               | 28.1   |
| Sugars          | g           | 35.4               | 18.3   |
| Starch          | g           | N/A                | N/A  |
| Fat             | g           | 26.0               | 13.4   |
| Saturates       | g           | 13.8               | 7.1  |
| Monounsaturates | g           | N/A                | N/A  |
| Polyunsaturates | g           | N/A                | N/A  |
| Fibre           | g           | 1.8                | 0.9  |
| Salt equivalent | g           | 0.8                | 0.4  |
| Sodium          | g           | 0.32               | 0.17   |

### Sample 36: Cake with jam and butter cream

Composite Sample Number: 36  
Composite Sample Name: Cake With Jam And Butter Cream  
Sub-sample Number: 36.1  
Sub-sample Name: Mr Kipling Classic Victoria Sponges  
Full Product Name: Mr Kipling Victoria Mini Classics  
Brand: Mr Kipling  
Pack size: 6 cakes  
Purchase Date: 8/10/08  
Place of Purchase: Co-op, Hall Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 18 Oct 2008  
Batch Number: 216 \* N84  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Sugar, Wheat flour, Vegetable margarine (Vegetable oil, Salt), Raspberry jam (Sugar syrup, Raspberries, Glucose-fructose syrup, Citric acid, Gelling agent (Pectin), Acidity Regulator (Sodium citrates), Preservative (Potassium sorbate)), Reconstituted egg white, Reconstituted egg, Butter, Glucose syrup, Maize starch, Humectant (vegetable glycerine), Milk protein, Raising agents (Disodium diphosphate, Sodium bicarbonate), Vegetable oil, Whey powder, Emulsifiers (Sodium stearoyl-2-lactylate, Calcium stearoyl-2-lactylate, Polyglycerol esters of fatty acids, mono- and di- glycerides of fatty acids), Flavouring, Salt, Cornflour, Preservative (Potassium sorbate), Dried egg white, stabiliser (Xanthan gum)

**Label claim(s):**

May contain nut traces

Contains: Gluten (wheat), egg and milk

Suitable for vegetarians

## Nutrient analysis survey of biscuits, buns, cakes and pastries

No artificial colours or flavours

No hydrogenated fat

Sub-sample Number: 36.1

Sub-sample Name: Mr Kipling Classic Victoria Sponges

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per cake</b> |
|-----------------|-------------|--------------------|---|
| Energy          | kJ          | 1757               | 634                                     |
| Energy          | kcal        | 419                | 151                                     |
| Protein         | g           | 3.8                | 1.4                                     |
| Carbohydrate    | g           | 58.7               | 21.2                                    |
| Sugars          | g           | 39.9               | 14.4                                    |
| Starch          | g           | N/A                | N/A                                     |
| Fat             | g           | 18.8               | 6.8                                     |
| Saturates       | g           | 8.2                | 3.0                                     |
| Monounsaturates | g           | N/A                | N/A                                     |
| Polyunsaturates | g           | N/A                | N/A                                     |
| Fibre           | g           | 0.9                | 0.3                                     |
| Salt equivalent | g           | 1.03               | 0.38                                    |
| Sodium          | g           | 0.41               | 0.15                                    |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 36  
Composite Sample Name: Cake With Jam And Butter Cream  
Sub-sample Number: 36.2  
Sub-sample Name: Mr Kipling Classic Victoria Sponges  
Full Product Name: Mr Kipling Victoria Mini Classics  
Brand: Mr Kipling  
Pack size: 6 cakes  
Purchase Date: 8/10/08  
Place of Purchase: Morrisons, Riverside, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 04 Nov 2008  
Batch Number: J267 N84  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional Information as 36.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 36  
Composite Sample Name: Cake With Jam And Butter Cream  
Sub-sample Number: 36.3  
Sub-sample Name: Tesco Finest Victoria Sponge  
Full Product Name: Tesco Finest Victoria Sponge  
Brand: Tesco  
Pack size: N/A  
Purchase Date: 9/10/08  
Place of Purchase: Tesco, Dereham  
Sell by Date: N/A  
Use by Date/Best Before Date: 11 Oct 2008  
Batch Number: B/8273 07:46  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Victoria cake Base (70%), Buttercream filling (17%), Raspberry Conserve Filling (12%), Sweet dusting.

Sponge contains: Wheat flour, Butter (25%), Sugar, Free range egg, Milk, Humectant (vegetable glycerine), Raising agents (Disodium diphosphate, Sodium bicarbonate, Salt.

Buttercream filling contains: Butter (46%), Glucose syrup, Sugar, Invert sugar syrup.

Raspberry conserve filling contains: Glucose syrup, Raspberry puree concentrate (9%), Sugar syrup, Water, Gelling agent (Pectin), Natural colours (Anthocyanins, plain caramel), Acidity Regulators (Malic acid, Sodium citrate), Natural flavouring

Sweet dusting contains: Glucose syrup, Cornflour, vegetable oil.

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

Contains milk, wheat, gluten, egg

Recipe: No nuts

Ingredients: Cannot guarantee nut free



## Nutrient analysis survey of biscuits, buns, cakes and pastries

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

Produced in the UK

Sub-sample Number: 36.3

Sub-sample Name: Tesco Finest Victoria Sponge

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per 1/12<sup>th</sup> cake</b> |
|-----------------|-------------|--------------------|---|
| Energy          | kJ          | 1705               | 820   |
| Energy          | kcal        | 410                | 195   |
| Protein         | g           | 4.4                | 2.1   |
| Carbohydrate    | g           | 48.1               | 23.1  |
| Sugars          | g           | 27.7               | 13.3  |
| Starch          | g           | N/A                | N/A   |
| Fat             | g           | 21.9               | 10.5  |
| Saturates       | g           | 13.4               | 6.4   |
| Monounsaturates | g           | 5.9                | 2.8   |
| Polyunsaturates | g           | 1.1                | 0.5   |
| Fibre           | g           | 1.5                | 0.7   |
| Salt equivalent | g           | 0.4                | 0.2   |
| Sodium          | g           | 0.2                | 0.1   |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 36  
Composite Sample Name: Cake With Jam And Butter Cream  
Sub-sample Number: 36.4  
Sub-sample Name: Marks and Spencer Victoria Sponge Sandwich  
Full Product Name: Marks and Spencer Victoria Sandwich Cake  
Brand: Marks and Spencer  
Pack size: 410g  
Purchase Date: 8/10/08  
Place of Purchase: Marks and Spencer, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 17 Oct 2008  
Batch Number: N/A  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Sugar, Wheat flour, Pasteurised free range eggs, Butter (16%), Strawberry jam (10%), Whole milk, Butter oil, Unsalted butter (2%), Baking powder (Raising agent E450, Sodium bicarbonate), Glucose syrup, Emulsifier (soya lecithin), Cornflour, Palm oil, Natural flavouring

Strawberry jam: (Strawberries, Sucrose syrup, Sugar, Glucose-fructose syrup, Citric acid, Gelling agent (Pectin), Acidity Regulator (E331), Firming agent (E509))

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

Made in a factory that uses nut ingredients

Contains: Cow's milk, Eggs, Soya, Wheat, Gluten

Suitable for vegetarians

No artificial colours or flavours or preservatives

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 36.4

Sub-sample Name: Marks and Spencer Victoria Sponge Sandwich

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per 1/6<sup>th</sup> cake</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 1695               | 1200   |
| Energy          | kcal        | 405                | 285  |
| Protein         | g           | 5.3                | 3.8  |
| Carbohydrate    | g           | 49.9               | 35.3   |
| Sugars          | g           | 36.9               | 26.1   |
| Starch          | g           | N/A                | N/A  |
| Fat             | g           | 20.5               | 14.5   |
| Saturates       | g           | 14.4               | 10.2   |
| Monounsaturates | g           | N/A                | N/A  |
| Polyunsaturates | g           | N/A                | N/A  |
| Fibre           | g           | 1.5                | 1.1  |
| Salt equivalent | g           | 0.63               | 0.45   |
| Sodium          | g           | 0.25               | 0.18   |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 36  
Composite Sample Name: Cake With Jam And Butter Cream  
Sub-sample Number: 36.5  
Sub-sample Name: Marks and Spencer Apricot Sponge Roll  
Full Product Name: Marks and Spencer Apricot Sponge Roll  
Brand: Marks and Spencer  
Pack size: 275g  
Purchase Date: 8/10/08  
Place of Purchase: Marks and Spencer, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 15 Oct 2008  
Batch Number: N/A  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Apricot jam (29%), Sugar, Wheat flour, Water, Pasteurised free range eggs, Butter (4%), Unsalted butter (4%), Dextrose, Pasteurised free range egg white, Dried skimmed milk, Glucose syrup, Baking powder (Raising agent E450, Sodium bicarbonate), Vegetable oils, Emulsifier (E471), Soya lecithin, Salt, Natural Colour (Curcumin).  
Apricot jam: (Apricots, Glucose-fructose syrup, Water, Sucrose syrup, Citric acid, Gelling agent (Pectin), Acidity Regulator (E331), Firming agent (E509), Antioxidant (Tartaric acid), Natural flavouring

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

Made in a factory that uses nut ingredients  
Not suitable for nut allergy sufferers  
Contains: Cow's milk, Eggs, Soya, Wheat, Gluten  
Suitable for vegetarians  
Made in the UK

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 36.5

Sub-sample Name: Marks and Spencer Apricot Sponge Roll

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per 1/6<sup>th</sup> roll</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 1365               | 660  |
| Energy          | kcal        | 325                | 155  |
| Protein         | g           | 3.0                | 1.4  |
| Carbohydrate    | g           | 58.8               | 28.4   |
| Sugars          | g           | 42.4               | 20.5   |
| Starch          | g           | N/A                | N/A  |
| Fat             | g           | 8.5                | 4.1  |
| Saturates       | g           | 5.3                | 2.6  |
| Monounsaturates | g           | N/A                | N/A  |
| Polyunsaturates | g           | N/A                | N/A  |
| Fibre           | g           | 3.1                | 1.5  |
| Salt equivalent | g           | 0.5                | 0.25   |
| Sodium          | g           | 0.2                | 0.1  |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 36  
Composite Sample Name: Cake With Jam And Butter Cream  
Sub-sample Number: 36.6  
Sub-sample Name: Marks and Spencer Apricot Sponge Roll  
Full Product Name: Marks and Spencer Apricot Sponge Roll  
Brand: Marks and Spencer  
Pack size: 275g  
Purchase Date: 8/10/08  
Place of Purchase: Marks and Spencer, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 18 Oct 2008  
Batch Number: N/A  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional information as 35.5

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 36  
Composite Sample Name: Cake With Jam And Butter Cream  
Sub-sample Number: 36.7  
Sub-sample Name: Marks and Spencer Strawberry Sponge Roll  
Full Product Name: Marks and Spencer Strawberry Sponge Roll  
Brand: Marks and Spencer  
Pack size: 275g  
Purchase Date: 8/10/08  
Place of Purchase: Marks and Spencer, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 17 Oct 2008  
Batch Number: N/A  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Strawberry jam (29%), Sugar, Wheat flour, Water, Pasteurised free range eggs, Butter (4%), Unsalted butter (4%), Dextrose, Pasteurised free range egg white, Dried skimmed milk, Glucose syrup, Baking powder (Raising agent E450, Sodium bicarbonate), Vegetable oils, Emulsifier (E471), Soya lecithin, Salt, Natural Colour (Curcumin).  
Strawberry jam: (Strawberries, Glucose-fructose syrup, Sucrose syrup, Sugar, Citric acid, Gelling agent (Pectin), Acidity Regulator (E331), Firming agent (E509),

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

Made in a factory that uses nut ingredients  
Not suitable for nut allergy sufferers  
Contains: Cow's milk, Eggs, Soya, Wheat, Gluten  
Suitable for vegetarians  
Made in the UK

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 36.7

Sub-sample Name: Marks and Spencer Strawberry Sponge Roll

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per 1/6<sup>th</sup> roll</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 1340               | 645  |
| Energy          | kcal        | 315                | 150  |
| Protein         | g           | 2.7                | 1.3  |
| Carbohydrate    | g           | 58.4               | 28.2   |
| Sugars          | g           | 47.5               | 23.0   |
| Starch          | g           | N/A                | N/A  |
| Fat             | g           | 8.1                | 3.9  |
| Saturates       | g           | 5.2                | 2.5  |
| Monounsaturates | g           | N/A                | N/A  |
| Polyunsaturates | g           | N/A                | N/A  |
| Fibre           | g           | 2.5                | 1.2  |
| Salt equivalent | g           | 0.63               | 0.3  |
| Sodium          | g           | 0.25               | 0.12   |



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 36  
Composite Sample Name: Cake With Jam And Butter Cream  
Sub-sample Number: 36.8  
Sub-sample Name: Tesco Raspberry Sponge Cake  
Full Product Name: Tesco Raspberry Sponge  
Brand: Tesco  
Pack size: 245g  
Purchase Date: 9/10/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 21 Oct 2008  
Batch Number: S/8256 10:52  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Sponge (60%), Buttercream filling (26%), Raspberry jam (13%), Sugar Topping (1%). Sponge contains: Wheat flour, Sugar, Egg, Egg white, Vegetable oil, Whey powder, Soya flour, Emulsifiers (Mono- and di-glycerides of fatty acids, Polyglycerol esters of fatty acids, sodium stearoyl-2-lactylate, Calcium stearoyl-2-lactylate), Raising agents (Disodium diphosphate, Sodium bicarbonate), Wheat starch, Preservative (Potassium sorbate), Humectant (vegetable glycerine), Salt, Stabiliser (Methyl cellulose). Buttercream filling contains: Sugar, Butter, Glucose syrup, Modified maize starch, Preservative (Potassium sorbate), Dried egg white. Raspberry jam contains: Glucose syrup Sugar syrup, Raspberry puree, Modified maize starch, Gelling agent (Pectin), Citric acid, Natural colours (Anthocyanins), Natural flavouring, Acidity Regulator (Sodium citrate), Preservative (Potassium sorbate). Sugar topping contains: Sugar, Vegetable oil, Cornflour.

### Label claim(s):

Contains milk, wheat, gluten, egg, soya  
Recipe: No nuts  
Ingredients: Cannot guarantee nut free

## Nutrient analysis survey of biscuits, buns, cakes and pastries

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

Produced in the UK

Sub-sample Number: 36.8

Sub-sample Name: Tesco Raspberry Sponge Cake

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per 1/6<sup>th</sup> sponge</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 1495               | 640  |
| Energy          | kcal        | 355                | 155  |
| Protein         | g           | 3.7                | 1.6  |
| Carbohydrate    | g           | 58.0               | 24.7   |
| Sugars          | g           | 36.7               | 15.6   |
| Starch          | g           | N/A                | N/A  |
| Fat             | g           | 12.2               | 5.1  |
| Saturates       | g           | 5.8                | 2.5  |
| Monounsaturates | g           | 3.8                | 1.6  |
| Polyunsaturates | g           | 1.4                | 0.6  |
| Fibre           | g           | 1.4                | 0.6  |
| Salt equivalent | g           | 0.6                | 0.2  |
| Sodium          | g           | 0.2                | 0.1  |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 36  
Composite Sample Name: Cake With Jam And Butter Cream  
Sub-sample Number: 36.9  
Sub-sample Name: Morrisons Raspberry Victoria Sponge Sandwich  
Full Product Name: Morrisons Victoria Sandwich Cake  
Brand: Morrisons  
Pack size: N/A  
Purchase Date: 8/10/08  
Place of Purchase: Morisons, Riverside, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 05 Nov 2008  
Batch Number: C/8273 20:06  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat flour, Sugar, Raspberry jam (15%), (Glucose syrup, Seedless raspberry puree, Sugar syrup, Raspberry puree, Modified waxy maize starch, Elderberry concentrate, Gelling agent (Pectin), Acidity Regulators (Citric acid, Sodium acetate), Flavouring, Preservative (Potassium sorbate), Caramelised sugar syrup, Colour (anthocyanins), Buttercream (12%) (Butter, Glucose syrup, Sugar, Invert sugar syrup, Water, Modified maize starch, Salt, Preservative (Potassium sorbate), Dried egg white), Egg, Vegetable oil, Vegetable margarine (Vegetable oils (Palm, Rapeseed), Water, Emulsifier (Mono- and di-glycerides of fatty acids), flavouring), Glucose syrup, Humectant (vegetable glycerine), Modified maize starch, Whey powder, Natural flavourings, Emulsifiers (Mono- and di-glycerides of fatty acids, Polyglycerol esters of fatty acids), Raising agents (Disodium diphosphate, Sodium bicarbonate), Salt, Soya flour, Cornflour, Preservative (Potassium sorbate)

**Label claim(s):**

Contains egg, gluten, milk and soya  
Produced in a factory which uses nut ingredients

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 36.9

Sub-sample Name: Morrisons Raspberry Victoria Sponge Sandwich

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per 1/8<sup>th</sup> sponge</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 1541               | 726  |
| Energy          | kcal        | 367                | 173  |
| Protein         | g           | 4.1                | 1.9  |
| Carbohydrate    | g           | 52.4               | 24.7   |
| Sugars          | g           | 33.6               | 15.8   |
| Starch          | g           | N/A                | N/A  |
| Fat             | g           | 20.9               | 9.8  |
| Saturates       | g           | 6.9                | 3.3  |
| Monounsaturates | g           | N/A                | N/A  |
| Polyunsaturates | g           | N/A                | N/A  |
| Fibre           | g           | 0.8                | 0.4  |
| Salt equivalent | g           | 0.8                | 0.3  |
| Sodium          | g           | 0.3                | 0.1  |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 36  
Composite Sample Name: Cake With Jam And Butter Cream  
Sub-sample Number: 36.10  
Sub-sample Name: Tesco Value Raspberry Flavour Sponge  
Full Product Name: Tesco Value Raspberry Flavour Sponge  
Brand: Tesco  
Pack size: N/A  
Purchase Date: 9/10/08  
Place of Purchase: Tesco Extra, Blue Boar Lane, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 28 Oct 2008  
Batch Number: 8266/2039  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Sponge cake Base (60%), White creamed filling (23%), Raspberry Filling (15%), Sugar Topping (2%). Sponge contains: Wheat flour, Sugar, Egg, Egg white, Vegetable margarine (Vegetable oil, Mono- and di-glycerides of fatty acids, Natural flavouring), Whey powder, Glucose syrup, Soya flour, Raising agents (Disodium diphosphate, Sodium bicarbonate), Emulsifiers (Mono- and di-glycerides of fatty acids, Polyglycerol esters of fatty acids, Wheat starch, Preservative (Potassium sorbate), Salt. White creamed filling contains: Sugar, Vegetable margarine ((Vegetable oil, Mono- and di-glycerides of fatty acids, Natural flavouring), Glucose syrup, Modified maize starch, Dried egg white, Preservative (Potassium sorbate). Raspberry filling contains: Glucose syrup Sugar syrup, Raspberry puree, Modified maize starch, Gelling agent (Pectin), Natural colours (Anthocyanins, Curcumin), Citric acid, Acidity Regulator (Sodium citrate), Natural flavouring, Preservative (Potassium sorbate)

### Label claim(s):

Contains milk, wheat, gluten, egg, soya  
Recipe: No nuts

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Ingredients: Cannot guarantee nut free

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

Produced in the UK

Sub-sample Number: 36.10

Sub-sample Name: Tesco Value Raspberry Flavour Sponge

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per 1/6<sup>th</sup> cake (39g)</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 1460               | 570  |
| Energy          | kcal        | 350                | 135  |
| Protein         | g           | 4.5                | 1.8  |
| Carbohydrate    | g           | 58.3               | 22.7   |
| Sugars          | g           | 36.9               | 14.3   |
| Starch          | g           | N/A                | N/A  |
| Fat             | g           | 10.5               | 4.1  |
| Saturates       | g           | 2.7                | 1.1  |
| Monounsaturates | g           | 5.4                | 2.1  |
| Polyunsaturates | g           | 1.9                | 0.7  |
| Fibre           | g           | 1.9                | 0.7  |
| Salt equivalent | g           | 0.6                | 0.2  |
| Sodium          | g           | 0.2                | 0.1  |

### Sample 37: Soft iced cake

Composite Sample Number: 37  
Composite Sample Name: Soft Iced Cake  
Sub-sample Number: 37.1  
Sub-sample Name: Tesco Angel Slab Cake  
Full Product Name: Tesco Angel Layer Cake  
Brand: Tesco  
Pack size: N/A  
Purchase Date: 9/10/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 20 Oct 2008  
Batch Number: 05:51 277 B  
Packaging: Plastic  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Sugar, Wheat flour, Egg white, Vegetable margarine, Vanilla flavoured filling (11%), Raising agents (Disodium diphosphate, sodium bicarbonate), Salt, Preservative (Potassium sorbate), Colours (Carotenes, Cochineal), Emulsifier (Mono- and Di-glycerides of fatty acids).

Vegetable margarine contains: Vegetable oil, Water, Emulsifier (Mono- and Di-glycerides of fatty acids).

Vanilla flavoured filling contains: Sugar, Vegetable Margarine (Vegetable oil, Water, Emulsifier (Mono- and Di-glycerides of fatty acids)), Glucose syrup, Rice starch, Natural flavouring, Acidity regulator (Citric acid)

**Label claim(s):**

Contains milk, wheat, gluten, egg

Recipe: No nuts

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Ingredients: Cannot guarantee nut free

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

Produced in the UK

Sub-sample Number: 37.1

Sub-sample Name: Tesco Angel Slab Cake

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 1550               | N/A                        |
| Energy          | kcal        | 370                | N/A                        |
| Protein         | g           | 5.2                | N/A                        |
| Carbohydrate    | g           | 53.8               | N/A                        |
| Sugars          | g           | 32.2               | N/A                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 14.7               | N/A                        |
| Saturates       | g           | 6.8                | N/A                        |
| Monounsaturates | g           | 5.3                | N/A                        |
| Polyunsaturates | g           | 1.9                | N/A                        |
| Fibre           | g           | 0.9                | N/A                        |
| Salt equivalent | g           | 0.4                | N/A                        |
| Sodium          | g           | 0.2                | N/A                        |



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 37  
Composite Sample Name: Soft Iced Cake  
Sub-sample Number: 37.2  
Sub-sample Name: Tesco Angel Slab Cake  
Full Product Name: Tesco Angel Layer Cake  
Brand: Tesco  
Pack size: N/A  
Purchase Date: 13/9/08  
Place of Purchase: Tesco, Blue Boar Lane, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 25 Oct 2008  
Batch Number: 12:30 281 A  
Packaging: Plastic  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional Information as 37.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

|                                |  |
|--------------------------------|--|
| Composite Sample Number:       | 37                                     |
| Composite Sample Name:         | Soft Iced Cake                         |
| Sub-sample Number:             | 37.3                                   |
| Sub-sample Name:               | Tesco Walnut and Buttercream Slab Cake |
| Full Product Name:             | Tesco Walnut Cake                      |
| Brand:                         | Tesco                                  |
| Pack size:                     | N/A                                    |
| Purchase Date:                 | 9/10/08                                |
| Place of Purchase:             | Tesco, Harford Bridges, Norwich        |
| Sell by Date:                  | N/A                                    |
| Use by Date/Best Before Date:  | 09 Nov 2008                            |
| Batch Number:                  | 02:45 280A                             |
| Packaging:                     | Plastic                                |
| Sample Condition As Purchased: | Ambient                                |
| Post Purchase Storage:         | 15°C food store                        |

**Ingredients:** Sugar, Wheat flour, Vegetable margarine, Partially reconstituted whey powder, Egg, Walnuts (5%), Humectant (Vegetable glycerine), Glucose syrup, Soya flour, Milk proteins, Raising agents (Disodium diphosphate, Sodium bicarbonate), Salt, Preservative (Potassium sorbate), Emulsifier (Mono- and Di-glycerides of fatty acids), Rice starch, Natural flavouring, Acidity regulator (Citric acid)  
Vegetable margarine contains: Vegetable oil, Water, Emulsifier (Mono- and Di-glycerides of fatty acids).

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

Contains milk, wheat, gluten, egg

Recipe: Contains walnuts

May contain traces of other nuts

Suitable for vegetarians

Produced in the UK

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 37.3

Sub-sample Name: Tesco Walnut and Buttercream Slab Cake

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 1650               | N/A                        |
| Energy          | kcal        | 395                | N/A                        |
| Protein         | g           | 5.6                | N/A                        |
| Carbohydrate    | g           | 53.6               | N/A                        |
| Sugars          | g           | 38.0               | N/A                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 17.4               | N/A                        |
| Saturates       | g           | 6.4                | N/A                        |
| Monounsaturates | g           | 5.8                | N/A                        |
| Polyunsaturates | g           | 4.3                | N/A                        |
| Fibre           | g           | 2.2                | N/A                        |
| Salt equivalent | g           | 0.5                | N/A                        |
| Sodium          | g           | 0.2                | N/A                        |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 37  
Composite Sample Name: Soft Iced Cake  
Sub-sample Number: 37.4  
Sub-sample Name: Tesco Walnut and Buttercream Slab Cake  
Full Product Name: Tesco Walnut Cake  
Brand: Tesco  
Pack size: N/A  
Purchase Date: 13/10/08  
Place of Purchase: Tesco, Blue Boar Lane, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 09 Nov 2008  
Batch Number: 22:19 279A  
Packaging: Plastic  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional Information as 37.3

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 37  
Composite Sample Name: Soft Iced Cake  
Sub-sample Number: 37.5  
Sub-sample Name: Asda Angel Slab Cake  
Full Product Name: Asda Angel Cake  
Brand: Asda  
Pack size: N/A  
Purchase Date: 9/10/08  
Place of Purchase: Asda, Boundary Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 20 Oct 2008  
Batch Number: 8277 1 05:09  
Packaging: Plastic  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Sugar, Wheat flour, Egg whites, Vegetable margarine (Vegetable oil, Water, Emulsifier (Mono- and Di-glycerides of fatty acids)), Glucose syrup, Raising agents (Disodium diphosphate, sodium bicarbonate), Salt, Preservative (Potassium sorbate), Colours (Cochineal, Carotenes), Emulsifier (Mono- and Di-glycerides of fatty acids), Rice starch, Flavouring, Acidity regulator (Citric acid)  
Vanilla filling (11%)

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

Contains gluten, wheat and egg  
May contain traces of nuts and/or seeds  
Produced in the UK

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 37.5

Sub-sample Name: Asda Angel Slab Cake

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 1547               | N/A                        |
| Energy          | kcal        | 368                | N/A                        |
| Protein         | g           | 5.2                | N/A                        |
| Carbohydrate    | g           | 53.8               | N/A                        |
| Sugars          | g           | 32.2               | N/A                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 14.7               | N/A                        |
| Saturates       | g           | 6.8                | N/A                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | 0.9                | N/A                        |
| Salt equivalent | g           | 0.4                | N/A                        |
| Sodium          | g           | 0.16               | N/A                        |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 37  
Composite Sample Name: Soft Iced Cake  
Sub-sample Number: 37.6  
Sub-sample Name: Tesco Iced Lemon Madeira  
Full Product Name: Tesco Lemon Iced Madeira Cake  
Brand: Tesco  
Pack size: N/A  
Purchase Date: 9/10/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 11 Nov 2008  
Batch Number: 10:54 274B  
Packaging: Plastic  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Sugar, Wheat flour, Egg, Vegetable margarine, Glucose syrup, Lemon curd (4%), Butter, Humectant (Vegetable glycerine), Vegetable oil, Soya flour, Whey powder, Raising agents (Disodium diphosphate, sodium bicarbonate), Emulsifier (Mono- and Di-glycerides of fatty acids), Sucrose, Salt, Preservative (Potassium sorbate), Natural flavouring, Rice starch, Orange, Invert sugar syrup, Acidity regulator (Citric acid), Lemon juice, Modified maize starch, Firming agent (sodium hydroxide), Gelling agent (Carob gum, Pectin), Natural colour (Lutein), Vegetable margarine contains: Vegetable oil, Water, Emulsifier (Mono- and Di-glycerides of fatty acids).

Lemon curd contains: Sugar, Water, Glucose-fructose syrup, Egg, Concentrated lemon juice, Humectant (Vegetable glycerine), Gelling agent (Pectin), Sunflower oil, Modified maize starch, Natural colour (Carotenes, Lutein), Acidity regulator (Citric acid), Natural flavouring, Firming agent (Calcium chloride).

**Label claim(s):**

Contains milk, wheat, gluten, egg

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Recipe: No nuts

Ingredients: Cannot guarantee nut free

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

Suitable for vegetarians

Produced in the UK

Sub-sample Number: 37.6

Sub-sample Name: Tesco Iced Lemon Madeira

### Nutrient Information:

| Nutrient        | Unit | Amount/100g | Amount/Unit/serving |
|-----------------|------|-------------|---------------------|
| Energy          | kJ   | 1655        | N/A                 |
| Energy          | kcal | 395         | N/A                 |
| Protein         | g    | 4.0         | N/A                 |
| Carbohydrate    | g    | 59.2        | N/A                 |
| Sugars          | g    | 32.0        | N/A                 |
| Starch          | g    | N/A         | N/A                 |
| Fat             | g    | 15.6        | N/A                 |
| Saturates       | g    | 7.2         | N/A                 |
| Monounsaturates | g    | 5.7         | N/A                 |
| Polyunsaturates | g    | 1.9         | N/A                 |
| Fibre           | g    | 1.2         | N/A                 |
| Salt equivalent | g    | 0.4         | N/A                 |
| Sodium          | g    | 0.2         | N/A                 |



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 37  
Composite Sample Name: Soft iced cake  
Sub-sample Number: 37.7  
Sub-sample Name: Sainsbury's Walnut Slab Cake  
Full Product Name: Sainsbury's Walnut Cake  
Brand: Sainsbury's  
Pack size: N/A  
Purchase Date: 13/10/08  
Place of Purchase: Sainsbury's. William Frost Way, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 29 Oct 2008  
Batch Number: 14:48 273B  
Packaging: Plastic  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Walnut cake (87%), Vanilla flavoured buttercream (13%)

Walnut cake contains: Sugar, Wheat flour, Pasteurised egg, Palm and rapeseed oils, Walnuts (9%), Humectant (Vegetable glycerine), Whey powder, Glucose syrup, Milk proteins, Raising agents (Disodium diphosphate, sodium hydrogen carbonate), Emulsifier (Mono- and Di-glycerides of fatty acids), Salt, Preservative (Potassium sorbate)

Vanilla flavoured buttercream contains: Sugar, Butter, Glucose syrup, Water, Salt, Rice starch, Natural flavouring, Acidity regulator (Citric acid), Preservative (Potassium sorbate)

**Label claim(s):**

Contains nuts, milk, egg and wheat gluten

Produced in the UK

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 37.7

Sub-sample Name: Sainsbury's Walnut Slab Cake

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 1659               | N/A                        |
| Energy          | kcal        | 396                | N/A                        |
| Protein         | g           | 5.2                | N/A                        |
| Carbohydrate    | g           | 53.0               | N/A                        |
| Sugars          | g           | 33.0               | N/A                        |
| Starch          | g           | 13.9               | N/A                        |
| Fat             | g           | 18.1               | N/A                        |
| Saturates       | g           | 7.3                | N/A                        |
| Monounsaturates | g           | 5.3                | N/A                        |
| Polyunsaturates | g           | 4.7                | N/A                        |
| Fibre           | g           | 1.3                | N/A                        |
| Salt equivalent | g           | 0.5                | N/A                        |
| Sodium          | g           | 0.2                | N/A                        |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 37  
Composite Sample Name: Soft Iced Cake  
Sub-sample Number: 37.8  
Sub-sample Name: Tesco Iced Coffee Madeira  
Full Product Name: Tesco Iced Coffee Madeira Cake  
Brand: Tesco  
Pack size: N/A  
Purchase Date: 9/10/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 05 Nov 2008  
Batch Number: 15:47 275A  
Packaging: Plastic  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Sugar, Wheat flour, Egg, Vegetable margarine, Glucose syrup, Butter (4.5%), Whey powder, Vegetable oil, Coffee extract, Humectant (Vegetable glycerine), Salt, Raising agents (Disodium diphosphate, Sodium bicarbonate), Emulsifier (Mono- and Di-glycerides of fatty acids), Preservative (Potassium sorbate), Rice starch, Acidity regulator (Citric acid).  
Vegetable margarine contains: Vegetable oil, Water, Emulsifier (Mono- and Di-glycerides of fatty acids).

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

Contains milk, wheat, gluten, egg

Recipe: No nuts

Ingredients: Cannot guarantee nut free

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

Suitable for vegetarians

Produced in the UK

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 37.8

Sub-sample Name: Tesco Iced Coffee Madeira

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 1670               | N/A                        |
| Energy          | kcal        | 400                | N/A                        |
| Protein         | g           | 3.8                | N/A                        |
| Carbohydrate    | g           | 60.9               | N/A                        |
| Sugars          | g           | 40.8               | N/A                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 15.4               | N/A                        |
| Saturates       | g           | 7.7                | N/A                        |
| Monounsaturates | g           | 5.3                | N/A                        |
| Polyunsaturates | g           | 1.7                | N/A                        |
| Fibre           | g           | 0.9                | N/A                        |
| Salt equivalent | g           | 0.5                | N/A                        |
| Sodium          | g           | 0.2                | N/A                        |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 37  
Composite Sample Name: Soft Iced Cake  
Sub-sample Number: 37.9  
Sub-sample Name: Marks and Spencer Lemon Drizzle Cake  
Full Product Name: Marks and Spencer Lemon Drizzle Cake  
Brand: Marks and Spencer  
Pack size: 405g  
Purchase Date: 13/10/08  
Place of Purchase: Marks and Spencer, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 20 Oct 2008  
Batch Number: N/A  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Sugar, Wheat flour, Pasteurised free range egg, Butter (10%), Lemon juice (8%), Sunflower oil, Low fat yogurt, Humectant (Vegetable glycerine), Salt, Baking powder (Raising agent: E450, E501)

**Label claim(s):**

Contains cow's milk, eggs, wheat, gluten  
Made in a factory that uses nut ingredients  
No artificial colours or flavourings or preservatives  
Made in the UK

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 37.9

Sub-sample Name: Marks and Spencer Lemon Drizzle Cake

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per 1/6<sup>th</sup> Cake</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 1610               | 1190   |
| Energy          | kcal        | 385                | 285  |
| Protein         | g           | 4.4                | 3.3  |
| Carbohydrate    | g           | 58.0               | 43.0   |
| Sugars          | g           | 41.4               | 30.7   |
| Starch          | g           | N/A                | N/A  |
| Fat             | g           | 14.8               | 11.0   |
| Saturates       | g           | 5.4                | 4.0  |
| Monounsaturates | g           | N/A                | N/A  |
| Polyunsaturates | g           | N/A                | N/A  |
| Fibre           | g           | 0.8                | 0.6  |
| Salt equivalent | g           | 0.44               | 0.313  |
| Sodium          | g           | 0.18               | 0.13   |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 37  
Composite Sample Name: Soft Iced Cake  
Sub-sample Number: 37.10  
Sub-sample Name: Morrisons Iced Lemon Drizzle Cake  
Full Product Name: Morrisons Lemon Drizzle Cake  
Brand: Morrisons  
Pack size: N/A  
Purchase Date: 13/10/08  
Place of Purchase: Morrisons, Riverside, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 06 Nov 2008  
Batch Number: C/8274 21:08  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat flour, Sugar, Lemon drizzle (20%) (Sugar, Lemon juice, water), Egg, Vegetable margarine (Vegetable oils (Palm, Rapeseed)), Water, Emulsifier (Mono- and Di-glycerides of fatty acids), flavouring), Lemon nuggets (4%) (Sucrose, Lemon pulp (35%), Apple, Vegetable fats, Pineapple fibres, Thickeners (Sodium alginate, Calcium orthophosphates), Acidity regulator (Citric acid), Flavouring, Colour (Lutein), Modified maize starch, Humectant (Vegetable glycerine), Flavourings, Skimmed milk powder, Vegetable oil, Wheat gluten, Raising agents (Disodium diphosphate, Sodium bicarbonate), Soya flour, Emulsifier (Mono- and Di-glycerides of fatty acids, polyglycerol esters of fatty acids), Salt, Preservative (Potassium sorbate), Stabiliser (Xanthan gum)

### Label claim(s):

Contains eggs, gluten, milk and soya  
Produced in a factory that uses nut ingredients  
Produced in the UK

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 37.10

Sub-sample Name: Morrisons Iced Lemon Drizzle Cake

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per 1/6<sup>th</sup> Cake</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 1524               | 648  |
| Energy          | kcal        | 363                | 154  |
| Protein         | g           | 4.9                | 2.1  |
| Carbohydrate    | g           | 51.9               | 22.1   |
| Sugars          | g           | 39.4               | 16.7   |
| Starch          | g           | N/A                | N/A  |
| Fat             | g           | 15.1               | 6.4  |
| Saturates       | g           | 2.4                | 1.0  |
| Monounsaturates | g           | N/A                | N/A  |
| Polyunsaturates | g           | N/A                | N/A  |
| Fibre           | g           | 0.8                | 0.3  |
| Salt equivalent | g           | 0.3                | 0.2  |
| Sodium          | g           | 0.1                | Tr   |



### Sample 38: Loaf cakes

Composite Sample Number: 38  
Composite Sample Name: Loaf Cakes  
Sub-sample Number: 38.1  
Sub-sample Name: McVities Jamaica Ginger Cake  
Full Product Name: McVite's The Original Jamaica Ginger Cake  
Brand: McVities  
Pack size: N/A  
Purchase Date: 11/09/08  
Place of Purchase: Tesco, Harford Bridge, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 05 DEC 08  
Batch Number: F2Y 13:13  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Glucose-fructose syrup, Wheat flour, Water, Sugar, Vegetable fat, Humectant (Sorbitol), Emulsifier (E471), Dried whey, Colour (Plain caramel), Milk protein, Wheat starch, Raising agent (Sodium bicarbonate), Stabiliser (Guar gum), Salt, Dried whole egg, Wheat protein, Concentrated ginger extract, Preservative (Pottasium sorbate), Flavourings.

**Label claim(s):**

Contains: milk, egg, gluten

Produced on a line handling soya and in a factory handling peanuts, nuts

No hydrogenated vegetable oil

Suitable for vegetarians

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 38.1

Sub-sample Name: McVities Jamaica Ginger Cake

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 1516               | N/A                        |
| Energy          | kcal        | 360                | N/A                        |
| Protein         | g           | 3.5                | N/A                        |
| Carbohydrate    | g           | 62.2               | N/A                        |
| Sugars          | g           | 36.6               | N/A                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 10.8               | N/A                        |
| Saturates       | g           | 3.3                | N/A                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | 1.4                | N/A                        |
| Salt            | g           | N/A                | N/A                        |
| Sodium          | g           | 0.3                | N/A                        |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 38  
Composite Sample Name: Loaf Cakes  
Sub-sample Number: 38.2  
Sub-sample Name: McVities Jamaica Ginger Cake  
Full Product Name: McVite's The Original Jamaica Ginger Cake  
Brand: McVities  
Pack size: N/A  
Purchase Date: 11/09/08  
Place of Purchase: Asda, Boundary Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 05 DEC 08  
Batch Number: F2Y 14:35  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional Information as 38.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 38  
Composite Sample Name: Loaf Cakes  
Sub-sample Number: 38.3  
Sub-sample Name: McVities Jamaica Ginger Cake  
Full Product Name: McVite's The Original Jamaica Ginger Cake  
Brand: McVities  
Pack size: N/A  
Purchase Date: 11/09/08  
Place of Purchase: Sainsburys, William Frost Way, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 05 DEC 08  
Batch Number: F2X 02:32  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional Information as 38.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 38  
Composite Sample Name: Loaf Cakes  
Sub-sample Number: 38.4  
Sub-sample Name: McVities Jamaica Ginger Cake  
Full Product Name: McVite's The Original Jamaica Ginger Cake  
Brand: McVities  
Pack size: N/A  
Purchase Date: 11/09/08  
Place of Purchase: Sainsburys, William Frost Way, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 30 NOV 08  
Batch Number: F2X 04:02  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional Information as 38.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 38  
Composite Sample Name: Loaf Cakes  
Sub-sample Number: 38.5  
Sub-sample Name: McVities Golden Syrup Cake  
Full Product Name: McVite's Lyle's Golden Syrup Cake  
Brand: McVities  
Pack size: N/A  
Purchase Date: 11/09/08  
Place of Purchase: Tesco, Harford Bridge, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 18 NOV 08  
Batch Number: F3Y 15:33  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Golden syrup (Partially inverted refiners syrup) (45%), Wheat flour, Water, Vegetable fat, Sugar, Humectant (Sorbitol), Emulsifier (E471), Dried whey, Milk protein, Wheat starch, Raising agent (Sodium bicarbonate), Stabiliser (Guar gum), Salt, Dried whole Egg, Modified starch, Wheat protein, Flavourings, Colour (Plain caramel), Preservative (Potassium sorbate).

**Label claim(s):**

Contains: milk, egg, gluten

Produced on a line handling soya and in a factory handling peanuts, nuts

No hydrogenated vegetable oil.

Suitable for vegetarians

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 38.5

Sub-sample Name: McVities Golden Syrup Cake

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 1493               | N/A                        |
| Energy          | kcal        | 355                | N/A                        |
| Protein         | g           | 3.4                | N/A                        |
| Carbohydrate    | g           | 60.4               | N/A                        |
| Sugars          | g           | 39.1               | N/A                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 11.0               | N/A                        |
| Saturates       | g           | 3.4                | N/A                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | 1.4                | N/A                        |
| Salt            | g           | N/A                | N/A                        |
| Sodium          | g           | 0.4                | N/A                        |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 38  
Composite Sample Name: Loaf Cakes  
Sub-sample Number: 38.6  
Sub-sample Name: McVities Golden Syrup Cake  
Full Product Name: McVite's Lyle's Golden Syrup Cake  
Brand: McVities  
Pack size: N/A  
Purchase Date: 11/09/08  
Place of Purchase: Sainsburys, William Frost Way, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 19 NOV 08  
Batch Number: F3Y 15:35  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional Information as 38.5



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 38  
Composite Sample Name: Loaf Cakes  
Sub-sample Number: 38.7  
Sub-sample Name: McVities Jamaica Ginger Cake  
Full Product Name: McVite's The Original Jamaica Ginger Cake  
Brand: McVities  
Pack size: N/A  
Purchase Date: 09/10/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 07 Jan 09  
Batch Number: F3X 04:09  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional Information as 38.1

### Sample 39 : Chocolate-covered and filled Swiss rolls

Composite Sample Number: 39  
Composite Sample Name: Chocolate-Covered And Filled Swiss Roll  
Sub-sample Number: 39.1  
Sub-sample Name: Cadbury Chocolate Mini Roll (Not Jam)  
Full Product Name: Cadbury Mini Rolls Milk Chocolate  
Brand: Cadbury  
Pack size: 6 Individually wrapped rolls  
Purchase Date: 11/09/08  
Place of Purchase: Tesco, Harford Bridges Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 05 NOV  
Batch Number: J240 E D  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Milk chocolate (33%) [Sugar, Cocoa mass, Cocoa butter, Dried skimmed milk, Milk fat, Vegetable fat, Dried whey, Emulsifier (Soya lecithin)], Vanilla flavour filling (26%) [Vegetable oil, Glucose syrup, Dextrose, Sugar, Emulsifiers(E475, E471), Flavouring], Sugar, Wheat flour, Pasteurised whole egg, Glucose syrup, Pasteurised egg white, Humectant (Glycerol), Fat-reduced cocoa, Vegetable oil, Dried whey, Raising agents (E450, Sodium bicarbonate), Soya flour, Salt, Emulsifiers (E471, E475), Milk protein, Preservative (Potassium sorbate).

