

Snacks, sweets and beverages 2022

Analysis of nutrients



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1. Abbreviations

app. approximately

g gram

kcal kilocalories

kJ kilojoules

µg microgram

mg milligram

min minutes

n.a not analysed

s seconds

w/ with

w/o without

2. Summary

One of the Swedish Food Agency's assignments is to examine and analyse food (Regulation 2009:1426). To this end, the Swedish Food Agency has a food composition database containing extensive information about different foods and dishes, such as their nutritional content. The database forms an important basis for the Agency's work with dietary surveys, but is also used by, for example, diet planners, food companies, researchers, and private individuals. The content of the Swedish Food Composition Database is intended to reflect the Swedish food supply and therefore must be constantly updated to remain current. As part of this ongoing work, the Swedish Food Agency carries out annual analysis projects in which certain food nutrients and components (e.g., fibre and ash) are analysed.

During 2022 one analysis project, containing sweets, snacks and beverages, was performed and is described in this report.

In total, 39 food samples were analysed in the project. The report describes which foods were analysed, how they were selected, and how sampling, sample preparation, and analyses were carried out. The results of the analyses, together with estimated and calculated nutrient values/components, are summarised in Appendix 5. The results are also available via the web service "Sök näringsinnehåll" (search for nutrients) on the Swedish Food Agency's website.

3. Sampling

3.1 Analysis project

One of the Swedish Food Agency's assignments is to examine and analyse food (Regulation 2009:1426). To this end, the Swedish Food Agency has a food composition database containing extensive information about different foods and dishes, such as their nutritional content. The database forms an important basis for the Agency's work with dietary surveys, but is also used by, for example, diet planners, food companies, researchers, and private individuals. The content of the Swedish Food Composition Database is intended to reflect the Swedish food supply and therefore must be constantly updated to remain current. As part of this ongoing work, the Swedish Food Agency carries out annual analysis projects in which certain food nutrients and components (e.g., fibre and ash) are analysed.

Each year, about 35 food samples are updated. A food sample is often the same as an analytical sample, but for some food samples several analytical samples are made. For example, this can be the case when a food item can be both fortified and non-fortified. In these cases, three analytical samples are created, one with both fortified and unfortified products, and two separate analytical samples with and without fortified products.

To select the foods to be analysed, 'key foods' are used (Petrelius Sipinen, 2020). Key foods are derived from the Swedish Food Agency's national dietary surveys and are the foods that have contributed most to the intake of energy and/or nutrients.

In addition to key foods, a small proportion of foods are also analysed for which there is a particular need to gain more knowledge. These may include foods needed for future dietary surveys, new or changing products on the market, or foods for which there is a high demand from the Swedish Food Composition Database users.

3.2 Food selection

The foods included in this project were based on key foods from the two national dietary surveys, Riksmaten vuxna 2010-11 and Riksmaten ungdom 2016-17 (Amcoff, 2012, Warensjö Lemming, 2018). From Riksmaten ungdom 2016-17, so-called subcomponents of key foods were also included. Subcomponents are the foods that make up a compound food, for example, a 'Cheese sandwich' may be divided into the subcomponents bread, butter, cheese, and tomato. In addition to key foods, foods needed for the forthcoming dietary survey,

new products on the market, and foods in high demand by the Swedish Food Composition Database users were also included.

Most of the samples analysed are generic, meaning that they contain several different brands of products from the same food category. The exceptions are those food categories with only products from one brand.

3.3 Mapping

In order for the analytical samples to represent as much as possible the supply of products in the country, a survey of the supply on the market was carried out. Based on sales statistics (A.C. Nielsen Market trends 2019 and GFK 2019) and most popular products in online stores, an assessment was made of which products would be included in each analysis sample based on certain criteria. Online searches were made in online stores from the four chains with the largest market shares in Sweden 2020: ICA, Coop, Axfood and Bergendahls. In total, these chains accounted for 95 % of the market according to Dagligvarukartan 2020. An estimation of most popular products was performed for the relevant food groups at each online store, followed by a scoring. The product highest in the list of most popular products received 1 point, the second most popular product 2 points and so forth. Products with the lowest total points were the most popular ones in the online stores. The cache was emptied between searches to avoid adjustment according to previous searches. Own brands were excluded in the scoring. If own brands were to be included in the sample they were weighted according to the market share of each retail chain (score x market share). Finally, an individual assessment was made for each food group upon which it was decided which products would be included in each analytical sample.

3.4 Sample number

Nutritional composition may differ between different products and between different batches of the same product. Therefore, it is ideal that different products and several batches of the same product be included in the analytical sample. If similar analyses have been done before, differences in these analyses can be used to calculate the optimal number of purchase samples. This is done using a formula (Proctor, 1998). There were no previous data to compare against, therefore the formula was not used in this project. Number of purchase samples was set to 10.

The distribution among products within each analytical sample was based on the mapping described above.

3.5 Purchasing

All purchases were made between November 2021 and February 2022 in grocery stores in Uppsala, Norrtälje and Knivsta and in online stores.

All foods from the mapping were not available when purchases were made. In those cases individual decisions were taken on site, which means that certain products were excluded or one product was changed to an equivalent. It was not possible to get hold of enough batches of every product, in those cases the least amount demanded for the analysis was purchased (1500 g).

3.6 Sample management

The foods were stored at the respective appropriate temperatures until arrival at the Swedish Food Agency. Upon arrival, they were registered and given individual record numbers, allowing the traceability of the food contained in each sample. Food packaging, ingredients lists, and nutritional labels were photographed. The food was then stored in a dark place at the temperature appropriate until time for sample preparation.

The purchased samples were handled as laboratory samples as soon as they arrived at the laboratory. This means that factors that may affect stability, such as oxygen, temperature, and visible light of certain wavelengths, are taken into account. Water-soluble vitamins, tocopherols, sugars, and carotenoids are examples of nutrients that are sensitive to oxidation and/or light.

Chilled products were frozen and stored together with frozen products at -20 °C. Staples and beverages were stored at room temperature. All samples were stored in the packaging in which they were purchased.

3.7 Sample preparation

All samples were analysed and prepared in a room equipped with a UV filter to prevent degradation of light-sensitive nutrients. Each product and batch was handled separately and the equipment was cleaned between each product and batch. Only the edible part of the food was included in the analytical sample.

All samples were uncooked, except for millet, “oat rice” and popcorn. They were cooked according to instructions on the package. When a time span was mentioned the number of minutes in the middle was chosen. The foods were weighed before and after cooking (for details look in the cooking protocols). Four portions of each product/batch of millet and oat

rice were cooked, with iodised salt when included in instructions on package, and left to cool down in a stainless steel bowl. All cooked samples were homogenised in connection to the cooking while meatballs and sausages were thawed in the refrigerator before homogenisation.

Products that were solid or contained solid pieces were homogenised with a homogeniser (Retsch GM300). Products that easily stick together were homogenised with cooled equipment and/or with dry ice, e.g. sweets. Snacks were prepared cooled and with cooled equipment to minimize fat separation. All homogenised batches were then pooled. Products that did not need homogenisation, powder or liquid form, were mixed well with a spoon. All samples were afterwards divided into different jars according to analysis type. Acid-washed plastic jars were used for metal analysis.

3.8 Pooling

The amount of each product to be included in each analytical sample was calculated based on the mapping, with any necessary correction for the actual amount purchased. The distribution of products in the food samples is shown in Table 1. Scientific names and FoodEx2 codes of the foods in the project are presented in Appendix 1.

Table 1. Distribution of food samples.