**Label claim(s):**

May contain traces of nuts

These cakes do not contain dairy cream

Suitable for vegetarians

Manufactured by Manor Bakeries, a trading name of RHM Group Ltd, under licence from Cadbury Ltd

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 39.1

Sub-sample Name: Cadbury Chocolate Mini Roll (Not Jam)

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per mini roll</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 1870               | 510  |
| Energy          | kcal        | 445                | 120  |
| Protein         | g           | 4.9                | 1.3  |
| Carbohydrate    | g           | 56.0               | 15.3   |
| Sugars          | g           | 45.7               | 12.5   |
| Starch          | g           | N/A                | N/A  |
| Fat             | g           | 22.5               | 6.2  |
| Saturates       | g           | 11.2               | 3.1  |
| Monounsaturates | g           | N/A                | N/A  |
| Polyunsaturates | g           | N/A                | N/A  |
| Fibre           | g           | 1.2                | 0.3  |
| Salt            | g           | 0.68               | 0.18   |
| Sodium          | g           | 0.27               | 0.07   |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 39  
Composite Sample Name: Chocolate-Covered And Filled Swiss Roll  
Sub-sample Number: 39.2  
Sub-sample Name: Cadbury Chocolate Mini Roll (Not Jam)  
Full Product Name: Cadbury Mini Rolls Milk Chocolate  
Brand: Cadbury  
Pack size: 6 Individually wrapped rolls  
Purchase Date: 8/10/08  
Place of Purchase: Morrisons, Riverside, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 16 NOV  
Batch Number: J251 N D  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional Information as 39.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 39  
Composite Sample Name: Chocolate-Covered And Filled Swiss Roll  
Sub-sample Number: 39.3  
Sub-sample Name: Cadburys Chocolate Mini Roll (Not Jam)  
Full Product Name: Cadbury Mini Rolls Milk Chocolate  
Brand: Cadbury  
Pack size: 6 Individually wrapped rolls  
Purchase Date: 11/09/08  
Place of Purchase: ASDA, Boundary Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 04 NOV  
Batch Number: J239 A D  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional Information as 39.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 39  
Composite Sample Name: Chocolate-Covered And Filled Swiss Roll  
Sub-sample Number: 39.4  
Sub-sample Name: Cadburys Chocolate Mini Roll (Not Jam)  
Full Product Name: Cadbury Mini Rolls Milk Chocolate  
Brand: Cadbury  
Pack size: 6 Individually wrapped rolls  
Purchase Date: 11/09/08  
Place of Purchase: Waitrose, Eaton, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 05 NOV  
Batch Number: J240 A C  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional Information as 39.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 39  
Composite Sample Name: Chocolate-Covered And Filled Swiss Roll  
Sub-sample Number: 39.5  
Sub-sample Name: Cadburys Chocolate Mini Roll (Not Jam)  
Full Product Name: Cadbury Mini Rolls Milk Chocolate  
Brand: Cadbury  
Pack size: 6 Individually wrapped rolls  
Purchase Date: 9/10/08  
Place of Purchase: Asda, Boundary Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 28 NOV  
Batch Number: J263 A D  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional Information as 39.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 39  
Composite Sample Name: Chocolate-Covered And Filled Swiss Roll  
Sub-sample Number: 39.6  
Sub-sample Name: Cadburys Chocolate Mini Roll (Not Jam)  
Full Product Name: Cadbury Mini Rolls Milk Chocolate  
Brand: Cadbury  
Pack size: 6 Individually wrapped rolls  
Purchase Date: 9/10/08  
Place of Purchase: Asda, Boundary Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 24 NOV  
Batch Number: J259 A D  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional Information as 39.1



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 39  
Composite Sample Name: Chocolate-Covered And Filled Swiss Roll  
Sub-sample Number: 39.7  
Sub-sample Name: Tesco Milk Chocolate Mini Rolls  
Full Product Name: Tesco Chocolate Mini Rolls  
Brand: Tesco  
Pack size: 6  
Purchase Date: 9/10/08  
Place of Purchase: Tesco Extra, Blue Boar Lane, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 05 NOV  
Batch Number: 8268 11:49  
Packaging: Paper  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Chocolate buttercream (32%), Milk chocolate (32%), Wheat flour, Sugar, Egg, Glucose syrup, Soya flour, Humectant (Glycerine, Sorbitol), Fat reduced cocoa powder, Whey powder, Vegetable oil, Potato starch, Raising agents (Disodium diphosphate, Sodium carbonate), Emulsifier (Mono- and Di-glycerides of fatty acids), Preservative (Potassium sorbate), Natural flavouring.

Chocolate buttercream contains; Butter, Glucose syrup, Icing sugar, Fat reduced cocoa powder, water, Milk chocolate, Humectant (Glycerine), Sugar, Salt, Rice starch, Preservative (Potassium sorbate), Citric acid.

Milk chocolate contains; Sugar, Cocoa butter, Cocoa liquor, Dried skimmed milk, Milk fat, Vegetable oil, Emulsifier (Soya lecithins), Natural flavouring.

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

Contains milk, wheat, gluten, egg, soya

Recipe: No nuts

Ingredients: Cannot guarantee nut free

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Factory: Product made in nut free area, but nuts used elsewhere  
Produced in the EU

Sub-sample Number: 39.7

Sub-sample Name: Tesco Milk Chocolate Mini Rolls

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per mini roll (29g)</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 1935               | 565  |
| Energy          | kcal        | 465                | 135  |
| Protein         | g           | 5.5                | 1.6  |
| Carbohydrate    | g           | 53.1               | 15.4   |
| Sugars          | g           | 38.7               | 11.2   |
| Starch          | g           | N/A                | N/A  |
| Fat             | g           | 25.3               | 7.3  |
| Saturates       | g           | 15.2               | 4.4  |
| Monounsaturates | g           | 7.7                | 2.2  |
| Polyunsaturates | g           | 1.1                | 0.3  |
| Fibre           | g           | 2.3                | 0.7  |
| Salt            | g           | 0.5                | 0.1  |
| Sodium          | g           | 0.2                | 0.1  |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 39  
Composite Sample Name: Chocolate-Covered And Filled Swiss Roll  
Sub-sample Number: 39.8  
Sub-sample Name: Marks and Spencer Extremely Chocolatey Sponge Roll  
Full Product Name: Marks and Spencer Extremely Chocolatey Sponge Roll  
Brand: Marks and Spencer  
Pack size: 270g  
Purchase Date: 8/10/08  
Place of Purchase: Marks & Spencer, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 15 Oct  
Batch Number: N/A  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Milk chocolate (26%), Sugar, Wheat flour, Water, Butter (6%), Dark chocolate (5%), Pasteurised free range egg, Glucose syrup, Fat reduced cocoa powder, Pasteurised free range egg white, Dried skimmed milk, Emulsifier (E471, E475, Soya lecithin), Palm kernel oil, Baking powder (Raising agent E435), Humectant (Sorbitol), Natural flavouring.  
Milk chocolate contains; Sugar, Cocoa butter, Cocoa mass, Dried skimmed milk, Milk fat, Lactose, Emulsifier (Soya lecithin).  
Dark chocolate contains; Cocoa mass, Sugar, Cocoa butter, Fat reduced cocoa powder, Emulsifier (Soya lecithin).

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

Contains Milk, Eggs, Soya, Wheat, Gluten  
Made in a factory that uses nut ingredients

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 39.8

Sub-sample Name: Marks and Spencer Extremely Chocolatey Sponge Roll

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per 1/6th roll</b> |
|-----------------|-------------|--------------------|---|
| Energy          | kJ          | 1815               | 870   |
| Energy          | kcal        | 435                | 210   |
| Protein         | g           | 3.7                | 1.8   |
| Carbohydrate    | g           | 54.5               | 26.1  |
| Sugars          | g           | 45.8               | 21.8  |
| Starch          | g           | N/A                | N/A   |
| Fat             | g           | 22.4               | 10.7  |
| Saturates       | g           | 13.0               | 6.2   |
| Monounsaturates | g           | N/A                | N/A   |
| Polyunsaturates | g           | N/A                | N/A   |
| Fibre           | g           | 2.5                | 1.2   |
| Salt            | g           | 0.53               | 0.25  |
| Sodium          | g           | 0.21               | 0.1   |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 39  
Composite Sample Name: Chocolate-Covered And Filled Swiss Roll  
Sub-sample Number: 39.9  
Sub-sample Name: Marks and Spencer Extremely Chocolatey Mini Bites  
Full Product Name: Marks and Spencer Extremely Chocolatey Mini Bites  
Brand: Marks and Spencer  
Pack size: 315g  
Purchase Date: 8/10/08  
Place of Purchase: Marks and Spencer, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 24 Oct 08  
Batch Number: N/A  
Packaging: Plastic bucket  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Milk chocolate (50%), Sugar, Wheat flour, Butter (6%), Pasteurised free range egg, Plain chocolate (3%), Fat reduced cocoa powder, Pasteurised free range egg white, Humectant (Vegetable glycerine), Dried skimmed milk, Emulsifier (E471, Soya lecithin), Raising agent (E450), Sodium carbonate, Salt  
Milk chocolate contains; Sugar, Cocoa butter, Cocoa mass, Dried skimmed milk, Milk fat, Lactose, Emulsifier (Soya lecithin).  
Dark chocolate contains; Cocoa mass, Sugar, Cocoa butter, Fat reduced cocoa powder, Emulsifier (Soya lecithin).

**Label claim(s):**

Contains Cow's milk, Eggs, Soya, Wheat, Gluten  
Made in a factory that uses nut ingredients  
Made in the UK

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 39.9

Sub-sample Name: Marks and Spencer Extremely Chocolatey Mini Bites

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per Bite</b> |
|-----------------|-------------|--------------------|---|
| Energy          | kJ          | 1890               | 380                                     |
| Energy          | kcal        | 450                | 90                                      |
| Protein         | g           | 5.7                | 1.1                                     |
| Carbohydrate    | g           | 52.4               | 10.5                                    |
| Sugars          | g           | 43.5               | 8.7                                     |
| Starch          | g           | N/A                | N/A                                     |
| Fat             | g           | 24.6               | 4.9                                     |
| Saturates       | g           | 15.6               | 3.1                                     |
| Monounsaturates | g           | N/A                | N/A                                     |
| Polyunsaturates | g           | N/A                | N/A                                     |
| Fibre           | g           | 1.6                | 0.3                                     |
| Salt            | g           | 0.4                | 0.1                                     |
| Sodium          | g           | 0.17               | 0.03                                    |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 39  
Composite Sample Name: Chocolate-Covered And Filled Swiss Roll  
Sub-sample Number: 39.10  
Sub-sample Name: Marks and Spencer Cappuccino Chocolate Sponge Roll  
Full Product Name: Marks and Spencer Cappuccino Chocolate Sponge Roll  
Brand: Marks and Spencer  
Pack size: 270g  
Purchase Date: 8/10/08  
Place of Purchase: Marks & Spencer, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 17 Oct 08  
Batch Number: N/A  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Milk chocolate (26%), Sugar, Butter (16%), Water, Wheat flour, Pasteurised free range egg, Glucose syrup, Pasteurised free range egg white, Fat reduced cocoa powder, Dried skimmed milk, salt, Palm kernel oil, Coffee extract, Humectant Raising agent (E450, Sodium bicarbonate), Salt, Emulsifier (E471, E475, Soya lecithin), Dried whey, Stabiliser (E435), Humectant (Sorbitol), Natural colour (Plain caramel), Natural flavouring.  
Milk chocolate contains; Sugar, Cocoa butter, Cocoa mass, Dried skimmed milk, Milk fat, Lactose, Emulsifier (Soya lecithin).

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

Contains Cow's milk, Eggs, Soya, Wheat, Gluten  
Made in a factory that uses nut ingredients

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 39.10

Sub-sample Name: Marks and Spencer Cappuccino Chocolate Sponge Roll

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per 1/6<sup>th</sup> roll</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 1840               | 865  |
| Energy          | kcal        | 440                | 210  |
| Protein         | g           | 3.8                | 1.8  |
| Carbohydrate    | g           | 52.8               | 25.3   |
| Sugars          | g           | 44.1               | 21.1   |
| Starch          | g           | N/A                | N/A  |
| Fat             | g           | 23.7               | 11.3   |
| Saturates       | g           | 14.0               | 6.7  |
| Monounsaturates | g           | N/A                | N/A  |
| Polyunsaturates | g           | N/A                | N/A  |
| Fibre           | g           | 1.2                | 0.6  |
| Salt            | g           | 0.53               | 0.25   |
| Sodium          | g           | 0.21               | 0.1  |



### Sample 40: Battenberg cake

Composite Sample Number: 40  
Composite Sample Name: Battenberg Cake  
Sub-sample Number: 40.1  
Sub-sample Name: Mr Kipling Mini Battenbergs  
Full Product Name: Mr Kipling Mini Battenbergs  
Brand: Mr Kipling  
Pack size: Pack of 5  
Purchase Date: 9/10/08  
Place of Purchase: Tesco, Harford Bridges Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 23 Oct  
Batch Number: J248 \*M85  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Sugar, Wheat flour, Reconstituted egg white, Vegetable oil, Glucose syrup, Glucose-Fructose syrup, Apricot, Reconstituted egg, Soya flour, Humectant (Vegetable glycerine), Coconut flour, Milk protein, Sucrose syrup, Whey powder, Raising agents (Disodium diphosphate, sodium bicarbonate), Salt, Colours (Cochineal, Lutein), Emulsifier (Mono- and Di-glycerides of fatty acids), Stabiliser (Xanthan gum), Preservative (Potassium sorbate), Citric acid, Gelling agent (Pectin), Acidity regulator (Sodium citrates), Flavouring

**Label claim(s):**

Contains Gluten (Wheat), soya, milk and egg  
May contain nut traces

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 40.1

Sub-sample Name: Mr Kipling Mini Battenbergs

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 1898               | 622                        |
| Energy          | kcal        | 450                | 147                        |
| Protein         | g           | 4.8                | 1.6                        |
| Carbohydrate    | g           | 81.2               | 26.6                       |
| Sugars          | g           | 67.4               | 22.1                       |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 11.8               | 3.9                        |
| Saturates       | g           | 4.6                | 1.5                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | 1.5                | 0.5                        |
| Salt            | g           | 0.58               | 0.2                        |
| Sodium          | g           | 0.23               | 0.08                       |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 40  
Composite Sample Name: Battenberg Cake  
Sub-sample Number: 40.2  
Sub-sample Name: Mr Kipling Mini Battenbergs  
Full Product Name: Mr Kipling Mini Battenbergs  
Brand: Mr Kipling  
Pack size: Pack of 5  
Purchase Date: 9/10/08  
Place of Purchase: Asda, Boundary Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 24 Oct  
Batch Number: J270 \*M85  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional Information as 40.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 40  
Composite Sample Name: Battenberg Cake  
Sub-sample Number: 40.3  
Sub-sample Name: Mr Kipling Mini Battenbergs  
Full Product Name: Mr Kipling Mini Battenbergs  
Brand: Mr Kipling  
Pack size: Pack of 5  
Purchase Date: 13/10/08  
Place of Purchase: Sainsbury's, William Frost Way, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 05 Nov  
Batch Number: J282 \*A85  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional Information as 40.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 40  
Composite Sample Name: Battenberg Cake  
Sub-sample Number: 40.4  
Sub-sample Name: Mr Kipling Mini Battenbergs  
Full Product Name: Mr Kipling Mini Battenbergs  
Brand: Mr Kipling  
Pack size: Pack of 5  
Purchase Date: 9/10/08  
Place of Purchase: Asda, Boundary Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 28 Oct  
Batch Number: J260 \*A85  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional Information as 40.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 40  
Composite Sample Name: Battenberg Cake  
Sub-sample Number: 40.5  
Sub-sample Name: Lyons Battenberg  
Full Product Name: Lyons Battenberg  
Brand: Lyons  
Pack size: 230g  
Purchase Date: 14/10/08  
Place of Purchase: Somerfield, Old Catton, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 18 Oct  
Batch Number: 226 \*M83  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Sugar, Reconstituted egg white, Wheat flour, Vegetable oil, Soya flour, Humectant (Vegetable glycerine), Dextrose, Milk protein, Ground almonds, Rice flour, Raising agents (Sodium aluminium phosphate, sodium bicarbonate), Emulsifier (Mono- and Di-glycerides of fatty acids, Sodium stearate), Whey powder, Slat, Stabiliser (Xanthan gum), Preservative (Potassium sorbate), Citric acid, Gelling agent (Carrageenan), Colours (Annatto, Carmine), Tartaric acid, Flavouring

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

Contains nuts  
Contains Gluten, Wheat, Egg, milk and soya  
No artificial colours  
No artificial flavours

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 40.5  
Sub-sample Name: Lyons Battenberg

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 1822               | 698                        |
| Energy          | kcal        | 432                | 166                        |
| Protein         | g           | 6.1                | 2.4                        |
| Carbohydrate    | g           | 73.8               | 28.3                       |
| Sugars          | g           | 59.5               | 22.8                       |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 12.5               | 4.8                        |
| Saturates       | g           | 3.3                | 1.3                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | 1.3                | 0.5                        |
| Salt            | g           | 0.53               | 0.20                       |
| Sodium          | g           | 0.21               | 0.08                       |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

|                                |                                 |
|--------------------------------|---------------------------------|
| Composite Sample Number:       | 40                              |
| Composite Sample Name:         | Battenberg Cake                 |
| Sub-sample Number:             | 40.6                            |
| Sub-sample Name:               | Lyons Battenberg                |
| Full Product Name:             | Lyons Battenberg                |
| Brand:                         | Lyons                           |
| Pack size:                     | 230g                            |
| Purchase Date:                 | 14/10/08                        |
| Place of Purchase:             | Somerfield, Old Catton, Norwich |
| Sell by Date:                  | N/A                             |
| Use by Date/Best Before Date:  | 18 Oct                          |
| Batch Number:                  | 226 *M83                        |
| Packaging:                     | Card                            |
| Sample Condition As Purchased: | Ambient                         |
| Post Purchase Storage:         | 15°C food store                 |

Additional Information as 40.5



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 40  
Composite Sample Name: Battenberg Cake  
Sub-sample Number: 40.7  
Sub-sample Name: Lyons Battenberg  
Full Product Name: Lyons Battenberg  
Brand: Lyons  
Pack size: 230g  
Purchase Date: 14/10/08  
Place of Purchase: Somerfield, Old Catton, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 18 Oct  
Batch Number: 226 \*M83  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional Information as 40.5

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 40  
Composite Sample Name: Battenberg Cake  
Sub-sample Number: 40.8  
Sub-sample Name: Lyons Battenberg  
Full Product Name: Lyons Battenberg  
Brand: Lyons  
Pack size: 230g  
Purchase Date: 14/10/08  
Place of Purchase: Somerfield, Old Catton, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 18 Oct  
Batch Number: 226 \*M83  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional Information as 40.5

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 40  
Composite Sample Name: Battenberg Cake  
Sub-sample Number: 40.9  
Sub-sample Name: Mr Kipling Battenberg  
Full Product Name: Mr Kipling Battenberg  
Brand: Mr Kipling  
Pack size: 230g  
Purchase Date: 13/10/08  
Place of Purchase: Sainsbury's, William Frost Way, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 03 Nov  
Batch Number: J273 A83  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Sugar, Reconstituted egg white, Wheat flour, Vegetable oil, Apricot jam (Glucose-fructose syrup), Apricot, Sugar syrup, Citric acid, Gelling agent (Pectin), Acidity regulator (Sodium citrates), Preservative (Potassium sorbate), Soya flour, Humectant (Vegetable glycerine), Glucose syrup, Milk protein, Ground almonds, Dextrose, Rice flour, Raising agents (Sodium aluminium phosphate, sodium bicarbonate), Emulsifier (Mono- and Di-glycerides of fatty acids, Sodium salts of fatty acids), Whey powder, Salt, Gelling agent (Carrageenan), Tartaric acid, Flavouring, Acetic acid, Colours (Annatto, Cochineal)

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

Contains nuts  
Contains Gluten (wheat), egg, milk and soya  
No artificial colours or flavours  
No hydrogenated fat  
Baked in the UK by Manor Bakeries

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 40.9

Sub-sample Name: Mr Kipling Battenberg

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per 1/6<sup>th</sup> Cake</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 1805               | 691  |
| Energy          | kcal        | 428                | 164  |
| Protein         | g           | 6.1                | 2.4  |
| Carbohydrate    | g           | 73.0               | 28.0   |
| Sugars          | g           | 58.0               | 22.2   |
| Starch          | g           | N/A                | N/A  |
| Fat             | g           | 12.5               | 4.8  |
| Saturates       | g           | 3.3                | 1.3  |
| Monounsaturates | g           | N/A                | N/A  |
| Polyunsaturates | g           | N/A                | N/A  |
| Fibre           | g           | 1.4                | 0.5  |
| Salt            | g           | 0.53               | 0.20   |
| Sodium          | g           | 0.21               | 0.08   |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 40  
Composite Sample Name: Battenberg Cake  
Sub-sample Number: 40.10  
Sub-sample Name: Sainsbury's Battenberg  
Full Product Name: Sainsbury's Battenberg  
Brand: Sainsbury's  
Pack size: N/A  
Purchase Date: 13/10/08  
Place of Purchase: Sainsbury's, William Frost Way, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 103 Nov  
Batch Number: J273 M83  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Sugar, Egg white, Wheat flour, Vegetable oil, Soya flour, Glucose syrup, Humectant (Vegetable glycerine), Dextrose, Milk protein, Ground almonds (1%), Raising agents (Sodium aluminium phosphate, sodium hydrogen carbonate), Rice flour, Whey powder, Emulsifier (Mono- and Di-glycerides of fatty acids, Sodium stearate), Salt, Gelling agent (Carrageenan), Tartaric acid, Natural colour (Cochineal), Flavouring, Acidity regulator, Acetic acid.

**Label claim(s):**

Contains nut, milk, egg, soya and wheat gluten

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 40.10

Sub-sample Name: Sainsbury's Battenberg

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per 1/8<sup>th</sup> Cake</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 1819               | 832  |
| Energy          | kcal        | 432                | 198  |
| Protein         | g           | 6.3                | 2.9  |
| Carbohydrate    | g           | 73.5               | 33.6   |
| Sugars          | g           | 59.7               | 27.3   |
| Starch          | g           | 10.8               | 4.9  |
| Fat             | g           | 12.5               | 5.7  |
| Saturates       | g           | 3.3                | 1.5  |
| Monounsaturates | g           | 5.7                | 2.6  |
| Polyunsaturates | g           | 3.4                | 1.6  |
| Fibre           | g           | 1.3                | 0.6  |
| Salt            | g           | 0.5                | 0.3  |
| Sodium          | g           | 0.2                | 0.1  |

Sample 41: Carrot cake, iced

Composite Sample Number: 41  
Composite Sample Name: Carrot Cake, Iced  
Sub-sample Number: 41.1  
Sub-sample Name: Mr Kipling Carrot and Walnut Classics  
Full Product Name: Mr Kipling Carrot and Walnut Mini Classics  
Brand: Mr Kipling  
Pack size: 6  
Purchase Date: 13/10/08  
Place of Purchase: Sainsbury's, William Frost Way, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 10 Nov  
Batch Number: J273 A84  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Sugar, Wheat flour, Vegetable oil, Salted butter, Partially reconstituted egg, Carrot (6%), Nibbed walnuts, Pineapple, Humectant (Vegetable glycerine), Partially inverted refiners syrup, Glucose syrup, Raising agents (Disodium diphosphate, Sodium bicarbonate), Dried egg white, Salt, Maize starch, Emulsifier (Mono- and Di-glycerides of fatty acids, Polyglycerol esters of fatty acids, Sodium salts of fatty acids), Ground cinnamon, Preservative (Potassium sorbate), Colour (Plain caramel), Mixed spice (Ground cinnamon, Ground coriander, Dill, Ground Nutmeg, Ground ginger, Cloves).

**Label claim(s):**

Contains nuts  
Contains Gluten (wheat), egg, milk  
No artificial colours or flavours  
No hydrogenated fat

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Suitable for vegetarians

Sub-sample Number: 41.1

Sub-sample Name: Mr Kipling Carrot and Walnut Classics

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per Cake</b> |
|-----------------|-------------|--------------------|---|
| Energy          | kJ          | 1836               | 716                                     |
| Energy          | kcal        | 439                | 171                                     |
| Protein         | g           | 4.5                | 1.8                                     |
| Carbohydrate    | g           | 48.6               | 19.0                                    |
| Sugars          | g           | 30.9               | 12.1                                    |
| Starch          | g           | N/A                | N/A                                     |
| Fat             | g           | 25.2               | 9.8                                     |
| Saturates       | g           | 6.4                | 2.5                                     |
| Monounsaturates | g           | N/A                | N/A                                     |
| Polyunsaturates | g           | N/A                | N/A                                     |
| Fibre           | g           | 1.0                | 0.4                                     |
| Salt            | g           | 1.4                | 0.53                                    |
| Sodium          | g           | 0.54               | 0.21                                    |



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 41  
Composite Sample Name: Carrot Cake, Iced  
Sub-sample Number: 41.2  
Sub-sample Name: Mr Kipling Carrot and Walnut Classics  
Full Product Name: Mr Kipling Carrot and Walnut Mini Classics  
Brand: Mr Kipling  
Pack size: 6  
Purchase Date: 13/10/08  
Place of Purchase: Sainsbury's, William Frost Way, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 03 Nov  
Batch Number: J266 M84  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional Information as 41.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 41  
Composite Sample Name: Carrot Cake, Iced  
Sub-sample Number: 41.3  
Sub-sample Name: Marks and Spencer Carrot and Walnut Cake  
Full Product Name: Marks and Spencer Carrot and Walnut Cake  
Brand: Marks and Spencer  
Pack size: 410g  
Purchase Date: 13/10/08  
Place of Purchase: Marks and Spencer, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 18 Oct  
Batch Number: N/A  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Sugar, Wheat flour, Carrot (17%), Rapeseed oil, Pasteurised free range egg, Full fat soft cheese (6%), Humectant (Vegetable glycerine), Walnuts (4%), Butter, Golden syrup, Baking powder (Raising agent, (Sodium bicarbonate, E450)), Ground cinnamon, Lemon juice, Ground Nutmeg, Spices, Stabiliser (Xanthan gum).

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

Contains nuts, cow's milk, eggs, wheat, gluten  
No artificial colours or flavours or preservatives  
Suitable for vegetarians

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 41.3

Sub-sample Name: Marks and Spencer Carrot and Walnut Cake

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per 1/6<sup>th</sup> Cake</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 1615               | 1165   |
| Energy          | kcal        | 385                | 275  |
| Protein         | g           | 5.0                | 3.6  |
| Carbohydrate    | g           | 49.8               | 35.9   |
| Sugars          | g           | 30.0               | 21.6   |
| Starch          | g           | N/A                | N/A  |
| Fat             | g           | 18.5               | 13.3   |
| Saturates       | g           | 4.6                | 3.3  |
| Monounsaturates | g           | N/A                | N/A  |
| Polyunsaturates | g           | N/A                | N/A  |
| Fibre           | g           | 3.5                | 2.5  |
| Salt            | g           | 0.75               | 0.52   |
| Sodium          | g           | 0.30               | 0.21   |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 41  
Composite Sample Name: Carrot Cake, Iced  
Sub-sample Number: 41.4  
Sub-sample Name: Marks and Spencer Carrot and Walnut Cake  
Full Product Name: Marks and Spencer Carrot and Walnut Cake  
Brand: Marks and Spencer  
Pack size: 410g  
Purchase Date: 13/10/08  
Place of Purchase: Marks and Spencer, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 19 Oct  
Batch Number: N/A  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional Information as 41.3

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 41  
Composite Sample Name: Carrot Cake, Iced  
Sub-sample Number: 41.5  
Sub-sample Name: Tesco Finest Carrot and Orange Cake  
Full Product Name: Tesco Finest Carrot and Orange Cake  
Brand: Tesco  
Pack size: N/A  
Purchase Date: 13/10/08  
Place of Purchase: Tesco Extra, Blue Boar Lane, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 18 Oct  
Batch Number: G\8279 15:40  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Carrot and orange cake (66%), Full fat soft cheese topping (20%), Orange buttercream filling (14%), Sweet cinnamon dusting.

Carrot and orange cake contains: Wheat flour, Carrot (19%), Sugar, Vegetable oil, Free range egg, Concentrated orange juice (6%), Dark brown sugar, Glucose syrup, Humectant (Vegetable glycerine), Raising agents (Disodium diphosphate, Sodium bicarbonate), Orange zest, Cinnamon. Full fat soft cheese topping contains: Sugar, Full fat soft cheese, Butter, Glucose syrup, Cornflour. Orange buttercream filling contains: Butter (37%), Sugar, Glucose syrup, Invert sugar syrup, Concentrated orange juice (3%), Natural flavouring. Sweet cinnamon dusting contains: Cinnamon, Glucose syrup, Cornflour, Vegetable oil

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

Contains milk, wheat, gluten, egg

Recipe: No nuts

Ingredients: Cannot guarantee nut free

## Nutrient analysis survey of biscuits, buns, cakes and pastries

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

Suitable for vegetarians

Produced in the UK

Sub-sample Number: 41.5

Sub-sample Name: Tesco Finest Carrot and Orange Cake

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per 1/12<sup>th</sup> Cake</b> |
|-----------------|-------------|--------------------|---|
| Energy          | kJ          | 1615               | 825   |
| Energy          | kcal        | 385                | 200   |
| Protein         | g           | 3.6                | 1.8   |
| Carbohydrate    | g           | 52.0               | 26.5  |
| Sugars          | g           | 34.5               | 17.6  |
| Starch          | g           | N/A                | N/A   |
| Fat             | g           | 18.0               | 9.2   |
| Saturates       | g           | 5.4                | 2.8   |
| Monounsaturates | g           | 8.3                | 4.2   |
| Polyunsaturates | g           | 3.3                | 1.7   |
| Fibre           | g           | 2.7                | 1.4   |
| Salt            | g           | 0.6                | 0.3   |
| Sodium          | g           | 0.2                | 0.1   |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

|                                |   |
|--------------------------------|---|
| Composite Sample Number:       | 41                                      |
| Composite Sample Name:         | Carrot Cake, Iced                       |
| Sub-sample Number:             | 41.6                                    |
| Sub-sample Name:               | Sainsbury's Bakery Carrot Cake          |
| Full Product Name:             | Sainsbury's Bakery Carrot Cake          |
| Brand:                         | Sainsbury's                             |
| Pack size:                     | N/A                                     |
| Purchase Date:                 | 13/10/08                                |
| Place of Purchase:             | Sainsbury's, William Frost Way, Norwich |
| Sell by Date:                  | N/A                                     |
| Use by Date/Best Before Date:  | 22/10/08                                |
| Batch Number:                  | N/A                                     |
| Packaging:                     | Plastic                                 |
| Sample Condition As Purchased: | Ambient                                 |
| Post Purchase Storage:         | 15°C food store                         |

**Ingredients:** Sponge contains: Wheat flour, Sugar, Vegetable oil (Sunflower, Rapeseed), Water, Raisins, Concentrated fruit juice (Apple, Grape, Pear, Rice starch), Pineapple, Whole egg powder, Carrot (3%), Golden syrup, Wheat starch, Desiccated Coconut, Humectant (Vegetable glycerine), Skimmed milk powder, Raising agents (Disodium Dihydrogen diphosphate, Sodium hydrogen carbonate), Salt, Rice starch, Stabiliser (Cellulose), Cinnamon, Preservative (Potassium sorbate), Mixed spices, Emulsifier (Polyglycerol esters of fatty acids), Nutmeg, Colour (Plain caramel), Natural flavouring.

Icing contains: Sugar, Vegetable oil (Sunflower, Rapeseed), Lactose, water, Salt, Thickeners (Xanthan gum, Guar gum), Gelling agent (Locust bean gum), Dextrose, Emulsifier (Citric acid esters of mono- and di-glyceride of fatty acids, mono- and di-glyceride of fatty acids, Polysorbate 20, Polyglycerol esters of fatty acids), Sodium dihydrogen orthophosphate, Modified potato starch, Cheese solids, Preservative (Potassium sorbate), Flavouring, Stabiliser (Agar gum), Lactic acid, Acidity regulator (Phosphoric acid, Citric acid), Natural colours (Titanium dioxide, Beta carotene).

Decoration; walnuts

## Nutrient analysis survey of biscuits, buns, cakes and pastries

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

Contains nuts, milk, wheat, gluten, egg, soya

### **Nutrient Information:**

Not available



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 41  
Composite Sample Name: Produced in the UK  
Sub-sample Number: 41.7  
Sub-sample Name: Tesco Carrot Cake  
Full Product Name: Tesco Carrot Cake  
Brand: Tesco  
Pack size: N/A  
Purchase Date: 09/10/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 17/10/08  
Batch Number: 326G G/8276 10:37  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Carrot cake (73%), Cream cheese buttercream filling (14%), Frosted topping (13%), Sweet cinnamon dusting.

Carrot cake contains: Wheat flour, Sugar, Vegetable oil, Carrot (14%), Egg, Egg white, Humectant (Vegetable glycerine), Raising agents (Disodium diphosphate, sodium bicarbonate), Glucose syrup, Preservative (Potassium sorbate), Cinnamon, Stabiliser (xanthan gum), Orange zest. Cream cheese buttercream filling contains: Sugar, Medium fat soft cheese (25%), Butter (14%), Glucose syrup, Cornflour, Modified maize starch, Salt, Preservative (Potassium sorbate). Frosted topping contains: Margarine, Sugar, Emulsifier (Mono- and Di-glycerides of fatty acids, Polyglycerol esters of fatty acids), Natural flavouring, Preservative (Potassium sorbate). Margarine contains: Vegetable oil, Emulsifier (Mono- and Di-glycerides of fatty acids), Natural flavouring. Sweet cinnamon dusting contains: Cinnamon, Glucose syrup, Cornflour, Vegetable oil

**Label claim(s):**

Contains milk, wheat, gluten, egg

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Recipe: No nuts

Ingredients: Cannot guarantee nut free

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

Suitable for vegetarians

Produced in the UK

Sub-sample Number: 41.7

Sub-sample Name: Tesco Carrot Cake

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per 1/8<sup>th</sup> cake</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 1770               | 990  |
| Energy          | kcal        | 425                | 240  |
| Protein         | g           | 4.3                | 2.4  |
| Carbohydrate    | g           | 51.5               | 28.8   |
| Sugars          | g           | 32.2               | 18.0   |
| Starch          | g           | N/A                | N/A  |
| Fat             | g           | 22.1               | 12.4   |
| Saturates       | g           | 5.0                | 2.8  |
| Monounsaturates | g           | N/A                | N/A  |
| Polyunsaturates | g           | N/A                | N/A  |
| Fibre           | g           | 1.3                | 0.7  |
| Salt equivalent | g           | 0.6                | 0.3  |
| Sodium          | g           | 0.2                | 0.1  |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 41  
Composite Sample Name: Carrot cake, iced  
Sub-sample Number: 41.8  
Sub-sample Name: Asda Extra Special Carrot and Orange Cake  
Full Product Name: Asda Extra Special Carrot and Orange Cake  
Brand: Asda  
Pack size: N/A  
Purchase Date: 9/10/08  
Place of Purchase: Asda, Boundary Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 20/10/08  
Batch Number: N/A  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Sugar, Wheat flour, Vegetable oil, Full fat soft cheese (16%) (milk), Egg, Carrot (8.0%), Butter (milk), Raising agents (Disodium Diphosphates, Sodium bicarbonate), Emulsifiers (Sodium stearoyl-2-lactate, Mono- and Di-glycerides of fatty acids), Cinnamon, Mixed spice, Preservative (Potassium sorbate), Salt.

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

Contains gluten, milk, wheat, and egg  
May contain traces of nuts and/or seeds  
No artificial colours or flavours  
No hydrogenated fats  
Produced in the UK

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 41.8

Sub-sample Name: Asda Extra Special Carrot and Orange Cake

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per 1/6<sup>th</sup> cake</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 1689               | 1125   |
| Energy          | kcal        | 404                | 296  |
| Protein         | g           | 4.8                | 3.2  |
| Carbohydrate    | g           | 47.3               | 31.5   |
| Sugars          | g           | 21.6               | 14.4   |
| Starch          | g           | N/A                | N/A  |
| Fat             | g           | 21.7               | 14.5   |
| Saturates       | g           | 1.5                | 1.0  |
| Monounsaturates | g           | N/A                | N/A  |
| Polyunsaturates | g           | N/A                | N/A  |
| Fibre           | g           | 2.5                | 1.7  |
| Salt            | g           | 0.6                | 0.4  |
| Sodium          | g           | 0.23               | 0.35   |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 41  
Composite Sample Name: Carrot Cake, Iced  
Sub-sample Number: 41.9  
Sub-sample Name: Co-op Truly Irresistible Carrot and Orange Cake  
Full Product Name: Co-op Truly Irresistible Carrot and Orange Cake  
Brand: Co-op  
Pack size: 408g  
Purchase Date: 11/10/08  
Place of Purchase: Co-op, Acle, Norfolk  
Sell by Date: N/A  
Use by Date/Best Before Date: 20/10/08  
Batch Number: G/8277 16:56  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Sugar, Wheat flour, Carrot (12%), Butter, Vegetable oil (Rapeseed, Palm), Egg (Free Range), Medium fat soft cheese, Walnuts (4%), Concentrated orange juice (2%), Cinnamon, Cornflour, Flavouring, Glucose, Glucose syrup, Humectant (Vegetable glycerol), Modified maize starch, Preservative (Potassium sorbate), Raising agents (Sodium hydrogen carbonate, Disodium Diphosphates), Salt, Stabilise (Xanthan gum).  
66% sponge, 20% Soft cheese icing, 14% Buttercream

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

Contains egg, gluten, milk, walnuts, wheat  
May contain other nuts  
Made in the UK using British carrots

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 41.9

Sub-sample Name: Co-op Truly Irresistible Carrot and Orange Cake

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per 1/6<sup>th</sup> cake (68g)</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 1730               | 1180   |
| Energy          | kcal        | 415                | 280  |
| Protein         | g           | 3.8                | 2.6  |
| Carbohydrate    | g           | 54.1               | 36.7   |
| Sugars          | g           | 34.8               | 23.7   |
| Starch          | g           | N/A                | N/A  |
| Fat             | g           | 20.1               | 13.7   |
| Saturates       | g           | 7.4                | 5.0  |
| Monounsaturates | g           | N/A                | N/A  |
| Polyunsaturates | g           | N/A                | N/A  |
| Fibre           | g           | 1.5                | 1.0  |
| Salt equivalent | g           | 0.8                | 0.5  |
| Sodium          | g           | 0.3                | 0.2  |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 41  
Composite Sample Name: Carrot Cake, Iced  
Sub-sample Number: 41.10  
Sub-sample Name: Respect Organic Carrot Cake  
Full Product Name: Respect Organic Carrot Cake  
Brand: Respect Organics  
Pack size: N/A  
Purchase Date: 9/10/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 26/10/08  
Batch Number: N/A  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Cane Sugar\*, Wheat flour\*, Sunflower oil\*, Fresh Carrot\* (13%), Icing sugar\* (Cane sugar\*, Anti-caking agent, Maize flour\*), Eggs\*, Margarine\*, Water, Coconut, Raising agent (Sodium bicarbonate), Sea salt, Orange oil\*, Cinnamon\*, Nutmeg\*.  
Margarine contains: Non-hydrogenated vegetable oils (Sunflower, Palm, Palm stearin, Palm kernel oil), Water, Emulsifier (Soya lecithin), Natural flavouring, Citric acid, Vitamins A & D3

\* Denotes certified organic ingredient

### Label claim(s):

Potential allergens: Gluten from wheat, soya and eggs

This product was made in a bakery that also handles nut products

Green pieces which may be contained in this cake are organic carrot

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 41.10

Sub-sample Name: Respect Organic Carrot Cake

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 1676               | N/A                        |
| Energy          | kcal        | 399                | N/A                        |
| Protein         | g           | 3.0                | N/A                        |
| Carbohydrate    | g           | 47.8               | N/A                        |
| Sugars          | g           | 32.7               | N/A                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 22.5               | N/A                        |
| Saturates       | g           | 4.7                | N/A                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | 1.5                | N/A                        |
| Salt equivalent | g           | N/A                | N/A                        |
| Sodium          | g           | 0.3                | N/A                        |



## Sample 42: Caramel shortcake

Composite Sample Number: 42  
Composite Sample Name: Caramel Shortcake  
Sub-sample Number: 42.1  
Sub-sample Name: Lidl (Northwood) Caramel Shortcake Mini Bites  
Full Product Name: Lidl (Northwood) Caramel Shortcake Mini Bites  
Brand: Northwood  
Pack size: 12, 240g  
Purchase Date: 13/10/08  
Place of Purchase: Lidl, Alysham Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 11 Jan 09  
Batch Number: 32678  
Packaging: Plastic  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Sweetened condensed skimmed milk, Vegetable oil, Milk chocolate (12%) (Sugar, Whole milk powder, Cocoa butter, Cocoa mass, Emulsifier (Soya lecithin), Vanilla), Wheat flour, Partially inverted sugar syrup, Butter, Sugar, Whey Powder (from milk), Natural flavouring, Wholemeal flour, Raising agents (Sodium carbonates), Salt  
Contains Caramel (60%), Biscuit (28%), Milk chocolate (12%)

**Label claim(s):**

Contains: Wheat, Gluten, Milk, Soya  
May contain traces of nuts

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 42.1

Sub-sample Name: Lidl (Northwood) Caramel Shortcake Mini Bites

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per Bite (20g)</b> |
|-----------------|-------------|--------------------|---|
| Energy          | kJ          | 2057               | 411   |
| Energy          | kcal        | 492                | 98  |
| Protein         | g           | 4.5                | 1.0   |
| Carbohydrate    | g           | 56.4               | 11.3  |
| Sugars          | g           | 42.0               | 8.4   |
| Starch          | g           | N/A                | N/A   |
| Fat             | g           | 27.6               | 5.5   |
| Saturates       | g           | 13.9               | 2.8   |
| Monounsaturates | g           | N/A                | N/A   |
| Polyunsaturates | g           | N/A                | N/A   |
| Fibre           | g           | 2.1                | 0.4   |
| Salt            | g           | 0.7                | 0.1   |
| Sodium          | g           | 0.3                | 0.05  |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 42  
Composite Sample Name: Caramel Shortcake  
Sub-sample Number: 42.2  
Sub-sample Name: Lidl (Northwood) Caramel Shortcake Mini Bites  
Full Product Name: Lidl (Northwood) Caramel Shortcake Mini Bites  
Brand: Northwood  
Pack size: 12, 240g  
Purchase Date: 13/10/08  
Place of Purchase: Lidl, Alysham Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 11 Jan 09  
Batch Number: 32678  
Packaging: Plastic  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional Information as 42.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 42  
Composite Sample Name: Caramel Shortcake  
Sub-sample Number: 42.3  
Sub-sample Name: Thorntons Mini Caramel Shortcakes  
Full Product Name: Thorntons Mini Caramel Shortcakes  
Brand: Thorntons  
Pack size: 12  
Purchase Date: 9/10/08  
Place of Purchase: Asda, Boundary Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 15 Nov 08  
Batch Number: N/A  
Packaging: Plastic  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Sweetened condensed skimmed milk (Whole milk, Sugar), Vegetable oil, Wholemeal wheat flour, Partially inverted sugar syrup, Thorntons toffee sauce (Sugar, Glucose syrup, Double cream, Butter, Whole milk, Water, Modified maize starch, Humectant (Sorbitol), Partially inverted sugar syrup, Salt, Preservative (Potassium sorbate)), Butter, Thorntons milk chocolate (Sugar, Dried whole, Cocoa butter, Cocoa mass, Butteroil, Emulsifier (Soya lecithin)), Sugar, Oatmeal, Wheat flour, Dried whey Flavouring, Raising agent (E500), Preservative (Potassium sorbate).

Contains caramel (49%), Biscuit (43%), Milk chocolate (82%)

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

Contains: Milk, Soya, Gluten, Wheat, Oats

May contain nuts traces

Suitable for vegetarians

No hydrogenated fats

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 42.3

Sub-sample Name: Thorntons Mini Caramel Shortcakes

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 2049               | 359                        |
| Energy          | kcal        | 492                | 86                         |
| Protein         | g           | 4.8                | 0.8                        |
| Carbohydrate    | g           | 46.3               | 8.1                        |
| Sugars          | g           | 37.7               | 6.6                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 31.9               | 5.6                        |
| Saturates       | g           | 11.4               | 2.0                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | 0.6                | 0.1                        |
| Salt            | g           | N/A                | N/A                        |
| Sodium          | g           | 0.18               | 0.03                       |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 42  
Composite Sample Name: Caramel Shortcake  
Sub-sample Number: 42.4  
Sub-sample Name: Thorntons Mini Caramel Shortcakes  
Full Product Name: Thorntons Mini Caramel Shortcakes  
Brand: Thorntons  
Pack size: 12  
Purchase Date: 9/10/08  
Place of Purchase: Morrisons, Riverside, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 08 Nov 08  
Batch Number: N/A  
Packaging: Plastic  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional Information as 42.3

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 42  
Composite Sample Name: Caramel Shortcake  
Sub-sample Number: 42.5  
Sub-sample Name: Thorntons Mini Caramel Shortcakes  
Full Product Name: Thorntons Mini Caramel Shortcakes  
Brand: Thorntons  
Pack size: 12  
Purchase Date: 8/10/08  
Place of Purchase: Morrisons, Riverside, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 08 Nov 08  
Batch Number: N/A  
Packaging: Plastic  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional Information as 42.3

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 42  
Composite Sample Name: Caramel Shortcake  
Sub-sample Number: 42.6  
Sub-sample Name: McVities Caramel Shortcake Slices  
Full Product Name: McVitie's Caramel Shortcake Slices  
Brand: McVities  
Pack size: 6 X 29g = 174g  
Purchase Date: 12/09/08  
Place of Purchase: Morrisons, Riverside, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 18 NOV 08  
Batch Number: F7W 21:33  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Caramel (24%), Sweetened condensed skimmed milk, Vegetable oil, Water, Glucose syrup, Invert sugar syrup, Sugar, Emulsifier (E471), Flavourings, Stabiliser (Pectin), Salt), Wheat flour, Milk chocolate (14%), Sugar, Cocoa butter, Cocoa mass, Dried skimmed milk, Dried whey, Butter oil, Vegetable fat, Emulsifiers (Soya lecithin, E476), Natural vanilla flavouring), Golden syrup (Partially inverted sugar syrup), Vegetable oil, Sugar, Butter, Wholemeal, Invert sugar syrup, Raising agents (Sodium bicarbonate, Ammonium bicarbonate, Tartaric acid, Malic acid), Emulsifier (E471), Salt, Glucose-fructose syrup. Product contains 38% of crushed digestives.

### Label claim(s):

Contains: milk, soya, gluten  
Produced on a line handling peanuts, nuts, egg  
Suitable for vegetarians  
No hydrogenated vegetable oil  
Made in the UK



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 42.6

Sub-sample Name: McVities Caramel Shortcake Slices

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per slice</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 1928               | 607                                      |
| Energy          | kcal        | 461                | 145                                      |
| Protein         | g           | 4.3                | 1.4                                      |
| Carbohydrate    | g           | 56.6               | 17.8                                     |
| Sugars          | g           | 36.9               | 11.6                                     |
| Starch          | g           | N/A                | N/A                                      |
| Fat             | g           | 24.1               | 7.6                                      |
| Saturates       | g           | 14.0               | 4.4                                      |
| Monounsaturates | g           | N/A                | N/A                                      |
| Polyunsaturates | g           | N/A                | N/A                                      |
| Fibre           | g           | 1.6                | 0.5                                      |
| Salt            | g           | N/A                | N/A                                      |
| Sodium          | g           | 0.3                | 0.1                                      |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 42  
Composite Sample Name: Caramel Shortcake  
Sub-sample Number: 42.7  
Sub-sample Name: Sainsbury's Caramel Shortcake Bites  
Full Product Name: Sainsbury's Caramel Shortcake Bites  
Brand: Sainsbury's  
Pack size: 320g  
Purchase Date: 13/10/08  
Place of Purchase: Sainsbury's, William Frost Way, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 04 Dec 08  
Batch Number: N/A  
Packaging: Plastic  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Caramel (48%) (Sweetened condensed skimmed milk, Vegetable oil, Water, Glucose syrup, Invert sugar syrup, Sugar, Emulsifier (Mono- and Di-glycerides of fatty acids), Flavouring, Stabiliser (Pectin), Salt), Biscuit base (38%) (Wheat flour, Vegetable oil, Vegetable fat, Wholemeal flour, Sugar, Cultured skimmed milk, Partially inverted sugar syrup, Raising agents (Malic acid, Sodium hydrogen carbonate, Tartaric acid, Salt)), Milk chocolate (14%) (Sugar, Cocoa butter, Skimmed milk powder, Cocoa mass, Milk fat, Emulsifier (Soya lecithin), Flavouring

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

Contains: Milk, Wheat, Gluten and Soya

Suitable for vegetarians

Not suitable for peanut or seed allergy sufferers due to methods used in the manufacture of this product

### **Nutrient Information:**

Not available

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 42  
Composite Sample Name: Caramel Shortcake  
Sub-sample Number: 42.8  
Sub-sample Name: Tesco Caramel Shortcakes  
Full Product Name: Tesco Caramel Shortcakes  
Brand: Tesco  
Pack size: 4  
Purchase Date: 9/10/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 26 Nov 08  
Batch Number: N/A  
Packaging: Plastic + card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Biscuit crumb (28%), Condensed milk, Chocolate coating (13%), Caramel (48%), Vegetable oil, Butter, Sugar, Inverted refiners syrup, Glucose, Whey solids, Butteroil, Maltodextrin, salt, Stabiliser (Guar gum), Natural colours (Annatto, Turmeric).  
Biscuit crumb contains: Wheat flour, Vegetable oil, Sugar, Partially inverted sugar syrup, Raising agents (Sodium bicarbonate, Ammonium bicarbonate, Tartaric acid, Disodium diphosphate, Malic acid), Salt, Whey powder, Malted barley extract.  
Chocolate coating contains: Sugar, Vegetable oil, Cocoa powder, Cocoa mass, Whey powder, Emulsifier (soya lecithins, polyglycerol polycinoleate), Natural flavour (vanilla).

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

Contains milk, wheat, gluten, soya

Recipe: No nuts

Ingredients: Cannot guarantee nut free

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

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Suitable for vegetarians  
Produced in the UK

Sub-sample Number: 42.8

Sub-sample Name: Tesco Caramel Shortcakes

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Each square (55g)</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 2190               | 1205   |
| Energy          | kcal        | 525                | 290  |
| Protein         | g           | 4.6                | 2.5  |
| Carbohydrate    | g           | 51.7               | 28.4   |
| Sugars          | g           | 31.9               | 17.5   |
| Starch          | g           | N/A                | N/A  |
| Fat             | g           | 33.3               | 18.3   |
| Saturates       | g           | 21.6               | 11.9   |
| Monounsaturates | g           | 8.3                | 4.6  |
| Polyunsaturates | g           | 1.6                | 0.9  |
| Fibre           | g           | 1.6                | 0.9  |
| Salt            | g           | 0.6                | 0.3  |
| Sodium          | g           | 0.2                | 0.1  |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 42  
Composite Sample Name: Caramel Shortcake  
Sub-sample Number: 42.9  
Sub-sample Name: Asda Caramel Shortcake Mini Bites  
Full Product Name: Asda Caramel Shortcake Mini Bites  
Brand: Asda  
Pack size: Pack of 15, 210g  
Purchase Date: 9/10/08  
Place of Purchase: Asda, Boundary Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 26 Nov 08  
Batch Number: N/A  
Packaging: Plastic  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Caramel (48%) [Sweetened condensed milk, Vegetable oil, Glucose syrup, Invert sugar syrup, Water, Sugar, Emulsifier (Soya lecithins), Salt, Stabiliser (Pectin)] Biscuit base (38%) [Palm and rapeseed oil, Wholemeal wheat flour, Sugar, Oatmeal, Partially inverted sugar syrup, Raising agents (Sodium bicarbonate, Ammonium bicarbonate)], Milk chocolate (14%) [Sugar, Cocoa butter, Skimmed milk powder, Cocoa mass, Milk fat, Emulsifier (Soya lecithins), Flavouring.

**Label claim(s):**

Contains gluten, milk, wheat, oats and soya  
May contain traces of nuts and/or seeds  
Produced in the UK

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 42.9

Sub-sample Name: Asda Caramel Shortcake Mini Bites

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per Bite</b> |
|-----------------|-------------|--------------------|---|
| Energy          | kJ          | 2132               | 339                                     |
| Energy          | kcal        | 511                | 81                                      |
| Protein         | g           | 4.6                | 0.7                                     |
| Carbohydrate    | g           | 55.1               | 8.8                                     |
| Sugars          | g           | 25.1               | 4.0                                     |
| Starch          | g           | N/A                | N/A                                     |
| Fat             | g           | 30.2               | 4.8                                     |
| Saturates       | g           | 16.3               | 2.6                                     |
| Monounsaturates | g           | N/A                | N/A                                     |
| Polyunsaturates | g           | N/A                | N/A                                     |
| Fibre           | g           | 1.5                | 0.2                                     |
| Salt            | g           | 0.4                | 0.1                                     |
| Sodium          | g           | 0.17               | 0.03                                    |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 42  
Composite Sample Name: Caramel Shortcake  
Sub-sample Number: 42.10  
Sub-sample Name: Marks And Spencer Caramel Shortcake  
Full Product Name: Marks And Spencer Caramel Shortcake  
Brand: Marks and Spencer  
Pack size: Pack of 6, 235g  
Purchase Date: 13/10/08  
Place of Purchase: Marks and Spencer, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 25 Oct 08  
Batch Number: N/A  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Butter (22%), Sweetened condensed skimmed milk, Wheatflour, Milk chocolate (14%), Sugar, Glucose syrup, Golden syrup, Digestive biscuit (3%), Salt.  
Sweetened condensed skimmed milk contains: Sugar, Water, Milk solids  
Milk chocolate contains: Sugar, Cocoa mass, Cocoa butter, Dried whole milk, Milk fat, Emulsifier (Soya lecithins).  
Digestive biscuits contain; Wheat flour, Vegetable fat, Sugar, Invert sugar syrup, Baking powder (Raising agent (E450), Sodium bicarbonate), Salt

**Label claim(s):**

Contains Cow's milk, soya, wheat, gluten  
Made in a factory that uses nut ingredients

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 42.10

Sub-sample Name: Marks And Spencer Caramel Shortcake

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per square</b> |
|-----------------|-------------|--------------------|---|
| Energy          | kJ          | 1995               | 810                                       |
| Energy          | kcal        | 475                | 195                                       |
| Protein         | g           | 5.5                | 2.2                                       |
| Carbohydrate    | g           | 59.7               | 24.3                                      |
| Sugars          | g           | 27.5               | 11.2                                      |
| Starch          | g           | N/A                | N/A                                       |
| Fat             | g           | 23.9               | 9.7                                       |
| Saturates       | g           | 15.3               | 6.2                                       |
| Monounsaturates | g           | N/A                | N/A                                       |
| Polyunsaturates | g           | N/A                | N/A                                       |
| Fibre           | g           | 1.0                | 0.4                                       |
| Salt            | g           | 0.58               | 0.23                                      |
| Sodium          | g           | 0.23               | 0.09                                      |



Sample 43: Eccles cakes

Composite Sample Number: 43  
Composite Sample Name: Eccles Cakes  
Sub-sample Number: 43.1  
Sub-sample Name: Real Lancashire Eccles Cakes  
Full Product Name: Real Lancashire Eccles Cakes  
Brand: Lancashire Eccles Cakes Ltd  
Pack size: 4  
Purchase Date: 12/09/08  
Place of Purchase: Co-op, Fiveways, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 01 DEC 08  
Batch Number: W33 TH  
Packaging: Clear Plastic  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:**

Vostizza Currants (20%), Raisins (20%), Untreated Wheat Flour, Butter (9.1%), Sugar, Water, Vegetable Fat, Vegetable Margarine, Dried Skimmed Milk, Salt.

**Label claim(s):**

Does not contain Hydrogenated Vegetable Oil  
Suitable for Vegetarians

**Nutrient Information:**

Not available

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 43  
Composite Sample Name: Eccles Cakes  
Sub-sample Number: 43.2  
Sub-sample Name: Real Lancashire Eccles Cakes  
Full Product Name: Real Lancashire Eccles Cakes  
Brand: Lancashire Eccles Cakes Ltd  
Pack size: 4  
Purchase Date: 9/10/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 17 Dec 08  
Batch Number: W38 M  
Packaging: Clear Plastic  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional Information as 43.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 43  
Composite Sample Name: Eccles Cakes  
Sub-sample Number: 43.3  
Sub-sample Name: Real Lancashire Eccles Cakes  
Full Product Name: Real Lancashire Eccles Cakes  
Brand: Lancashire Eccles Cakes Ltd  
Pack size: 4  
Purchase Date: 12/09/08  
Place of Purchase: Morrisons, Riverside, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 02 DEC 08  
Batch Number: W34 T  
Packaging: Clear Plastic  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional Information as 43.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 43  
Composite Sample Name: Eccles Cakes  
Sub-sample Number: 43.4  
Sub-sample Name: Real Lancashire Eccles Cakes  
Full Product Name: Real Lancashire Eccles Cakes  
Brand: Lancashire Eccles Cakes Ltd  
Pack size: 4  
Purchase Date: 11/10/08  
Place of Purchase: Co-op, Acle, Norfolk  
Sell by Date: N/A  
Use by Date/Best Before Date: 19 Dec 08  
Batch Number: W38 M  
Packaging: Clear Plastic  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional Information as 43.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 43  
Composite Sample Name: Eccles Cakes  
Sub-sample Number: 43.5  
Sub-sample Name: Lowthers Butter Eccles Cakes  
Full Product Name: Lowthers Butter Eccles Cakes  
Brand: Lowthers  
Pack size: N/A  
Purchase Date: 13/10/08  
Place of Purchase: Tesco Extra, Blue Boar Lane, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 19 Dec 08  
Batch Number: 18720  
Packaging: Clear Plastic  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Vine fruits (40%) [Currants, Raisins], Wheat Flour, Vegetable Margarine (Vegetable oil, Water, Salt, Emulsifier (Mono- and Di-glycerides of fatty acids), Flavouring, Colours (Annatto, Curcumin)), Water, Sugar, Unsalted Butter, Salt, Skimmed milk powder

**Label claim(s):**

This product contains wheat gluten, milk  
Suitable for vegetarians  
Not suitable for nut allergy sufferers

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 43.5

Sub-sample Name: Lowthers Butter Eccles Cakes

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 1604               | N/A                        |
| Energy          | kcal        | 382                | N/A                        |
| Protein         | g           | 4.1                | N/A                        |
| Carbohydrate    | g           | 59.4               | N/A                        |
| Sugars          | g           | N/A                | N/A                        |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 15.7               | N/A                        |
| Saturates       | g           | N/A                | N/A                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | N/A                | N/A                        |
| Salt            | g           | N/A                | N/A                        |
| Sodium          | g           | N/A                | N/A                        |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 43  
Composite Sample Name: Eccles Cakes  
Sub-sample Number: 43.6  
Sub-sample Name: Lowthers Butter Eccles Cakes  
Full Product Name: Lowthers Butter Eccles Cakes  
Brand: Lowthers  
Pack size: N/A  
Purchase Date: 13/10/08  
Place of Purchase: Tesco Extra, Blue Boar Lane, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 26 Dec 08  
Batch Number: 28276  
Packaging: Clear Plastic  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional Information as 43.5

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 43  
Composite Sample Name: Eccles Cakes  
Sub-sample Number: 43.7  
Sub-sample Name: Asda Bakery Eccles Cakes  
Full Product Name: Asda Bakery Eccles Cakes  
Brand: Asda  
Pack size: 4 pack  
Purchase Date: 14/10/08  
Place of Purchase: Asda, Boundary Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 18/10/08  
Batch Number: N/A  
Packaging: Clear Plastic  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

### **Ingredients:**

Not listed

### **Nutrient Information:**

Not available



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 43  
Composite Sample Name: Eccles Cakes  
Sub-sample Number: 43.8  
Sub-sample Name: Aldi Peacock Eccles Cakes  
Full Product Name: Peacock Bakery Eccles Cakes  
Brand: Peacock Bakeries  
Pack size: 3 pack  
Purchase Date: 13/10/08  
Place of Purchase: Aldi, Larkman Lane, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 20/11/08  
Batch Number: N/A  
Packaging: Clear Plastic  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat flour, Vegetable fat, Water, Sugar, Sultanas, Mixed fruit, Jam (Glucose-fructose syrup, Mixed fruit, Gelling agent (Pectin), Citric acid, Acidity regulator (Sodium citrate), Preservative (Potassium sorbate, Sulphur dioxide), Colour (Ponceau 4R carmoisine, Flavour).

### **Nutrient Information:**

Not available

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 43  
Composite Sample Name: Eccles Cakes  
Sub-sample Number: 43.9  
Sub-sample Name: Sainsbury's Eccles Cakes  
Full Product Name: Sainsbury's Eccles Cakes  
Brand: Sainsbury's  
Pack size: 4 pack  
Purchase Date: 13/10/08  
Place of Purchase: Sainsbury's, William Frost Way, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 18 Dec 08  
Batch Number: 28269  
Packaging: Plastic  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Vine fruits (Currants and Raisins) (42%), Wheat flour, Butter (9%), Water, Vegetable oils, Demerera sugar, Salt, Skimmed cow's milk powder, Emulsifier (Mono- and Di-glycerides of fatty acids)

**Label claim(s):**

Contains milk, wheat and gluten

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 43.9

Sub-sample Name: Sainsbury's Eccles Cakes

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per cake</b> |
|-----------------|-------------|--------------------|---|
| Energy          | kJ          | 1570               | N/A                                     |
| Energy          | kcal        | 374                | 172                                     |
| Protein         | g           | 4.0                | N/A                                     |
| Carbohydrate    | g           | 56.8               | N/A                                     |
| Sugars          | g           | 38.0               | N/A                                     |
| Starch          | g           | 18.8               | N/A                                     |
| Fat             | g           | 14.5               | 6.7                                     |
| Saturates       | g           | 8.3                | N/A                                     |
| Monounsaturates | g           | 4.4                | N/A                                     |
| Polyunsaturates | g           | 1.2                | N/A                                     |
| Fibre           | g           | 3.1                | N/A                                     |
| Salt            | g           | 0.5                | 0.2                                     |
| Sodium          | g           | 0.2                | N/A                                     |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 43  
Composite Sample Name: Eccles Cakes  
Sub-sample Number: 43.10  
Sub-sample Name: Eccles Cake Bakery Shop  
Full Product Name: Eccles Cakes  
Brand: N/A  
Pack size: N/A  
Purchase Date: 13/10/08  
Place of Purchase: The Boundary Bakery, Alysham Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: N/A  
Batch Number: N/A  
Packaging: Paper bag  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

### **Ingredients:**

Not listed

### **Nutrient Information:**

Not available

Sample 44: Fancy iced cakes, individual

Composite Sample Number: 44  
Composite Sample Name: Fancy Iced Cakes, individual  
Sub-sample Number: 44.1  
Sub-sample Name: Mr Kipling Angel Slices  
Full Product Name: Mr Kipling Angel Slices  
Brand: Mr Kipling  
Pack size: 6  
Purchase Date: 09/10/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 24 Oct  
Batch Number: J274A25 1455  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Sugar, Wheat flour, Vegetable oil, Glucose syrup, Reconstituted egg white, Humectant (Vegetable glycerine), Vegetable fat, Dextrose, Whey powder, Maize starch, Skimmed milk powder, Emulsifier (Mono- and Di-glycerides of fatty acids, Sorbitan monostearate, Polyglycerol esters of fatty acids, Soya lecithin, Polysorbate 60), Raising agents (Disodium diphosphate, Sodium bicarbonate), Tapioca starch, Salt, Dried egg white, Stabiliser (Xanthan gum), Preservative (Potassium sorbate), Flavouring, Gelling agent (Sodium alginate), Colours (Titanium dioxide, Cochineal, Lutein), Acetic acid.

**Label claim(s):**

May contain traces of nuts and/or seeds  
Contains gluten (wheat), egg, milk and soya  
No hydrogenated fats  
No artificial colours or flavourings

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 44.1

Sub-sample Name: Mr Kipling Angel Slices

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per slice</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 1753               | 622                                      |
| Energy          | kcal        | 418                | 148                                      |
| Protein         | g           | 2.7                | 1.0                                      |
| Carbohydrate    | g           | 60.1               | 21.3                                     |
| Sugars          | g           | 42.3               | 15.0                                     |
| Starch          | g           | N/A                | N/A                                      |
| Fat             | g           | 18.5               | 6.6                                      |
| Saturates       | g           | 6.5                | 2.3                                      |
| Monounsaturates | g           | N/A                | N/A                                      |
| Polyunsaturates | g           | N/A                | N/A                                      |
| Fibre           | g           | 0.6                | 0.2                                      |
| Salt            | g           | 0.55               | 0.2                                      |
| Sodium          | g           | 0.22               | 0.08                                     |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 44  
Composite Sample Name: Fancy Iced Cakes, individual  
Sub-sample Number: 44.2  
Sub-sample Name: Mr Kipling Angel Slices  
Full Product Name: Mr Kipling Angel Slices  
Brand: Mr Kipling  
Pack size: 6  
Purchase Date: 09/10/08  
Place of Purchase: Asda, Boundary Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 24 Oct  
Batch Number: J274E25 1705  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional Information as 44.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 44  
Composite Sample Name: Fancy Iced Cakes, individual  
Sub-sample Number: 44.3  
Sub-sample Name: Mr Kipling Lemon Slices  
Full Product Name: Mr Kipling Lemon Slices  
Brand: Mr Kipling  
Pack size: 6  
Purchase Date: 09/10/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 19 Oct  
Batch Number: J269N25 0208  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Sugar, Wheat flour, Partially reconstituted egg, Vegetable oil, Vegetable margarine (Vegetable oil, Salt), Salted butter, Reconstituted egg white, Lemon peel, Vegetable fat, Humectant (Vegetable glycerine), Soya flour, Raising agents (Disodium diphosphate, Sodium bicarbonate), Concentrated lemon juice, Maize starch, Flavouring (contains milk), Preservative (Potassium sorbate), Emulsifier (Soya lecithin) Colour (Lutein).

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

May contain nut traces  
Contains gluten (wheat), egg, milk and soya  
No hydrogenated fat  
No artificial colours or flavours  
Suitable for vegetarians



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 44.3

Sub-sample Name: Mr Kipling Lemon Slices

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per slice</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 1735               | 503                                      |
| Energy          | kcal        | 413                | 120                                      |
| Protein         | g           | 4.1                | 1.2                                      |
| Carbohydrate    | g           | 61.9               | 17.9                                     |
| Sugars          | g           | 48.4               | 14.0                                     |
| Starch          | g           | N/A                | N/A                                      |
| Fat             | g           | 16.6               | 4.8                                      |
| Saturates       | g           | 7.5                | 2.2                                      |
| Monounsaturates | g           | N/A                | N/A                                      |
| Polyunsaturates | g           | N/A                | N/A                                      |
| Fibre           | g           | 0.7                | 0.2                                      |
| Salt            | g           | 0.55               | 0.15                                     |
| Sodium          | g           | 0.22               | 0.06                                     |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 44  
Composite Sample Name: Fancy Iced Cakes, individual  
Sub-sample Number: 44.4  
Sub-sample Name: Mr Kipling Lemon Slices  
Full Product Name: Mr Kipling Lemon Slices  
Brand: Mr Kipling  
Pack size: 6  
Purchase Date: 09/10/08  
Place of Purchase: Asda, Boundary Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 24 Oct  
Batch Number: J274E25 2008  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional Information as 44.3

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 44  
Composite Sample Name: Fancy Iced Cakes, individual  
Sub-sample Number: 44.5  
Sub-sample Name: Fabulous Bakin' Boys Chocolate Cup Cakes  
Full Product Name: Fabulous Bakin' Boys Chocolate Cupcakes  
Brand: Fabulous Bakin' Boys  
Pack size: 6  
Purchase Date: 09/10/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 01 Dec 08  
Batch Number: N/A  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Chocolate flavour coating (31%) (Sugar, Vegetable oil, Fat reduced cocoa powder, Wheat flour, Whey powder (from milk), Emulsifier (Soya lecithin, Polyglycerol polycrinoleate), Natural flavour), Wheat flour, sugar, Vegetable oil, Water, Humectant (Vegetable glycerine), Whole egg powder, Modified maize starch, Dextrose, Salt, Raising agents (E451, E500, E341), Emulsifiers (E477, E471), Preservative (Potassium sorbate), Natural flavour, Acidity regulator (Citric acid), Stabiliser (Xanthan gum)

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

Contains gluten, egg, milk products and soya  
Baked in a nut free zone  
Suitable for vegetarians  
No hydrogenated fats  
No artificial colours or flavourings

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 44.5

Sub-sample Name: Fabulous Bakin' Boys Chocolate Cup Cakes

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per cupcake</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 1749               | 560  |
| Energy          | kcal        | 418                | 134  |
| Protein         | g           | 3.4                | 1.0  |
| Carbohydrate    | g           | 53                 | 17   |
| Sugars          | g           | 31                 | 10   |
| Starch          | g           | N/A                | N/A  |
| Fat             | g           | 22                 | 7  |
| Saturates       | g           | 9                  | 3  |
| Monounsaturates | g           | N/A                | N/A  |
| Polyunsaturates | g           | N/A                | N/A  |
| Fibre           | g           | 2.3                | 0.7  |
| Salt            | g           | N/A                | N/A  |
| Sodium          | g           | 0.4                | 0.1  |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 44  
Composite Sample Name: Fancy Iced Cakes, individual  
Sub-sample Number: 44.6  
Sub-sample Name: Mr Kipling French Fancies  
Full Product Name: Mr Kipling French Fancies  
Brand: Mr Kipling  
Pack size: 8  
Purchase Date: 09/10/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 20 Oct  
Batch Number: J270 M982  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Sugar, Wheat flour, Glucose syrup, Partially reconstituted egg, Vegetable oil, Reconstituted egg white, Vegetable margarine (Vegetable oil, Salt), Humectant (Vegetable glycerine), Milk protein, Vegetable fat, Fat reduced cocoa powder, Whey powder, Emulsifiers (Mono- and Di-glycerides of fatty acids, Soya lecithin), Salt, Raising agents (Disodium diphosphate, sodium bicarbonate), Maize starch, Preservative (Potassium sorbate), Flavouring, Dried egg white, Colours (Cochineal, Lutein).

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

May contain nut traces  
Contains gluten (wheat), egg, milk and soya  
No hydrogenated fat  
No artificial colours or flavours

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 44.6

Sub-sample Name: Mr Kipling French Fancies

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per Cake</b> |
|-----------------|-------------|--------------------|---|
| Energy          | kJ          | 1594               | 445                                     |
| Energy          | kcal        | 378                | 105                                     |
| Protein         | g           | 2.6                | 0.7                                     |
| Carbohydrate    | g           | 69.7               | 19.4                                    |
| Sugars          | g           | 59.3               | 16.5                                    |
| Starch          | g           | N/A                | N/A                                     |
| Fat             | g           | 9.9                | 2.8                                     |
| Saturates       | g           | 4.4                | 1.2                                     |
| Monounsaturates | g           | N/A                | N/A                                     |
| Polyunsaturates | g           | N/A                | N/A                                     |
| Fibre           | g           | 0.6                | 0.2                                     |
| Salt            | g           | 0.58               | 0.18                                    |
| Sodium          | g           | 0.23               | 0.07                                    |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 44  
Composite Sample Name: Fancy Iced Cakes, individual  
Sub-sample Number: 44.7  
Sub-sample Name: Fabulous Bakin' Boys Lemon Cup Cakes  
Full Product Name: Fabulous Bakin' Boys Lemon Cupcakes  
Brand: Fabulous Bakin' Boys  
Pack size: 6  
Purchase Date: 09/10/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 09 Nov 08  
Batch Number: N/A  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Lemon flavour coating (31%) (Sugar, Vegetable oil, Whey powder (from milk), Wheat flour, Emulsifier (Soya lecithin, Polyglycerol polycrinoleate), Natural flavour), Natural flavour, Colour (Lutein)), Wheat flour, sugar, Vegetable oil, Water, Humectant (Vegetable glycerine), Whole egg powder, Modified maize starch, Dextrose, Salt, Raising agents (E451, E500, E341), Emulsifiers (E477, E471), Preservative (Potassium sorbate), Natural flavour, Acidity regulator (Citric acid), Stabiliser (Xanthan gum)

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

Contains gluten, egg, milk products and soya  
Baked in a nut free zone  
Suitable for vegetarians  
No artificial colours or flavourings or preservatives  
No hydrogenated fats

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 44.7

Sub-sample Name: Fabulous Bakin' Boys Lemon Cup Cakes

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per cupcake</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 1749               | 560  |
| Energy          | kcal        | 418                | 134  |
| Protein         | g           | 3.4                | 1.0  |
| Carbohydrate    | g           | 53                 | 17   |
| Sugars          | g           | 31                 | 10   |
| Starch          | g           | N/A                | N/A  |
| Fat             | g           | 22                 | 7  |
| Saturates       | g           | 9                  | 3  |
| Monounsaturates | g           | N/A                | N/A  |
| Polyunsaturates | g           | N/A                | N/A  |
| Fibre           | g           | 2.3                | 0.7  |
| Salt            | g           | N/A                | N/A  |
| Sodium          | g           | 0.4                | 0.1  |



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 44  
Composite Sample Name: Fancy Iced Cakes, individual  
Sub-sample Number: 44.8  
Sub-sample Name: Asda Fondant Fancies  
Full Product Name: Asda Fondant Fancies  
Brand: Asda  
Pack size: 8  
Purchase Date: 09/10/08  
Place of Purchase: Asda, Boundary Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 23 Oct  
Batch Number: J276 M981  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Pink fondant icing (19%), (Sugar, Glucose syrup, Vegetable oil, Colour (Cochimeal), Preservative (Potassium sorbate), Emulsifier (Soya lecithin)), Chocolate flavoured fondant icing (19%), (Sugar, Glucose syrup, Vegetable oil, Fat reduced cocoa powder, Preservative (Potassium sorbate), Emulsifier (Soya lecithin)), Yellow fondant icing (19%), (Sugar, Glucose syrup, Vegetable oil, Flavouring, Preservative (Potassium sorbate), Colour (Lutein), Emulsifier (Soya lecithin)), Wheat flour, Vanilla flavoured topping (11%) (Glucose syrup, Sugar, Vegetable oil, Salt, Maize starch, Emulsifiers (Mono- and Di-glycerides of fatty acids), Dried egg white, Flavouring), Sugar, Reconstituted egg, Reconstituted egg white, Vegetable oil, Glucose syrup, Humectant (Glycerol), Milk protein, Emulsifiers (Mono- and Di-glycerides of fatty acids, Soya lecithin), Vegetable fat, Whey powder (milk), Salt, Raising agents (Disodium diphosphate, Sodium bicarbonate), Fat reduced cocoa powder, Maize starch, Preservative (Potassium sorbate), Flavouring

**Label claim(s):**

May contain nut traces and/or seeds

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Contains gluten, milk, wheat, egg and soya  
Produced in the UK

Sub-sample Number: 44.8

Sub-sample Name: Asda Fondant Fancies

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per Fancy</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 1588               | 443                                      |
| Energy          | kcal        | 377                | 105                                      |
| Protein         | g           | 2.6                | 0.7                                      |
| Carbohydrate    | g           | 69.5               | 19.5                                     |
| Sugars          | g           | 59.3               | 16.6                                     |
| Starch          | g           | N/A                | N/A                                      |
| Fat             | g           | 9.8                | 2.7                                      |
| Saturates       | g           | 4.1                | 1.1                                      |
| Monounsaturates | g           | N/A                | N/A                                      |
| Polyunsaturates | g           | N/A                | N/A                                      |
| Fibre           | g           | 0.6                | 0.2                                      |
| Salt            | g           | 0.6                | 0.2                                      |
| Sodium          | g           | 0.24               | 0.07                                     |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 44 Mr Kipling  
Composite Sample Name: Fancy Iced Cakes, individual  
Sub-sample Number: 44.9  
Sub-sample Name: Tesco Iced Fairy Cakes  
Full Product Name: Tesco Iced Fairy Cakes  
Brand: Tesco  
Pack size: 12  
Purchase Date: 09/10/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 17 Nov 08  
Batch Number: A28 :2909  
Packaging: Plastic  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat flour, Sugar, Vegetable oil, Icing (17%), Water, Humectant (Vegetable glycerine), Soya protein, Raising agents (Disodium diphosphate, Potassium bicarbonate), Milk proteins, Dried egg white, Wheat starch, Emulsifiers (Mono- and Di-glycerides of fatty acids, Polyglycerol esters of fatty acids), Preservative (Potassium sorbate), Natural flavouring, Colour (Beta-Carotene).

Icing contains: Sugar, Vegetable oil, Water, Glucose syrup, Dried skimmed milk, Emulsifier (Sucrose esters of fatty acids), Preservative (Potassium sorbate), Gelling agent (Pectin), Colours (Lutein, Beetroot red), Natural flavouring.

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

Contains milk, wheat, gluten, egg and soya

Recipe: No nuts

Ingredients: Cannot guarantee nut free

Factory: No nuts

Suitable for vegetarians

Produced in the UK

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 44.9

Sub-sample Name: Tesco Iced Fairy Cakes

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per Cake (23g)</b> |
|-----------------|-------------|--------------------|---|
| Energy          | kJ          | 1685               | 390   |
| Energy          | kcal        | 405                | 95  |
| Protein         | g           | 5.0                | 1.2   |
| Carbohydrate    | g           | 54.6               | 12.6  |
| Sugars          | g           | 30.1               | 6.9   |
| Starch          | g           | N/A                | N/A   |
| Fat             | g           | 18.1               | 4.2   |
| Saturates       | g           | 2.0                | 0.5   |
| Monounsaturates | g           | N/A                | N/A   |
| Polyunsaturates | g           | N/A                | N/A   |
| Fibre           | g           | 0.9                | 0.2   |
| Salt            | g           | 0.4                | Tr  |
| Sodium          | g           | 0.2                | Tr  |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 44  
Composite Sample Name: Fancy Iced Cakes, individual  
Sub-sample Number: 44.10  
Sub-sample Name: Iced Fairy Cake From Bakery  
Full Product Name: Iced Fairy Cakes  
Brand: N/A  
Pack size: N/A  
Purchase Date: 14/10/08  
Place of Purchase: Upper Crust Bakery, Dereham Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: N/A  
Batch Number: N/A  
Packaging: Paper bag  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

### **Ingredients:**

Not listed

### **Nutrient Information:**

Not available

### Sample 45: Cakes from 'healthy eating' ranges

|                                |                                    |
|--------------------------------|------------------------------------|
| Composite Sample Number:       | 45                                 |
| Composite Sample Name:         | Cakes from 'healthy eating' ranges |
| Sub-sample Number:             | 45.1                               |
| Sub-sample Name:               | Weight Watchers Iced Carrot Cakes  |
| Full Product Name:             | Weight Watchers Iced Carrot Cakes  |
| Brand:                         | Weight Watchers                    |
| Pack size:                     | 6                                  |
| Purchase Date:                 | 11/10/08                           |
| Place of Purchase:             | Co-op, Acle, Norfolk               |
| Sell by Date:                  | N/A                                |
| Use by Date/Best Before Date:  | 21/10/08                           |
| Batch Number:                  | N/A                                |
| Packaging:                     | Card                               |
| Sample Condition As Purchased: | Ambient                            |
| Post Purchase Storage:         | 15°C food store                    |

**Ingredients:** Sugar, Water, Wheat flour, Carrot (8%), Humectant (Vegetable glycerine), Pineapple (3%), Low fat yogurt (2%), Dried coconut, Dried egg yolk, Citrus fibre, Dried egg white, Salt, Raising agents (Disodium diphosphate, Sodium bicarbonate), Maize starch, Vegetable oil, Cinnamon, Colours (Plain caramel, Titanium dioxide), Preservative (Potassium sorbate), Wheat starch.  
Yogurt icing (34%)

**Label claim(s):**

Contains egg, wheat gluten, milk

Produced in a factory handling nuts

Suitable for vegetarians

Manufactured for Anthony Alan Foods Ltd under licence of Weight Watchers International Inc.

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 45.1

Sub-sample Name: Weight Watchers Iced Carrot Cakes

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per slice</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 1115               | 300                                      |
| Energy          | kcal        | 263                | 71                                       |
| Protein         | g           | 3.0                | 0.8                                      |
| Carbohydrate    | g           | 56.7               | 15.3                                     |
| Sugars          | g           | 46.9               | 12.7                                     |
| Starch          | g           | N/A                | N/A                                      |
| Fat             | g           | 2.7                | 0.7                                      |
| Saturates       | g           | 1.4                | 0.4                                      |
| Monounsaturates | g           | N/A                | N/A                                      |
| Polyunsaturates | g           | N/A                | N/A                                      |
| Fibre           | g           | 1.9                | 0.5                                      |
| Salt            | g           | N/A                | N/A                                      |
| Sodium          | g           | 0.4                | 0.1                                      |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 45  
Composite Sample Name: Cakes from 'healthy eating' ranges  
Sub-sample Number: 45.2  
Sub-sample Name: Weight Watchers Iced Carrot Cakes  
Full Product Name: Weight Watchers Iced Carrot Cakes  
Brand: Weight Watchers  
Pack size: 6  
Purchase Date: 9/10/08  
Place of Purchase: Asda, Boundary Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 14/10/08  
Batch Number: N/A  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional Information as 45.1



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 45  
Composite Sample Name: Cakes from 'healthy eating' ranges  
Sub-sample Number: 45.3  
Sub-sample Name: Tesco Light Choices Carrot and Orange Slices  
Full Product Name: Tesco Light Choices Carrot and Orange Slices  
Brand: Tesco  
Pack size: 6  
Purchase Date: 9/10/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 21/10/08  
Batch Number: N/A  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Sugar, Wheat flour, Water, Carrot (8%), Humectant (Vegetable glycerine), Pineapple, Yogurt (2%), Citrus fibre, Coconut, Orange zest (0.4%), Dried egg yolk, Raising agents (Disodium diphosphate, Sodium bicarbonate), Maize starch, Dried egg white, Caramelised sugar syrup, Spice (Cassia), Vegetable oil, Preservative (Potassium sorbate), Wheat starch, Natural flavouring

**Label claim(s):**

Contains milk, wheat, gluten, egg

Recipe: No nuts

Ingredients: Cannot guarantee nut free

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

Suitable for vegetarians

Produced in the UK

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 45.3

Sub-sample Name: Tesco Light Choices Carrot and Orange Slices

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per slice (30g)</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 1300               | 390  |
| Energy          | kcal        | 310                | 95   |
| Protein         | g           | 3.2                | 1.0  |
| Carbohydrate    | g           | 68.5               | 20.6   |
| Sugars          | g           | 44.3               | 13.3   |
| Starch          | g           | N/A                | N/A  |
| Fat             | g           | 2.2                | 0.7  |
| Saturates       | g           | 1.2                | 0.4  |
| Monounsaturates | g           | 0.3                | Tr   |
| Polyunsaturates | g           | 0.2                | Tr   |
| Fibre           | g           | 1.9                | 0.6  |
| Salt            | g           | 0.5                | 0.1  |
| Sodium          | g           | 0.2                | 0.1  |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 45  
Composite Sample Name: Cakes from 'healthy eating' ranges  
Sub-sample Number: 45.4  
Sub-sample Name: Tesco Light Choices Carrot and Orange Slices  
Full Product Name: Tesco Light Choices Carrot and Orange Slices  
Brand: Tesco  
Pack size: 6  
Purchase Date: 13/10/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 26/10/08  
Batch Number: N/A  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional Information as 45.3

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 45  
Composite Sample Name: Cakes from 'healthy eating' ranges  
Sub-sample Number: 45.5  
Sub-sample Name: Mr Kipling Delightful Apple Slices  
Full Product Name: Mr Kipling Delightful Apple Slices  
Brand: Mr Kipling  
Pack size: 6  
Purchase Date: 13/10/08  
Place of Purchase: Tesco Extra, Blue Boar Lane, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 18/10/08  
Batch Number: J260 N 25 01:37  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat flour, Sugar, Reconstituted egg white, Glucose-fructose syrup, Humectant (Vegetable glycerine), Sucrose syrup, Glucose syrup, Maize starch, Vegetable oil, Apple, Invert sugar syrup, Raising agents (Disodium diphosphate, Sodium bicarbonate), Whey powder, Emulsifiers (Mono- and Di-glycerides of fatty acids, Polyglycerol esters of fatty acids), Citrus fibre, Cornflour, Gelling agent (Pectin), Flavouring, Citric acid, Preservative (Potassium sorbate), Stabiliser (Xanthan gum), Acidity regulator (Sodium citrates), Milk protein, Colours (Lutein, Copper chlorophyllin), Salt

**Label claim(s):**

Contains gluten (wheat), egg and milk  
May contain nut traces  
Suitable for vegetarians

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 45.5

Sub-sample Name: Mr Kipling Delightful Apple Slices

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|--------------------|----------------------------|
| Energy          | kJ          | 1343               | 384                        |
| Energy          | kcal        | 317                | 91                         |
| Protein         | g           | 4.4                | 1.3                        |
| Carbohydrate    | g           | 66.2               | 18.9                       |
| Sugars          | g           | 37.6               | 10.7                       |
| Starch          | g           | N/A                | N/A                        |
| Fat             | g           | 3.9                | 1.1                        |
| Saturates       | g           | 1.7                | 0.5                        |
| Monounsaturates | g           | N/A                | N/A                        |
| Polyunsaturates | g           | N/A                | N/A                        |
| Fibre           | g           | 1.7                | 0.4                        |
| Salt            | g           | N/A                | N/A                        |
| Sodium          | g           | 0.4                | 0.1                        |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 45  
Composite Sample Name: Cakes from 'healthy eating' ranges  
Sub-sample Number: 45.6  
Sub-sample Name: Mr Kipling Delightful Apple Slices  
Full Product Name: Mr Kipling Delightful Apple Slices  
Brand: Mr Kipling  
Pack size: 6  
Purchase Date: 13/10/08  
Place of Purchase: Waitrose, Eaton, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 18/10/08  
Batch Number: J260 N 25 0036  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

Additional Information as 45.5

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 45  
Composite Sample Name: Cakes from 'healthy eating' ranges  
Sub-sample Number: 45.7  
Sub-sample Name: Weight Watchers Iced Lemon Slices  
Full Product Name: Weight Watchers Iced Lemon Cake Slices  
Brand: Weight Watchers  
Pack size: 6  
Purchase Date: 09/10/08  
Place of Purchase: Asda, Boundary Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 19/10/08  
Batch Number: N/A  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Sugar, Wheat flour, Whole egg, Humectant (Vegetable glycerine), Water, Lemon zest (3%), Vegetable margarine (Vegetable oils, Salt, Emulsifier (Mono- and Di-glycerides of fatty acids), Flavouring), Citrus fibre, Glucose syrup, Maize starch, Lemon concentrate, Maltodextrin, Raising agents (Disodium diphosphate, Sodium bicarbonate), Flavouring, Salt, Preservative (Potassium sorbate), Emulsifier (Mono- and Di-acyltartaric esters of mono- and di-glycerides of fatty acids), Colour (Lutein).  
Lemon icing (37%)

**Label claim(s):**

Contains egg, wheat gluten

Produced in a factory handling nuts

Suitable for vegetarians

Manufactured for Anthony Alan Foods Ltd under licence of Weight Watchers International Inc.