Food sample ¹	Product	Percentage share
Potato crisps flavoured app. 34% fat	Estrella, Sourcream onion	34
	OLW, Sourcream onion	33
	Pringles, Sourcream onion	33
Potato crisps salted 32% fat	Estrella, Saltade potatiships	34
	OLW, Saltade	33
	Pringles, Original	33
Lentil crisps flavoured 17% fat	Estrella, Linschips sourcream & onion	25
	OLW, Linschips sourcream & onion	18
	Estrella, Linschips ranch & sourcream	15
	Estrella, Linschips dill & gräslök	15
	Estrella, Linschips roasted onion	15
	Estrella, Linschips ost & rödlök	13
Lentil puffs 28% fat	Estrella, Linsbågar äkta cheddar	50
	Estrella, Linsbågar äkta cheddar sourcream & onion	50
Cheese puffs	OLW, Cheez cruncherz	25
	OLW, Cheez balls	25
	OLW, Cheez cruncherz flamin hot	25
	OLW, Cheez doodles	25
Peanut rings	Estrella, Jordnötsringar	60

Food sample ¹	Product	Percentage share
	Coop, Jordnötsbågar	13
	Stark, Smoki original	13
	Lorenz, Curly	13
Popcorn microwave popped app. 22% fat	Estrella, Popcorn salt	30
	OLW, Saltade popcorn	30
	ICA, Popcorn saltade	11
	I love eco, Ekologiska micropopcorn	11
	Eldorado, Saltade mikropop	8
	Coop, Micropopcorn saltade	4
	Änglamark, Micropopcorn saltade	4
	Favorit, Micropopcorn med salt	2
Mini pretzel rods e.g. salta pinnar	OLW, Salta pinnar	33
	ICA, Salta pinnar	24
	Estrella, Salta pinnar	23
	Coop, Salta pinnar	9
	Garant, Salta pinnar	9
	Favorit, Salta pinnar	2
Milk chocolate e.g. Marabou	Marabou, Mjölchoklad	60
	Fazer, Karl Fazer milk chocolate	20
	Dazzley, Milk chocolate classic	10
	Xtra, Milk chocolate	10
Dark chocolate 70% cocoa	Marabou Premium, Fin 70% kakao	30
	Lindt Excellence, 70% cocoa dark	15
	Lindt Excellence, Mild 70% cocoa	15
	ICA Selection, Ekologisk mörk choklad 70%	24
	Garant, 70% cacao mörk choklad	8
	Änglamark, Ekologisk dark chocolate 70% cocoa	8
Dark chocolate 85% cocoa	Lindt Excellence, 85% cacao dark	46
	Marabou Premium, Fin 86% kakao	46
	Garant, 85% cacao mörk choklad	8
White chocolate	Marabou, Vit choklad	34
	Odense, Hvid chokolade	33
	Fazer, Vit bakchoklad	33
Cocoa beans	Kung Markatta, Kakaonibs	37
	The Raw ChocolateCo, Cacao nibs	20
	Renée Voltaire, Kakaonibs	13
	Rawfood shop, Cacao nibs roasted	10
	Rawpowder, Kakaonibs	10
	Superfruit, Cacao nibs	5

Food sample ¹	Product	Percentage share
	Go for life, Cacao nibs	5
Chocolate vegan	Green star, Ljus choklad	34
	Änglamark, Ekologisk chocolate 55% cocoa	33
	Plamil so free, Vegan smooth organic cocoa & rice	33
Jelly sweets/ Foam sweets e.g. marshmallows ²	Cloetta, Ahlgrens bilar original	20
	Cloetta, Ahlgrens bilar sursockrade	20
	Cloetta, Geléhallon	20
	Haribo, Nappar	20
	Malaco, Gott & blandat supersur	20
Jelly sweets w/o gelatine	Bubs godis, Cool cola skalle	36
	Fazer, Tutti frutti original	36
	Malaco, Gott & blandat original	28
Milk chocolate w/ soft toffee	Cloetta, Center	25
	Cloetta, Plopp	25
	Fazer, Dumle original	25
	Storck, Riesen dark chocolate chewy toffee	25
Chocolate bar filled wafers covered w/ milk chocolate e.g. Kexchoklad	Kexchoklad	100
Liquorice candies	Cloetta, Ahlgrens bilar saltlakrits	20
	Fazer, Tyrkisk peber	20
	Fazer, Lakritsi soft original	20
	Haribo, Nappar lakrits	20
	Malaco, Djungelvrål original	20
Banana chips	Exotic Snacks, Bananchips	30
	Urtekram, Banana chips	30
	ICA Basic, Bananchips	22
	Eldorado, Bananchips	8
	Sellton, Bananchips	3
	Biofood, Ekologiska bananchips	3
	Earth control, Banana chips	3
Fruit dried and sweetened	Exotic Snacks, Ananas	20
	Exotic Snacks, Mango	20
	Exotic Snacks, Melon	20
	Earth control, Fruitmix	9
	Hultén snacks collection, Papaya	9
	Hultén snacks collection, Ananas	9
	Mixat o gott, Mango	9
	Arimex, Ananas	5
Mango dried	ICA, Mangoskivor torkade	16