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 45.7

Sub-sample Name: Weight Watchers Iced Lemon Slices

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per slice</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 1286               | 334                                      |
| Energy          | kcal        | 303                | 79                                       |
| Protein         | g           | 3.1                | 0.8                                      |
| Carbohydrate    | g           | 68.1               | 17.7                                     |
| Sugars          | g           | 44.0               | 11.4                                     |
| Starch          | g           | N/A                | N/A                                      |
| Fat             | g           | 2.0                | 0.5                                      |
| Saturates       | g           | 0.8                | 0.2                                      |
| Monounsaturates | g           | N/A                | N/A                                      |
| Polyunsaturates | g           | N/A                | N/A                                      |
| Fibre           | g           | 2.2                | 0.6                                      |
| Salt            | g           | N/A                | N/A                                      |
| Sodium          | g           | 0.4                | 0.1                                      |



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 45  
Composite Sample Name: Cakes from 'healthy eating' ranges  
Sub-sample Number: 45.8  
Sub-sample Name: Tesco Light Choices Date and Walnut Slices  
Full Product Name: Tesco Light Choices Date and Walnut Slices  
Brand: Tesco  
Pack size: 6  
Purchase Date: 9/10/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 20/10/08  
Batch Number: N/A  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Wheat flour, Sugar, Water, Dates (12%), Egg, Sultanas, Raisins, Humectant (Vegetable glycerine), Walnuts (1%), Egg white, Dried glucose syrup, Citrus fibre, Caramelised Sugar syrup, Raising agents (Disodium diphosphate, Sodium bicarbonate), Maltodextrin, Preservative (Potassium sorbate), Nutmeg, Stabiliser (Xanthan gum)

**Label claim(s):**

Contains wheat, gluten, egg  
Recipe: Contains walnuts  
Suitable for vegetarians  
Produced in the UK

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 45.8

Sub-sample Name: Tesco Light Choices Date and Walnut Slices

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per slice (24g)</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 1190               | 285  |
| Energy          | kcal        | 280                | 70   |
| Protein         | g           | 4.9                | 1.2  |
| Carbohydrate    | g           | 60.1               | 14.4   |
| Sugars          | g           | 26.7               | 6.4  |
| Starch          | g           | N/A                | N/A  |
| Fat             | g           | 2.2                | 0.5  |
| Saturates       | g           | 0.5                | 0.1  |
| Monounsaturates | g           | 0.6                | 0.1  |
| Polyunsaturates | g           | 0.7                | 0.2  |
| Fibre           | g           | 3.6                | 0.9  |
| Salt            | g           | 0.4                | Tr   |
| Sodium          | g           | 0.2                | Tr   |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 45  
Composite Sample Name: Cakes from 'healthy eating' ranges  
Sub-sample Number: 45.9  
Sub-sample Name: Asda Good For You Carrot Cake Slices  
Full Product Name: Asda Good For You Carrot Cake Slices  
Brand: Asda  
Pack size: 6  
Purchase Date: 24/10/08  
Place of Purchase: Asda, Boundary Road, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 24/10/08  
Batch Number: N/A  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Sugar, Wheat flour, Water, Carrot (8%), Humectant (Glycerol), Low fat natural yogurt (3%), Pineapple, Coconut, Citrus fibre, Dried egg yolk, Raising agents (Disodium diphosphate, Sodium bicarbonate), Maize starch, Dried egg white, Caramelised sugar syrup, Spices, Vegetable oil, Preservative (Potassium sorbate), Wheat starch, Nutmeg

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

Contains gluten, milk, wheat and egg  
May contain traces of nuts and/or seeds  
Suitable for vegetarians

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 45.9

Sub-sample Name: Asda Good For You Carrot Cake Slices

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per slice</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 1262               | 352                                      |
| Energy          | kcal        | 298                | 83                                       |
| Protein         | g           | 2.8                | 0.8                                      |
| Carbohydrate    | g           | 66.4               | 18.6                                     |
| Sugars          | g           | 48.3               | 13.5                                     |
| Starch          | g           | N/A                | N/A                                      |
| Fat             | g           | 2.3                | 0.6                                      |
| Saturates       | g           | 1.4                | 0.4                                      |
| Monounsaturates | g           | N/A                | N/A                                      |
| Polyunsaturates | g           | N/A                | N/A                                      |
| Fibre           | g           | 2.1                | 0.6                                      |
| Salt            | g           | 0.4                | 0.1                                      |
| Sodium          | g           | 0.16               | 0.04                                     |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 45  
Composite Sample Name: Cakes from 'healthy eating' ranges  
Sub-sample Number: 45.10  
Sub-sample Name: Morrisons Eat Smart Iced Carrot Slices  
Full Product Name: Morrisons Eat Smart Carrot Cake Slices  
Brand: Morrisons  
Pack size: 6  
Purchase Date: 13/10/08  
Place of Purchase: Morrisons, Riverside, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 25/10/08  
Batch Number: N/A  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Sugar, Wheat flour, Water, Carrot (8%), Humectant (Vegetable glycerine), Pineapple, Low fat natural yogurt (2%), Desiccated coconut, Citrus fibre, Dried egg yolk, Raising agents (Disodium diphosphate, Sodium bicarbonate), Salt, Maize starch, Dried egg white, Colour (Plain caramel, Titanium dioxide), Wheat starch, Vegetable oil, Spices

**Label claim(s):**

Contains egg, gluten, milk

Produced in a factory which uses milk, nut and soya ingredients

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 45.10

Sub-sample Name: Morrisons Eat Smart Iced Carrot Slices

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per slice (30g)</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 1322               | 357  |
| Energy          | kcal        | 312                | 84   |
| Protein         | g           | 3.0                | 0.8  |
| Carbohydrate    | g           | 70.0               | 18.9   |
| Sugars          | g           | 46.2               | 12.5   |
| Starch          | g           | N/A                | N/A  |
| Fat             | g           | 2.2                | 0.6  |
| Saturates       | g           | 1.9                | 0.5  |
| Monounsaturates | g           | N/A                | N/A  |
| Polyunsaturates | g           | N/A                | N/A  |
| Fibre           | g           | 2.3                | 0.6  |
| Salt            | g           | 1.2                | 0.3  |
| Sodium          | g           | 0.4                | 0.1  |

Sample 46: Danish pastries

Composite Sample Number: 46

Composite Sample Name: Danish Pastries

Sub-sample Number: 46.1

Sub-sample Name: Tesco Mini Danish Selection

Full Product Name: Tesco Mini Danish Selection

Brand: Tesco

Pack size: 5

Purchase Date: 21/10/08

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 22/10/08

Batch Number: N/A

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

**Ingredients:**

Not listed

**Label claim(s):**

Contains nuts

**Nutrient Information:**

Not available

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 46

Composite Sample Name: Danish Pastries

Sub-sample Number: 46.2

Sub-sample Name: Tesco Mini Danish Selection

Full Product Name: Tesco Mini Danish Selection

Brand: Tesco

Pack size: 5

Purchase Date: 21/10/08

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 22/10/08

Batch Number: N/A

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

Additional Information as 46.1



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 46

Composite Sample Name: Danish Pastries

Sub-sample Number: 46.3

Sub-sample Name: Bakery Danish Pastries

Full Product Name: Danish Pastries

Brand: N/A

Pack size: N/A

Purchase Date: 21/10/08

Place of Purchase: Upper Crust Bakery, Dereham Road, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: N/A

Batch Number: N/A

Packaging: Paper bag

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

### **Ingredients:**

Not listed

### **Nutrient Information:**

Not available

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 46

Composite Sample Name: Danish Pastries

Sub-sample Number: 46.4

Sub-sample Name: Sainsbury's Raisin Whirl

Full Product Name: Sainsbury's Raisin Whirl

Brand: Sainsbury's

Pack size: N/A

Purchase Date: 21/10/08

Place of Purchase: Sainsbury's, William Frost Way, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 22 Oct

Batch Number: N/A

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

### **Ingredients:**

Not listed

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

Inc. Flour treatment agent

### **Nutrient Information:**

Not available

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 46

Composite Sample Name: Danish Pastries

Sub-sample Number: 46.5

Sub-sample Name: Tesco Maple Pecan Plait

Full Product Name: Tesco Maple Pecan Plait

Brand: Tesco

Pack size: N/A

Purchase Date: 21/10/08

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 22 Oct

Batch Number: N/A

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

### **Ingredients:**

Not listed

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

This product may contain traces of nuts

### **Nutrient Information:**

Not available

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 46

Composite Sample Name: Danish Pastries

Sub-sample Number: 46.6

Sub-sample Name: Tesco Danish Cinnamon Whirl

Full Product Name: Tesco Danish Cinnamon Whirl

Brand: Tesco

Pack size: N/A

Purchase Date: 21/10/08

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 22 Oct

Batch Number: N/A

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

### **Ingredients:**

Not listed

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

This product may contain traces of nuts

### **Nutrient Information:**

Not available

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 46

Composite Sample Name: Danish Pastries

Sub-sample Number: 46.7

Sub-sample Name: Sainsbury's Maple Pecan Danish

Full Product Name: Sainsbury's Maple Pecan Danish

Brand: Sainsbury's

Pack size: N/A

Purchase Date: 22/10/08

Place of Purchase: Sainsbury's, William Frost Way, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 23 Oct

Batch Number: N/A

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

### **Ingredients:**

Not listed

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

Contains flavouring, colour and nuts

### **Nutrient Information:**

Not available

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 46

Composite Sample Name: Danish Pastries

Sub-sample Number: 46.8

Sub-sample Name: Morrisons Pecan Plaits

Full Product Name: Morrisons Pecan Plaits

Brand: Morrisons

Pack size: 2

Purchase Date: 21/10/08

Place of Purchase: Morrisons, Riverside, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 22 Oct

Batch Number: N/A

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

### **Ingredients:**

Not listed

### **Nutrient Information:**

Not available

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 46

Composite Sample Name: Danish Pastries

Sub-sample Number: 46.9

Sub-sample Name: Morrisons Toffee Pecan Danish Swirl

Full Product Name: Morrisons Toffee Pecan Danish Swirl

Brand: Morrisons

Pack size: 2

Purchase Date: 21/10/08

Place of Purchase: Morrisons, Riverside, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 22 Oct

Batch Number: N/A

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

### **Ingredients:**

Not listed

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

Contains flavouring, preservative  
Suitable for vegetarians

### **Nutrient Information:**

Not available

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 46

Composite Sample Name: Danish Pastries

Sub-sample Number: 46.10

Sub-sample Name: Budgens Bakery Maple Pecan Plait

Full Product Name: Budgens Bakery Maple Pecan Plait

Brand: O'Flynn's Mill Bakery, Fakenham Road, Drayton, Norwich

Pack size: 2

Purchase Date: 22/10/08

Place of Purchase: Budgens, Poringland, Norfolk

Sell by Date: N/A

Use by Date/Best Before Date: 25/10/2008

Batch Number: N/A

Packaging: Paper

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

### Ingredients:

Not listed

### Nutrient Information:

Not available



## Nutrient analysis survey of biscuits, buns, cakes and pastries

### Sample 47: Greek pastries

Composite Sample Number: 47

Composite Sample Name: Greek Pastries

Sub-sample Number: 47.1

Sub-sample Name: Waitrose Patisserie Baklava

Full Product Name: Waitrose Patisserie Baklava  
Cashew Assabee, Pistachio Baklava, Macadamia  
Baklava

Brand: Waitrose

Pack size: N/A

Purchase Date: 31/10/08

Place of Purchase: Waitrose, Eaton, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: N/A

Batch Number: N/A

Packaging: Card

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

#### **Ingredients:**

Not listed

#### **Nutrient Information:**

Not available

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 47

Composite Sample Name: Greek Pastries

Sub-sample Number: 47.2

Sub-sample Name: Patchi Baklawa

Full Product Name: Patchi Baklawa, Assorted  
Inc. Kulwashar Cashew, Baklawa Cashew, Kulwashur  
Pistachio. Filo Fingers, Boukaj Cashew, Baklawa  
Pistachio, Boukaj Pistachio, Borma Pistachio, Borma  
Cashew

Brand: Patchi

Pack size: N/A

Purchase Date: 27/10/08

Place of Purchase: Patchi, Broughton Street, London

Sell by Date: N/A

Use by Date/Best Before Date: N/A

Batch Number: N/A

Packaging: Plastic tray

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

### **Ingredients:**

Not listed

### **Nutrient Information:**

Not available

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 47

Composite Sample Name: Greek Pastries

Sub-sample Number: 47.3

Sub-sample Name: Marks and Spencer Baklava

Full Product Name: Marks and Spencer Baklava

Brand: Marks and Spencer

Pack size: N/A

Purchase Date: 8/10/08

Place of Purchase: Marks and Spencer, Rampant Horse Street, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 13/12/08

Batch Number: N/A

Packaging: Card with plastic window

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

**Ingredients:** Filo pastry (31%), Invert sugar syrup (24%), Ghee mix, Pistachio nuts (8%), Cashew nuts (6%), Walnuts (4%), Shredded wheat (3.5%), Orange blossom honey, Palm oil. Ghee mix contains Palm oil, Butterfat. Filo pastry contains: Wheatflour, Cornflour, Water, Glucose syrup, Ghee mix, Salt. Shredded wheat contains: Water, Wheatflour, Ghee mix, Invert sugar syrup, Salt.

### Label claim(s):

Contains nuts, cow's milk, wheat, gluten  
Not suitable for nut allergy sufferers

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 47.3

Sub-sample Name: Marks and Spencer Baklava

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving/</b> |
|-----------------|-------------|--------------------|-----------------------------|
| Energy          | kJ          | 2085               | N/A                         |
| Energy          | kcal        | 500                | N/A                         |
| Protein         | g           | 6.0                | N/A                         |
| Carbohydrate    | g           | 56.0               | N/A                         |
| Sugars          | g           | 29.4               | N/A                         |
| Starch          | g           | N/A                | N/A                         |
| Fat             | g           | 27.9               | N/A                         |
| Saturates       | g           | 10.6               | N/A                         |
| Monounsaturates | g           | N/A                | N/A                         |
| Polyunsaturates | g           | N/A                | N/A                         |
| Fibre           | g           | 1.2                | N/A                         |
| Salt            | g           | 0.33               | N/A                         |
| Sodium          | g           | 0.13               | N/A                         |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 47  
Composite Sample Name: Greek Pastries  
Sub-sample Number: 47.4  
Sub-sample Name: Tesco Finest Baklava  
Full Product Name: Tesco Finest Baklava  
Brand: Tesco  
Pack size: N/A  
Purchase Date: 9/10/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 21/11/08  
Batch Number: 8256  
Packaging: Card  
Sample Condition As Purchased: Ambient  
Post Purchase Storage: 15°C food store

**Ingredients:** Sugar syrup (23%), Wheat flour, Vegetable fat, Cashew nuts (13%), Maize starch, Water, Butterfat, Macadamia nuts (3.5%), Shredded wheat, Brazil nuts (2%), Glucose syrup, Salt, Rose water.

Shredded wheat contains: Wheatflour, Sunflower oil, Wheat starch, Salt.

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

Contains milk, wheat, gluten

Recipe: Contains Brazil nuts, cashew nuts and macadamia nuts.

May contain traces of other nuts

Produced in the UK

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 47.4

Sub-sample Name: Tesco Finest Baklava

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving/<br/>Average piece</b> |
|-----------------|-------------|--------------------|---|
| Energy          | kJ          | 2150               | 420   |
| Energy          | kcal        | 515                | 100   |
| Protein         | g           | 5.9                | 1.2   |
| Carbohydrate    | g           | 52.0               | 10.1  |
| Sugars          | g           | 23.9               | 4.7   |
| Starch          | g           | N/A                | N/A   |
| Fat             | g           | 31.5               | 6.1   |
| Saturates       | g           | 12.5               | 2.4   |
| Monounsaturates | g           | 13.9               | 2.7   |
| Polyunsaturates | g           | 2.7                | 0.5   |
| Fibre           | g           | 1.3                | 0.3   |
| Salt            | g           | 0.3                | Trace   |
| Sodium          | g           | 0.1                | Trace   |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

|                                |   |
|--------------------------------|---|
| Composite Sample Number:       | 47  |
| Composite Sample Name:         | Greek Pastries  |
| Sub-sample Number:             | 47.5  |
| Sub-sample Name:               | Dina Baklawa  |
| Full Product Name:             | Baklawa, an assortment of Mediterranean confectionery |
| Brand:                         | Dina  |
| Pack size:                     | N/A   |
| Purchase Date:                 | 28/10/08  |
| Place of Purchase:             | Sainsbury's, Kiln Lane, Epsom, Surrey                 |
| Sell by Date:                  | N/A   |
| Use by Date/Best Before Date:  | 16/01/09  |
| Batch Number:                  | 8292  |
| Packaging:                     | Card  |
| Sample Condition As Purchased: | Ambient   |
| Post Purchase Storage:         | 15°C food store                                       |

### Ingredients:

Assabee: Filo pastry (38%), Cashew nuts (25%), Sugar syrup, Ghee.

Boukage: Filo pastry (40%), Sugar syrup, Ghee, Cashew nuts (11%).

Walnut baklawa: Filo pastry (34%), Sugar syrup, Walnut (20%), Ghee.

Pistachio baklawa: Filo pastry (34%), Sugar syrup, Pistachio nut (20%), Ghee.

Filo pastry contains: Wheat flour, Maize starch, Water, Wheat gluten, Glucose, Palm fat, Butterfat, Salt, Yeast.

Ghee contains: Palm fat, Butterfat.

### Label claim(s):

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Contains gluten, nuts, milk, wheat  
No artificial colours, flavours  
Made from non GM sourced ingredients  
Produced in the UK

### **Nutrient Information:**

Not available



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 47

Composite Sample Name: Greek Pastries

Sub-sample Number: 47.6

Sub-sample Name: Alferdous Sweet Assorted Baklava

Full Product Name: Alferdous Sweet Assorted Baklava

Brand: Alferdous

Pack size: N/A

Purchase Date: 30/10/08

Place of Purchase: T Adamou & Sons, Chiswick High Road, Chiswick, London

Sell by Date: N/A

Use by Date/Best Before Date: 20 Feb 2009

Batch Number: N/A

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

**Ingredients:** Flour, Starch, Syrup, Cashews, Pistachio, Peanuts, Vegetable ghee, Colour

**Nutrient Information:**

Not available

## Nutrient analysis survey of biscuits, buns, cakes and pastries

|                                |  |
|--------------------------------|--|
| Composite Sample Number:       | 47   |
| Composite Sample Name:         | Greek Pastries   |
| Sub-sample Number:             | 47.7   |
| Sub-sample Name:               | Assorted Baklawa, Specialist Outlet  |
| Full Product Name:             | Bpettoe Baklavas<br>Inc. Bpettoe Baklavas and Bpettoe Vretos, Honey and Walnut |
| Brand:                         | Bpettoe  |
| Pack size:                     | N/A  |
| Purchase Date:                 | 30/10/08   |
| Place of Purchase:             | <a href="http://www.Shopgreek.co.uk">www.Shopgreek.co.uk</a>                   |
| Sell by Date:                  | N/A  |
| Use by Date/Best Before Date:  | 15/12/08   |
| Batch Number:                  | N/A  |
| Packaging:                     | Card   |
| Sample Condition As Purchased: | Ambient  |
| Post Purchase Storage:         | 15°C food store  |

### **Ingredients:**

Baklawa: Sugar, Pastry, Glucose syrup, Vegetable oils, Walnut, Rusk, Spices, Preservative (Potassium sorbate), Citric acid, Vanillin, Antioxidant (Tocopherol).

Baclava Vretos: Pastry, Sugar, Glucose syrup, Vegetable oils, Walnut, Rusk, Honey, Spices, Preservative (Potassium sorbate), Citric acid, Antioxidant (Tocopherol).

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

Wheat flour and nut allergens presence (Wheat flour, Walnuts)

Produced in Greece

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 47.7

Sub-sample Name: Assorted Baklava, Specialist Outlet

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving/<br/>Average piece</b> |
|-----------------|-------------|--------------------|---|
| Energy          | kJ          | N/A                | N/A   |
| Energy          | kcal        | 358.5              | N/A   |
| Protein         | g           | 6.86               | N/A   |
| Carbohydrate    | g           | 63.35              | N/A   |
| Sugars          | g           | N/A                | N/A   |
| Starch          | g           | N/A                | N/A   |
| Fat             | g           | 8.66               | N/A   |
| Saturates       | g           | N/A                | N/A   |
| Monounsaturates | g           | N/A                | N/A   |
| Polyunsaturates | g           | N/A                | N/A   |
| Fibre           | g           | N/A                | N/A   |
| Salt            | g           | N/A                | N/A   |
| Sodium          | g           | N/A                | N/A   |

### Sample 48: Cream filled pastries

|                                |                                    |
|--------------------------------|------------------------------------|
| Composite Sample Number:       | 48                                 |
| Composite Sample Name:         | Cream Filled Pastries              |
| Sub-sample Number:             | 48.1                               |
| Sub-sample Name:               | Tesco Fresh Cream Slices           |
| Full Product Name:             | Tesco Indulgent Fresh Cream Slices |
| Brand:                         | Tesco                              |
| Pack size:                     | 2                                  |
| Purchase Date:                 | 21/10/08                           |
| Place of Purchase:             | Tesco, Harford Bridges, Norwich    |
| Sell by Date:                  | N/A                                |
| Use by Date/Best Before Date:  | 23 Oct                             |
| Batch Number:                  | N/A                                |
| Packaging:                     | Card                               |
| Sample Condition As Purchased: | Chilled                            |
| Post Purchase Storage:         | 15°C food store                    |

**Ingredients:** Stabilised whipped cream, Puff pastry, Icing, Strawberry conserve, Chocolate flavoured lacing. Stabilised whipped cream contains: Whipping cream, Dextrose, Sugar, Stabiliser (Sodium alginate).

Puff pastry contains: Wheat flour, Vegetable margarine (Vegetable oil (Coconut oil, sunflower oil, Water, Salt, Lemon juice), Butter, Soya flour, Salt, Natural colour (Beta-carotene).

Icing contains: Sugar, Water, Dried glucose syrup, Invert sugar syrup, Sugar, Vegetable oil, Sunflower oil.

Strawberry conserve contains: Strawberries, Glucose-fructose syrup, Sugar, Gelling agent (Pectin), Lemon juice.

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Chocolate flavoured lacing contains: Milk chocolate (Sugar, Cocoa butter, Milk solids, Cocoa mass, Whey powder, Emulsifier (Soya lecithins), Flavouring), Sugar, Vegetable oil, Cocoa powder, Milk sugar, Emulsifier (Soya lecithins), Flavouring.

### Label claim(s):

Contains milk, wheat, gluten, soya

Recipe: No nuts

Ingredients: Cannot guarantee nut free

Factory: No nuts

Produced in the UK

Sub-sample Number: 48.1

Sub-sample Name: Tesco Fresh Cream Slices

### Nutrient Information:

| Nutrient        | Unit | Amount/100g | Amount/Unit/serving<br>Per slice (75g) |
|-----------------|------|-------------|--|
| Energy          | kJ   | 1735        | 1300                                   |
| Energy          | kcal | 415         | 315                                    |
| Protein         | g    | 3.8         | 2.9                                    |
| Carbohydrate    | g    | 39.5        | 29.6                                   |
| Sugars          | g    | 23.5        | 17.6                                   |
| Starch          | g    | N/A         | N/A                                    |
| Fat             | g    | 26.9        | 20.2                                   |
| Saturates       | g    | 15.8        | 11.9                                   |
| Monounsaturates | g    | 8.9         | 6.7                                    |
| Polyunsaturates | g    | 2.1         | 1.6                                    |
| Fibre           | g    | 1.1         | 0.8                                    |
| Salt            | g    | 0.2         | 0.1                                    |
| Sodium          | g    | 0.1         | 0.1                                    |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 48

Composite Sample Name: Cream Filled Pastries

Sub-sample Number: 48.2

Sub-sample Name: Tesco Fresh Cream Slices

Full Product Name: Tesco Indulgent Fresh Cream Slices

Brand: Tesco

Pack size: 2

Purchase Date: 21/10/08

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 22 Oct

Batch Number: N/A

Packaging: Card

Sample Condition As Purchased: Chilled

Post Purchase Storage: 15°C food store

Additional Information as 48.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 48

Composite Sample Name: Cream Filled Pastries

Sub-sample Number: 48.3

Sub-sample Name: Tesco Fresh Cream Slices

Full Product Name: Tesco Indulgent Fresh Cream Slices

Brand: Tesco

Pack size: 2

Purchase Date: 21/10/08

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 23 Oct

Batch Number: N/A

Packaging: Card

Sample Condition As Purchased: Chilled

Post Purchase Storage: 15°C food store

Additional Information as 48.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 48  
Composite Sample Name: Cream Filled Pastries  
Sub-sample Number: 48.4  
Sub-sample Name: Tesco Fresh Cream Horns  
Full Product Name: Tesco Fresh Cream Horns  
Brand: Tesco  
Pack size: 2  
Purchase Date: 21/10/08  
Place of Purchase: Tesco, Harford Bridges, Norwich  
Sell by Date: N/A  
Use by Date/Best Before Date: 22 Oct  
Batch Number: N/A  
Packaging: Card  
Sample Condition As Purchased: Chilled  
Post Purchase Storage: 15°C food store

**Ingredients:** Puff pastry horn, Stabilised whipped cream, Mixed fruit seedless jam.  
Puff pastry horn contains: Wheat flour, Water, Vegetable oil, Sugar, Vegetable fat, Salt, Natural colour (Beta-carotene), Vitamin A, Vitamin D<sub>3</sub>.  
Stabilised whipped cream contains: Whipping cream, Dextrose, Stabiliser (Sodium alginate).  
Mixed fruit seedless jam contains: Sugar syrup, Glucose syrup, Apple, Plum puree, Apricot puree, Elderberry extract, Gelling agent (Pectin), Colour (Anthocyanins), Flavouring.

**Label claim(s):**

Contains milk, wheat, gluten  
Recipe: No nuts



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Ingredients: Cannot guarantee nut free

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

Produced in the UK

Sub-sample Number: 48.4

Sub-sample Name: Tesco Fresh Cream Horns

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per horn (55g)</b> |
|-----------------|-------------|--------------------|---|
| Energy          | kJ          | 1795               | 990   |
| Energy          | kcal        | 435                | 240   |
| Protein         | g           | 4.1                | 2.3   |
| Carbohydrate    | g           | 37.7               | 20.7  |
| Sugars          | g           | 19.7               | 10.8  |
| Starch          | g           | N/A                | N/A   |
| Fat             | g           | 29.3               | 16.1  |
| Saturates       | g           | 15.9               | 8.7   |
| Monounsaturates | g           | 9.6                | 5.3   |
| Polyunsaturates | g           | 2.3                | 1.3   |
| Fibre           | g           | 0.5                | 0.3   |
| Salt            | g           | 0.4                | 0.2   |
| Sodium          | g           | 0.2                | 0.1   |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 48

Composite Sample Name: Cream Filled Pastries

Sub-sample Number: 48.5

Sub-sample Name: Tesco Fresh Cream Horns

Full Product Name: Tesco Fresh Cream Horns

Brand: Tesco

Pack size: 2

Purchase Date: 21/10/08

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 24 Oct

Batch Number: 23:290

Packaging: Card

Sample Condition As Purchased: Chilled

Post Purchase Storage: 15°C food store

Additional Information as 48.4

## Nutrient analysis survey of biscuits, buns, cakes and pastries

|                                |                                |
|--------------------------------|--------------------------------|
| Composite Sample Number:       | 48                             |
| Composite Sample Name:         | Cream Filled Pastries          |
| Sub-sample Number:             | 48.6                           |
| Sub-sample Name:               | Marks And Spencer Cream Slices |
| Full Product Name:             | Marks And Spencer Cream Slices |
| Brand:                         | Marks And Spencer              |
| Pack size:                     | 2, 151g                        |
| Purchase Date:                 | 21/10/08                       |
| Place of Purchase:             | Marks And Spencer, Norwich     |
| Sell by Date:                  | N/A                            |
| Use by Date/Best Before Date:  | 24 Oct                         |
| Batch Number:                  | N/A                            |
| Packaging:                     | Card                           |
| Sample Condition As Purchased: | Chilled                        |
| Post Purchase Storage:         | 15°C food store                |

**Ingredients:** Stabilised whipping cream (38%), Sugar, Wheatflour, Vegetable margarine, Strawberry conserve (7%), Glucose syrup, Water, Butter, Vegetable oil, Soya flour, Fat reduced cocoa powder, Salt, Emulsifier (E471, Soya lecithin), Colour (Mixed carotenes), Flour treatment agent (E920), Flavouring.

Stabilised whipping cream contains: Cream, Skimmed milk, Dextrose, Sugar Stabiliser (E450, E401).

Vegetable margarine contains: Vegetable oil, Water, Salt, Lemon juice

Strawberry conserve contains: Strawberries (50%), Sucrose syrup, Glucose-fructose syrup, concentrated lemon juice, Gelling agent (Pectin).

## Nutrient analysis survey of biscuits, buns, cakes and pastries

**Label claim(s):** Contains cow's milk, eggs, soya, wheat, gluten  
Made in a factory that uses nut ingredients  
Not suitable for nut allergy sufferers

Sub-sample Number: 48.6

Sub-sample Name: Marks and Spencer Cream Slice

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per slice</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 1725               | 1310                                     |
| Energy          | kcal        | 415                | 315                                      |
| Protein         | g           | 3.0                | 2.3                                      |
| Carbohydrate    | g           | 43.1               | 32.8                                     |
| Sugars          | g           | 29.1               | 22.1                                     |
| Starch          | g           | N/A                | N/A                                      |
| Fat             | g           | 25.4               | 19.3                                     |
| Saturates       | g           | 16.4               | 12.5                                     |
| Monounsaturates | g           | N/A                | N/A                                      |
| Polyunsaturates | g           | N/A                | N/A                                      |
| Fibre           | g           | 0.4                | 0.3                                      |
| Salt            | g           | 0.33               | 0.25                                     |
| Sodium          | g           | 0.13               | 0.1                                      |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

|                                |   |
|--------------------------------|---|
| Composite Sample Number:       | 48                                      |
| Composite Sample Name:         | Cream Filled Pastries                   |
| Sub-sample Number:             | 48.7                                    |
| Sub-sample Name:               | Sainsbury's Fresh Cream Slices          |
| Full Product Name:             | Sainsbury's Fresh Cream Slices          |
| Brand:                         | Sainsbury's                             |
| Pack size:                     | 2                                       |
| Purchase Date:                 | 21/10/08                                |
| Place of Purchase:             | Sainsbury's, William Frost Way, Norwich |
| Sell by Date:                  | N/A                                     |
| Use by Date/Best Before Date:  | 23 Oct                                  |
| Batch Number:                  | N/A                                     |
| Packaging:                     | Card                                    |
| Sample Condition As Purchased: | Chilled                                 |
| Post Purchase Storage:         | 15°C food store                         |

**Ingredients:** Sweetened whipping cream (38%), Puff pastry, Fondant icing (19%), Strawberry jam (8%), Chocolate flavoured icing (1%). Sweetened whipped cream contains: Dextrose, Sugar, Stabilisers (Tetrasodium diphosphate, Sodium alginate, Disodium diphosphate). Puff pastry contains: Wheat flour, Vegetable margarine (Palm, Rapeseed, Coconut and sunflower oils, Water, Salt, Emulsifier (Mono- and Di-glycerides of fatty acids), Lemon juice), Butter (7%), Soya flour, Salt, Natural colour (Beta-carotene), Flour treatment and L-cysteine. Fondant icing contains: Sugar, Water, Glucose syrup, Invert sugar syrup, Palm and Sunflower oils. Strawberry Jam contains: Glucose-fructose syrup, Strawberries (35%), Gelling agent (Pectin), Lemon juice. Chocolate flavoured icing contains: Sugar, Milk chocolate (34%) (Sugar, Cocoa butter, Skimmed milk powder, Cocoa mass, Whey powder, Emulsifier (Soya

## Nutrient analysis survey of biscuits, buns, cakes and pastries

lecithins), Natural flavouring), Palm oil, Fat reduced cocoa powder, Emulsifier (Soya lecithins), Natural flavouring.

### Label claim(s):

Contains milk, wheat, gluten and soya

Not suitable for nut or egg allergy sufferers due to the methods used in the manufacture of this product

Sub-sample Number: 48.7

Sub-sample Name: Sainsbury's Fresh Cream Slices

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per slice</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 1674               | 1289                                     |
| Energy          | kcal        | 400                | 308                                      |
| Protein         | g           | 2.9                | 2.2                                      |
| Carbohydrate    | g           | 50.1               | 38.6                                     |
| Sugars          | g           | 28.5               | 21.9                                     |
| Starch          | g           | N/A                | N/A                                      |
| Fat             | g           | 20.9               | 16.1                                     |
| Saturates       | g           | 12.0               | 9.2                                      |
| Monounsaturates | g           | 6.6                | 5.1                                      |
| Polyunsaturates | g           | 2.2                | 1.7                                      |
| Fibre           | g           | 1.4                | 1.1                                      |
| Salt            | g           | 0.35               | 0.28                                     |
| Sodium          | g           | 0.14               | 0.11                                     |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

|                                |   |
|--------------------------------|---|
| Composite Sample Number:       | 48                                      |
| Composite Sample Name:         | Cream Filled Pastries                   |
| Sub-sample Number:             | 48.8                                    |
| Sub-sample Name:               | Sainsbury's Fresh Cream Slices          |
| Full Product Name:             | Sainsbury's Fresh Cream Slices          |
| Brand:                         | Sainsbury's                             |
| Pack size:                     | 2                                       |
| Purchase Date:                 | 21/10/08                                |
| Place of Purchase:             | Sainsbury's, William Frost Way, Norwich |
| Sell by Date:                  | N/A                                     |
| Use by Date/Best Before Date:  | 23 Oct                                  |
| Batch Number:                  | N/A                                     |
| Packaging:                     | Card                                    |
| Sample Condition As Purchased: | Chilled                                 |
| Post Purchase Storage:         | 15°C food store                         |

Additional Information as 48.7

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 48

Composite Sample Name: Cream Filled Pastries

Sub-sample Number: 48.9

Sub-sample Name: Asda Fresh Cream Slices

Full Product Name: Asda Fresh Cream Slices

Brand: Asda

Pack size: 2

Purchase Date: 21/10/08

Place of Purchase: Asda, Boundary Road, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 22 Oct

Batch Number: N/A

Packaging: Card

Sample Condition As Purchased: Chilled

Post Purchase Storage: 15°C food store

**Ingredients:** Stabilised whipping cream (35%) (Whipping cream, Stabilisers (Sodium alginate diphosphates), Fondant icing (29%) (Sugar, Water, Glucose-fructose syrup, Vegetable oils, Stabiliser (Agar), Puff pastry (Margarine (Vegetable oil, Water, Salt, Emulsifier (Mono- and Di-glycerides of fatty acids, Citric acid)), Wheat flour, Salt, Flour treatment (L-cysteine hydrochloride)), Strawberry jam (9%) (Strawberries, Sugar, Glucose syrup, Gelling agent (Pectin), Acidity regulators (Citric acid, Sodium citrates), Chocolate flavoured compound (Sugar, Vegetable oil, Fat reduced cocoa powder, Cocoa mass, Whey powder, Emulsifier (Soya lecithins), Flavouring.

**Label claim(s):**



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Contains gluten, wheat, milk and soya  
May contain traces of nuts and/or seeds  
Suitable for vegetarians

Sub-sample Number: 48.9

Sub-sample Name: Asda Fresh Cream Slices

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per slice</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 1684               | 1313                                     |
| Energy          | kcal        | 404                | 315                                      |
| Protein         | g           | 3.1                | 2.4                                      |
| Carbohydrate    | g           | 41.3               | 32.2                                     |
| Sugars          | g           | 26.9               | 21.0                                     |
| Starch          | g           | N/A                | N/A                                      |
| Fat             | g           | 25.1               | 19.6                                     |
| Saturates       | g           | 13.4               | 10.5                                     |
| Monounsaturates | g           | N/A                | N/A                                      |
| Polyunsaturates | g           | N/A                | N/A                                      |
| Fibre           | g           | 1.0                | 0.8                                      |
| Salt            | g           | 0.3                | 0.2                                      |
| Sodium          | g           | 0.12               | 0.09                                     |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 48

Composite Sample Name: Cream Filled Pastries

Sub-sample Number: 48.10

Sub-sample Name: Fresh Cream Slices From Bakery

Full Product Name: Fresh Cream Slices

Brand: N/A

Pack size: N/A

Purchase Date: 21/10/08

Place of Purchase: Upper Crust Bakery, Dereham Road, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: N/A

Batch Number: N/A

Packaging: Paper bag

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

### **Ingredients:**

Not listed

### **Nutrient Information:**

Not available

### Sample 49: Cream filled chocolate pastries

|                                |   |
|--------------------------------|---|
| Composite Sample Number:       | 49  |
| Composite Sample Name:         | Cream Filled Chocolate Pastries                     |
| Sub-sample Number:             | 49.1  |
| Sub-sample Name:               | Tesco Fresh Cream Eclairs                           |
| Full Product Name:             | Tesco Temptingly Rich Fresh Cream Chocolate Eclairs |
| Brand:                         | Tesco   |
| Pack size:                     | 2   |
| Purchase Date:                 | 21/10/08  |
| Place of Purchase:             | Tesco, Harford Bridges, Norwich                     |
| Sell by Date:                  | N/A   |
| Use by Date/Best Before Date:  | 23 Oct  |
| Batch Number:                  | N/A   |
| Packaging:                     | Card  |
| Sample Condition As Purchased: | Chilled   |
| Post Purchase Storage:         | 15°C food store                                     |

**Ingredients:** Stabilised whipped cream, Choux pastry éclair case, Chocolate fondant.  
Stabilised whipped cream contains: Whipping cream, Dextrose, Stabiliser (Sodium alginate).  
Choux pastry éclair case contains: Egg, Wheat flour, Vegetable oil, Salt.  
Chocolate fondant contains: Sugar, Milk chocolate (Sugar, Cocoa butter, Milk solids, Cocoa mass, Whey powder, Emulsifier (Soya lecithins), Flavouring), Plain chocolate (Cocoa mass, Sugar, Cocoa butter, Cocoa powder, Emulsifier (Soya lecithins), Flavouring), Water, Dried glucose syrup, Vegetable oil

**Label claim(s):**

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Contains milk, wheat, gluten, egg, soya

Recipe: No nuts

Ingredients: Cannot guarantee nut free

Factory: No nuts

Produced in the UK

Sub-sample Number: 49.1

Sub-sample Name: Tesco Fresh Cream Eclairs

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per éclair (61g)</b> |
|-----------------|-------------|--------------------|---|
| Energy          | kJ          | 1685               | 1030  |
| Energy          | kcal        | 405                | 250   |
| Protein         | g           | 6.7                | 4.1   |
| Carbohydrate    | g           | 31.2               | 19.0  |
| Sugars          | g           | 15.2               | 9.3   |
| Starch          | g           | N/A                | N/A   |
| Fat             | g           | 28.1               | 17.1  |
| Saturates       | g           | 13.4               | 8.2   |
| Monounsaturates | g           | 10.9               | 6.6   |
| Polyunsaturates | g           | 3.7                | 2.3   |
| Fibre           | g           | 1.6                | 1.0   |
| Salt            | g           | 0.4                | 0.3   |
| Sodium          | g           | 0.2                | 0.1   |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 49

Composite Sample Name: Cream Filled Chocolate Pastries

Sub-sample Number: 49.2

Sub-sample Name: Tesco Fresh Cream Eclairs

Full Product Name: Tesco Temptingly Rich Fresh Cream Chocolate Eclairs

Brand: Tesco

Pack size: 2

Purchase Date: 21/10/08

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 24 Oct

Batch Number: N/A

Packaging: Card

Sample Condition As Purchased: Chilled

Post Purchase Storage: 15°C food store

Additional Information as 49.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

|                                |   |
|--------------------------------|---|
| Composite Sample Number:       | 49  |
| Composite Sample Name:         | Cream Filled Chocolate Pastries                     |
| Sub-sample Number:             | 49.3  |
| Sub-sample Name:               | Tesco Fresh Cream Eclairs                           |
| Full Product Name:             | Tesco Temptingly Rich Fresh Cream Chocolate Eclairs |
| Brand:                         | Tesco   |
| Pack size:                     | 4   |
| Purchase Date:                 | 21/10/08  |
| Place of Purchase:             | Tesco, Harford Bridges, Norwich                     |
| Sell by Date:                  | N/A   |
| Use by Date/Best Before Date:  | 25 Oct  |
| Batch Number:                  | N/A   |
| Packaging:                     | Card  |
| Sample Condition As Purchased: | Chilled   |
| Post Purchase Storage:         | 15°C food store                                     |

**Ingredients:** Stabilised whipped cream, Choux pastry éclair case, Chocolate fondant.  
Stabilised whipped cream contains: Whipping cream, Dextrose, Stabiliser (Sodium alginate).  
Choux pastry éclair case contains: Egg, Wheat flour, Vegetable oil, Salt.  
Chocolate fondant contains: Sugar, Milk chocolate (Sugar, Cocoa butter, Milk solids, Cocoa mass, Whey powder, Emulsifier (Soya lecithins), Flavouring), Plain chocolate (Cocoa mass, Sugar, Cocoa butter, Cocoa powder, Emulsifier (Soya lecithins), Flavouring), Water, Dried glucose syrup, Vegetable oil

**Label claim(s):**

Contains milk, wheat, gluten, egg, soya

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Recipe: No nuts

Ingredients: Cannot guarantee nut free

Factory: No nuts

Produced in the UK

Sub-sample Number: 49.3

Sub-sample Name: Tesco Fresh Cream Eclairs

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per éclair (39g)</b> |
|-----------------|-------------|--------------------|---|
| Energy          | kJ          | 1675               | 655   |
| Energy          | kcal        | 405                | 160   |
| Protein         | g           | 6.5                | 2.5   |
| Carbohydrate    | g           | 29.1               | 11.3  |
| Sugars          | g           | 14.8               | 5.8   |
| Starch          | g           | N/A                | N/A   |
| Fat             | g           | 28.8               | 11.2  |
| Saturates       | g           | 16.7               | 6.5   |
| Monounsaturates | g           | 9.3                | 3.6   |
| Polyunsaturates | g           | 2.7                | 1.1   |
| Fibre           | g           | 1.1                | 0.4   |
| Salt            | g           | 0.3                | Trace   |
| Sodium          | g           | 0.1                | Trace   |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 49

Composite Sample Name: Cream Filled Chocolate Pastries

Sub-sample Number: 49.4

Sub-sample Name: Sainsbury's Fresh Cream Eclairs

Full Product Name: Sainsbury's Fresh Cream Eclairs

Brand: Sainsbury's

Pack size: 2

Purchase Date: 21/10/08

Place of Purchase: Sainsbury's, William Frost Way, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 24 Oct

Batch Number: N/A

Packaging: Card

Sample Condition As Purchased: Chilled

Post Purchase Storage: 15°C food store

**Ingredients:** Sweetened whipping cream (42%), Eclair, Chocolate fondant (22%).

Sweetened whipping cream contains: Dextrose, Stabilisers (Disodium diphosphate, Sodium alginate).