Food sample ¹	Product	Percentage share
	Garant, Ekologisk torkad mango	16
	Smiling, Ekologisk tokad mango	16
	Urtekram, Mango organic	16
	Biofood, Ekologiska mangoskivor	13
	Änglamark, Ekologisk mango torkad	11
	Earth control, Natural mango	8
	Coop, Mango	5
Cranberries dried	Coop, Tranbär	18
	Garant, Torkade tranbär	18
	ICA Gott liv, Torkade tranbär	18
	Sellton, Torkade tranbär	18
	Urtekram, Cranberries organic	18
	Earth control, Canadian cranberries	8
Wolfberry/Gojiberry dried	Sellton, Gojibär	21
	Biofood, Ekologiska gojibär	20
	Coop, Gojibär	20
	Garant, Torkade gojibär	20
	ICA Gott liv, Ekologiska torkade gojibär	19
Blueberries dried	Coop, Blåbär	50
	ICA Gott liv, Torkade blåbär	50
Chocolate ball oatmeal e.g. chokladboll	Delicato, Delicatoboll	50
	Gille, Gillebollar	50
Biscuit w/ nougat filling	Göteborgskex, Ballerina original	68
	ICA, Nougatkaka med hasselnötskräm	22
	Coop, Nougette med nougatfyllning	8
	Hellema, Madonnas	2
Chocolate hazelnut spread	Ferrero, Nutella	51
	Kung Markatta, Hasselnötskräm	11
	ICA, Hasselnötskräm	11
	I love eco, Ekologisk hasselnötskräm	11
	Coop, Nötkräm med hasselnötter och kakao	8
	Dazzley, Creamy hazelnut spread	8
Beer alcohol free vol % 0.5	Carlsberg, Danish alcohol free organic pilsner	34
	Mariestads, Alkoholfri öl	33
	Staropramen, Non alcoholic	33
Glucose syrup	Dan Sukker, Glykossirap	50
	Dr Oetker, Flytande glykos	50
Soft drink carbonated	Carlsberg Sverige, Seven-up	14
	Carlsberg Sverige, Zingo apelsin	14