Eclair contains: Egg, Wheat flour, Rapeseed oil, Butter, Salt.

Chocolate fondant contains: Sugar, Milk chocolate (19%) (Sugar, Cocoa butter, Skimmed milk powder, Cocoa mass, Whey powder, Emulsifier (Soya lecithins), Natural flavouring), Plain chocolate (19%) (Cocoa mass, Sugar, Emulsifier (Soya lecithins), Natural flavouring), Water, Glucose syrup, Palm oil

**Label claim(s):**



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Contains milk, egg, wheat, gluten and soya

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

Suitable for vegetarians

Sub-sample Number: 49.4

Sub-sample Name: Sainsbury's Fresh Cream Eclairs

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per éclair</b> |
|-----------------|-------------|--------------------|---|
| Energy          | kJ          | 1542               | 910                                       |
| Energy          | kcal        | 371                | 219                                       |
| Protein         | g           | 4.4                | 2.6                                       |
| Carbohydrate    | g           | 27.1               | 16.0                                      |
| Sugars          | g           | 17.8               | 10.5                                      |
| Starch          | g           | 8.4                | 5.0                                       |
| Fat             | g           | 27.2               | 16.0                                      |
| Saturates       | g           | 13.9               | 8.2                                       |
| Monounsaturates | g           | 7.7                | 4.5                                       |
| Polyunsaturates | g           | 4.2                | 2.5                                       |
| Fibre           | g           | 0.5                | 0.3                                       |
| Salt            | g           | 0.25               | 0.15                                      |
| Sodium          | g           | 0.1                | 0.06                                      |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 49

Composite Sample Name: Cream Filled Chocolate Pastries

Sub-sample Number: 49.5

Sub-sample Name: Morrisons Large Fresh Cream Chocolate Eclairs

Full Product Name: Morrisons Large Fresh Cream Chocolate Eclairs

Brand: Morrisons

Pack size: 2

Purchase Date: 21/10/08

Place of Purchase: Morrisons, Riverside, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 22 Oct

Batch Number: N/A

Packaging: Card

Sample Condition As Purchased: Chilled

Post Purchase Storage: 15°C food store

**Ingredients:** Whipped cream (42%) (Cream, Skimmed milk, Dextrose, Stabilisers (Disodium diphosphate, Sodium alginate)), Egg, Wheat flour, Sugar, Milk and plain chocolate (8%) (Sugar, Cocoa mass, Cocoa butter, Skimmed milk solids, Whey powder, Cocoa powder, Emulsifier (Soya lecithins), Natural flavourings), Vegetable oils, Glucose syrup, Butter, Salt

**Label claim(s):**

Contains egg, gluten, milk, soya and sulphite

Produced in a factory which uses nut, peanut and sesame ingredients

Suitable for vegetarians

Produced in the UK

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 49.5

Sub-sample Name: Morrisons Large Fresh Cream Chocolate Eclairs

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per éclair</b> |
|-----------------|-------------|--------------------|---|
| Energy          | kJ          | 1542               | 910                                       |
| Energy          | kcal        | 371                | 219                                       |
| Protein         | g           | 4.4                | 2.6                                       |
| Carbohydrate    | g           | 27.1               | 16  |
| Sugars          | g           | 17.8               | 10.5                                      |
| Starch          | g           | N/A                | N/A                                       |
| Fat             | g           | 27.2               | 16.0                                      |
| Saturates       | g           | 13.9               | 8.2                                       |
| Monounsaturates | g           | N/A                | N/A                                       |
| Polyunsaturates | g           | N/A                | N/A                                       |
| Fibre           | g           | 0.5                | 0.3                                       |
| Salt            | g           | 0.3                | 0.2                                       |
| Sodium          | g           | 0.1                | 0.1                                       |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 49

Composite Sample Name: Cream Filled Chocolate Pastries

Sub-sample Number: 49.6

Sub-sample Name: Sainsbury's Fresh Cream Eclairs

Full Product Name: Sainsbury's Fresh Cream Eclairs

Brand: Sainsbury's

Pack size: 4

Purchase Date: 21/10/08

Place of Purchase: Sainsbury's, William Frost Way, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 24 Oct

Batch Number: N/A

Packaging: Card

Sample Condition As Purchased: Chilled

Post Purchase Storage: 15°C food store

**Ingredients:** Sweetened whipping cream (42%), Eclair, Chocolate fondant (22%).

Sweetened whipping cream contains: Dextrose, Stabilisers (Disodium diphosphate, Sodium alginate).

Eclair contains: Egg, Wheat flour, Rapeseed oil, Butter, Salt.

Chocolate fondant contains: Sugar, Milk chocolate (19%) (Sugar, Cocoa butter, Skimmed milk powder, Cocoa mass, Whey powder, Emulsifier (Soya lecithins), Natural flavouring), Plain chocolate (19%) (Cocoa mass, Sugar, Emulsifier (Soya lecithins), Natural flavouring), Water, Glucose syrup, Palm oil

**Label claim(s):**

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Contains milk, egg, wheat, gluten and soya

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

Suitable for vegetarians

Sub-sample Number: 49.6

Sub-sample Name: Sainsbury's Fresh Cream Eclairs

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per éclair</b> |
|-----------------|-------------|--------------------|---|
| Energy          | kJ          | 1645               | 641                                       |
| Energy          | kcal        | 395                | 154                                       |
| Protein         | g           | 6.1                | 2.4                                       |
| Carbohydrate    | g           | 29.9               | 11.6                                      |
| Sugars          | g           | 17.8               | 7.0                                       |
| Starch          | g           | 12.0               | 4.7                                       |
| Fat             | g           | 27.9               | 10.9                                      |
| Saturates       | g           | 14.3               | 5.6                                       |
| Monounsaturates | g           | 10.6               | 4.1                                       |
| Polyunsaturates | g           | 2.9                | 1.1                                       |
| Fibre           | g           | 1.6                | 0.6                                       |
| Salt            | g           | 0.28               | 0.11                                      |
| Sodium          | g           | 0.11               | 0.04                                      |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 49

Composite Sample Name: Cream Filled Chocolate Pastries

Sub-sample Number: 49.7

Sub-sample Name: Somerfield Fresh Cream Eclairs

Full Product Name: Somerfield Dairy Cream Chocolate Eclairs

Brand: Somerfield

Pack size: 2

Purchase Date: 21/10/08

Place of Purchase: Somerfield, Spixworth, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 22 Oct

Batch Number: N/A

Packaging: Card

Sample Condition As Purchased: Chilled

Post Purchase Storage: 15°C food store

**Ingredients:** Whipping cream (42%) (Cream, Skimmed milk, Dextrose, Stabilisers (E450, E401)), Egg, Wheat flour, Sugar, Vegetable oil, Milk chocolate (4%) (Sugar, Cocoa solids, Skimmed milk solids, Whey powder, Emulsifier (Soya lecithins), Flavourings), Plain chocolate (4%) (Cocoa solids, Sugar, Emulsifier (Soya lecithins), Flavourings), Glucose syrup, Butter, Salt

**Label claim(s):**

Contains egg, milk, soya, wheat and gluten  
Suitable for vegetarians  
May contain traces of nuts or nut derivatives  
Produced in the UK

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 49.7

Sub-sample Name: Somerfield Fresh Cream Eclairs

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per éclair</b> |
|-----------------|-------------|--------------------|---|
| Energy          | kJ          | 1542               | 910                                       |
| Energy          | kcal        | 371                | 219                                       |
| Protein         | g           | 4.4                | 2.6                                       |
| Carbohydrate    | g           | 27.1               | 16.0                                      |
| Sugars          | g           | 17.8               | 10.5                                      |
| Starch          | g           | N/A                | N/A                                       |
| Fat             | g           | 27.2               | 16.0                                      |
| Saturates       | g           | 13.9               | 8.2                                       |
| Monounsaturates | g           | N/A                | N/A                                       |
| Polyunsaturates | g           | N/A                | N/A                                       |
| Fibre           | g           | 0.5                | 0.3                                       |
| Salt            | g           | 0.6                | 0.4                                       |
| Sodium          | g           | 0.25               | 0.15                                      |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 49

Composite Sample Name: Cream Filled Chocolate Pastries

Sub-sample Number: 49.8

Sub-sample Name: Asda Dairy Cream Chocolate Eclairs

Full Product Name: Asda Chocolate Eclairs

Brand: Asda

Pack size: 2

Purchase Date: 21/10/08

Place of Purchase: Asda, Boundary Road, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 22 Oct

Batch Number: N/A

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: 15°C food store

**Ingredients:** Choux pastry (Whole egg, Wheat flour, Margarine (Vegetable oil, Water, salt, Emulsifier (Mono- and Di-glycerides of fatty acids), Flavouring, Humectant (Vegetable glycerine)), Whipping cream (29%) (Whipping cream, Dextrose, Stabilisers (Diphosphates, Sodium alginate)), Chocolate fondant (20%), Milk chocolate (40%) (Sugar, Whole milk powder, Cocoa butter, Cocoa mass, Emulsifier (Soya lecithins), Flavourings), Plain chocolate (10%) (Cocoa mass, Sugar, Cocoa butter, Emulsifier (Soya lecithins), Flavourings)) Vegetable oil, Dried glucose syrup, Butter, Salt, Emulsifiers (Mono- and Di-glycerides of fatty acids, Polyglycerol esters of fatty acids).

**Label claim(s):**



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Contains gluten, milk, wheat, egg and soya

May contain traces of nuts and/or seeds

Suitable for vegetarians

No hydrogenated fats

Produced in the UK

Sub-sample Number: 49.8

Sub-sample Name: Asda Dairy Cream Chocolate Eclairs

### Nutrient Information:

| Nutrient        | Unit | Amount/100g | Amount/Unit/serving |
|-----------------|------|-------------|---------------------|
| Energy          | kJ   | 1712        | N/A                 |
| Energy          | kcal | 411         | N/A                 |
| Protein         | g    | 7.0         | N/A                 |
| Carbohydrate    | g    | 29.7        | N/A                 |
| Sugars          | g    | 17.5        | N/A                 |
| Starch          | g    | N/A         | N/A                 |
| Fat             | g    | 29.4        | N/A                 |
| Saturates       | g    | 15.3        | N/A                 |
| Monounsaturates | g    | N/A         | N/A                 |
| Polyunsaturates | g    | N/A         | N/A                 |
| Fibre           | g    | 0.9         | N/A                 |
| Salt            | g    | 0.3         | N/A                 |
| Sodium          | g    | 0.1         | N/A                 |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

|                                |   |
|--------------------------------|---|
| Composite Sample Number:       | 49  |
| Composite Sample Name:         | Cream Filled Chocolate Pastries                 |
| Sub-sample Number:             | 49.9  |
| Sub-sample Name:               | Marks and Spencer Fresh Cream Chocolate Eclairs |
| Full Product Name:             | Marks and Spencer Fresh Cream Chocolate Eclairs |
| Brand:                         | Marks and Spencer                               |
| Pack size:                     | 4, 175g   |
| Purchase Date:                 | 21/10/08  |
| Place of Purchase:             | Marks and Spencer, Norwich                      |
| Sell by Date:                  | N/A   |
| Use by Date/Best Before Date:  | 22 Oct  |
| Batch Number:                  | N/A   |
| Packaging:                     | Card  |
| Sample Condition As Purchased: | Chilled   |
| Post Purchase Storage:         | 15°C food store                                 |

**Ingredients:** Whipping cream (40%), Pasteurised free range egg, Plain chocolate (12%), Wheatflour, Milk chocolate (8%), Sugar, Vegetable oil, Water, Butter, Coconut oil, Glycerine, Glucose syrup, Humectant (Sorbitol), Salt.

Whipping cream contains: Cream (86%), Skimmed milk, Dextrose, Stabilisers (E450, E401).

Plain chocolate contains: Sugar, Cocoa mass, Cocoa butter, Emulsifier (Soya lecithins

Milk chocolate contains: Sugar, Cocoa butter, Dried whole milk (19%), Cocoa mass, Whey powder, Emulsifier (Soya lecithins), Natural flavouring.

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

Contains Cow's milk, egg, soya, wheat, gluten

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Made in a factory that uses nut ingredients  
Suitable for vegetarians

Sub-sample Number: 49.9

Sub-sample Name: Marks and Spencer Fresh Cream Chocolate Eclairs

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per éclair</b> |
|-----------------|-------------|--------------------|---|
| Energy          | kJ          | 1625               | 715                                       |
| Energy          | kcal        | 390                | 170                                       |
| Protein         | g           | 6.3                | 2.8                                       |
| Carbohydrate    | g           | 28.4               | 12.5                                      |
| Sugars          | g           | 11.1               | 4.9                                       |
| Starch          | g           | N/A                | N/A                                       |
| Fat             | g           | 27.9               | 12.3                                      |
| Saturates       | g           | 15.3               | 6.7                                       |
| Monounsaturates | g           | N/A                | N/A                                       |
| Polyunsaturates | g           | N/A                | N/A                                       |
| Fibre           | g           | 2.0                | 0.9                                       |
| Salt            | g           | 0.3                | 0.1                                       |
| Sodium          | g           | 0.13               | 0.06                                      |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 49

Composite Sample Name: Cream Filled Chocolate Pastries

Sub-sample Number: 49.10

Sub-sample Name: Fresh Cream Eclairs Bakery

Full Product Name: Fresh Cream Eclairs Bakery

Brand: N/A

Pack size: N/A

Purchase Date: 21/10/08

Place of Purchase: Upper Crust Bakery, Dereham Road, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: N/A

Batch Number: N/A

Packaging: Paper bag

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

### **Ingredients:**

Not listed

### **Nutrient Information:**

Not available

Sample 50: Bakewell tarts, iced

Composite Sample Number: 50

Composite Sample Name: Bakewell Tarts, Iced

Sub-sample Number: 50.1

Sub-sample Name: Mr Kipling Cherry Bakewells

Full Product Name: Mr Kipling Cherry Bakewells

Brand: Mr Kipling

Pack size: 6

Purchase Date: 9/10/08

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 09 Nov

Batch Number: J272 M21 1056

Packaging: Card

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

**Ingredients:** Wheat flour, Sugar, Vegetable oil, Glucose syrup, Raspberry flavoured jam (Glucose-fructose syrup, Plums, Sugar syrup, Raspberries, Gelling agent (Pectin), Citric acid, Acidity regulator (Sodium citrate), Flavouring, Colour (Anthocyanins), Preservative (Potassium sorbate)), Glace cherries (Cherries, Sugar, Citric acid, Preservative (Potassium sorbate), Colour (Cochineal)), Reconstituted egg white, Sweetened condensed skimmed milk, Vegetable fat, Coconut flour, Ground almonds, Rice flour, Whey powder, Salt, Dextrose, emulsifiers (Sorbitan Monostearate, Polysorbate 60), Flavouring, Raising agents (Disodium diphosphate, sodium bicarbonate), Milk protein, Humectant (Vegetable glycerine), Dried egg white, Preservative (Potassium sorbate).

## Nutrient analysis survey of biscuits, buns, cakes and pastries

### Label claim(s):

Contains nuts

Contains gluten (wheat), egg and milk

No hydrogenated fats

No artificial colours or flavourings

Sub-sample Number: 50.1

Sub-sample Name: Mr Kipling Cherry Bakewells

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per bakewell</b> |
|-----------------|-------------|--------------------|---|
| Energy          | kJ          | 1788               | 832   |
| Energy          | kcal        | 426                | 198   |
| Protein         | g           | 3.9                | 1.8   |
| Carbohydrate    | g           | 61.4               | 28.5  |
| Sugars          | g           | 39.0               | 18.1  |
| Starch          | g           | N/A                | N/A   |
| Fat             | g           | 18.4               | 8.5   |
| Saturates       | g           | 7.8                | 3.6   |
| Monounsaturates | g           | N/A                | N/A   |
| Polyunsaturates | g           | N/A                | N/A   |
| Fibre           | g           | 1.3                | 0.6   |
| Salt            | g           | 0.35               | 0.18  |
| Sodium          | g           | 0.14               | 0.07  |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 50

Composite Sample Name: Bakewell Tarts, Iced

Sub-sample Number: 50.2

Sub-sample Name: Mr Kipling Cherry Bakewells

Full Product Name: Mr Kipling Cherry Bakewells

Brand: Mr Kipling

Pack size: 6

Purchase Date: 9/10/08

Place of Purchase: Asda, Boundary Road, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 12 Nov

Batch Number: J275 M21 0121

Packaging: Card

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

Additional Information as 50.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 50

Composite Sample Name: Bakewell Tarts, Iced

Sub-sample Number: 50.3

Sub-sample Name: Mr Kipling Bakewell Slices

Full Product Name: Mr Kipling Bakewell Slices

Brand: Mr Kipling

Pack size: 6

Purchase Date: 9/10/08

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 23 Oct

Batch Number: J273 N22 02:05

Packaging: Card

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

**Ingredients:** Wheat flour, Sugar, Raspberry flavoured plum jam (Glucose-fructose syrup, Plums, Sugar syrup, Raspberries, Gelling agent (Pectin), Citric acid, Acidity regulator (Sodium citrate), Flavouring, Colour (Anthocyanins), Preservative (Potassium sorbate)), Vegetable oil, Glucose syrup, Reconstituted egg white, Vegetable fat, Soya flour, Whey powder, Rice flour, Invert sugar syrup, Humectant (Vegetable glycerine), Skimmed milk powder, Ground almonds, Salt, Emulsifiers (Sorbitan Monostearate, Soya lecithin, Polysorbate 60, Sorbitan tristearate), Flavouring, Raising agents (Disodium diphosphate, Sodium bicarbonate), Fat reduced cocoa powder, Milk protein, Dried egg white, Preservative (Potassium sorbate), Colour (Lutein)

**Label claim(s):**



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Contains nuts

Contains gluten (wheat), egg and milk

No hydrogenated fats

No artificial colours or flavourings

Sub-sample Number: 50.3

Sub-sample Name: Mr Kipling Bakewell Slices

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per slice</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 1877               | 660                                      |
| Energy          | kcal        | 447                | 157                                      |
| Protein         | g           | 4.3                | 1.3                                      |
| Carbohydrate    | g           | 64.4               | 22.6                                     |
| Sugars          | g           | 44.6               | 15.7                                     |
| Starch          | g           | N/A                | N/A                                      |
| Fat             | g           | 19.2               | 6.7                                      |
| Saturates       | g           | 8.8                | 3.1                                      |
| Monounsaturates | g           | N/A                | N/A                                      |
| Polyunsaturates | g           | N/A                | N/A                                      |
| Fibre           | g           | 1.2                | 0.4                                      |
| Salt            | g           | 0.45               | 0.15                                     |
| Sodium          | g           | 0.18               | 0.06                                     |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 50

Composite Sample Name: Bakewell Tarts, Iced

Sub-sample Number: 50.4

Sub-sample Name: Mr Kipling Bakewell Slices

Full Product Name: Mr Kipling Bakewell Slices

Brand: Mr Kipling

Pack size: 6

Purchase Date: 9/10/08

Place of Purchase: Asda, Boundary Road, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 26 Oct

Batch Number: J276 N22 01:12

Packaging: Card

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

Additional Information as 50.3

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 50

Composite Sample Name: Bakewell Tarts, Iced

Sub-sample Number: 50.5

Sub-sample Name: Lyons Bakewell Tart (Large)

Full Product Name: Lyons Bakewell Tart

Brand: Lyons

Pack size: 310g

Purchase Date: 14/10/08

Place of Purchase: Somerfield, Old Catton, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 31 Oct

Batch Number: J277 M24 0917

Packaging: Card

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

**Ingredients:** Wheat flour, Sugar, Vegetable oil, Plum and Raspberry jam (Glucose-fructose syrup, Plums, Sugar syrup, Raspberries, Gelling agent (Pectin), Citric acid, Acidity regulator (Sodium citrate), Flavouring, Colour (Anthocyanins), Preservative (Potassium sorbate)), Glucose syrup, Reconstituted egg white, Rice flour, Sweetened condensed skimmed milk, Soya flour, Whey powder, Ground almonds, Raising agents (Disodium diphosphate, Sodium bicarbonate), Salt, Emulsifiers (Sorbitan Monostearate, Polysorbate 60), Milk protein, Dried egg white, Fat reduced cocoa powder, Flavouring, Humectant (Vegetable glycerine), Preservative (Potassium sorbate), Colour (Lutein)

**Label claim(s):**

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Contains nuts

Contains gluten, wheat, egg, milk and soya

No artificial colours or flavourings

Suitable for vegetarians

Sub-sample Number: 50.5

Sub-sample Name: Lyons Bakewell Tart (Large)

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per serving</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 1788               | 923  |
| Energy          | kcal        | 426                | 220  |
| Protein         | g           | 3.9                | 2.0  |
| Carbohydrate    | g           | 63.6               | 32.8                                       |
| Sugars          | g           | 39.5               | 20.4                                       |
| Starch          | g           | N/A                | N/A  |
| Fat             | g           | 17.3               | 8.9  |
| Saturates       | g           | 6.8                | 3.5  |
| Monounsaturates | g           | N/A                | N/A  |
| Polyunsaturates | g           | N/A                | N/A  |
| Fibre           | g           | 1.2                | 0.6  |
| Salt            | g           | 0.33               | 0.18                                       |
| Sodium          | g           | 0.13               | 0.07                                       |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 50

Composite Sample Name: Bakewell Tarts, Iced

Sub-sample Number: 50.6

Sub-sample Name: Lyons Bakewell Tart (Large)

Full Product Name: Lyons Bakewell Tart

Brand: Lyons

Pack size: 310g

Purchase Date: 14/10/08

Place of Purchase: Somerfield, Old Catton, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 31 Oct

Batch Number: J277 M24 0917

Packaging: Card

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

**Ingredients:** Wheat flour, Sugar, Vegetable oil, Plum and Raspberry jam (Glucose-fructose syrup, Plums, Sugar syrup, Raspberries, Gelling agent (Pectin), Citric acid, Acidity regulator (Sodium citrate), Flavouring, Colour (Anthocyanins), Preservative (Potassium sorbate)), Glucose syrup, Reconstituted egg white, Rice flour, Sweetened condensed skimmed milk, Soya flour, Whey powder, Ground almonds, Raising agents (Disodium diphosphate, Sodium bicarbonate), Salt, Emulsifiers (Sorbitan Monostearate, Polysorbate 60), Milk protein, Dried egg white, Fat reduced cocoa powder, Flavouring, Humectant (Vegetable glycerine), Preservative (Potassium sorbate), Colour (Lutein)

**Label claim(s):**

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Contains nuts

Contains gluten, wheat, egg, milk and soya

No artificial colours or flavourings

Suitable for vegetarians

Sub-sample Number: 50.6

Sub-sample Name: Lyons Bakewell Tart (Large)

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per serving</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 1788               | 923  |
| Energy          | kcal        | 426                | 220  |
| Protein         | g           | 3.9                | 2.0  |
| Carbohydrate    | g           | 63.6               | 32.8                                       |
| Sugars          | g           | 39.5               | 20.4                                       |
| Starch          | g           | N/A                | N/A  |
| Fat             | g           | 17.3               | 8.9  |
| Saturates       | g           | 6.8                | 3.5  |
| Monounsaturates | g           | N/A                | N/A  |
| Polyunsaturates | g           | N/A                | N/A  |
| Fibre           | g           | 1.2                | 0.6  |
| Salt            | g           | 0.33               | 0.18                                       |
| Sodium          | g           | 0.13               | 0.07                                       |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 50

Composite Sample Name: Bakewell Tarts, Iced

Sub-sample Number: 50.7

Sub-sample Name: Tesco Cherry Bakewell Tarts

Full Product Name: Tesco Cherry Bakewell Tarts

Brand: Tesco

Pack size: 6

Purchase Date: 9/10/08

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 13/11/08

Batch Number: 8275 21:43

Packaging: Card

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

**Ingredients:** White fondant icing (32%), Wheat flour, Sponge (19%), Raspberry filling (6%), Glace cherries (4%), Vegetable oil, Sugar, Raising agents (Disodium diphosphate, Sodium bicarbonate)

White fondant icing contains: Sugar, Glucose syrup, Vegetable oil, Invert sugar syrup.

Sponge contains: Sugar, Wheat flour, Vegetable oil, Egg, Humectant (Vegetable glycerine), Invert sugar syrup, Milk proteins, Natural flavouring, Raising agents (Disodium diphosphate, Sodium bicarbonate).

Raspberry filling contains: Glucose syrup, Sugar, Raspberry puree, Apple puree, Acidity regulators (Citric acid, Sodium citrate), Gelling agent (Pectin), Natural flavouring, Colour

## Nutrient analysis survey of biscuits, buns, cakes and pastries

(Anthocyanins), Preservative (Potassium sorbate)), Glace cherries contains: Cherries, Glucose-fructose syrup, Colour (Anthocyanins), Acidity regulator (Citric acid).

### Label claim(s):

Contains milk, wheat, gluten, egg

Recipe: No nuts

Ingredients: Cannot guarantee nut free

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

Produced in the UK

Sub-sample Number: 50.7

Sub-sample Name: Tesco Cherry Bakewell Tarts

### Nutrient Information:

| Nutrient        | Unit | Amount/100g | Amount/Unit/serving<br>Per tart (46g) |
|-----------------|------|-------------|---------------------------------------|
| Energy          | kJ   | 1750        | 805                                   |
| Energy          | kcal | 420         | 195                                   |
| Protein         | g    | 3.6         | 1.7                                   |
| Carbohydrate    | g    | 65.4        | 30.1                                  |
| Sugars          | g    | 42.7        | 19.6                                  |
| Starch          | g    | N/A         | N/A                                   |
| Fat             | g    | 15.6        | 7.2                                   |
| Saturates       | g    | 7.0         | 3.2                                   |
| Monounsaturates | g    | N/A         | N/A                                   |
| Polyunsaturates | g    | N/A         | N/A                                   |
| Fibre           | g    | 1.8         | 0.8                                   |
| Salt            | g    | 0.2         | Tr                                    |
| Sodium          | g    | 0.1         | Tr                                    |



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 50

Composite Sample Name: Bakewell Tarts, Iced

Sub-sample Number: 50.8

Sub-sample Name: Morrisons Cherry Bakewells

Full Product Name: Morrisons Cherry Bakewells

Brand: Morrisons

Pack size: 6

Purchase Date: 9/10/08

Place of Purchase: Morrisons, Riverside, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 06/11/08

Batch Number: 8268 18:54

Packaging: Card

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

**Ingredients:** Pastry (Wheat flour, Vegetable oil and hydrogenated vegetable oil (Water, Salt, Emulsifiers (E471, E435), Flavour), Sugar, Raising agents (E450, E500)), Fondant icing (30%) (Sugar, Glucose syrup, Invert sugar syrup, Water, Vegetable oil and hydrogenated vegetable oil), Sponge (Sugar, Vegetable oil and Hydrogenated vegetable oil (Water, Salt, Emulsifiers (E471, E435), Flavour), Wheat flour, Egg, Water, Humectant (Vegetable glycerine), Invert sugar syrup, Milk proteins, Natural flavouring, Raising agents (E450, E500)), Raspberry filling (8%) (Glucose syrup, Sugar, Deseeded raspberries, Citric acid, Gelling agent (Pectin), Acidity regulator (E331c), Preservative (E202), Colours (E150, E163), Flavouring). Glace cherries (4%) (Cherry, Glucose syrup, Sugar, Citric acid (E330), Preservatives (E202, E220), Colour (E127)).

## Nutrient analysis survey of biscuits, buns, cakes and pastries

### Label claim(s):

Contains Egg, wheat gluten, milk, maize

Made in a factory that uses nut ingredients

Sub-sample Number: 50.8

Sub-sample Name: Morrisons Cherry Bakewells

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per tart (46g)</b> |
|-----------------|-------------|--------------------|---|
| Energy          | kJ          | 1704               | 818   |
| Energy          | kcal        | 405                | 194   |
| Protein         | g           | 3.8                | 1.8   |
| Carbohydrate    | g           | 62.0               | 29.8  |
| Sugars          | g           | 36.0               | 17.3  |
| Starch          | g           | N/A                | N/A   |
| Fat             | g           | 15.8               | 7.6   |
| Saturates       | g           | 5.3                | 2.5   |
| Monounsaturates | g           | N/A                | N/A   |
| Polyunsaturates | g           | N/A                | N/A   |
| Fibre           | g           | 3.0                | 1.4   |
| Salt            | g           | 0.4                | 0.2   |
| Sodium          | g           | 0.2                | 0.1   |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 50

Composite Sample Name: Bakewell Tarts, Iced

Sub-sample Number: 50.9

Sub-sample Name: Asda Cherry Bakewells

Full Product Name: Asda Cherry Bakewells

Brand: Asda

Pack size: 6

Purchase Date: 9/10/08

Place of Purchase: Asda, Boundary Road, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 06/11/08

Batch Number: J276 2308

Packaging: Card

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

**Ingredients:** Icing (29%) (Sugar, Glucose syrup, Sweetened condensed skimmed milk, Vegetable oil, Emulsifiers (Sorbitan monostearate, Polysorbate 60), Humectant (glycerol)), Dried egg white, Preservative (Potassium sorbate), Wheat flour, Almond flavoured sponge (18%) (Glucose syrup, Sugar, Wheat flour, Reconstituted egg white, Vegetable oil, Whey powder, Soya flour, Raising agents (Disodium diphosphate, Sodium bicarbonate), Salt, Emulsifier (Mono- and Di-glycerides of fatty acids), Milk protein, Flavouring, Preservative (Potassium sorbate)), Vegetable oil, Plum and raspberry jam (7.9%) (Glucose-fructose syrup, Plums, Sucrose syrup, Raspberries, Gelling agent (Pectin), Citric acid, Acidity regulator (Sodium citrates), Colour (Anthocyanins), Preservative (Potassium sorbate), Flavouring)),

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Glace cherries (5.4%) (Cherries, Glucose-fructose syrup, Colour (Anthocyanins), Citric acid), Sugar, Salt, Dextrose, Raising agents (Disodium diphosphate, Sodium bicarbonate)

### Label claim(s):

Contains gluten, milk, wheat, egg and soya

May contain traces of nuts and/or seeds

Sub-sample Number: 50.9

Sub-sample Name: Asda Cherry Bakewells

### Nutrient Information:

| Nutrient        | Unit | Amount/100g | Amount/Unit/serving<br>Per bakewell |
|-----------------|------|-------------|-------------------------------------|
| Energy          | kJ   | 1745        | 779                                 |
|                 | kcal | 415         | 185                                 |
| Protein         | g    | 3.8         | 1.7                                 |
| Carbohydrate    | g    | 65.3        | 29.1                                |
| Sugars          | g    | 43.0        | 19.1                                |
| Starch          | g    | N/A         | N/A                                 |
| Fat             | g    | 15.4        | 6.9                                 |
| Saturates       | g    | 6.5         | 2.9                                 |
| Monounsaturates | g    | N/A         | N/A                                 |
| Polyunsaturates | g    | N/A         | N/A                                 |
| Fibre           | g    | 1.1         | 0.5                                 |
| Salt            | g    | 0.3         | 0.1                                 |
| Sodium          | g    | 0.12        | 0.05                                |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 50

Composite Sample Name: Bakewell Tarts, Iced

Sub-sample Number: 50.10

Sub-sample Name: Lidl Rowan Hill Bakery Cherry Bakewells

Full Product Name: Lidl Rowan Hill Bakery Cherry Bakewells

Brand: Rowan Hill Bakery

Pack size: 6

Purchase Date: 9/10/08

Place of Purchase: Lidl, Aylsham Road, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 06/11/08

Batch Number: J276 N21 0326

Packaging: Card

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

**Ingredients:** Wheat flour, Sugar, Glucose syrup, Vegetable oil, Hydrogenated vegetable oil, Glace cherries (Cherries, Sugar, Preservatives (Potassium sorbate, Sulphur dioxide), Citric acid, Tartaric acid, Colour (Cochineal)), Glucose-fructose syrup, Sweetened condensed skimmed milk, Plum, Dried egg white, Sucrose syrup, Whey powder, Raspberries, Salt, Soya flour, Dextrose, Emulsifiers (e491, E471, E435), Raising agents (Disodium diphosphate, Sodium bicarbonate), Gelling agent (Pectin), Citric acid, Whey protein concentrate, Acidity regulator (Sodium citrates), Preservative (Potassium sorbate), Colours (Anthocyanins, Lutein), Humectant (Vegetable glycerine), Flavouring

**Label claim(s):**

Contains Gluten (wheat), egg, milk and soya. May contain traces of nuts

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 50.10

Sub-sample Name: Lidl Rowan Hill Bakery Cherry Bakewells

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per bakewell (45g)</b> |
|-----------------|-------------|--------------------|---|
| Energy          | kJ          | 1773               | 789   |
| 415             | kcal        | 422                | 188   |
| Protein         | g           | 3.7                | 1.6   |
| Carbohydrate    | g           | 64.9               | 28.9  |
| Sugars          | g           | 44.2               | 19.7  |
| Starch          | g           | N/A                | N/A   |
| Fat             | g           | 16.4               | 7.3   |
| Saturates       | g           | 7.1                | 3.1   |
| Monounsaturates | g           | N/A                | N/A   |
| Polyunsaturates | g           | N/A                | N/A   |
| Fibre           | g           | 1.1                | 0.5   |
| Salt            | g           | N/A                | N/A   |
| Sodium          | g           | 0.1                | 0.1   |

### Sample 51: Jam tarts

|                                |                                 |
|--------------------------------|---------------------------------|
| Composite Sample Number:       | 51                              |
| Composite Sample Name:         | Jam Tarts                       |
| Sub-sample Number:             | 51.1                            |
| Sub-sample Name:               | Tesco Jam Tarts                 |
| Full Product Name:             | Tesco Assorted Jam Tarts        |
| Brand:                         | Tesco                           |
| Pack size:                     | 6                               |
| Purchase Date:                 | 9/10/08                         |
| Place of Purchase:             | Tesco, Harford Bridges, Norwich |
| Sell by Date:                  | N/A                             |
| Use by Date/Best Before Date:  | 27 Oct                          |
| Batch Number:                  | 8273 22;47                      |
| Packaging:                     | Plastic                         |
| Sample Condition As Purchased: | Ambient                         |
| Post Purchase Storage:         | 15°C food store                 |

**Ingredients:** Wheat flour, Strawberry jam, (15%), Apricot jam (15%), Blackcurrant flavoured jam (15%), Vegetable oil, Sugar, Whey powder.  
Apricot jam contains; Glucose-fructose syrup, Sugar, Apricot puree, Water, Citric acid, Gelling agent (Pectin), Acidity regulator (Trisodium citrate), Preservative (Potassium sorbate), Colour (Curcumin), Natural flavouring.  
Strawberry jam contains; Glucose-fructose syrup, Sugar, Water, Strawberry puree, Concentrated strawberry juice, Citric acid, Colours (Anthocyanins, Annatto), Acidity regulator (Trisodium citrate), Gelling agent (Pectin), Preservative (Potassium sorbate), Natural flavouring.

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Blackcurrant flavoured apple jam contains; Glucose-fructose syrup, Sugar, Apple puree, Water, Colour (Anthocyanins), Citric acid, Acidity regulator (Trisodium citrate), Gelling agent (Pectin), Preservative (Potassium sorbate), Natural flavouring.

### Label claim(s):

Contains milk, wheat, gluten

Recipe: No nuts

Ingredients: Cannot guarantee nut free

Factory: Product made in nut free area, but nuts used elsewhere

Sub-sample Number: 51.1

Sub-sample Name: Tesco Jam Tarts

### Nutrient Information:

| Nutrient        | Unit | Amount/100g | Amount/Unit/serving<br>Per Tart (33g) |
|-----------------|------|-------------|---------------------------------------|
| Energy          | kJ   | 1695        | N/A                                   |
| Energy          | kcal | 405         | N/A                                   |
| Protein         | g    | 3.0         | N/A                                   |
| Carbohydrate    | g    | 62.4        | N/A                                   |
| Sugars          | g    | 32.4        | N/A                                   |
| Starch          | g    | N/A         | N/A                                   |
| Fat             | g    | 15.7        | N/A                                   |
| Saturates       | g    | 8.5         | N/A                                   |
| Monounsaturates | g    | 5.1         | N/A                                   |
| Polyunsaturates | g    | 1.6         | N/A                                   |
| Fibre           | g    | 1.8         | N/A                                   |
| Salt            | g    | Trace       | N/A                                   |
| Sodium          | g    | Trace       | N/A                                   |



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 51

Composite Sample Name: Jam Tarts

Sub-sample Number: 51.2

Sub-sample Name: Tesco Jam Tarts

Full Product Name: Tesco Assorted Jam Tarts

Brand: Tesco

Pack size: 6

Purchase Date: 13/10/08

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

Sell by Date: N/A

Use by Date/Best Before Date: 31 Oct

Batch Number: 8277 17:46

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

Additional Information as 51.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 51

Composite Sample Name: Jam Tarts

Sub-sample Number: 51.3

Sub-sample Name: Tesco Jam Tarts

Full Product Name: Tesco Assorted Jam Tarts

Brand: Tesco

Pack size: 6

Purchase Date: 13/10/08

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

Sell by Date: N/A

Use by Date/Best Before Date: 28 Oct

Batch Number: 8274 13:37

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

Additional Information as 51.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 51

Composite Sample Name: Jam Tarts

Sub-sample Number: 51.4

Sub-sample Name: Mr Kipling Assorted Jam Tarts

Full Product Name: Mr Kipling Assorted Jam Tarts

Brand: Mr Kipling

Pack size: 6

Purchase Date: 9/10/08

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 23 Oct

Batch Number: J273 A23 13:36

Packaging: Card

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

**Ingredients:** Raspberry jam tarts: Raspberry jam (49%) [Glucose-fructose syrup, Raspberries, Citric acid, Gelling agent (Pectin), Acidity regulator (Sodium citrates), Flavouring, Preservative (Potassium sorbate), Colour (Anthocyanins)], Wheat flour, Vegetable oil, Sugar, Raising agents (Disodium diphosphate, Sodium bicarbonate).

Blackcurrant jam tarts: Blackcurrant jam (49%) [Glucose-fructose syrup, Blackcurrant puree, Citric acid, Acidity regulator (Sodium citrates), Gelling agent (Pectin), Flavouring, Preservative (Potassium sorbate)], Wheat flour, Vegetable oil, Sugar, Raising agents (Disodium diphosphate, Sodium bicarbonate).

Apricot jam tarts: Apricot jam (49%) [Glucose-fructose syrup, Apricots, Citric acid, Gelling agent (Pectin), Acidity regulator (Sodium citrates), Preservative (Potassium sorbate), Colour

## Nutrient analysis survey of biscuits, buns, cakes and pastries

(Annatto), Flavouring], Wheat flour, Vegetable oil, Sugar, Raising agents (Disodium diphosphate, Sodium bicarbonate).

### Label claim(s):

Contains gluten (wheat)

May contain nut traces

No hydrogenated fats

No artificial colours or flavours

Sub-sample Number: 51.4

Sub-sample Name: Mr Kipling Assorted Jam Tarts

### Nutrient Information:

| Nutrient        | Unit | Amount/100g | Amount/Unit/serving<br>Per Tart |
|-----------------|------|-------------|---------------------------------|
| Energy          | kJ   | 1613        | 575                             |
| Energy          | kcal | 383         | 137                             |
| Protein         | g    | 3.5         | 1.3                             |
| Carbohydrate    | g    | 63.6        | 22.7                            |
| Sugars          | g    | 32.6        | 11.6                            |
| Starch          | g    | N/A         | N/A                             |
| Fat             | g    | 12.8        | 4.6                             |
| Saturates       | g    | 4.4         | 1.6                             |
| Monounsaturates | g    | N/A         | N/A                             |
| Polyunsaturates | g    | N/A         | N/A                             |
| Fibre           | g    | 1.6         | 0.6                             |
| Salt            | g    | 0.18        | 0.05                            |
| Sodium          | g    | 0.07        | 0.02                            |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 51

Composite Sample Name: Jam Tarts

Sub-sample Number: 51.5

Sub-sample Name: Mr Kipling Assorted Jam Tarts

Full Product Name: Mr Kipling Assorted Jam Tarts

Brand: Mr Kipling

Pack size: 6

Purchase Date: 13/10/08

Place of Purchase: Sainsbury's, William Frost Way, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 30 Oct

Batch Number: J280 M23 11:36

Packaging: Card

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

Additional Information as 51.4

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 51

Composite Sample Name: Jam Tarts

Sub-sample Number: 51.6

Sub-sample Name: Mr Kipling Assorted Jam Tarts

Full Product Name: Mr Kipling Assorted Jam Tarts

Brand: Mr Kipling

Pack size: 6

Purchase Date: 14/10/08

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 23 Oct

Batch Number: J273 A23 13:33

Packaging: Card

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

Additional Information as 51.4

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 51

Composite Sample Name: Jam Tarts

Sub-sample Number: 51.7

Sub-sample Name: Sainsbury's Assorted Jam Tarts

Full Product Name: Sainsbury's Real Fruit Jam Tarts

Brand: Sainsbury's

Pack size: 6

Purchase Date: 13/10/08

Place of Purchase: Sainsbury's, William Frost Way, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 23 Dec 08

Batch Number: N/A

Packaging: Card

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

**Ingredients:** Shortcrust pastry, Apricot jam (14%), Blackcurrant jam (14%), Strawberry jam, (14%).

Shortcrust pastry contains: Wheat flour, Palm oil, Rapeseed oil, Sugar, Salt, Emulsifier (Mono- and Di-glycerides of fatty acids), Raising agents (Disodium diphosphate, Sodium hydrogen carbonate).

Apricot jam contains; Glucose syrup, Apricot puree (35%), Sugar, Acidity regulators (Trisodium citrate, Citric acid), Gelling agent (Pectin), Flavouring, Preservative (Potassium sorbate).

Strawberry jam contains; Glucose syrup, Strawberry puree (35%), Sugar, Acidity regulators (Trisodium citrate, Citric acid), Gelling agent (Pectin), Natural flavouring, Preservative (Potassium sorbate), Natural colour (Anthocyanins).

## Nutrient analysis survey of biscuits, buns, cakes and pastries

### Label claim(s):

Contains wheat gluten

Not suitable for peanut or nut allergy sufferers due to the methods used in the manufacture of this product

Sub-sample Number: 51.7

Sub-sample Name: Sainsbury's Assorted Jam Tarts

### Nutrient Information:

#### Apricot tarts

| Nutrient        | Unit | Amount/100g | Amount/Unit/serving<br>Per Tart |
|-----------------|------|-------------|---------------------------------|
| Energy          | kJ   | 1727        | 483                             |
| Energy          | kcal | 410         | 115                             |
| Protein         | g    | 3.2         | 0.9                             |
| Carbohydrate    | g    | 68.1        | 19.1                            |
| Sugars          | g    | 26.5        | 7.4                             |
| Starch          | g    | 41.6        | 11.6                            |
| Fat             | g    | 13.9        | 3.9                             |
| Saturates       | g    | 5.9         | 1.7                             |
| Monounsaturates | g    | 6.1         | 1.7                             |
| Polyunsaturates | g    | 1.8         | 0.5                             |
| Fibre           | g    | 1.5         | 0.4                             |
| Salt            | g    | 0.25        | Trace                           |
| Sodium          | g    | 0.1         | Trace                           |



## Nutrient analysis survey of biscuits, buns, cakes and pastries

### Blackcurrant tarts

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per Tart</b> |
|-----------------|-------------|--------------------|---|
| Energy          | kJ          | 1748               | 489                                     |
| Energy          | kcal        | 416                | 116                                     |
| Protein         | g           | 3.3                | 0.9                                     |
| Carbohydrate    | g           | 66.9               | 18.7                                    |
| Sugars          | g           | 25.3               | 7.1                                     |
| Starch          | g           | 41.7               | 11.7                                    |
| Fat             | g           | 15.0               | 4.2                                     |
| Saturates       | g           | 6.5                | 1.8                                     |
| Monounsaturates | g           | 6.6                | 1.9                                     |
| Polyunsaturates | g           | 1.9                | 0.5                                     |
| Fibre           | g           | 1.4                | 0.4                                     |
| Salt            | g           | 0.23               | Trace                                   |
| Sodium          | g           | 0.09               | Trace                                   |

### Strawberry tarts

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per Tart</b> |
|-----------------|-------------|--------------------|---|
| Energy          | kJ          | 1706               | 478                                     |
| Energy          | kcal        | 405                | 113                                     |
| Protein         | g           | 3.2                | 0.9                                     |
| Carbohydrate    | g           | 68.9               | 19.3                                    |
| Sugars          | g           | 25.3               | 7.1                                     |
| Starch          | g           | 43.5               | 12.2                                    |
| Fat             | g           | 13.0               | 3.6                                     |
| Saturates       | g           | 5.5                | 1.6                                     |
| Monounsaturates | g           | 5.7                | 1.6                                     |
| Polyunsaturates | g           | 1.7                | 0.5                                     |
| Fibre           | g           | 1.5                | 0.4                                     |
| Salt            | g           | 0.21               | Trace                                   |
| Sodium          | g           | 0.08               | Trace                                   |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 51

Composite Sample Name: Jam Tarts

Sub-sample Number: 51.8

Sub-sample Name: Asda Assorted Jam Tarts

Full Product Name: Asda Assorted Jam Tarts

Brand: Asda

Pack size: 6

Purchase Date: 13/10/08

Place of Purchase: Asda, Boundary Road, Norfolk

Sell by Date: N/A

Use by Date/Best Before Date: 07 Nov

Batch Number: 8274

Packaging: Card

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

**Ingredients:** Wheat flour, Glucose-fructose syrup, Sugar, Vegetable oil (Palm oil), Strawberry puree (5%), Apricot puree (5%), Apple puree (4.9%), Citric acid, Blackcurrant puree (0.3%), Colours (Anthocyanins, Curcumin, Annatto), Whey powder (Milk), Gelling agent (Pectin), Acidity regulator (Trisodium citrate), Preservative (Potassium sorbate), Natural flavouring.

**Label claim(s):**

Contains gluten, milk and wheat  
May contain traces of nuts and/or seeds

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 51.8

Sub-sample Name: Asda Assorted Jam Tarts

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per Tart</b> |
|-----------------|-------------|--------------------|---|
| Energy          | kJ          | 1693               | 560                                     |
| Energy          | kcal        | 403                | 133                                     |
| Protein         | g           | 3.0                | 1.0                                     |
| Carbohydrate    | g           | 62.4               | 20.6                                    |
| Sugars          | g           | 32.4               | 10.7                                    |
| Starch          | g           | N/A                | N/A                                     |
| Fat             | g           | 15.7               | 5.2                                     |
| Saturates       | g           | 8.5                | 2.8                                     |
| Monounsaturates | g           | N/A                | N/A                                     |
| Polyunsaturates | g           | N/A                | N/A                                     |
| Fibre           | g           | 1.8                | 0.6                                     |
| Salt            | g           | 0.1                | Trace                                   |
| Sodium          | g           | Trace              | Trace                                   |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 51

Composite Sample Name: Jam Tarts

Sub-sample Number: 51.9

Sub-sample Name: Co-op Assorted Jam Tarts

Full Product Name: Co-operative Assorted Jam Tarts

Brand: Co-op

Pack size: 6

Purchase Date: 11/10/08

Place of Purchase: Co-op, Acle, Norfolk

Sell by Date: N/A

Use by Date/Best Before Date: 30 Oct

Batch Number: 8276

Packaging: Card

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

**Ingredients:** Strawberry jam tart: Strawberry jam [Glucose-fructose syrup, Strawberry, Sugar, Acidity regulators (Trisodium citrate, Citric acid), Gelling agent (Pectin), Preservative (Potassium sorbate), Colour (Anthocyanins), Flavouring], Wheat flour, Palm oil, Sugar, Whey powder (milk).

Apricot jam tart: Apricot jam [Glucose-fructose syrup, Apricot, Sugar, Acidity regulators (Trisodium citrate, Citric acid), Gelling agent (Pectin), Preservative (Potassium sorbate), Colour (Curcumin), Flavouring], Wheat flour, Palm oil, Sugar, Whey powder (Milk).

Blackcurrant flavour jam tart: Blackcurrant flavour apple jam [Glucose-fructose syrup, Apples, Sugar, Acidity regulators (Trisodium citrate, Citric acid), Gelling agent (Pectin), Preservative

## Nutrient analysis survey of biscuits, buns, cakes and pastries

(Potassium sorbate), Colour (Anthocyanins), Flavouring], Wheat flour, Palm oil, Sugar, Whey powder (Milk).

54% Jam filling, 46% Pastry case

### Label claim(s):

Contains gluten, milk, wheat

May contain traces of nuts

Sub-sample Number: 51.9

Sub-sample Name: Co-op Assorted Jam Tarts

### Nutrient Information:

| Nutrient        | Unit | Amount/100g | Amount/Unit/serving<br>Per Tart |
|-----------------|------|-------------|---------------------------------|
| Energy          | kJ   | 1470        | 460                             |
| Energy          | kcal | 350         | 110                             |
| Protein         | g    | 3.6         | 1.1                             |
| Carbohydrate    | g    | 58.0        | 18.3                            |
| Sugars          | g    | 34.9        | 11.0                            |
| Starch          | g    | N/A         | N/A                             |
| Fat             | g    | 11.6        | 3.6                             |
| Saturates       | g    | 5.6         | 1.8                             |
| Monounsaturates | g    | N/A         | N/A                             |
| Polyunsaturates | g    | N/A         | N/A                             |
| Fibre           | g    | 1.3         | 0.4                             |
| Salt            | g    | 0.1         | Trace                           |
| Sodium          | g    | Trace       | Trace                           |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 51

Composite Sample Name: Jam Tarts

Sub-sample Number: 51.10

Sub-sample Name: Jam Tarts From Bakery

Full Product Name: Jam Tarts From Bakery

Brand: N/A

Pack size: N/A

Purchase Date: 14/10/08

Place of Purchase: Upper Crust Bakery, Dereham Road, Norfolk

Sell by Date: N/A

Use by Date/Best Before Date: N/A

Batch Number: N/A

Packaging: Paper bag

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

### **Ingredients:**

Not listed

### **Nutrient Information:**

Not available

## Sample 52: Custards tarts, individual

Composite Sample Number: 52

Composite Sample Name: Custard Tarts, Individual

Sub-sample Number: 52.1

Sub-sample Name: Tesco Egg Custard Tarts

Full Product Name: Tesco Egg Custard Tarts

Brand: Tesco

Pack size: 4

Purchase Date: 21/10/08

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 22 Oct

Batch Number: 07:50 0

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

**Ingredients:** Custard, Pastry case, Nutmeg.

Custard contains: Milk, Pasteurised egg (13%), Sugar, Double cream (0.5%), Colour (Beta-carotene), Flavouring.

Pastry case contains: Wheat flour, Vegetable fat, Margarine (Vegetable fat, Vegetable oil, Water, Salt), Sugar, Water, Dextrose, Salt.

**Label claim(s):**

Contains milk, wheat, gluten, egg

Recipe: No nuts

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Ingredients: Cannot guarantee nut free

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

Produced in the UK

Sub-sample Number: 52.1

Sub-sample Name: Tesco Egg Custard Tarts

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per Tart (90g)</b> |
|-----------------|-------------|--------------------|---|
| Energy          | kJ          | 1140               | 1030  |
| Energy          | kcal        | 275                | 245   |
| Protein         | g           | 5.7                | 5.1   |
| Carbohydrate    | g           | 33.3               | 30.0  |
| Sugars          | g           | 15.0               | 13.5  |
| Starch          | g           | N/A                | N/A   |
| Fat             | g           | 12.9               | 11.6  |
| Saturates       | g           | 5.3                | 4.8   |
| Monounsaturates | g           | 5.1                | 4.6   |
| Polyunsaturates | g           | 1.9                | 1.7   |
| Fibre           | g           | 0.9                | 0.8   |
| Salt            | g           | 0.5                | 0.5   |
| Sodium          | g           | 0.2                | 0.2   |



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 52

Composite Sample Name: Custard Tarts, Individual

Sub-sample Number: 52.2

Sub-sample Name: Tesco Egg Custard Tarts

Full Product Name: Tesco Egg Custard Tarts

Brand: Tesco

Pack size: 4

Purchase Date: 21/10/08

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 22 Oct

Batch Number: 07:50 0

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

Additional Information as 52.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 52

Composite Sample Name: Custard Tarts, Individual

Sub-sample Number: 52.3

Sub-sample Name: Morrisons Egg Custard Tarts

Full Product Name: Morrisons Egg Custard Tarts

Brand: Morrisons

Pack size: 2

Purchase Date: 21/10/08

Place of Purchase: Morrisons, Riverside, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 23 Oct

Batch Number: N/A

Packaging: Card + Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

### **Ingredients:**

Whole milk (43%), Wheat flour, Egg (15%), Sugar, Vegetable oils, Ground nutmeg, Natural flavourings, Natural colour (Beta-carotene), Salt, Dextrose, Lemon juice.

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

Contains egg, gluten, milk, and sulphite

Produced in a factory which uses nut, peanut and sesame ingredients

Produced in the UK

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 52.3

Sub-sample Name: Morrisons Egg Custard Tarts

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per Tart</b> |
|-----------------|-------------|--------------------|---|
| Energy          | kJ          | 1110               | 999                                     |
| Energy          | kcal        | 265                | 238                                     |
| Protein         | g           | 6.0                | 5.4                                     |
| Carbohydrate    | g           | 33.8               | 30.4                                    |
| Sugars          | g           | 11.9               | 10.7                                    |
| Starch          | g           | N/A                | N/A                                     |
| Fat             | g           | 11.7               | 10.5                                    |
| Saturates       | g           | 3.8                | 3.4                                     |
| Monounsaturates | g           | N/A                | N/A                                     |
| Polyunsaturates | g           | N/A                | N/A                                     |
| Fibre           | g           | 1.1                | 1.0                                     |
| Salt            | g           | 0.5                | 0.3                                     |
| Sodium          | g           | 0.2                | 0.1                                     |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

|                                |                               |
|--------------------------------|-------------------------------|
| Composite Sample Number:       | 52                            |
| Composite Sample Name:         | Custard Tarts, Individual     |
| Sub-sample Number:             | 52.4                          |
| Sub-sample Name:               | Morrisons Egg Custard Tarts   |
| Full Product Name:             | Morrisons Egg Custard Tarts   |
| Brand:                         | Morrisons                     |
| Pack size:                     | 2                             |
| Purchase Date:                 | 21/10/08                      |
| Place of Purchase:             | Morrisons, Riverside, Norwich |
| Sell by Date:                  | N/A                           |
| Use by Date/Best Before Date:  | 22 Oct                        |
| Batch Number:                  | N/A                           |
| Packaging:                     | Card + Plastic                |
| Sample Condition As Purchased: | Ambient                       |
| Post Purchase Storage:         | 15°C food store               |

Additional Information as 52.3

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 52

Composite Sample Name: Custard Tarts, Individual

Sub-sample Number: 52.5

Sub-sample Name: Marks and Spencer Egg Custard Tarts

Full Product Name: Marks and Spencer Egg Custard Tarts

Brand: Marks and Spencer

Pack size: 4

Purchase Date: 21/10/08

Place of Purchase: Marks and Spencer, Rampant Horse Street, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 22 Oct

Batch Number: N/A

Packaging: Card + Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

### **Ingredients:**

Whole milk (40%), Wheat flour, Pasteurised free range egg (17%), Sugar, Vegetable oil, Double cream, Dextrose, Nutmeg, Salt, Emulsifier (E471), Natural vanilla flavouring, Natural colour (Mixed-carotenes).

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

Contains cow's milk, eggs, wheat, gluten  
Made in a factory which uses nut ingredients  
Made in the UK

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 52.5

Sub-sample Name: Marks and Spencer Egg Custard Tarts

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per Tart</b> |
|-----------------|-------------|--------------------|---|
| Energy          | kJ          | 1080               | 895                                     |
| Energy          | kcal        | 260                | 215                                     |
| Protein         | g           | 5.5                | 4.6                                     |
| Carbohydrate    | g           | 30.2               | 25.1                                    |
| Sugars          | g           | 20.2               | 16.8                                    |
| Starch          | g           | N/A                | N/A                                     |
| Fat             | g           | 12.8               | 10.6                                    |
| Saturates       | g           | 4.7                | 3.9                                     |
| Monounsaturates | g           | N/A                | N/A                                     |
| Polyunsaturates | g           | N/A                | N/A                                     |
| Fibre           | g           | 1.9                | 1.6                                     |
| Salt            | g           | 0.5                | 0.4                                     |
| Sodium          | g           | 0.19               | 0.16                                    |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 52

Composite Sample Name: Custard Tarts, Individual

Sub-sample Number: 52.6

Sub-sample Name: Asda Egg Custard Tarts

Full Product Name: Asda Egg Custard Tarts

Brand: Asda

Pack size: 2

Purchase Date: 21/10/08

Place of Purchase: Asda, Boundary Road, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 22 Oct

Batch Number: N/A

Packaging: Card + Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

### **Ingredients:**

Whole milk (42%), Wheat flour, Pasteurised egg (16%), Sugar, Vegetable oil, Dextrose, Ground nutmeg (0.2%), Salt, Emulsifier (Mono- and Di-glycerides of fatty acids), Raising agents (Disodium diphosphate, Sodium bicarbonate), Flavouring, Colour (Carotenes).  
Egg custard (61%).

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

Contains gluten, milk, wheat and egg  
May contain traces of nuts and/or seeds  
No artificial colours, flavours or hydrogenated fat  
No preservatives. Produced in the UK

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 52.6

Sub-sample Name: Asda Egg Custard Tarts

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per Tart</b> |
|-----------------|-------------|--------------------|---|
| Energy          | kJ          | 1101               | 934                                     |
| Energy          | kcal        | 263                | 223                                     |
| Protein         | g           | 5.7                | 4.8                                     |
| Carbohydrate    | g           | 29.0               | 24.7                                    |
| Sugars          | g           | 13.7               | 11.6                                    |
| Starch          | g           | N/A                | N/A                                     |
| Fat             | g           | 13.8               | 11.7                                    |
| Saturates       | g           | 4.5                | 3.8                                     |
| Monounsaturates | g           | N/A                | N/A                                     |
| Polyunsaturates | g           | N/A                | N/A                                     |
| Fibre           | g           | 8.9                | 7.6                                     |
| Salt            | g           | 0.2                | 0.2                                     |
| Sodium          | g           | 0.08               | 0.09                                    |



## Nutrient analysis survey of biscuits, buns, cakes and pastries

|                                |                              |
|--------------------------------|------------------------------|
| Composite Sample Number:       | 52                           |
| Composite Sample Name:         | Custard Tarts, Individual    |
| Sub-sample Number:             | 52.7                         |
| Sub-sample Name:               | Asda Egg Custard Tarts       |
| Full Product Name:             | Asda Egg Custard Tarts       |
| Brand:                         | Asda                         |
| Pack size:                     | 4                            |
| Purchase Date:                 | 21/10/08                     |
| Place of Purchase:             | Asda, Boundary Road, Norwich |
| Sell by Date:                  | N/A                          |
| Use by Date/Best Before Date:  | 22 Oct                       |
| Batch Number:                  | N/A                          |
| Packaging:                     | Card + Plastic               |
| Sample Condition As Purchased: | Ambient                      |
| Post Purchase Storage:         | 15°C food store              |

Additional Information as 52.6

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 52

Composite Sample Name: Custard Tarts, Individual

Sub-sample Number: 52.8

Sub-sample Name: Sainsbury's Egg Custard Tarts

Full Product Name: Sainsbury's Egg Custard Tarts

Brand: Sainsbury's

Pack size: 4

Purchase Date: 21/10/08

Place of Purchase: Sainsbury's, William Frost Way, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 23 Oct

Batch Number: N/A

Packaging: Card + Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

### Ingredients:

Egg custard filling (62%), Shortcrust pastry, Nutmeg

Egg custard filling contains: Whole cow's milk, Whole egg, Sugar, Natural flavouring, Natural colour (Beta-carotene), Salt.

Shortcrust pastry contains: Wheat flour, Vegetable margarine (Palm, rapeseed, sunflower and coconut oils, Water, Lemon juice), Palm and rapeseed oils, Sugar, Whole egg, Salt, Natural colour (Beta-carotene).

### Label claim(s):

Contains gluten, milk, egg and wheat gluten

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

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 52.8

Sub-sample Name: Sainsbury's Egg Custard Tarts

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per Tart</b> |
|-----------------|-------------|--------------------|---|
| Energy          | kJ          | 1094               | 985                                     |
| Energy          | kcal        | 261                | 235                                     |
| Protein         | g           | 6.0                | 5.4                                     |
| Carbohydrate    | g           | 31.4               | 28.3                                    |
| Sugars          | g           | 11.5               | 10.4                                    |
| Starch          | g           | N/A                | N/A                                     |
| Fat             | g           | 12.4               | 11.1                                    |
| Saturates       | g           | 5.2                | 4.7                                     |
| Monounsaturates | g           | 4.4                | 4.0                                     |
| Polyunsaturates | g           | 2.6                | 2.4                                     |
| Fibre           | g           | 1.8                | 1.6                                     |
| Salt            | g           | 0.30               | 0.25                                    |
| Sodium          | g           | 0.12               | 0.10                                    |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

|                                |   |
|--------------------------------|---|
| Composite Sample Number:       | 52                                      |
| Composite Sample Name:         | Custard Tarts, Individual               |
| Sub-sample Number:             | 52.9                                    |
| Sub-sample Name:               | Sainsbury's Egg Custard Tarts           |
| Full Product Name:             | Sainsbury's Egg Custard Tarts           |
| Brand:                         | Sainsbury's                             |
| Pack size:                     | 4                                       |
| Purchase Date:                 | 21/10/08                                |
| Place of Purchase:             | Sainsbury's, William Frost Way, Norwich |
| Sell by Date:                  | N/A                                     |
| Use by Date/Best Before Date:  | 23 Oct                                  |
| Batch Number:                  | N/A                                     |
| Packaging:                     | Card + Plastic                          |
| Sample Condition As Purchased: | Ambient                                 |
| Post Purchase Storage:         | 15°C food store                         |

Additional Information as 52.8

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 52

Composite Sample Name: Custard Tarts, Individual

Sub-sample Number: 52.10

Sub-sample Name: Custard Tarts From Bakery

Full Product Name: Bakery Custard Tarts

Brand: N/A

Pack size: N/A

Purchase Date: 21/10/08

Place of Purchase: Mile Cross Bakery, Aylsham Road, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: N/A

Batch Number: N/A

Packaging: Paper bag

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

### **Ingredients:**

Not listed

### **Nutrient Information:**

Not available

### Sample 53: Small fruit pies

|                                |                                 |
|--------------------------------|---------------------------------|
| Composite Sample Number:       | 53                              |
| Composite Sample Name:         | Small Fruit Pies                |
| Sub-sample Number:             | 53.1                            |
| Sub-sample Name:               | Mr Kipling Bramley Apple Pies   |
| Full Product Name:             | Mr Kipling Bramley Apple Pies   |
| Brand:                         | Mr Kipling                      |
| Pack size:                     | 6                               |
| Purchase Date:                 | 21/10/08                        |
| Place of Purchase:             | Tesco, Harford Bridges, Norwich |
| Sell by Date:                  | N/A                             |
| Use by Date/Best Before Date:  | 03 Nov                          |
| Batch Number:                  | J284 M96                        |
| Packaging:                     | Card                            |
| Sample Condition As Purchased: | Ambient                         |
| Post Purchase Storage:         | 15°C food store                 |

**Ingredients:** Wheat flour, Bramley apple, Sugar, Vegetable oil, Glucose syrup, Dextrose, Modified Maize starch, Humectant (Vegetable glycerine), Salt, Malic acid, Flavouring, Raising agents (Disodium diphosphate, Sodium bicarbonate), Preservatives (Potassium Sorbate, Sulphur dioxide), Gelling agent (Sodium alginate), Adipic acid, Milk protein.

**Label claim(s):**

Contains gluten (wheat), milk and sulphites

May contain nut traces

No hydrogenated fats

No artificial colours or flavours. Suitable for vegetarians

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 53.1

Sub-sample Name: Mr Kipling Bramley Apple Pies

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per Pie</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 1445               | 961                                    |
| Energy          | kcal        | 344                | 229                                    |
| Protein         | g           | 3.3                | 2.2                                    |
| Carbohydrate    | g           | 54.1               | 36.0                                   |
| Sugars          | g           | 29.1               | 19.4                                   |
| Starch          | g           | N/A                | N/A                                    |
| Fat             | g           | 12.7               | 8.4                                    |
| Saturates       | g           | 4.4                | 2.9                                    |
| Monounsaturates | g           | N/A                | N/A                                    |
| Polyunsaturates | g           | N/A                | N/A                                    |
| Fibre           | g           | 1.5                | 1.0                                    |
| Salt            | g           | 0.35               | 0.23                                   |
| Sodium          | g           | 0.14               | 0.09                                   |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

|                                |                               |
|--------------------------------|-------------------------------|
| Composite Sample Number:       | 53                            |
| Composite Sample Name:         | Small Fruit Pies              |
| Sub-sample Number:             | 53.2                          |
| Sub-sample Name:               | Mr Kipling Bramley Apple Pies |
| Full Product Name:             | Mr Kipling Bramley Apple Pies |
| Brand:                         | Mr Kipling                    |
| Pack size:                     | 6                             |
| Purchase Date:                 | 21/10/08                      |
| Place of Purchase:             | Waitrose, Eaton, Norwich      |
| Sell by Date:                  | N/A                           |
| Use by Date/Best Before Date:  | 06 Nov                        |
| Batch Number:                  | J287 E97                      |
| Packaging:                     | Card                          |
| Sample Condition As Purchased: | Ambient                       |
| Post Purchase Storage:         | 15°C food store               |

Additional Information as 53.1



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 53

Composite Sample Name: Small Fruit Pies

Sub-sample Number: 53.3

Sub-sample Name: Mr Kipling Bramley Apple Pies

Full Product Name: Mr Kipling Bramley Apple Pies

Brand: Mr Kipling

Pack size: 6

Purchase Date: 22/10/08

Place of Purchase: Sainsbury's, William Frost Way, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 07 Nov

Batch Number: J288 N97(1)

Packaging: Card

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

Additional Information as 53.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 53

Composite Sample Name: Small Fruit Pies

Sub-sample Number: 53.4

Sub-sample Name: Mr Kipling Apple And Blackcurrant Pies

Full Product Name: Mr Kipling Apple And Blackcurrant Pies

Brand: Mr Kipling

Pack size: 6

Purchase Date: 21/10/08

Place of Purchase: Morrisons, Riverside, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 06 Nov

Batch Number: J287 E67

Packaging: Card

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

**Ingredients:** Wheat flour, Sugar, Bramley apple, Vegetable oil, Glucose syrup, Blackcurrants, Dextrose, Blackcurrant puree, Modified Maize starch, Humectant (Vegetable glycerine), Salt, Malic acid, Raising agents (Disodium diphosphate, Sodium bicarbonate), Preservatives (Potassium sorbate, Sulphur dioxide), Citric acid.

**Label claim(s):**

Contains gluten (wheat) and sulphites  
May contain nut traces  
No hydrogenated fats  
No artificial colours or flavours  
Suitable for vegetarians

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 53.4

Sub-sample Name: Mr Kipling Apple And Blackcurrant Pies

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per Pie</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 1440               | 957                                    |
| Energy          | kcal        | 342                | 228                                    |
| Protein         | g           | 3.4                | 2.2                                    |
| Carbohydrate    | g           | 53.8               | 35.8                                   |
| Sugars          | g           | 29.4               | 19.5                                   |
| Starch          | g           | N/A                | N/A                                    |
| Fat             | g           | 12.7               | 8.4                                    |
| Saturates       | g           | 4.3                | 2.9                                    |
| Monounsaturates | g           | N/A                | N/A                                    |
| Polyunsaturates | g           | N/A                | N/A                                    |
| Fibre           | g           | 1.7                | 1.1                                    |
| Salt            | g           | 0.30               | 0.20                                   |
| Sodium          | g           | 0.12               | 0.08                                   |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 53

Composite Sample Name: Small Fruit Pies

Sub-sample Number: 53.5

Sub-sample Name: Mr Kipling Apple And Blackcurrant Pies

Full Product Name: Mr Kipling Apple And Blackcurrant Pies

Brand: Mr Kipling

Pack size: 6

Purchase Date: 21/10/08

Place of Purchase: Asda, Boundary Road, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 06 Nov

Batch Number: J287 E97

Packaging: Card

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

Additional Information as 53.4

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 53

Composite Sample Name: Small Fruit Pies

Sub-sample Number: 53.6

Sub-sample Name: Mr Kipling Fruit Pie Selection

Full Product Name: Mr Kipling Fruity Pies Selection

Brand: Mr Kipling

Pack size: 6

Purchase Date: 21/10/08

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 06 Nov

Batch Number: J287 N97(1)

Packaging: Card

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

### **Ingredients:** 2 x Apple pies:

Wheat flour, Bramley apple (22%), Sugar, Vegetable oil, Glucose syrup, Dextrose, Modified Maize starch, Humectant (Vegetable glycerine), Salt, Malic acid, Flavouring, Raising agents (Disodium diphosphate, Sodium bicarbonate), Preservatives (Potassium sorbate, Sulphur dioxide), Gelling agent (Sodium alginate), Adipic acid, Milk protein.

### 2 x Apple and blackcurrant pies:

Wheat flour, Sugar, Bramley apple (13%), Vegetable oil, Glucose syrup, Blackcurrants (5%), Dextrose, Blackcurrant puree (2%), Modified Maize starch, Humectant (Vegetable glycerine), Salt, Malic acid, Raising agents (Disodium diphosphate, Sodium bicarbonate), Preservatives (Potassium sorbate, Sulphur dioxide), Citric acid.

## Nutrient analysis survey of biscuits, buns, cakes and pastries

2 x Cherry pies:

Wheat flour, Sugar, Cherries (23%), Vegetable oil, Glucose syrup, Modified Maize starch, Dextrose, Salt, Citric acid, Raising agents (Disodium diphosphate, Sodium bicarbonate), Preservatives (Potassium sorbate, Sulphur dioxide), Flavouring.

### Label claim(s):

Contains gluten (wheat), milk and sulphites

May contain nut traces

May contain cherry stones

No hydrogenated fats

No artificial colours or flavours

Suitable for vegetarians

Sub-sample Number: 53.6

Sub-sample Name: Mr Kipling Fruit Pie Selection

### Nutrient Information:

| Nutrient        | Unit | Amount/100g | Amount/Unit/serving<br>Per Pie |
|-----------------|------|-------------|--------------------------------|
| Energy          | kJ   | 1448        | 963                            |
| Energy          | kcal | 345         | 229                            |
| Protein         | g    | 3.4         | 2.2                            |
| Carbohydrate    | g    | 54.3        | 36.1                           |
| Sugars          | g    | 29.6        | 19.7                           |
| Starch          | g    | N/A         | N/A                            |
| Fat             | g    | 12.7        | 8.4                            |
| Saturates       | g    | 4.3         | 2.9                            |
| Monounsaturates | g    | N/A         | N/A                            |
| Polyunsaturates | g    | N/A         | N/A                            |
| Fibre           | g    | 1.5         | 1.0                            |
| Salt            | g    | 0.30        | 0.20                           |
| Sodium          | g    | 0.12        | 0.08                           |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 53

Composite Sample Name: Small Fruit Pies

Sub-sample Number: 53.7

Sub-sample Name: Tesco Bramley Apple Pies

Full Product Name: Tesco Bramley Apple Pies

Brand: Tesco

Pack size: 6

Purchase Date: 21/10/08

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 10/11/08

Batch Number: 08286 20:36:16

Packaging: Card

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

**Ingredients:** Wheat flour, Sugar, Apple (15%), Vegetable oil, Glucose syrup, Dextrose, Modified Maize starch, Maltodextrin, Humectant (Vegetable glycerine), Apple puree (1%), Acidity regulators (Malic acid, Citric acid, Disodium citrate), Milk proteins, Salt, Gelling agent (Sodium alginate), Preservative (Potassium sorbate), Raising agents (Disodium diphosphate, Sodium bicarbonate), Flavouring.

**Label claim(s):**

Contains milk, wheat, gluten, sulphites

Recipe: No nuts

Ingredients: Cannot guarantee nut free

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Factory: Before being prepared for manufacture of this product, the equipment was previously used to make products containing nuts  
Produced in the UK

Sub-sample Number: 53.7

Sub-sample Name: Tesco Bramley Apple Pies

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per Pie (62g)</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 1575               | 975  |
| Energy          | kcal        | 375                | 235  |
| Protein         | g           | 3.1                | 1.9  |
| Carbohydrate    | g           | 59.7               | 37.0   |
| Sugars          | g           | 29.9               | 18.5   |
| Starch          | g           | N/A                | N/A  |
| Fat             | g           | 13.6               | 8.4  |
| Saturates       | g           | 5.7                | 3.5  |
| Monounsaturates | g           | 5.6                | 3.5  |
| Polyunsaturates | g           | 1.8                | 1.1  |
| Fibre           | g           | 2.7                | 1.7  |
| Salt            | g           | 0.4                | 0.2  |
| Sodium          | g           | 0.1                | 0.1  |



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 53

Composite Sample Name: Small Fruit Pies

Sub-sample Number: 53.8

Sub-sample Name: Lidl (Rowan Hill) Bramley Apple Pies

Full Product Name: Rowan Hill Bakery Bramley Apple Pies

Brand: Rowan Hill

Pack size: 6

Purchase Date: 21/10/08

Place of Purchase: Lidl, Alysham Road, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 06 Nov

Batch Number: J283 N80

Packaging: Card

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

**Ingredients:** Wheat flour, Apple (20%), Sugar, Vegetable oil, Glucose syrup, Hydrogenated vegetable oil, Dextrose, Modified Maize starch, Citric acid, Salt, Preservative (Potassium sorbate, Sodium metabisulphite), Gelling agent (Sodium alginate), Adipic acid, Milk protein, Flavouring.

**Label claim(s):**

Contains gluten (wheat), milk and sulphites  
May contain traces of nuts  
Suitable for vegetarians  
No artificial colours

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 53.8

Sub-sample Name: Lidl (Rowan Hill) Bramley Apple Pies

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per Pie (64g)</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 1449               | 932  |
| Energy          | kcal        | 345                | 222  |
| Protein         | g           | 3.5                | 2.3  |
| Carbohydrate    | g           | 52.9               | 34.0   |
| Sugars          | g           | 28.8               | 18.5   |
| Starch          | g           | N/A                | N/A  |
| Fat             | g           | 13.3               | 8.5  |
| Saturates       | g           | N/A                | N/A  |
| Monounsaturates | g           | N/A                | N/A  |
| Polyunsaturates | g           | N/A                | N/A  |
| Fibre           | g           | 1.4                | 0.9  |
| Salt            | g           | N/A                | N/A  |
| Sodium          | g           | 0.1                | 0.1  |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 53

Composite Sample Name: Small Fruit Pies

Sub-sample Number: 53.9

Sub-sample Name: Tesco Value Apple Pies

Full Product Name: Tesco Value Apple Pies

Brand: Tesco

Pack size: 6

Purchase Date: 21/10/08

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 11 Nov

Batch Number: 8284 16:23

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

**Ingredients:** Wheat flour, Sugar, Apple (15%), Vegetable oil, Water, Glucose-fructose syrup, Modified Maize starch, Glucose syrup, Whey powder, Humectant (Glycerine), Citric acid, Raising agents (Disodium diphosphate, Sodium bicarbonate), Dextrose, Stabiliser (Sodium alginate), Preservatives (Potassium sorbate, Sulphur dioxide), Ascorbic acid.

**Label claim(s):**

Contains milk, wheat, gluten, sulphites

Recipe: No nuts

Ingredients: Cannot guarantee nut free

Factory: Product made in nut free area but nuts used elsewhere

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 53.9

Sub-sample Name: Tesco Value Apple Pies

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per Pie (47g)</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 1640               | 770  |
| Energy          | kcal        | 390                | 185  |
| Protein         | g           | 4.0                | 1.9  |
| Carbohydrate    | g           | 61.0               | 28.7   |
| Sugars          | g           | 27.8               | 13.1   |
| Starch          | g           | N/A                | N/A  |
| Fat             | g           | 14.4               | 6.8  |
| Saturates       | g           | 3.3                | 1.6  |
| Monounsaturates | g           | 4.2                | 2.0  |
| Polyunsaturates | g           | 2.1                | 1.0  |
| Fibre           | g           | 1.6                | 0.8  |
| Salt            | g           | Trace              | Trace  |
| Sodium          | g           | Trace              | Trace  |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 53

Composite Sample Name: Small Fruit Pies

Sub-sample Number: 53.10

Sub-sample Name: Asda Smart Price Apple Pies

Full Product Name: Asda Smart Price Apple Pies

Brand: Asda

Pack size: 6

Purchase Date: 21/10/08

Place of Purchase: Asda, Boundary Road, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 24 Nov

Batch Number: 287 A211 1415

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

**Ingredients:** Wheat flour, Vegetable oil, Apple (14%), Dextrose, Sugar, Glucose syrup, Humectant (Glycerol), Maize starch, Salt, Acidity regulator (Malic acid), Preservatives (Potassium sorbate, Sodium metabisulphite).

**Label claim(s):**

Contains gluten, wheat and sulphur dioxide  
May contain traces of nuts and/or seeds  
No hydrogenated fats

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 53.10

Sub-sample Name: Asda Smart Price Apple Pies

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving<br/>Per Pie</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | 1577               | 738                                    |
| Energy          | kcal        | 375                | 176                                    |
| Protein         | g           | 3.7                | 1.7                                    |
| Carbohydrate    | g           | 55.6               | 26.0                                   |
| Sugars          | g           | 26.8               | 12.8                                   |
| Starch          | g           | N/A                | N/A                                    |
| Fat             | g           | 15.4               | 7.2                                    |
| Saturates       | g           | 5.3                | 2.5                                    |
| Monounsaturates | g           | N/A                | N/A                                    |
| Polyunsaturates | g           | N/A                | N/A                                    |
| Fibre           | g           | 1.4                | 0.7                                    |
| Salt            | g           | 0.3                | 0.1                                    |
| Sodium          | g           | 0.1                | Trace                                  |

### Sample 54: Mince pies

Composite Sample Number: 54

Composite Sample Name: Mince Pies

Sub-sample Number: 54.1

Sub-sample Name: Tesco Deep Filled Mince Pies

Full Product Name: Tesco Deep Filled Mince Pies

Brand: Tesco

Pack size: 6

Purchase Date: 4/11/08

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 05/12/08

Batch Number: 08283

Packaging: Cardboard

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

**Ingredients:** Minced meat (47%), Wheat flour, Vegetable oil, Sugar, Glucose syrup, Milk proteins, Wheat gluten, Salt, Raising agents (Disodium diphosphate, Sodium bicarbonate), Colour (Beta-carotene).

Minced meat contains: Sultanas, Sugar, Apple puree, Glucose syrup, Dextrose, Water, Vegetable oil, Orange peel, Modified maize starch, Lemon peel, Acetic acid, Malted barley extract, Cinnamon, Coriander, Ginger, Caraway, Clove, Nutmeg, Orange oil, Acidity regulator (Citric acid), Preservative (Potassium sorbate)

**Label claim(s):**

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Contains milk, wheat, gluten

Recipe: No nuts

Ingredients: Cannot guarantee nut free

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

Suitable for vegetarians

Produced in the UK

Sub-sample Number: 54.1

Sub-sample Name: Tesco Deep Filled Mince Pies

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving/<br/>Per Pie (67g)</b> |
|-----------------|-------------|--------------------|---|
| Energy          | kJ          | 1670               | 1120  |
| Energy          | kcal        | 400                | 270   |
| Protein         | g           | 2.7                | 1.8   |
| Carbohydrate    | g           | 62.8               | 42.1  |
| Sugars          | g           | 36.0               | 24.1  |
| Starch          | g           | N/A                | N/A   |
| Fat             | g           | 15.0               | 10.1  |
| Saturates       | g           | 5.8                | 3.9   |
| Monounsaturates | g           | 5.9                | 4.0   |
| Polyunsaturates | g           | 2.6                | 1.7   |
| Fibre           | g           | 2.1                | 1.4   |
| Salt            | g           | 0.3                | 0.2   |
| Sodium          | g           | 0.1                | 0.1   |



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 54

Composite Sample Name: Mince Pies

Sub-sample Number: 54.2

Sub-sample Name: Tesco Deep Filled Mince Pies

Full Product Name: Tesco Deep Filled Mince Pies

Brand: Tesco

Pack size: 6

Purchase Date: 4/11/08

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 17/12/08

Batch Number: 08296 18:09

Packaging: Cardboard

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

Additional Information as 54.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 54

Composite Sample Name: Mince Pies

Sub-sample Number: 54.3

Sub-sample Name: Mr Kipling Mince Pies

Full Product Name: Mr Kipling Mince Pies

Brand: Mr Kipling

Pack size: 6

Purchase Date: 4/11/08

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 01 Dec

Batch Number: J273\*A96

Packaging: Cardboard

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

**Ingredients:** Wheat flour, Sugar, Glucose syrup, Vegetable oil, Bramley apple, Sultanas, Raisins, Butter oil, Maize starch, Apricot filling (Glucose-fructose syrup, Sugar syrup, Apricot, Gelling agent (Pectin), Citric acid, Acidity regulator (Sodium citrates)), Preservative (Potassium sorbate), Currants, Candied mixed peel (Orange peel, Glucose-fructose syrup, Invert sugar syrup, Lemon peel, Citric acid, Preservative (Sulphur dioxide)), Dextrose, Salt, Flavouring (contains milk), Acetic acid, Mixed spice (Cinnamon, Coriander, Caraway, Fennel, Nutmeg, Cloves, Ground ginger, Turmeric), Whole milk powder, Malted barley extract, Raising agents (Disodium diphosphate, Sodium bicarbonate), Preservatives (Potassium sorbate, Sulphur dioxide), Orange oil.