Food sample ¹	Product	Percentage share
	Coca-Cola, Fanta exotic	14
	Coca-Cola, Fanta orange	14
	Coca-Cola, Sprite	14
	Spendrups, Champis	14
	Spendrups, Trocadero	14
Soft drink carbonated w/ artificial sweeteners	Carlsberg Sverige, Seven-up free	14
	Carlsberg Sverige, Zingo jordgubb sockerfri	14
	Coca-Cola, Fanta exotic zero sugar	14
	Coca-Cola, Fanta orange zero sugar	14
	Coca-Cola, Fanta raspberry zero sugar	14
	Coca-Cola, Sprite zero sugar	14
	Spendrups, Trocadero zero sugar	14
Nutritional yeast	Da Carla, Näringsjäst flingor	50
	Renée Voltaire, Näringsjäst umamiflingor	50
Teff flour	Biofood, Teffmjöl ljusst och mörkt	25
	Da Carla, Teffmjöl	25
	Raw food shop, Teff flour white	25
	Risenta, Teffmjöl	25
Millet grains boiled w/ salt	Go Green, Skalad hirs	34
	Kung Markatta, Hirs	33
	Saltå Kvarn, Hirs	33
Oat rice boiled w/ salt	Frebaco, Svenskt havreris	50
	ICA, Havreris	50
Sausage 73% meat uncooked	Scan, Bratwurst	30
	Scan, Chorizo	30
	ICA, Svensk bratwurst	11
	ICA, Svensk chorizo	11
	Coop, Bratwurst alspånsrökt korv	4
	Coop, Chorizo alspånsrökt korv	4
	Garant, Klassisk bratwurst	4
	Garant, Klassisk chorizo	4
	Favorit, Chorizo	2
Meat balls frozen product	Felix, Klassiska köttbullar	30
	Scan, Svenska köttbullar	30
	ICA, Svenska köttbullar	22
	Coop, Köttbullar	8
	Garant, Djupfrysta köttbullar	8
	Favorit, Köttbullar	2

Food sample¹	Product	Percentage share
Sausage 58% meat e.g. falukorv	Lithells, Falukorv	30
	Scan, Svensk falukorv klassikern	30
	ICA, Svensk falukorv	22
	Coop, Falukorv	8
	Garant, Svensk falukorv	8
	Favorit, Falukorv	2

¹ A food sample may consist of several analytical samples. ²An analysis used for two equivalent food items based on their ingredients from labelling.

4. Weight and weight changes

Weight experiments were made in connection to the cooking of millet and “oat rice” since information on gains and losses of water is lacking on these products. More details are shown in Appendix 2.

5. Analysis

All nutrients included in the database were analysed in most foods. Some exceptions were made for so-called logical zeros, i.e., nutrients and components not biologically expected to be present in a specific food, or present only in small and negligible amounts in the context. For example, fibre is not expected to be present in pure fats.

External analyses were carried out by an accredited laboratory: ash, total fat, cholesterol, nitrogen, water, starch, mono- and disaccharides, lactose, fibre, alcohol, phosphorus, iodine, calcium, potassium, magnesium, sodium, selenium, thiamine, riboflavin and folate. Certain nutrients/components were calculated based on the analysed values (see Appendix 3).

Other nutrients were analysed internally by the chemistry department at the Swedish Food Agency. A more detailed description of the internal methods can be found in Appendix 4 and on the Swedish Food Agency's website in the Food Composition Database section.

Since the composite sample of nutritional yeast contained a fortified product, zinc and vitamin B12 were analysed in a separate sample excluding the specific product.

All analytical results are presented in Appendix 5.

6. Data quality checks

New analysis results are compared to previous values. When the food item is new the values are compared to a similar food item. Foods used for comparison are firstly foods from the Swedish Food Composition Database, second-hand foods from other databases and scientific reports. Analytical results are also compared to the nutrient declaration on the foods.

Carbohydrates by difference are also checked by the formula:

$$100 - (\text{water} + \text{ash} + \text{protein} + \text{fat} + \text{fibre} + \text{alcohol})$$

Differences, larger than the levels in the European Commission (European Commission, 2012) guidance on how much declared values may differ from actual content in foods, are investigated further and may be analysed once more.

Ash is verified through subtracting sodium from ash. A value below zero indicates error since sodium is included in ash. Deviations are investigated further.

Macro nutrients are checked by the formula:

$$100 - (\text{water} + \text{ash} + \text{fat} + \text{protein} + \text{starch} + \text{fibre} + \text{glucose} + \text{fructose} + \text{lactose} + \text{maltose} + \text{galactose} + \text{alcohol})$$

Values larger than 3 or smaller than minus 3 are investigated further. When the values fall within the boundaries of measurement uncertainty for each analytical method the values can sometimes be approved anyway.

Beyond above mentioned checks there are controls done during the analysis according to analysis method and accreditation respectively.

Before publication all other data, e.g. name, FoodEx2 and Languag coding, is checked.

7. References

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8. Appendices

Appendix 1. Scientific name and FoodEx2 code

Appendix 2. Weight change factors

Appendix 3. Calculations and conversion factors

Appendix 4. Analytical methods

Appendix 5. Analysis results

Appendix 1. Scientific names and FoodEx2 codes

Table 1. Scientific name and FoodEx2 code of analysed foods.

Food id.	Food name	Scientific name	FoodEx2 code
601	Blueberries dried	Vaccinium myrtillus L.	A01MA#F27.A01EY
1102	Meat balls frozen product		A03XG#F04.A04GP\$F28.A07KQ
1488	Sausage 58% meat e.g. falukorv		A024Q#F04.A011G\$F04.A01TN\$F07.A073L
1580	Peanut rings		A06HL#F04.A01BN\$F04.A002Q\$F04.A003F\$F04.A037D\$F04.A002L\$F04.A003J\$F04.A032J\$F04.A042P\$F04.A003X
1582	Cheese puffs		A00FE#F04.A02QE
1585	Mini pretzel rods e.g. salta pinnar		A00FG
1586	Popcorn microwave popped app. 22% fat		A00DC#F07.A073K
1587	Potato crisps flavoured app. 34% fat		A011L#F04.A047B\$F07.A073Z\$F26.A07XD
1617	Biscuit w/ nougat filling		A00AE#F04.A035D\$F04.A003X\$F28.A07MA
1657	Chocolate ball oatmeal e.g. chokladboll		A00CJ#F04.A00DH\$F04.A039B\$F04.A032J\$F04.A03KA\$F04.A03HG
1828	Soft drink carbonated		A0EQN#F26.A07XD\$F28.A07JN
1830	Soft drink carbonated w/ artificial sweeteners		A03FV#F08.A046M\$F26.A07XD
1850	Milk chocolate w/ soft toffee		A034Q#F04.A02PJ\$F04.A035B
1860	Chocolate hazelnut spread		A0C6P#F04.A014L
1863	Jelly sweets		A035L#F26.A07XD
1868	Foam sweets e.g. marshmallows		A035H#F26.A07XD
1876	Chocolate bar filled wafers covered w/ milk chocolate e.g. Kexchoklad		A0BYR#F04.A034J\$F28.A07HP
2051	White chocolate		A034P
2055	Milk chocolate e.g. Marabou		A034J#F26.A07XD
2305	Beer alcohol free vol % 0.5		A03MG
3334	Potato crisps salted 32% fat		A011L#F10.A0CJK
3522	Banana chips		A01QH#F27.A01LC\$F10.A077J

Food id.	Food name	Scientific name	FoodEx2 code
4026	Fruit dried and sweetened		A01QB
4049	Cranberries dried	Vaccinium oxycoccus L.	A01MA#F27.A01FH
6857	Lentil crisps flavoured 17% fat		A0EQX#F10.A0CJK\$F04.A002Q\$F04.A03F\$F04.A013Q
6858	Lentil puffs 28% fat		A0EQV#F04.A002Q\$F04.A013Q\$F04.A16FE\$F07.A073R
6869	Teff flour	Eragrostis tef (Zuccagni) Trotter	A04KS#F27.A000A
6907	Dark chocolate cocoa 70%		A034H
6908	Dark chocolate cocoa 85%		A034H
6991	Cocoa beans	Theobroma cacao L.	A0C6B
6992	Chocolate vegan		A0EQD#F10.A077J\$F04.A003G
6993	Jelly sweets w/o gelatine		A035L#F10.A077J\$F26.A07XD
6994	Mango dried	Mangifera indica L.	A01MK
6996	Wolfberry/Gojiberry dried	Lycium barbarum L.	A01MA#F27.A00JH
6997	Glucose syrup		A033Z
6998	Nutritional yeast		A043P
6999	Oat rice boiled w/ salt	Avena sativa L.	A000G#F28.A07GL\$F04.A042R\$F10.A0CJK
7000	Liquorice candies		A035J
7006	Millet grains boiled w/ salt	Panicum miliaceum (L.)	A001B#F28.A07GL\$F10.A0CJK
7015	Sausage 73% meat uncooked		A025C

Appendix 2. Weight change factors

Table 1. Cooking method and weight change factors. Calculated values are rounded off.