## Nutrient analysis survey of biscuits, buns, cakes and pastries

### Label claim(s):

Contains gluten (wheat and barley), milk and sulphites

May contain nut traces

No hydrogenated fats

Suitable for vegetarians

No artificial colours or flavours

Sub-sample Number: 54.3

Sub-sample Name: Mr Kipling Mince Pies

### Nutrient Information:

| Nutrient        | Unit | Amount/100g | Amount/Unit/serving/<br>Per Pie |
|-----------------|------|-------------|---------------------------------|
| Energy          | kJ   | 1617        | 1075                            |
| Energy          | kcal | 385         | 256                             |
| Protein         | g    | 3.3         | 2.2                             |
| Carbohydrate    | g    | 59.8        | 39.8                            |
| Sugars          | g    | 36.3        | 24.2                            |
| Starch          | g    | N/A         | N/A                             |
| Fat             | g    | 14.7        | 9.8                             |
| Saturates       | g    | 6.3         | 4.2                             |
| Monounsaturates | g    | N/A         | N/A                             |
| Polyunsaturates | g    | N/A         | N/A                             |
| Fibre           | g    | 1.5         | 1.0                             |
| Salt            | g    | 0.30        | 0.2                             |
| Sodium          | g    | 0.12        | 0.08                            |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 54

Composite Sample Name: Mince Pies

Sub-sample Number: 54.4

Sub-sample Name: Mr Kipling Mince Pies

Full Product Name: Mr Kipling Mince Pies

Brand: Mr Kipling

Pack size: 6

Purchase Date: 4/11/08

Place of Purchase: Asda, Boundary Road, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 01 Dec

Batch Number: J287\*N96(1)

Packaging: Cardboard

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

Additional Information as 54.3

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 54

Composite Sample Name: Mince Pies

Sub-sample Number: 54.5

Sub-sample Name: Sainsbury's Deep Mince Pies

Full Product Name: Sainsbury's Deep Mince Pies

Brand: Sainsbury's

Pack size: 6

Purchase Date: 4/11/08

Place of Purchase: Sainsbury's, William Frost Way, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 01 Dec

Batch Number: J288 N80

Packaging: Cardboard

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

**Ingredients:** Pastry (53%), Mincemeat (46%), Sugar (1%)

Pastry contains; Wheat flour, Glucose syrup, Butteroil (from cow's milk) (11%), Palm oil, Rapeseed oil, Salt, Dextrose, Whole milk powder, Raising agents (Disodium diphosphate, Sodium hydrogen carbonate), Preservatives (Potassium sorbate).

Mincemeat contains; Apple (19%), Sugar, Sultanas (15%), Raisins (15%), Glucose syrup, Currants (8%), Humectant (Vegetable glycerine), Dextrose, Candied mixed peel (Orange peel, Glucose-fructose syrup, Invert sugar syrup, Lemon peel, Citric acid, Preservative (Sulphur dioxide)), Vegetable suet (Palm oil, Sunflower oil, Wheat flour), Treacle, Mixed spice (Cinnamon, Coriander, Caraway, Nutmeg, Cloves, Ginger), Cinnamon, Acetic acid, Orange oil, Preservatives (Sulphur dioxide, Potassium sorbate).

## Nutrient analysis survey of biscuits, buns, cakes and pastries

### Label claim(s):

Contains milk, wheat, gluten and sulphites

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

Produced in the UK

Sub-sample Number: 54.5

Sub-sample Name: Sainsbury's Deep Mince Pies

### Nutrient Information:

| Nutrient        | Unit | Amount/100g | Amount/Unit/serving/<br>Per Pie |
|-----------------|------|-------------|---------------------------------|
| Energy          | kJ   | 1614        | 1074                            |
| Energy          | kcal | 384         | 255                             |
| Protein         | g    | 3.8         | 2.5                             |
| Carbohydrate    | g    | 62.0        | 41.2                            |
| Sugars          | g    | 32.8        | 21.8                            |
| Starch          | g    | N/A         | N/A                             |
| Fat             | g    | 13.4        | 8.9                             |
| Saturates       | g    | 6.0         | 4.0                             |
| Monounsaturates | g    | 4.4         | 2.9                             |
| Polyunsaturates | g    | 1.5         | 1.0                             |
| Fibre           | g    | 3.6         | 2.4                             |
| Salt            | g    | 0.25        | 0.17                            |
| Sodium          | g    | 0.10        | 0.07                            |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 54

Composite Sample Name: Mince Pies

Sub-sample Number: 54.6

Sub-sample Name: Marks and Spencer Deep Mince Pies

Full Product Name: Marks and Spencer Deep Mince Pies

Brand: Marks and Spencer

Pack size: 6

Purchase Date: 30/10/08

Place of Purchase: Marks and Spencer, Rampant Horse Street, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 24/11/08

Batch Number: 8295 06:50:24

Packaging: Cardboard

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

### Ingredients:

Wheat flour, Sugar, Butter (10%), Sultanas (9%), Vegetable oils, Apples, Currants (4%), Raisins (15%), Vegetable suet, Brown sugar, Candied orange and lemon peel, Dried wheat gluten, Dextrose, Lemon juice, Lemon zest, Acidity regulator (Acetic acid), Citric acid, Cinnamon, Black treacle, Gelling agent (Pectin), Ground nutmeg, Baking powder (Raising agent E450(i), Sodium bicarbonate), Cloves.

Vegetable suet contains; Palm oil, Sunflower oil, Rice flour.

Candied orange and lemon peel contains orange peel, Glucose-fructose syrup, Lemon peel, Sugar, Citric acid.

## Nutrient analysis survey of biscuits, buns, cakes and pastries

### Label claim(s):

Contains cow's milk, wheat, gluten

Made in a factory that uses nut ingredients

No artificial colours or flavourings or preservatives

Sub-sample Number: 54.6

Sub-sample Name: Marks and Spencer Deep Mince Pies

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving/<br/>Per Pie</b> |
|-----------------|-------------|--------------------|---|
| Energy          | kJ          | 1620               | 1065                                    |
| Energy          | kcal        | 385                | 255                                     |
| Protein         | g           | 5.3                | 3.5                                     |
| Carbohydrate    | g           | 54.2               | 35.7                                    |
| Sugars          | g           | 34.0               | 22.4                                    |
| Starch          | g           | N/A                | N/A                                     |
| Fat             | g           | 16.4               | 10.8                                    |
| Saturates       | g           | 7.9                | 5.2                                     |
| Monounsaturates | g           | N/A                | N/A                                     |
| Polyunsaturates | g           | N/A                | N/A                                     |
| Fibre           | g           | 3.4                | 2.2                                     |
| Salt            | g           | Trace              | Trace                                   |
| Sodium          | g           | Trace              | Trace                                   |



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 54

Composite Sample Name: Mince Pies

Sub-sample Number: 54.7

Sub-sample Name: Sainsbury's Bakery Mince Pies

Full Product Name: Sainsbury's Bakery Mince Pies

Brand: Sainsbury's

Pack size: N/A

Purchase Date: 4/11/08

Place of Purchase: Sainsbury's, William Frost Way, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 8 Nov 08

Batch Number: N/A

Packaging: Plastic

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

### **Ingredients:**

Not listed

### **Nutrient Information:**

Not available

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 54

Composite Sample Name: Mince Pies

Sub-sample Number: 54.8

Sub-sample Name: Mince Pies From Bakery

Full Product Name: Mince Pie

Brand: N/A

Pack size: N/A

Purchase Date: 4/11/08

Place of Purchase: Ketts Hill Bakery, Bowthorpe, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: N/A

Batch Number: N/A

Packaging: Paper

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

### **Ingredients:**

Not listed

### **Nutrient Information:**

Not available

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 54

Composite Sample Name: Mince Pies

Sub-sample Number: 54.9

Sub-sample Name: Morrisons Deep Filled Mince Pies

Full Product Name: Morrisons Deep Filled Mince Pies

Brand: Morrisons

Pack size: 6

Purchase Date: 4/11/08

Place of Purchase: Morrisons, Riverside, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 17 Nov

Batch Number: J254\* N80

Packaging: Cardboard

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

### Ingredients:

Mincemeat filling (45%) (Sugar, Apple pulp (Bramley apple, Preservatives (Sulphur dioxide, potassium sorbate)), Glucose syrup, Currants, Sultanas, Raisins, Apricot filling (Glucose-fructose syrup, Sugar syrup, Apricot pulp, Gelling agent (Pectin), Citric acid, Acidity regulator (Sodium citrates), preservatives (Sulphur dioxide, Potassium sorbate)), Candied mixed peel (Orange peel, Glucose-fructose syrup, Invert sugar syrup, Lemon peel, Citric acid, preservative (Sulphur dioxide)), Vegetable oil, Acetic acid, Modified potato starch, Barley malt extract, Mixed spice (Cinnamon, Coriander, Caraway, Fennel, Nutmeg, Cloves, Ginger, Turmeric), Citric acid, Orange oil).

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Wheat flour, Vegetable oil, Glucose syrup, Vegetable margarine (Vegetable oil, Salt), Sugar, Dextrose, Salt, Milk powder, Raising agents (Disodium diphosphate, Sodium bicarbonate), Preservative (Potassium sorbate), Flavouring.

### Label claim(s):

Contains gluten, milk and sulphite

Produced in a factory that uses nut ingredients

Produced in the UK

Sub-sample Number: 54.9

Sub-sample Name: Morrisons Deep Filled Mince Pies

### Nutrient Information:

| Nutrient        | Unit | Amount/100g | Amount/Unit/serving/<br>Per Pie |
|-----------------|------|-------------|---------------------------------|
| Energy          | kJ   | 1586        | 1031                            |
| Energy          | kcal | 377         | 245                             |
| Protein         | g    | 3.7         | 2.4                             |
| Carbohydrate    | g    | 59.8        | 38.9                            |
| Sugars          | g    | 32.1        | 20.9                            |
| Starch          | g    | N/A         | N/A                             |
| Fat             | g    | 13.7        | 8.9                             |
| Saturates       | g    | 4.4         | 2.9                             |
| Monounsaturates | g    | N/A         | N/A                             |
| Polyunsaturates | g    | N/A         | N/A                             |
| Fibre           | g    | 2.4         | 1.6                             |
| Salt            | g    | 0.2         | 0.1                             |
| Sodium          | g    | 0.1         | 0.1                             |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 54

Composite Sample Name: Mince Pies

Sub-sample Number: 54.10

Sub-sample Name: Asda Rich Fruit Mince Pies

Full Product Name: Asda Rich Fruit Mince Pies

Brand: Asda

Pack size: 12

Purchase Date: 4/11/08

Place of Purchase: Asda, Boundary Road, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 15 Dec

Batch Number: J279\* N23 0556

Packaging: Cardboard

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

### Ingredients:

Mincemeat filling (49%) (Sugar, Bramley apple, Sultanas, Glucose syrup, Raisins, Currants, Apricot filling (Glucose-fructose syrup, Sugar syrup, Apricot pulp, Gelling agent (Pectin), Citric acid, Acidity regulator (Sodium citrates), preservative (Potassium sorbate), Candied mixed peel (Orange peel, Glucose-fructose syrup, Invert sugar syrup, Lemon peel, Citric acid, preservative (Sulphur dioxide)), Vegetable oil, Mixed spice (Cinnamon, Coriander, Caraway, Fennel, Nutmeg, Cloves, Ginger, Turmeric), Acetic acid, Barley malt extract, Citric acid, Preservatives (Sulphur dioxide, Potassium sorbate), Orange oil).

Wheat flour, Vegetable oil, Sugar, Glucose syrup, Dextrose, Salt, Raising agents (Disodium diphosphate, Sodium bicarbonate), Preservative (Potassium sorbate)

## Nutrient analysis survey of biscuits, buns, cakes and pastries

### Label claim(s):

Contains gluten, wheat, barley and sulphur dioxide

May contain traces of nuts and/or seeds

Produced in the UK

Sub-sample Number: 54.10

Sub-sample Name: Asda Rich Fruit Mince Pies

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving/<br/>Per Pie</b> |
|-----------------|-------------|--------------------|---|
| Energy          | kJ          | 1637               | 939                                     |
| Energy          | kcal        | 390                | 224                                     |
| Protein         | g           | 3.8                | 2.2                                     |
| Carbohydrate    | g           | 59.2               | 33.9                                    |
| Sugars          | g           | 32.1               | 18.4                                    |
| Starch          | g           | N/A                | N/A                                     |
| Fat             | g           | 15.3               | 8.8                                     |
| Saturates       | g           | 5.2                | 3.0                                     |
| Monounsaturates | g           | N/A                | N/A                                     |
| Polyunsaturates | g           | N/A                | N/A                                     |
| Fibre           | g           | 2.4                | 1.4                                     |
| Salt            | g           | 0.2                | 0.1                                     |
| Sodium          | g           | 0.09               | 0.05                                    |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

### Sample 55: Doughnuts, filled with jam

Composite Sample Number: 55

Composite Sample Name: Doughnuts, Filled With Jam

Sub-sample Number: 55.1

Sub-sample Name: Jam Doughnuts From Bakery Shop

Full Product Name: Bakery Jam Doughnuts

Brand: N/A

Pack size: N/A

Purchase Date: 4/11/08

Place of Purchase: Easters Bakery, Oval Road, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: N/A

Batch Number: N/A

Packaging: Paper

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

#### **Ingredients:**

Not listed

#### **Nutrient Information:**

Not available

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 55

Composite Sample Name: Doughnuts, Filled With Jam

Sub-sample Number: 55.2

Sub-sample Name: Jam Doughnuts From Bakery Shop

Full Product Name: Bakery Jam Doughnuts

Brand: N/A

Pack size: N/A

Purchase Date: 4/11/08

Place of Purchase: Ketts Hill Bakery, Bowthorpe , Norwich

Sell by Date: N/A

Use by Date/Best Before Date: N/A

Batch Number: N/A

Packaging: N/A

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

### **Ingredients:**

Not listed

### **Nutrient Information:**

Not available



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 55

Composite Sample Name: Doughnuts, Filled With Jam

Sub-sample Number: 55.3

Sub-sample Name: Krispy Kreme Doughnuts

Full Product Name: Krispy Kreme Doughnuts  
Powdered Strawberry Filled And Glazed Raspberry Filled

Brand: Krispy Kreme

Pack size: N/A

Purchase Date: 3/11/08

Place of Purchase: Tesco Extra, Brooklands, Barnes Wallace Drive,  
Weybridge, Surrey

Sell by Date: N/A

Use by Date/Best Before Date: N/A

Batch Number: N/A

Packaging: Card

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

**Ingredients:** Glazed raspberry filled:

Enriched bleached wheat flour (Bleached wheat flour, Niacin, Reduced iron, Thiamine mononitrate, Riboflavin, Folic acid), Dextrose, Vegetable shortening (Partially hydrogenated soybean and/or cottonseed oil), Water, Sugar, Soy flour, Egg yolks, Yeast, Nonfat milk, Yeast nutrients (Calcium sulphate, Ammonium sulphate), Dough conditioners (Calcium dioxide, Monocalcium and dicalcium phosphate, Diammonium phosphate, Sodium stearoyl-2-lactylate), Whey, Cornstarch, Ascorbic acid, Sodium bicarbonate, Calcium carbonate, Salt, mono and diglycerides, Ethoxylated mono and diglycerides, lecithin, Calcium propionate (Preservative), Cellulose gum, Malted barley flour, Natural and artificial flavours, Enzymes and BHT (to help protect flavour).

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Raspberry Filling contains: Sugar, Water, Corn syrup, Corn starch, Sodium alginate, Propylene glycol alginate, Pectin, Adipic acid, Guar gum, Fumaric acid, Sodium hexametaphosphate, Citric acid, Carboxymethyl cellulose, Carrageenan, Calcium citrate, Potassium chloride, Calcium sulphate, Sodium benzoate (Preservative), Locust bean gum, Red 40, Artificial flavour, Blue #2 and Blue #1.

Glaze contains: Sugar, Water, Corn starch, Calcium carbonate, Calcium sulphate, Agar, Dextrose, Locust bean gum, Disodium phosphate, Sorbitan monostearate, Mono and diglycerides, Artificial flavour and Salt.

Sub-sample Number: 55.3

Sub-sample Name: Krispy Kreme Doughnuts

### Nutrient Information:

| Nutrient        | Unit | Amount/100g | Amount/Unit/serving/<br>Per Doughnut (85g) |
|-----------------|------|-------------|--|
| Energy          | kJ   | N/A         | 300  |
| Energy          | kcal | N/A         | N/A  |
| Protein         | g    | N/A         | 3  |
| Carbohydrate    | g    | N/A         | 38   |
| Sugars          | g    | N/A         | 22   |
| Starch          | g    | N/A         | N/A  |
| Fat             | g    | N/A         | 16   |
| Saturates       | g    | N/A         | 4  |
| Monounsaturates | g    | N/A         | N/A  |
| Polyunsaturates | g    | N/A         | N/A  |
| Trans fat       | g    | N/A         | 5  |
| Cholesterol     | mg   | N/A         | 5  |
| Fibre           | g    | N/A         | <1   |
| Salt            | g    | N/A         | N/A  |
| Sodium          | mg   | N/A         | 130  |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 55

Composite Sample Name: Doughnuts, Filled With Jam

Sub-sample Number: 55.4

Sub-sample Name: Tesco Jam Doughnuts

Full Product Name: Tesco Jam Doughnuts

Brand: Tesco

Pack size: 5

Purchase Date: 4/11/08

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 4 Nov

Batch Number: N/A

Packaging: Paper

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

### **Ingredients:**

Not listed

### **Nutrient Information:**

Not available

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 55

Composite Sample Name: Doughnuts, Filled With Jam

Sub-sample Number: 55.5

Sub-sample Name: Tesco Jam Doughnuts

Full Product Name: Tesco Jam Doughnuts

Brand: Tesco

Pack size: 5

Purchase Date: 4/11/08

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 4 Nov

Batch Number: N/A

Packaging: Paper

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

### **Ingredients:**

Not listed

### **Nutrient Information:**

Not available

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 55

Composite Sample Name: Doughnuts, Filled With Jam

Sub-sample Number: 55.6

Sub-sample Name: Tesco Jam Doughnuts

Full Product Name: Tesco Jam Doughnuts

Brand: Tesco

Pack size: 5

Purchase Date: 4/11/08

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 4 Nov

Batch Number: N/A

Packaging: Paper

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

### **Ingredients:**

Not listed

### **Nutrient Information:**

Not available

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 55

Composite Sample Name: Doughnuts, Filled With Jam

Sub-sample Number: 55.7

Sub-sample Name: Tesco Jam Doughnuts

Full Product Name: Tesco Jam Doughnuts

Brand: Tesco

Pack size: 5

Purchase Date: 4/11/08

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 4 Nov

Batch Number: N/A

Packaging: Paper

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

### **Ingredients:**

Not listed

### **Nutrient Information:**

Not available

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 55

Composite Sample Name: Doughnuts, Filled With Jam

Sub-sample Number: 55.8

Sub-sample Name: Morrisons, Raspberry Filled Doughnuts

Full Product Name: Morrisons, Raspberry Filled Doughnuts

Brand: Morrisons

Pack size: 5

Purchase Date: 4/11/08

Place of Purchase: Morrisons, Riverside, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 4 Nov

Batch Number: N/A

Packaging: N/A

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

### **Ingredients:**

Not listed

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

Contains colour, flavouring, preservative

### **Nutrient Information:**

Not available

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 55

Composite Sample Name: Doughnuts, Filled With Jam

Sub-sample Number: 55.9

Sub-sample Name: Sainsbury's Jam Ball Doughnuts

Full Product Name: Sainsbury's Jam Ball Doughnuts

Brand: Sainsbury's

Pack size: 5

Purchase Date: 4/11/08

Place of Purchase: Sainsbury's, William Frost Way, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 5 Nov 08

Batch Number: N/A

Packaging: N/A

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

### **Ingredients:**

Not listed

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

Contains colour and flavouring  
Inc. flour treatment agent and preservative

### **Nutrient Information:**

Not available



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 55

Composite Sample Name: Doughnuts, Filled With Jam

Sub-sample Number: 55.10

Sub-sample Name: Asda Bakery Jam Doughnuts

Full Product Name: Asda Bakery Raspberry Jam Doughnuts

Brand: Asda

Pack size: 5

Purchase Date: 4/11/08

Place of Purchase: Asda, Boundary Road, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 5 Nov 08

Batch Number: N/A

Packaging: N/A

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

### **Ingredients:**

Not listed

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

May contain traces of nuts and/or seeds

### **Nutrient Information:**

Not available

Sample 56: Doughnuts, ring, iced

Composite Sample Number: 56

Composite Sample Name: Doughnuts, Ring, Iced

Sub-sample Number: 56.1

Sub-sample Name: Tesco Strawberry Ring Doughnuts

Full Product Name: Tesco Bakery Strawberry Ring Doughnut

Brand: Tesco

Pack size: 4

Purchase Date: 4/11/08

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date: 4 Nov (Display until)

Use by Date/Best Before Date: N/A

Batch Number: N/A

Packaging: N/A

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

**Ingredients:**

Not listed

**Label claim(s):**

May contain traces of nuts

**Nutrient Information:**

Not available

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 56

Composite Sample Name: Doughnuts, Ring, Iced

Sub-sample Number: 56.2

Sub-sample Name: Tesco Strawberry Ring Doughnuts

Full Product Name: Tesco Bakery Strawberry Ring Doughnut

Brand: Tesco

Pack size: 4

Purchase Date: 4/11/08

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date: 4 Nov (Display until)

Use by Date/Best Before Date: N/A

Batch Number: N/A

Packaging: N/A

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

### **Ingredients:**

Not listed

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

May contain traces of nuts

### **Nutrient Information:**

Not available

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 56

Composite Sample Name: Doughnuts, Ring, Iced

Sub-sample Number: 56.3

Sub-sample Name: Morrisons Iced Ring Doughnuts

Full Product Name: Morrisons Iced Ring Doughnuts

Brand: Morrisons

Pack size: 4

Purchase Date: 4/11/08

Place of Purchase: Morrisons, Riverside, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 03 Nov

Batch Number: 07 7

Packaging: N/A

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

### **Ingredients:**

Not listed

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

Contains colour, flavouring

### **Nutrient Information:**

Not available

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 56

Composite Sample Name: Doughnuts, Ring, Iced

Sub-sample Number: 56.4

Sub-sample Name: Morrisons Iced Ring Doughnuts

Full Product Name: Morrisons Iced Ring Doughnuts

Brand: Morrisons

Pack size: 4

Purchase Date: 4/11/08

Place of Purchase: Morrisons, Riverside, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 03 Nov

Batch Number: 07 7

Packaging: N/A

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

### **Ingredients:**

Not listed

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

Contains colour, flavouring

### **Nutrient Information:**

Not available

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 56

Composite Sample Name: Doughnuts, Ring, Iced

Sub-sample Number: 56.5

Sub-sample Name: Tesco Chocolate Iced Ring Doughnuts

Full Product Name: Tesco Bakery Chocolate Iced Ring Doughnuts

Brand: Tesco

Pack size: 4

Purchase Date: 4/11/08

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date: 4 Nov (Display until)

Use by Date/Best Before Date: N/A

Batch Number: N/A

Packaging: N/A

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

### **Ingredients:**

Not listed

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

May contain traces of nuts

### **Nutrient Information:**

Not available

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 56

Composite Sample Name: Doughnuts, Ring, Iced

Sub-sample Number: 56.6

Sub-sample Name: Tesco Mini Chocolate Flavoured Doughnuts

Full Product Name: Tesco Mini Chocolate Flavour Topped Doughnut

Brand: Tesco

Pack size: 20

Purchase Date: 4/11/08

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date: 4 Nov (Display until)

Use by Date/Best Before Date: N/A

Batch Number: N/A

Packaging: N/A

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

**Ingredients:** Wheat flour, Water, Vegetable oil, Chocolate flavour topping (14%), Sugar, Raising agents (Disodium diphosphate, Sodium bicarbonate), Dried skimmed milk, Soya flour, Dextrose, Salt, Whey powder, Emulsifier (Lecithins, Mono- and Di-glycerides of fatty acid, Sodium stearoyl-2-lactylate), Dried egg yolk, Oat fibre, Cornflour, Milk proteins.  
Donut topping contains: Sugar, Vegetable oil, Whey powder, Wheat flour, Cocoa powder, Emulsifier (Lecithins, Polyglycerol esters of fatty acids), Flavouring

**Label claim(s):**

May contain traces of nuts

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 56.6

Sub-sample Name: Tesco Mini Chocolate Flavoured Doughnuts

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving/<br/>Per Donut (14g)</b> |
|-----------------|-------------|--------------------|---|
| Energy          | kJ          | 1692               | 235   |
| Energy          | kcal        | 405                | 55  |
| Protein         | g           | 4.8                | 0.7   |
| Carbohydrate    | g           | 46.0               | 6.4   |
| Sugars          | g           | 19.9               | 2.8   |
| Starch          | g           | N/A                | N/A   |
| Fat             | g           | 22.4               | 3.1   |
| Saturates       | g           | 11.6               | 1.6   |
| Monounsaturates | g           | 7.8                | 1.1   |
| Polyunsaturates | g           | 2.1                | 0.3   |
| Fibre           | g           | 2.3                | 0.3   |
| Salt            | g           | N/A                | N/A   |
| Sodium          | g           | 0.12               | 0.02  |



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 56

Composite Sample Name: Doughnuts, Ring, Iced

Sub-sample Number: 56.7

Sub-sample Name: Asda Chocolate Iced Ring Doughnuts

Full Product Name: Asda Chocolate Iced Ring Donuts

Brand: Asda

Pack size: N/A

Purchase Date: 4/11/08

Place of Purchase: Asda, Boundary Road, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: N/A

Batch Number: N/A

Packaging: N/A

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

### **Ingredients:**

Not listed

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

May contain traces of nuts and/or seeds

### **Nutrient Information:**

Not available

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 56

Composite Sample Name: Doughnuts, Ring, Iced

Sub-sample Number: 56.8

Sub-sample Name: Tesco Rolo Doughnuts

Full Product Name: Tesco Rolo Doughnuts

Brand: Tesco

Pack size: 4

Purchase Date: 4/11/08

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 4 Nov

Batch Number: N/A

Packaging: N/A

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

**Ingredients:** Dough (Wheat flour, Vegetable oil, Water, Sugar, Yeast, Emulsifiers (E471, Soya lecithin, E481), Lactose, Egg yolk powder, Salt, Full fat soya flour, Raising agents (E450, E500), Flavouring, Flour treatment agent (E300).

Filling (13%) (Partially inverted sugar, Glucose syrup (contains sulphur dioxide), Water, Sugar, Butter, Sweetened condensed milk, Modified maize starch, Salt, Flavouring, Gelling agent (E440), Emulsifier (Soya lecithin)).

Icing (11.5%) (Sugar, Vegetable oil, Whole milk powder, Skimmed milk powder, Cocoa powder, Emulsifier (Soya lecithin), Salt, Flavouring).

Chocolate Chips (14%) (Sugar, Cocoa butter, Whole milk powder, Cocoa mass, Flavouring, Emulsifier (E476)

## Nutrient analysis survey of biscuits, buns, cakes and pastries

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

May contain traces of nuts and sesame or other seeds

### **Nutrient Information:**

Not available

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 56

Composite Sample Name: Doughnuts, Ring, Iced

Sub-sample Number: 56.9

Sub-sample Name: Tesco Chocolate Iced Ring Doughnuts

Full Product Name: Tesco Bakery Chocolate Iced Ring Doughnuts

Brand: Tesco

Pack size: 4

Purchase Date: 4/11/08

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date: 4 Nov (Display until)

Use by Date/Best Before Date: N/A

Batch Number: N/A

Packaging: N/A

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

### **Ingredients:**

Not listed

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

May contain traces of nuts

### **Nutrient Information:**

Not available

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 56

Composite Sample Name: Doughnuts, Ring, Iced

Sub-sample Number: 56.10

Sub-sample Name: Krispy Kreme Doughnuts

Full Product Name: Krispy Kreme Doughnuts  
2 Glazed, 1 Chocolate Iced Glazed, 1 Chocolate Iced With Sprinkles

Brand: Krispy Kreme

Pack size: N/A

Purchase Date: 3/11/08

Place of Purchase: Tesco Extra, Brooklands, Barnes Wallace Drive, Weybridge, Surrey

Sell by Date: N/A

Use by Date/Best Before Date: N/A

Batch Number: N/A

Packaging: Card

Sample Condition As Purchased: Ambient

Post Purchase Storage: 15°C food store

### **Ingredients:** Original glazed:

Enriched bleached wheat flour (Bleached wheat flour, Niacin, Reduced iron, Thiamine mononitrate, Riboflavin, Folic acid), Dextrose, Vegetable shortening (Partially hydrogenated soybean and/or cottonseed oil), Water, Sugar, Soy flour, Egg yolks, Yeast, Nonfat milk, Yeast nutrients (Calcium sulphate, Ammonium sulphate), Dough conditioners (Calcium dioxide, Monocalcium and Dicalcium phosphate, Diammonium phosphate, Sodium stearoyl-2-lactylate), Whey, Cornstarch, Ascorbic acid, Sodium bicarbonate, Calcium carbonate, Salt, mono and diglycerides, Ethoxylated mono and diglycerides, lecithin, Calcium propionate (Preservative), Cellulose gum, Malted barley flour,

## Nutrient analysis survey of biscuits, buns, cakes and pastries

**Glaze contains:** Sugar, Water, Corn starch, Calcium carbonate, Calcium sulphate, Agar, Dextrose, Locust bean gum, Disodium phosphate, Sorbitan monostearate, Mono and diglycerides, Artificial flavour and Salt.

**Chocolate Icing contains:** Sugar, Water, Cocoa, Corn syrup solids, Corn starch, Vegetable shortening, Soybean oil, Contains two percent or less of: soy lecithin, salt and artificial flavour.

Fondettes contain: Sugar, hydrogenated palm kernel oil, Corn starch, Glucose, Soya lecithin, FD&C Artificial colours (Red #40, Yellow#5, Red #3, Yellow #6, Blue #1) and Carnauba wax.

Sub-sample Number: 56.10

Sub-sample Name: Krispy Kreme Doughnuts

### Nutrient Information:

#### Original glazed

| Nutrient        | Unit | Amount/100g | Amount/Unit/serving/<br>Per Doughnut (52g) |
|-----------------|------|-------------|--|
| Energy          | kJ   | N/A         | N/A  |
| Energy          | kcal | N/A         | 200  |
| Protein         | g    | N/A         | 2  |
| Carbohydrate    | g    | N/A         | 22   |
| Sugars          | g    | N/A         | 10   |
| Starch          | g    | N/A         | N/A  |
| Fat             | g    | N/A         | 12   |
| Saturates       | g    | N/A         | 3  |
| Monounsaturates | g    | N/A         | N/A  |
| Polyunsaturates | g    | N/A         | N/A  |
| Trans fat       | g    | N/A         | 4  |
| Cholesterol     | mg   | N/A         | 5  |
| Fibre           | g    | N/A         | <1   |
| Salt            | g    | N/A         | N/A  |
| Sodium          | mg   | N/A         | 95   |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 56.10

Sub-sample Name: Krispy Kreme Doughnuts

### Chocolate iced with sprinkles

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving/<br/>Per Doughnut (71g)</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | N/A                | N/A  |
| Energy          | kcal        | N/A                | 260  |
| Protein         | g           | N/A                | 3  |
| Carbohydrate    | g           | N/A                | 38   |
| Sugars          | g           | N/A                | 24   |
| Starch          | g           | N/A                | N/A  |
| Fat             | g           | N/A                | 12   |
| Saturates       | g           | N/A                | 3  |
| Monounsaturates | g           | N/A                | N/A  |
| Polyunsaturates | g           | N/A                | N/A  |
| Trans fat       | g           | N/A                | 4  |
| Cholesterol     | mg          | N/A                | 5  |
| Fibre           | g           | N/A                | <1   |
| Salt            | g           | N/A                | N/A  |
| Sodium          | mg          | N/A                | 100  |

**Nutrient analysis survey of biscuits, buns, cakes and pastries**

Sub-sample Number: 56.10

Sub-sample Name: Krispy Kreme Doughnuts

**Chocolate iced glazed**

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g</b> | <b>Amount/Unit/serving/<br/>Per Doughnut (66g)</b> |
|-----------------|-------------|--------------------|--|
| Energy          | kJ          | N/A                | N/A  |
| Energy          | kcal        | N/A                | 250  |
| Protein         | g           | N/A                | 3  |
| Carbohydrate    | g           | N/A                | 33   |
| Sugars          | g           | N/A                | 21   |
| Starch          | g           | N/A                | N/A  |
| Fat             | g           | N/A                | 12   |
| Saturates       | g           | N/A                | 3  |
| Monounsaturates | g           | N/A                | N/A  |
| Polyunsaturates | g           | N/A                | N/A  |
| Trans fat       | g           | N/A                | 4  |
| Cholesterol     | mg          | N/A                | 5  |
| Fibre           | g           | N/A                | <1   |
| Salt            | g           | N/A                | N/A  |
| Sodium          | mg          | N/A                | 100  |



Sample 57: Shortcrust pastry, uncooked

Composite Sample Number: 57

Composite Sample Name: Shortcrust Pastry, Uncooked

Sub-sample Number: 57.1

Sub-sample Name: Jus-Rol Tartlet Cases, Frozen

Full Product Name: Jus-Rol Tartlet Cases Shortcrust Pastry

Brand: Jus-Rol

Pack size: 6, 366g

Purchase Date: 21/10/08

Place of Purchase: Sainsbury's, William Frost Way, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: Aug 09

Batch Number: L8059 22:11

Packaging: Card

Sample Condition As Purchased: Frozen

Post Purchase Storage: -18°C freezer

**Ingredients:** Wheat flour, Vegetable oil, Water, Salt, Preservative (Potassium sorbate)

**Label claim(s):**

Contains wheat ingredients

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 57.1

Sub-sample Name: Jus-Rol Tartlet Cases, Frozen

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g<br/>Uncooked</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|---------------------------------|----------------------------|
| Energy          | kJ          | 1946                            | N/A                        |
| Energy          | kcal        | 468                             | N/A                        |
| Protein         | g           | 6.1                             | N/A                        |
| Carbohydrate    | g           | 38.5                            | N/A                        |
| Sugars          | g           | 1.4                             | N/A                        |
| Starch          | g           | N/A                             | N/A                        |
| Fat             | g           | 34.4                            | N/A                        |
| Saturates       | g           | 11.9                            | N/A                        |
| Monounsaturates | g           | N/A                             | N/A                        |
| Polyunsaturates | g           | N/A                             | N/A                        |
| Fibre           | g           | 1.7                             | N/A                        |
| Salt            | g           | N/A                             | N/A                        |
| Sodium          | g           | 0.3                             | N/A                        |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 57

Composite Sample Name: Shortcrust Pastry, Uncooked

Sub-sample Number: 57.2

Sub-sample Name: Jus-Rol Round Shortcrust Pastry Sheets, Frozen

Full Product Name: Jus-Rol Shortcrust Ready Rolled Pastry Sheets

Brand: Jus-Rol

Pack size: 2 sheets, 450g

Purchase Date: 21/10/08

Place of Purchase: Waitrose, Eaton, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: Jan 10

Batch Number: L8186 09:07

Packaging: Card

Sample Condition As Purchased: Frozen

Post Purchase Storage: -18°C freezer

**Ingredients:** Wheat flour, Vegetable oil, Water, Sugar, Salt, Emulsifier (Mono- and Di-glycerides of fatty acids).

**Label claim(s):**

Contains wheat ingredients

No artificial colours or flavourings or preservatives

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 57.2

Sub-sample Name: Jus-Rol Round Shortcrust Pastry Sheets, Frozen

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g<br/>Uncooked</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|---------------------------------|----------------------------|
| Energy          | kJ          | 1919                            | N/A                        |
| Energy          | kcal        | 460                             | N/A                        |
| Protein         | g           | 7.1                             | N/A                        |
| Carbohydrate    | g           | 39.1                            | N/A                        |
| Sugars          | g           | 1.8                             | N/A                        |
| Starch          | g           | N/A                             | N/A                        |
| Fat             | g           | 30.6                            | N/A                        |
| Saturates       | g           | 10.6                            | N/A                        |
| Monounsaturates | g           | N/A                             | N/A                        |
| Polyunsaturates | g           | N/A                             | N/A                        |
| Fibre           | g           | 1.7                             | N/A                        |
| Salt            | g           | N/A                             | N/A                        |
| Sodium          | g           | 0.3                             | N/A                        |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 57

Composite Sample Name: Shortcrust Pastry, Uncooked

Sub-sample Number: 57.3

Sub-sample Name: Saxby (Jus-Rol) Ready Rolled Short Pastry, Chilled

Full Product Name: Jus-Rol Shortcrust Pastry Sheet, Chilled

Brand: Jus-Rol

Pack size: 375g

Purchase Date: 21/10/08

Place of Purchase: Waitrose, Eaton, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 3 Nov

Batch Number: CL8280 09:22

Packaging: Card

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

**Ingredients:** Wheat flour, Vegetable oil, Water, Salt, Lemon juice, Preservative (Potassium sorbate).

**Label claim(s):**

Contains wheat ingredients

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 57.3

Sub-sample Name: Saxby (Jus-Rol) Ready Rolled Short Pastry, Chilled

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g<br/>Uncooked</b> | <b>Amount/Unit/serving<br/>Per Serving 50g</b> |
|-----------------|-------------|---------------------------------|--|
| Energy          | kJ          | 1850                            | 925  |
| Energy          | kcal        | 445                             | 223  |
| Protein         | g           | 5.0                             | 2.5  |
| Carbohydrate    | g           | 35.2                            | 17.6   |
| Sugars          | g           | 0.8                             | 0.4  |
| Starch          | g           | N/A                             | N/A  |
| Fat             | g           | 30.9                            | 15.5   |
| Saturates       | g           | 10.7                            | 5.4  |
| Monounsaturates | g           | N/A                             | N/A  |
| Polyunsaturates | g           | N/A                             | N/A  |
| Fibre           | g           | 1.6                             | 0.8  |
| Salt            | g           | 0.5                             | 0.3  |
| Sodium          | g           | 0.2                             | 0.1  |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 57

Composite Sample Name: Shortcrust Pastry, Uncooked

Sub-sample Number: 57.4

Sub-sample Name: Saxby (Jus-Rol) Short Pastry Block, Chilled

Full Product Name: Jus-Rol Shortcrust Pastry Block, Chilled

Brand: Jus-Rol

Pack size: 500g

Purchase Date: 21/10/08

Place of Purchase: Waitrose, Eaton, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: N/A

Batch Number: N/A

Packaging: Plastic/Foil bag

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

**Ingredients:** Wheat flour, Vegetable oil, Water, Salt, Lemon juice, Preservative (Potassium sorbate).

**Label claim(s):**  
Contains wheat ingredients

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 57.4

Sub-sample Name: Saxby (Jus-Rol) Short Pastry Block, Chilled

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g<br/>Uncooked</b> | <b>Amount/Unit/serving<br/>Per Serving 50g</b> |
|-----------------|-------------|---------------------------------|--|
| Energy          | kJ          | 1954                            | 977  |
| Energy          | kcal        | 469                             | 235  |
| Protein         | g           | 5.4                             | 2.7  |
| Carbohydrate    | g           | 40.1                            | 20.1   |
| Sugars          | g           | 1.1                             | 0.6  |
| Starch          | g           | N/A                             | N/A  |
| Fat             | g           | 31.9                            | 16.0   |
| Saturates       | g           | 12.9                            | 6.5  |
| Monounsaturates | g           | N/A                             | N/A  |
| Polyunsaturates | g           | N/A                             | N/A  |
| Fibre           | g           | 1.7                             | 0.9  |
| Salt            | g           | 0.8                             | 0.4  |
| Sodium          | g           | 0.3                             | 0.15   |



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 57

Composite Sample Name: Shortcrust Pastry, Uncooked

Sub-sample Number: 57.5

Sub-sample Name: Saxby (Jus-Rol) Short Pastry Block, Chilled

Full Product Name: Jus-Rol Shortcrust Pastry Block, Chilled

Brand: Jus-Rol

Pack size: 500g

Purchase Date: 21/10/08

Place of Purchase: Asda, Boundary Road, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: N/A

Batch Number: N/A

Packaging: Plastic/Foil bag

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Additional information as 57.4

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 57

Composite Sample Name: Shortcrust Pastry, Uncooked

Sub-sample Number: 57.6

Sub-sample Name: Sainsbury's Shortcrust Pastry Block, Chilled

Full Product Name: Sainsbury's Shortcrust Pastry

Brand: Sainsbury's

Pack size: 500g

Purchase Date: 21/10/08

Place of Purchase: Sainsbury's, William Frost Way, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: N/A

Batch Number: N/A

Packaging: Plastic/Foil bag

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

**Ingredients:** Wheat flour, Palm and rapeseed oils, Water, Salt.

**Label claim(s):**

Contains wheat gluten

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 57.6

Sub-sample Name: Sainsbury's Shortcrust Pastry Block, Chilled

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g<br/>Uncooked</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|---------------------------------|----------------------------|
| Energy          | kJ          | 1935                            | N/A                        |
| Energy          | kcal        | 464                             | N/A                        |
| Protein         | g           | 5.8                             | N/A                        |
| Carbohydrate    | g           | 44.7                            | N/A                        |
| Sugars          | g           | 0.4                             | N/A                        |
| Starch          | g           | 44.3                            | N/A                        |
| Fat             | g           | 29.1                            | N/A                        |
| Saturates       | g           | 11.0                            | N/A                        |
| Monounsaturates | g           | 12.5                            | N/A                        |
| Polyunsaturates | g           | 4.3                             | N/A                        |
| Fibre           | g           | 2.7                             | N/A                        |
| Salt            | g           | 0.49                            | N/A                        |
| Sodium          | g           | 0.2                             | N/A                        |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 57

Composite Sample Name: Shortcrust Pastry, Uncooked

Sub-sample Number: 57.7

Sub-sample Name: Sainsbury's Ready Rolled Shortcrust Pastry, Chilled

Full Product Name: Sainsbury's Ready Rolled Shortcrust Pastry

Brand: Sainsbury's

Pack size: 375g

Purchase Date: 21/10/08

Place of Purchase: Sainsbury's, William Frost Way, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 01 Nov

Batch Number: N/A

Packaging: Card

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

**Ingredients:** Wheat flour, Palm and rapeseed oils, Water, Salt, Preservative (Potassium sorbate).

**Label claim(s):**  
Contains wheat gluten

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 57.7

Sub-sample Name: Sainsbury's Ready Rolled Shortcrust Pastry, Chilled

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g<br/>Uncooked</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|---------------------------------|----------------------------|
| Energy          | kJ          | 1851                            | N/A                        |
| Energy          | kcal        | 445                             | N/A                        |
| Protein         | g           | 6.4                             | N/A                        |
| Carbohydrate    | g           | 35.2                            | N/A                        |
| Sugars          | g           | 0.8                             | N/A                        |
| Starch          | g           | 33.3                            | N/A                        |
| Fat             | g           | 30.9                            | N/A                        |
| Saturates       | g           | 10.7                            | N/A                        |
| Monounsaturates | g           | 13.4                            | N/A                        |
| Polyunsaturates | g           | 5.2                             | N/A                        |
| Fibre           | g           | 1.6                             | N/A                        |
| Salt            | g           | 0.35                            | N/A                        |
| Sodium          | g           | 0.14                            | N/A                        |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 57

Composite Sample Name: Shortcrust Pastry, Uncooked

Sub-sample Number: 57.8

Sub-sample Name: Jus-Rol Round Shortcrust Pastry Blocks, Frozen

Full Product Name: Jus-Rol Round Shortcrust Pastry Blocks

Brand: Jus-Rol

Pack size: 2 x 500g

Purchase Date: 21/10/08

Place of Purchase: Sainsbury's, William Frost Way, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: N/A

Batch Number: N/A

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: -18°C freezer

**Ingredients:** Wheat flour, Vegetable oil, Water, Sugar, Salt, Emulsifier (Mono- and Di-glycerides of fatty acids).

**Label claim(s):**

Contains wheat ingredients

No artificial colours or flavourings or preservatives

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 57.8

Sub-sample Name: Jus-Rol Round Shortcrust Pastry Blocks, Frozen

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g<br/>Uncooked</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|---------------------------------|----------------------------|
| Energy          | kJ          | 1925                            | N/A                        |
| Energy          | kcal        | 462                             | N/A                        |
| Protein         | g           | 7.0                             | N/A                        |
| Carbohydrate    | g           | 38.7                            | N/A                        |
| Sugars          | g           | 1.8                             | N/A                        |
| Starch          | g           | N/A                             | N/A                        |
| Fat             | g           | 31.0                            | N/A                        |
| Saturates       | g           | 10.8                            | N/A                        |
| Monounsaturates | g           | N/A                             | N/A                        |
| Polyunsaturates | g           | N/A                             | N/A                        |
| Fibre           | g           | 1.7                             | N/A                        |
| Salt            | g           | N/A                             | N/A                        |
| Sodium          | g           | 0.3                             | N/A                        |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 57

Composite Sample Name: Shortcrust Pastry, Uncooked

Sub-sample Number: 57.9

Sub-sample Name: Asda Shortcrust Pastry, Ready Rolled, Chilled

Full Product Name: Asda Ready Rolled Shortcrust Pastry, Chilled

Brand: Asda

Pack size: 375g

Purchase Date: 21/10/08

Place of Purchase: Asda, Boundary Road, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 10/11/2008

Batch Number: 841159

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

**Ingredients:** Wheat flour, Margarine (Vegetable fat, Water, Emulsifiers (Mono- and Di-glycerides of fatty acids, Citric acid esters of mono and diglycerides of fatty acids), Salt, Acidity regulator (Citric acid), Water, Corn starch, Ethyl alcohol, Salt, Concentrated lemon juice.

**Label claim(s):**

Contains gluten and wheat

May contain traces of nuts and/or seeds

May contain traces of milk products, egg or soya



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 57.9

Sub-sample Name: Asda Shortcrust Pastry, Ready Rolled, Chilled

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g<br/>Uncooked</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|---------------------------------|----------------------------|
| Energy          | kJ          | 1864                            | N/A                        |
| Energy          | kcal        | 447                             | N/A                        |
| Protein         | g           | 6.0                             | N/A                        |
| Carbohydrate    | g           | 40.0                            | N/A                        |
| Sugars          | g           | 0                               | N/A                        |
| Starch          | g           | N/A                             | N/A                        |
| Fat             | g           | 28.0                            | N/A                        |
| Saturates       | g           | 12.0                            | N/A                        |
| Monounsaturates | g           | N/A                             | N/A                        |
| Polyunsaturates | g           | N/A                             | N/A                        |
| Fibre           | g           | 1.0                             | N/A                        |
| Salt            | g           | 0.8                             | N/A                        |
| Sodium          | g           | 0.3                             | N/A                        |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 57

Composite Sample Name: Shortcrust Pastry, Uncooked

Sub-sample Number: 57.10

Sub-sample Name: Asda Shortcrust Pastry, Ready To Roll, Chilled

Full Product Name: Asda Ready To Roll Shortcrust Pastry, Chilled

Brand: Asda

Pack size: 500g

Purchase Date: 21/10/08

Place of Purchase: Asda, Boundary Road, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 07/11/2008

Batch Number: 8405 74 01:24

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

**Ingredients:** Wheat flour, Margarine (Vegetable fat, Water, Emulsifiers (Mono- and Di-glycerides of fatty acids, Citric acid esters of mono and diglycerides of fatty acids), Salt, Acidity regulator (Citric acid), Water, Corn starch, Ethyl alcohol, Salt, Concentrated lemon juice.

**Label claim(s):**

Contains gluten and wheat

May contain traces of nuts and/or seeds

May contain traces of milk products, egg or soya

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 57.10

Sub-sample Name: Asda Shortcrust Pastry, Ready To Roll, Chilled

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g<br/>Uncooked</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|---------------------------------|----------------------------|
| Energy          | kJ          | 1864                            | N/A                        |
| Energy          | kcal        | 447                             | N/A                        |
| Protein         | g           | 6.0                             | N/A                        |
| Carbohydrate    | g           | 40.0                            | N/A                        |
| Sugars          | g           | 0                               | N/A                        |
| Starch          | g           | N/A                             | N/A                        |
| Fat             | g           | 28.0                            | N/A                        |
| Saturates       | g           | 12.0                            | N/A                        |
| Monounsaturates | g           | N/A                             | N/A                        |
| Polyunsaturates | g           | N/A                             | N/A                        |
| Fibre           | g           | 1.0                             | N/A                        |
| Salt            | g           | 0.8                             | N/A                        |
| Sodium          | g           | 0.3                             | N/A                        |

Sample 58: Pastry, flaky/puff, uncooked

Composite Sample Number: 58

Composite Sample Name: Pastry, Flaky/Puff, Uncooked

Sub-sample Number: 58.1

Sub-sample Name: Jus-Rol Puff Pastry Sheets, Frozen

Full Product Name: Jus-Rol Puff Ready Rolled Pastry Sheets

Brand: Jus-Rol

Pack size: 2 sheets, 425g

Purchase Date: 21/10/08

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: Feb 10

Batch Number: L8239 06:26

Packaging: Card

Sample Condition As Purchased: Frozen

Post Purchase Storage: -18°C freezer

**Ingredients:** Wheat flour, Vegetable oil, Water, Salt, Emulsifier (Mono- and Di-glycerides of fatty acids).

**Label claim(s):**

Contains wheat ingredients

No artificial colours or flavourings or preservatives

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 58.1

Sub-sample Name: Jus-Rol Puff Pastry Sheets, Frozen

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g<br/>Uncooked</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|---------------------------------|----------------------------|
| Energy          | kJ          | 1665                            | N/A                        |
| Energy          | kcal        | 400                             | N/A                        |
| Protein         | g           | 5.8                             | N/A                        |
| Carbohydrate    | g           | 31.7                            | N/A                        |
| Sugars          | g           | 0.6                             | N/A                        |
| Starch          | g           | N/A                             | N/A                        |
| Fat             | g           | 27.7                            | N/A                        |
| Saturates       | g           | 15.0                            | N/A                        |
| Monounsaturates | g           | N/A                             | N/A                        |
| Polyunsaturates | g           | N/A                             | N/A                        |
| Fibre           | g           | 1.4                             | N/A                        |
| Salt            | g           | N/A                             | N/A                        |
| Sodium          | g           | 0.3                             | N/A                        |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 58

Composite Sample Name: Pastry, Flaky/Puff, Uncooked

Sub-sample Number: 58.2

Sub-sample Name: Jus-Rol Puff Pastry Sheets, Frozen

Full Product Name: Jus-Rol Puff Ready Rolled Pastry Sheets

Brand: Jus-Rol

Pack size: 2 sheets, 425g

Purchase Date: 21/10/08

Place of Purchase: Asda, Boundary Road, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: Apr 10

Batch Number: L8275 08:51

Packaging: Card

Sample Condition As Purchased: Frozen

Post Purchase Storage: -18°C freezer

Additional Information as 58.1

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 58

Composite Sample Name: Pastry, Flaky/Puff, Uncooked

Sub-sample Number: 58.3

Sub-sample Name: Jus-Rol Puff Pastry Blocks, Frozen

Full Product Name: Jus-Rol Puff Pastry Blocks

Brand: Jus-Rol

Pack size: 2 x 340g

Purchase Date: 21/10/08

Place of Purchase: Asda, Boundary Road, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: Mar 10

Batch Number: 8248

Packaging: Plastic

Sample Condition As Purchased: Frozen

Post Purchase Storage: -18°C freezer

**Ingredients:** Wheat flour, Vegetable oil, Water, Salt, Emulsifier (Mono- and Di-glycerides of fatty acids).

**Label claim(s):**

Contains wheat ingredients

No artificial colours or flavourings or preservatives

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 58.3

Sub-sample Name: Jus-Rol Puff Pastry Blocks, Frozen

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g<br/>Uncooked</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|---------------------------------|----------------------------|
| Energy          | kJ          | 1665                            | N/A                        |
| Energy          | kcal        | 400                             | N/A                        |
| Protein         | g           | 5.8                             | N/A                        |
| Carbohydrate    | g           | 31.7                            | N/A                        |
| Sugars          | g           | 0.6                             | N/A                        |
| Starch          | g           | N/A                             | N/A                        |
| Fat             | g           | 27.7                            | N/A                        |
| Saturates       | g           | 15.0                            | N/A                        |
| Monounsaturates | g           | N/A                             | N/A                        |
| Polyunsaturates | g           | N/A                             | N/A                        |
| Fibre           | g           | 1.4                             | N/A                        |
| Salt            | g           | N/A                             | N/A                        |
| Sodium          | g           | 0.3                             | N/A                        |



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 58

Composite Sample Name: Pastry, Flaky/Puff, Uncooked

Sub-sample Number: 58.4

Sub-sample Name: Jus-Rol Medium Size Pastry Cases, frozen

Full Product Name: Jus-Rol Medium Size Pastry Cases

Brand: Jus-Rol

Pack size: 36, 625g

Purchase Date: 21/10/08

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: Aug 09

Batch Number: L7244 13:28

Packaging: Card

Sample Condition As Purchased: Frozen

Post Purchase Storage: -18°C freezer

**Ingredients:** Wheat flour, Vegetable oil, Water, Salt, Emulsifier (Mono- and Di-glycerides of fatty acids).

**Label claim(s):**

Contains wheat ingredients

No artificial colours or flavourings or preservatives

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 58.4

Sub-sample Name: Jus-Rol Medium Size Pastry Cases, frozen

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g<br/>Uncooked</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|---------------------------------|----------------------------|
| Energy          | kJ          | 1665                            | N/A                        |
| Energy          | kcal        | 400                             | N/A                        |
| Protein         | g           | 5.8                             | N/A                        |
| Carbohydrate    | g           | 31.7                            | N/A                        |
| Sugars          | g           | 0.6                             | N/A                        |
| Starch          | g           | N/A                             | N/A                        |
| Fat             | g           | 27.7                            | N/A                        |
| Saturates       | g           | 15.0                            | N/A                        |
| Monounsaturates | g           | N/A                             | N/A                        |
| Polyunsaturates | g           | N/A                             | N/A                        |
| Fibre           | g           | 1.4                             | N/A                        |
| Salt            | g           | N/A                             | N/A                        |
| Sodium          | g           | 0.3                             | N/A                        |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 58

Composite Sample Name: Pastry, Flaky/Puff, Uncooked

Sub-sample Number: 58.5

Sub-sample Name: Saxby (Jus-Rol) Puff Pastry Block, Chilled

Full Product Name: Jus-Rol Puff Pastry Block

Brand: Jus-Rol

Pack size: 500g

Purchase Date: 21/10/08

Place of Purchase: Waitrose, Eaton, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: N/A

Batch Number: N/A

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

**Ingredients:** Wheat flour, Vegetable oil, Water, Salt, Lemon juice, Emulsifier (Mono- and Di-glycerides of fatty acids), Preservative (Potassium sorbate).

**Label claim(s):**

Contains wheat ingredients

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 58.5

Sub-sample Name: Saxby (Jus-Rol) Puff Pastry Block, Chilled

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g<br/>Uncooked</b> | <b>Amount/Unit/serving<br/>Per serving (50g)</b> |
|-----------------|-------------|---------------------------------|--|
| Energy          | kJ          | 1776                            | 888  |
| Energy          | kcal        | 427                             | 214  |
| Protein         | g           | 5.0                             | 2.5  |
| Carbohydrate    | g           | 29.0                            | 14.5   |
| Sugars          | g           | 0.6                             | 0.3  |
| Starch          | g           | N/A                             | N/A  |
| Fat             | g           | 26.8                            | 13.4   |
| Saturates       | g           | 13.8                            | 6.9  |
| Monounsaturates | g           | N/A                             | N/A  |
| Polyunsaturates | g           | N/A                             | N/A  |
| Fibre           | g           | 1.4                             | 0.7  |
| Salt            | g           | 1.0                             | 0.5  |
| Sodium          | g           | 0.4                             | 0.2  |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 58

Composite Sample Name: Pastry, Flaky/Puff, Uncooked

Sub-sample Number: 58.6

Sub-sample Name: Saxby (Jus-Rol) Puff Pastry Ready Rolled, Chilled

Full Product Name: Jus-Rol Puff Pastry Sheet

Brand: Jus-Rol

Pack size: 375g

Purchase Date: 21/10/08

Place of Purchase: Waitrose, Eaton, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: N/A

Batch Number: N/A

Packaging: Card

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

**Ingredients:** Wheat flour, Vegetable oil, Water, Salt, Lemon juice, Emulsifier (Mono- and Di-glycerides of fatty acids), Preservative (Potassium sorbate).

**Label claim(s):**

Contains wheat ingredients

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 58.6

Sub-sample Name: Saxby (Jus-Rol) Puff Pastry Ready Rolled, Chilled

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g<br/>Uncooked</b> | <b>Amount/Unit/serving<br/>Per serving (50g)</b> |
|-----------------|-------------|---------------------------------|--|
| Energy          | kJ          | 1776                            | 888  |
| Energy          | kcal        | 427                             | 214  |
| Protein         | g           | 5.0                             | 2.5  |
| Carbohydrate    | g           | 29.0                            | 14.5   |
| Sugars          | g           | 0.6                             | 0.3  |
| Starch          | g           | N/A                             | N/A  |
| Fat             | g           | 26.8                            | 13.4   |
| Saturates       | g           | 13.8                            | 6.9  |
| Monounsaturates | g           | N/A                             | N/A  |
| Polyunsaturates | g           | N/A                             | N/A  |
| Fibre           | g           | 1.4                             | 0.7  |
| Salt            | g           | 1.0                             | 0.5  |
| Sodium          | g           | 0.4                             | 0.2  |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 58

Composite Sample Name: Pastry, Flaky/Puff, Uncooked

Sub-sample Number: 58.7

Sub-sample Name: Sainsbury's Puff Pastry Ready Rolled, Chilled

Full Product Name: Sainsbury's Ready Rolled Puff Pastry

Brand: Sainsbury's

Pack size: 375g

Purchase Date: 21/10/08

Place of Purchase: Sainsbury's, William Frost Way, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 03 Nov

Batch Number: N/A

Packaging: Card

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

**Ingredients:** Wheat flour, Vegetable margarine (Palm, rapeseed and coconut oils, Water, Salt, Emulsifier (Mono- and Di-glycerides of fatty acids), Citric acid)), Water, Palm and rapeseed oils, Salt, Preservative (Potassium sorbate).

**Label claim(s):**  
Contains wheat gluten

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 58.7

Sub-sample Name: Sainsbury's Puff Pastry Ready Rolled, Chilled

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g<br/>Uncooked</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|---------------------------------|----------------------------|
| Energy          | kJ          | 1492                            | N/A                        |
| Energy          | kcal        | 357                             | N/A                        |
| Protein         | g           | 5.1                             | N/A                        |
| Carbohydrate    | g           | 35.0                            | N/A                        |
| Sugars          | g           | 0.8                             | N/A                        |
| Starch          | g           | 34.2                            | N/A                        |
| Fat             | g           | 21.9                            | N/A                        |
| Saturates       | g           | 9.8                             | N/A                        |
| Monounsaturates | g           | 7.9                             | N/A                        |
| Polyunsaturates | g           | 3.2                             | N/A                        |
| Fibre           | g           | 2.2                             | N/A                        |
| Salt            | g           | 0.58                            | N/A                        |
| Sodium          | g           | 0.23                            | N/A                        |



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 58

Composite Sample Name: Pastry, Flaky/Puff, Uncooked

Sub-sample Number: 58.8

Sub-sample Name: Sainsbury's Puff Pastry Block, Chilled

Full Product Name: Sainsbury's Puff Pastry

Brand: Sainsbury's

Pack size: 500g

Purchase Date: 21/10/08

Place of Purchase: Sainsbury's, William Frost Way, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 04 Nov

Batch Number: N/A

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

**Ingredients:** Wheat flour, Vegetable margarine (Palm, rapeseed and coconut oils, Water, Salt, Emulsifier (Mono- and Di-glycerides of fatty acids), Citric acid)), Water, Palm and rapeseed oils, Salt, Preservative (Potassium sorbate).

**Label claim(s):**  
Contains wheat gluten

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 58.8

Sub-sample Name: Sainsbury's Puff Pastry Block, Chilled

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g<br/>Uncooked</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|---------------------------------|----------------------------|
| Energy          | kJ          | 1492                            | N/A                        |
| Energy          | kcal        | 357                             | N/A                        |
| Protein         | g           | 5.1                             | N/A                        |
| Carbohydrate    | g           | 35.0                            | N/A                        |
| Sugars          | g           | 0.8                             | N/A                        |
| Starch          | g           | 34.2                            | N/A                        |
| Fat             | g           | 21.9                            | N/A                        |
| Saturates       | g           | 9.8                             | N/A                        |
| Monounsaturates | g           | 7.9                             | N/A                        |
| Polyunsaturates | g           | 3.2                             | N/A                        |
| Fibre           | g           | 2.2                             | N/A                        |
| Salt            | g           | 0.58                            | N/A                        |
| Sodium          | g           | 0.23                            | N/A                        |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 58

Composite Sample Name: Pastry, Flaky/Puff, Uncooked

Sub-sample Number: 58.9

Sub-sample Name: Asdas Puff Pastry Ready Rolled, Chilled

Full Product Name: Asda Ready Rolled Puff Pastry

Brand: Asda

Pack size: 375g

Purchase Date: 21/10/08

Place of Purchase: Asda, Boundary Road, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 10/11/2008

Batch Number: 8407 38

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

**Ingredients:** Wheat flour, Margarine (Vegetable fat, Water, Emulsifiers (Mono- and Di-glycerides of fatty acid, Citric acid esters of Mono- and Di-glycerides of fatty acids), Salt, Acidity regulator (Citric acid)), Water, Ethyl alcohol, Salt, Concentrated lemon juice, Corn starch.

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

Contains gluten and wheat

May contain traces of nuts and/or seeds

May contain traces of milk products, egg or soya

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 58.9

Sub-sample Name: Asdas Puff Pastry Ready Rolled, Chilled

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g<br/>Uncooked</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|---------------------------------|----------------------------|
| Energy          | kJ          | 1591                            | N/A                        |
| Energy          | kcal        | 381                             | N/A                        |
| Protein         | g           | 7.0                             | N/A                        |
| Carbohydrate    | g           | 35.0                            | N/A                        |
| Sugars          | g           | N/A                             | N/A                        |
| Starch          | g           | N/A                             | N/A                        |
| Fat             | g           | 23.0                            | N/A                        |
| Saturates       | g           | 11.0                            | N/A                        |
| Monounsaturates | g           | N/A                             | N/A                        |
| Polyunsaturates | g           | N/A                             | N/A                        |
| Fibre           | g           | 1.0                             | N/A                        |
| Salt            | g           | 0.8                             | N/A                        |
| Sodium          | g           | 0.3                             | N/A                        |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 58

Composite Sample Name: Pastry, Flaky/Puff, Uncooked

Sub-sample Number: 58.10

Sub-sample Name: Asdas Puff Pastry Block, Chilled

Full Product Name: Asda Ready To Roll Puff Pastry

Brand: Asda

Pack size: 500g

Purchase Date: 21/10/08

Place of Purchase: Asda, Boundary Road, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 09/11/2008

Batch Number: 8411 92 06:52

Packaging: Plastic

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

**Ingredients:** Wheat flour, Margarine (Vegetable fat, Water, Emulsifiers (Mono- and Di-glycerides of fatty acid, Citric acid esters of Mono- and Di-glycerides of fatty acids), Salt, Acidity regulator (Citric acid)), Water, Ethyl alcohol, Salt, Concentrated lemon juice, Corn starch.

**Label claim(s):**

Contains gluten and wheat

May contain traces of nuts and/or seeds

May contain traces of milk products, egg or soya

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 58.10

Sub-sample Name: Asdas Puff Pastry Block, Chilled

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g<br/>Uncooked</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|---------------------------------|----------------------------|
| Energy          | kJ          | 1591                            | N/A                        |
| Energy          | kcal        | 381                             | N/A                        |
| Protein         | g           | 7.0                             | N/A                        |
| Carbohydrate    | g           | 35.0                            | N/A                        |
| Sugars          | g           | N/A                             | N/A                        |
| Starch          | g           | N/A                             | N/A                        |
| Fat             | g           | 23.0                            | N/A                        |
| Saturates       | g           | 11.0                            | N/A                        |
| Monounsaturates | g           | N/A                             | N/A                        |
| Polyunsaturates | g           | N/A                             | N/A                        |
| Fibre           | g           | 1.0                             | N/A                        |
| Salt            | g           | 0.8                             | N/A                        |
| Sodium          | g           | 0.3                             | N/A                        |

## Sample 59: Shortcrust pastry, cooked

Composite Sample Number: 59

Composite Sample Name: Shortcrust Pastry, Cooked

Sub-sample details as for Composite sample number 57, subsamples 57.1-57.10

### Cooking and Weight Loss Details:

All samples were cooked according to instructions provided. Samples were cooked until ready for consumption.

| Sub-sample | Cooking Time (Minutes) | % Weight Loss | Notes                                      |
|------------|------------------------|---------------|--|
| 59.1       | 15                     | 13.2          | Baked on parchment. Baking beans not used. |
| 59.2       | 15                     | 19.8          | Baked on parchment. Baking beans not used. |
| 59.3       | 10                     | 19.7          |  |
| 59.4       | 10                     | 16.5          |  |
| 59.5       | 15                     | 16.9          |  |
| 59.6       | 10                     | 16.3          |  |
| 59.7       | 10                     | 17.6          |  |
| 59.8       | 10                     | 14.8          |  |
| 59.9       | 10                     | 20.9          |  |
| 59.10      | 10                     | 15.9          |  |

Mean weight loss on cooking = 17.2%

### Cooking instructions

59.1

Do not defrost. Preheat oven at 200°C (180°C for fan assisted ovens)/400°F/Gas mark 6. Remove outer packaging, leaving the tartlet cases inside the paper cases. Either prick the base of the pastry with a fork or line with baking parchment and fill with baking beans. Place the tartlet cases onto a preheated baking sheet and bake for 17-22 minutes or until pastry is golden brown. Allow to cool.

59.2

Defrost instructions: The times given below may vary depending upon the temperature of your kitchen and storage conditions. If the pastry starts to crack on unrolling it is too cold and must be left to defrost longer. Direct from freezer: Remove required number of sheets from the pack

and defrost, at room temperature for approx. 2.5 hours. Overnight in a refrigerator: Place entire pack in a refrigerator overnight or to defrost one roll only, remove from pack, place on a plate, cover with clingfilm and place in a refrigerator overnight. To prepare pastry to correct temperature for use, remove from refrigerator and either place one roll at a time on a non-metallic plate in a 750W/D-1050W/G rated microwave oven to high power for 10 seconds maximum and allow to stand for 1 minute or stand at room temperature for approx. 1 hour before use. Carefully unroll the pastry and peel off interleaving film. To remove a crack in the sheet, gently press pastry together with a finger. Bake in a preheated oven at 200°C/400°F/Gas mark 6, or at a temperature required by your recipe.

To bake blind, line tin with pastry and prick the base. Line with baking paper big enough to stand up around and slightly above sides. Put baking beans, dry rice or similar on base to weight down. Bake for approx. 10 minutes to set pastry, remove paper/beans and return to oven to finish cooking.

59.3

Preparation: For best results: to avoid splitting it is important that the pastry is removed from the refrigerator and removed from the carton 40 minutes before use. When ready to use remove outer plastic wrap, unroll the sheet and remove the protective interleaf.

To quickly warm: Remove the pastry from the box and outer plastic wrap. Place on a microwaveable plate and warm in an 850W/E rated microwave for 15 seconds and allow to stand for 2 minutes before use. When ready to use unroll the sheet and remove the protective interleaf.

Cooking Method: For best results: Cook the pastry in a preheated oven at 200°C (180°C for fan assisted ovens) /400°F/Gas mark 6, or at a temperature required for your recipe.

59.4, 59.5

Preparation: For best results: Remove from the refrigerator about 45 minutes before using. Roll out pastry while still cold, to required thickness, on a lightly floured surface. After rolling out allow to stand for a few minutes before using.

Cooking method: For best results: For best results: Cook in a preheated oven at 200°C (180°C for fan assisted ovens) /400°F/Gas mark 6, or at a temperature required for your recipe.

59.6

Preparation: For best results remove from the refrigerator 40 minutes before use. Roll out pastry to required thickness on a lightly floured surface. After rolling out allow to stand for a few minutes before using. To oven cook from chilled: Preheat oven to the required temperature (200°C/Gas mark 6) and cook for 25 minutes or to the temperature and time stated in your recipe.

59.7

How to prepare: For best results, remove from the refrigerator and carton 40 minutes before use. Before cooking remove all packaging. To oven cook from chilled: Preheat oven to the required temperature (200°C/Gas mark 6) and cook for 25 minutes or to the temperature and time stated in your recipe.

59.8

Preparation: Ensure that the pastry is thoroughly defrosted before use. Separate and defrost pastry blocks as required. Wrap the pastry and thaw overnight in a refrigerator, then stand at



## Nutrient analysis survey of biscuits, buns, cakes and pastries

room temperature for approx. 30 minutes before using. Alternatively, thaw at room temperature for approx. 2.5 hours before use. After defrosting the pastry should be cool and flexible. Lightly flour both the work surface and the pastry and roll out the pastry to the desired thickness (about 3-4mm is recommended), Allow the sheets to stand for 5 minutes to help reduce shrinkage. If the pastry is difficult to roll out it may still be too cold and must be left to defrost longer. Bake in a preheated oven at 200°C/400°F/Gas mark 6 or at the temperature required for your recipe.

59.9

Defrost overnight in a refrigerator or alternatively for 1 hour at room temperature. To oven cook: Remove from refrigerator approximately 30 minutes before use. Using the baking paper cut the dough into the appropriate size as required. Pre-heat oven and place the dough onto a baking tray on the middle shelf at 220°C/425°F/Gas Mark 7 or at a temperature required by your recipe.

59.10

Defrost overnight in a refrigerator or alternatively for 2 hours at room temperature. Remove from refrigerator approximately 35 minutes before using. Roll out pastry to required thickness on a lightly floured surface. After rolling out allow to stand for a few minutes. Pre-heat oven and place the pastry onto a baking tray on the middle shelf at 200°C/405°F/Gas Mark 6 or at a temperature stated in your recipe.

## Sample 60: Pastry, flaky/puff, cooked

Composite Sample Number: 60

Composite Sample Name: Pastry, Flaky/Puff, Cooked

Sub-sample details as for Composite sample number 58, subsamples 58.1-58.10

### Cooking and Weight Loss Details:

All samples were cooked according to instructions provided. Samples were cooked until ready for consumption.

| Sub-sample | Cooking Time (Minutes) | % Weight Loss | Notes         |
|------------|------------------------|---------------|---------------|
| 60.1       | 15                     | 22.7          |               |
| 60.2       | 15                     | 23.0          |               |
| 60.3       | 10                     | 20.8          |               |
| 60.4       | 10                     | 20.2          | No glaze used |
| 60.5       | 15                     | 19.8          |               |
| 60.6       | 15                     | 20.7          |               |
| 60.7       | 10                     | 21.3          |               |
| 60.8       | 10                     | 22.3          |               |
| 60.9       | 10                     | 21.8          |               |
| 60.10      | 10                     | 18.7          |               |

Mean weight loss on cooking = 21.1%

### Cooking instructions

60.1, 60.2

Separate pastry sheets and defrost as required. Thaw at room temperature for approx. 1 hour 30 minutes. Alternatively thaw overnight in a refrigerator and stand at room temperature for 25-30 minutes. Carefully unroll the pastry and peel off protective interleaf. Bake in a preheated oven at 220°C/425°F/Gas mark 7 or at the temperature required by your recipe.

60.3

Preparation: Ensure that the pastry is thoroughly defrosted before use. Separate and defrost pastry blocks as required. Wrap the pastry and thaw overnight in a refrigerator, then stand at room temperature for 10-15 minutes before using. Alternatively, thaw at room temperature for approx. 2 hours. Lightly flour both the work surface and the pastry and roll out to the desired

thickness. Allow to stand for a few minutes to help reduce shrinkage. Bake in a preheated oven at 200°C/400°F/Gas mark 6 or at the temperature required for your recipe.

60.4

Separate pastry cases. Preheat oven to 220°C/425°F/Gas mark 7. Place frozen pastry cases on a baking tray 1cm apart and carefully glaze rim only with beaten egg or milk. Place tray in top half of oven. After 8 minutes turn tray around and continue baking for a further 5-7 minutes until golden brown. Cool on a wire rack to maintain crispness.

60.5

Preparation: For best results remove from the refrigerator about 20 minutes before use. Roll out pastry while still cold, to required thickness on a lightly floured surface. After rolling out allow to stand for a few minutes before using. For best results: Cook in a preheated oven at 220°C (200°C for a fan assisted oven)/425°F/Gas mark 7 or at the temperature stated in your recipe.

60.6

For best results: Remove from the refrigerator and take out of the carton approx. 20 minutes before use. When ready to use remove outer plastic wrap, unroll the sheet and remove the protective interleaf. For best results: Cook the pastry in a preheated oven at 220°C (200°C for a fan assisted oven)/425°F/Gas mark 7 or at the temperature required for your recipe.

60.7

How to prepare: For best results, remove from the refrigerator and carton 20 minutes before use. Before cooking remove all packaging. To oven cook from chilled: Preheat oven to the required temperature (220°C/Gas mark 7) and cook for 20 minutes or to the temperature and time stated in your recipe.

60.8

Preparation: If frozen, thaw overnight in a refrigerator or for 2 hours at room temperature. Remove from the refrigerator 20 minutes before using. Roll out pastry to required thickness on a lightly floured surface. After rolling out allow to stand for a few minutes before using. Preheat oven to the required temperature (220°C/Gas mark 7) and cook for 20 minutes or to the temperature and time stated in your recipe.

60.9

Defrost overnight in a refrigerator or alternatively for 1 hour at room temperature. To oven cook: Remove from refrigerator approximately 20 minutes before use. Using the baking paper cut the dough into the appropriate size as required. Pre-heat oven and place the dough onto a baking tray on the middle shelf at 220°C/425°F/Gas Mark 7 or at a temperature required by your recipe.

60.10

Defrost overnight in a refrigerator or alternatively for 2 hours at room temperature. Remove from refrigerator 20 minutes before using. Roll out pastry to required thickness on a lightly floured surface. After rolling out allow to stand for a few minutes before using. Pre-heat oven and place the pastry onto a baking tray on the middle shelf at 200°C/405°F/Gas Mark 6 or at a temperature stated in your recipe.

## Nutrient analysis survey of biscuits, buns, cakes and pastries

### Sample 61: Filo pastry, uncooked

|                                |   |
|--------------------------------|---|
| Composite Sample Number:       | 61                                      |
| Composite Sample Name:         | Filo Pastry, Uncooked                   |
| Sub-sample Number:             | 61.1                                    |
| Sub-sample Name:               | Sainsbury's Filo Pastry                 |
| Full Product Name:             | Sainsbury's Ready Rolled Filo Pastry    |
| Brand:                         | Sainsbury's                             |
| Pack size:                     | 200g                                    |
| Purchase Date:                 | 21/10/08                                |
| Place of Purchase:             | Sainsbury's, William Frost Way, Norwich |
| Sell by Date:                  | N/A                                     |
| Use by Date/Best Before Date:  | 26 Oct                                  |
| Batch Number:                  | N/A                                     |
| Packaging:                     | Card                                    |
| Sample Condition As Purchased: | Chilled                                 |
| Post Purchase Storage:         | Chilled                                 |

**Ingredients:** Wheat flour, Water, Rapeseed oil, Salt, Dextrose, Preservative (Potassium sorbate), Maize starch

**Label claim(s):**  
Contains wheat gluten

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 61.1

Sub-sample Name: Sainsbury's Filo Pastry

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g<br/>Uncooked</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|---------------------------------|----------------------------|
| Energy          | kJ          | 1293                            | N/A                        |
| Energy          | kcal        | 305                             | N/A                        |
| Protein         | g           | 10.8                            | N/A                        |
| Carbohydrate    | g           | 57.4                            | N/A                        |
| Sugars          | g           | 6.4                             | N/A                        |
| Starch          | g           | 51.0                            | N/A                        |
| Fat             | g           | 3.6                             | N/A                        |
| Saturates       | g           | 0.7                             | N/A                        |
| Monounsaturates | g           | N/A                             | N/A                        |
| Polyunsaturates | g           | N/A                             | N/A                        |
| Fibre           | g           | 1.9                             | N/A                        |
| Salt            | g           | 1.3                             | N/A                        |
| Sodium          | g           | 0.5                             | N/A                        |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 61

Composite Sample Name: Filo Pastry, Uncooked

Sub-sample Number: 61.2

Sub-sample Name: Antoniou Fresh Filo Pastry

Full Product Name: Antoniou Fresh Filo Pastry

Brand: Antoniou

Pack size: 250g

Purchase Date: 21/10/08

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 16 Nov

Batch Number: N/A

Packaging: Card

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

**Ingredients:** Wheat flour, Water, Maize starch, Sunflower oil, Salt, Potassium sorbate, Calcium Propionate, Sodium Metabisulphate.

**Label claim(s):**

Contains no animal fats, added colours or flavours

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 61.2

Sub-sample Name: Antoniou Fresh Filo Pastry

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g<br/>Uncooked</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|---------------------------------|----------------------------|
| Energy          | kJ          | 1340                            | N/A                        |
| Energy          | kcal        | 315                             | N/A                        |
| Protein         | g           | 8.0                             | N/A                        |
| Carbohydrate    | g           | 65.0                            | N/A                        |
| Sugars          | g           | N/A                             | N/A                        |
| Starch          | g           | N/A                             | N/A                        |
| Fat             | g           | 2.3                             | N/A                        |
| Saturates       | g           | N/A                             | N/A                        |
| Monounsaturates | g           | N/A                             | N/A                        |
| Polyunsaturates | g           | N/A                             | N/A                        |
| Fibre           | g           | N/A                             | N/A                        |
| Salt            | g           | N/A                             | N/A                        |
| Sodium          | g           | 1.1                             | N/A                        |

### Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 61

Composite Sample Name: Filo Pastry, Uncooked

Sub-sample Number: 61.3

Sub-sample Name: Antoniou Fresh Filo Pastry

Full Product Name: Antoniou Fresh Filo Pastry

Brand: Antoniou

Pack size: 250g

Purchase Date: 21/10/08

Place of Purchase: Tesco, Harford Bridges, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 16 Nov

Batch Number: N/A

Packaging: Card

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

Additional Information as 61.2



## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 61

Composite Sample Name: Filo Pastry, Uncooked

Sub-sample Number: 61.4

Sub-sample Name: Jus-Rol Filo Pastry Sheets

Full Product Name: Jus-Rol Filo Pastry Sheets

Brand: Jus-Rol

Pack size: 270g

Purchase Date: 21/10/08

Place of Purchase: Asda, Boundary Road, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: Dec 09

Batch Number: L8157 21:41

Packaging: Card

Sample Condition As Purchased: Frozen

Post Purchase Storage: -18°C Freezer

**Ingredients:** Wheat flour, Water, Vegetable oil, Glucose syrup, Modified corn starch, Salt, Flour treatment agent (L-cysteine).

**Label claim(s):**

Contains wheat ingredients  
No added colours or flavourings

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 61.4

Sub-sample Name: Jus-Rol Filo Pastry Sheets

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g<br/>Uncooked</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|---------------------------------|----------------------------|
| Energy          | kJ          | 992                             | N/A                        |
| Energy          | kcal        | 234                             | N/A                        |
| Protein         | g           | 8.1                             | N/A                        |
| Carbohydrate    | g           | 52.1                            | N/A                        |
| Sugars          | g           | 2.0                             | N/A                        |
| Starch          | g           | N/A                             | N/A                        |
| Fat             | g           | 2.7                             | N/A                        |
| Saturates       | g           | 0.3                             | N/A                        |
| Monounsaturates | g           | N/A                             | N/A                        |
| Polyunsaturates | g           | N/A                             | N/A                        |
| Fibre           | g           | N/A                             | N/A                        |
| Salt            | g           | N/A                             | N/A                        |
| Sodium          | g           | 0.3                             | N/A                        |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 61

Composite Sample Name: Filo Pastry, Uncooked

Sub-sample Number: 61.5

Sub-sample Name: Jus-Rol Filo Pastry Sheets

Full Product Name: Jus-Rol Filo Pastry Sheets

Brand: Jus-Rol

Pack size: 270g

Purchase Date: 21/10/08

Place of Purchase: Asda, Boundary Road, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: Dec 09

Batch Number: L8157 21:41

Packaging: Card

Sample Condition As Purchased: Frozen

Post Purchase Storage: -18°C Freezer

**Ingredients:** Wheat flour, Water, Vegetable oil, Glucose syrup, Modified corn starch, Salt, Flour treatment agent (L-cysteine).

**Label claim(s):**

Contains wheat ingredients  
No added colours or flavourings

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 61.5

Sub-sample Name: Jus-Rol Filo Pastry Sheets

### Nutrient Information:

| <b>Nutrient</b> | <b>Unit</b> | <b>Amount/100g<br/>Uncooked</b> | <b>Amount/Unit/serving</b> |
|-----------------|-------------|---------------------------------|----------------------------|
| Energy          | kJ          | 992                             | N/A                        |
| Energy          | kcal        | 234                             | N/A                        |
| Protein         | g           | 8.1                             | N/A                        |
| Carbohydrate    | g           | 52.1                            | N/A                        |
| Sugars          | g           | 2.0                             | N/A                        |
| Starch          | g           | N/A                             | N/A                        |
| Fat             | g           | 2.7                             | N/A                        |
| Saturates       | g           | 0.3                             | N/A                        |
| Monounsaturates | g           | N/A                             | N/A                        |
| Polyunsaturates | g           | N/A                             | N/A                        |
| Fibre           | g           | N/A                             | N/A                        |
| Salt            | g           | N/A                             | N/A                        |
| Sodium          | g           | 0.3                             | N/A                        |

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Composite Sample Number: 61

Composite Sample Name: Filo Pastry, Uncooked

Sub-sample Number: 61.6

Sub-sample Name: Cypressa Fresh Filo Pastry

Full Product Name: Cypressa Fillo Pastry, Fresh

Brand: Cypressa

Pack size: 400g

Purchase Date: 21/10/08

Place of Purchase: Waitrose, Eaton, Norwich

Sell by Date: N/A

Use by Date/Best Before Date: 25 Oct

Batch Number: N/A

Packaging: Card

Sample Condition As Purchased: Chilled

Post Purchase Storage: Chilled

**Ingredients:** Wheat flour (64%), Water, Vegetable oil, Salt, Dextrose, Preservatives (Potassium sorbate, E223, Sodium metabisulphate) Maize starch.

**Label claim(s):**  
Suitable for vegetarians

## Nutrient analysis survey of biscuits, buns, cakes and pastries

Sub-sample Number: 61.6

Sub-sample Name: Cypressa Fresh Filo Pastry

### Nutrient Information:

| Nutrient        | Unit | Amount/100g |        |
|-----------------|------|-------------|--------|
|                 |      | Uncooked    | Cooked |
| Energy          | kJ   | 1293        | 1627   |
| Energy          | kcal | 305         | 384    |
| Protein         | g    | 10.8        | 13.6   |
| Carbohydrate    | g    | 57.4        | 72.3   |
| Sugars          | g    | 6.4         | 8.1    |
| Starch          | g    | 51.0        | 64.2   |
| Fat             | g    | 3.6         | 4.5    |
| Saturates       | g    | 0.7         | 0.5    |
| Monounsaturates | g    | N/A         | N/A    |
| Polyunsaturates | g    | N/A         | N/A    |
| Fibre           | g    | 1.9         | 2.4    |
| Salt            | g    | N/A         | N/A    |
| Sodium          | g    | 0.52        | 0.65   |

## Sample 62: Filo pastry, cooked

Composite Sample Number: 62

Composite Sample Name: Filo Pastry, Cooked

Sub-sample details as for Composite sample number 61 subsamples 61.1-61.6

### Cooking and Weight Loss Details:

All samples were cooked according to instructions provided. Samples were cooked until ready for consumption.

| Sub-sample | Cooking Time (Minutes) | % Weight Loss |
|------------|------------------------|---------------|
| 62.1       | 9                      | 22.9          |
| 62.2       | 13                     | 22.1          |
| 62.3       | 13                     | 23.8          |
| 62.4       | 10                     | 25.5          |
| 62.5       | 12                     | 27.1          |
| 62.6       | 10                     | 20.2          |

Mean weight loss on cooking = 23.6%

### Cooking instructions

62.1

If frozen, thaw overnight in a refrigerator or for 1 hour at room temperature. When handling filo pastry, keep well wrapped or cover with a damp cloth to avoid drying as this will make the pastry brittle and difficult to handle.

62.2, 62.3

Allow pastry to sit at room temperature for 2 hours before use. Never remove filo from its plastic bag until ready to use. Remove just the amount of sheets necessary, and immediately cover with a plastic sheet or damp towel. Frozen pastry should be placed in a refrigerator for 24 hours before use.

62.4, 62.5

Ensure pastry is thoroughly defrosted before use. Remove from outer carton and thaw in clear wrap for approx. 1 hour 40 minutes. Alternatively thaw overnight in a refrigerator and stand at room temperature for 10-15 minutes before use. To avoid drying out, filo pastry must always be kept wrapped before use. Cook in a preheated oven at 200°C/400°F/Gas 6, or at the temperature required by your recipe.

62.6

Allow to stand at room temperature for 2 hours. If frozen defrost for a minimum of 4 hours or overnight in the refrigerator. When handling filo pastry, keep well wrapped or cover with a damp cloth to avoid drying as this will make the pastry brittle and difficult to handle.



# References

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<sup>1</sup> Responsibility for nutrition policy in England transferred from the Food Standards Agency to the Department of Health (DH) on 1st October 2010. Management of the rolling programme of nutrient analysis also transferred to DH.

<sup>2</sup> For sample 38 (loaf cakes), the second round of analysis was performed on a new composite sample that was prepared using sub-samples purchased in November 2009 (as stocks of the original had depleted). The sub-samples were the same products (with the same ingredients and nutritional information) as the original composite and were purchased from the same retailers.

<sup>3</sup> The 'Lights' range of McVities digestives, rich teas and Hob Nobs were obtained from the manufacturer (United Biscuits) direct, as they were not available to purchase from retail outlets during the purchasing period. The McVities range had undergone significant reformulation at the time of sampling and to have used the older formulation in the survey would have quickly left the analysis out of date.