Food item	Average weight raw (g)	Cooking method	Average weight cooked (g)	Weight change factor
Millet	260	Simmer under lid for 10-25 min whereupon it was left to rest for 5-18 min.	1128	4,34
Oat rice	148	Simmer under lid for 13 min whereupon it was left to rest for 5 min.	352	2,38

Appendix 3. Calculations and conversion factors

Table 1. Calculation of nutrient values.

Nutritional value	Calculation used
Energy (kJ)	Carbohydrates*17.0 + Protein*17.0 + Fat*37.0 + Alcohol*29.0 + Fibre *8.0
Energy (kcal)	Energy (kJ)*0.239
Carbohydrates (g)	100 - (Water (g) + Total ash (g) + Protein (g) + Fat (g) + Fibre (g) + Alcohol (g))
Protein (g)	Nitrogen (g)* Factor ¹
Fatty acids (g)	Factor ² * Total fat (g) *Fatty acid in percent/100

¹ Factor for the calculation of protein from nitrogen based on Jones factors (Jones, 1931), see Table 2 below. ² Factor for the calculation of the proportion of fatty acids in total fat, see Table 2 below.

Table 2. Conversion factors for protein and fat.

Food id.	Food name	Protein ¹	Fat ²
601	Blueberries dried	6.25	0.956
1102	Meat balls frozen product	6.25	0.953
1488	Sausage 58% meat e.g. falukorv	6.25	0.956
1580	Peanut rings	5.46	0.956
1582	Cheese puffs	6.25	0.956
1585	Mini pretzel rods e.g. salta pinnar	5.70	0.956
1586	Popcorn microwave popped app. 22% fat	6.25	0.956
1587	Potato crisps flavoured app. 34% fat	6.25	0.956
1617	Biscuit w/ nougat filling	5.70	0.956
1657	Chocolate ball oatmeal e.g. chokladboll	6.25	0.956
1828	Soft drink carbonated	6.25	0.800
1830	Soft drink carbonated w/ artificial sweeteners	6.25	0.800
1850	Milk chocolate w/ soft toffee	6.38	0.956
1860	Chocolate hazelnut spread	5.3	0.956
1863	Jelly sweets	5.55	0.956
1868	Foam sweets e.g. marshmallows	5.55	0.956
1876	Chocolate bar filled wafers covered w/ milk chocolate e.g. Kexchoklad	6.38	0.956
2051	White chocolate	6.25	0.956
2055	Milk chocolate e.g. Marabou	6.25	0.956
2305	Beer alcohol free vol % 0.5	6.25	0.800
3334	Potato crisps salted 32% fat	6.25	0.956
3522	Banana chips	6.25	0.942
4026	Fruit dried and sweetened	6.25	0.800
4049	Cranberries dried	6.25	0.800
6857	Lentil crisps flavoured 17% fat	6.25	0.956

Food id.	Food name	Protein¹	Fat²
6858	Lentil puffs 28% fat	6.25	0.956
6869	Teff flour	6.25	0.670
6907	Dark chocolate cocoa 70%	6.25	0.956
6908	Dark chocolate cocoa 85%	6.25	0.956
6991	Cocoa beans	6.25	0.800
6992	Chocolate vegan	6.25	0.956
6993	Jelly sweets w/o gelatine	5.70	0.956
6994	Mango dried	6.25	0.800
6996	Wolfberry/Gojiberry dried	6.25	0.800
6997	Glucose syrup	6.25	0.800
6998	Nutritional yeast	6.25	0.800
6999	Oat rice boiled w/ salt	6.25	0.940
7000	Liquorice candies	5.55	0.670
7006	Millet grains boiled w/ salt	6.25	0.800
7015	Sausage 73% meat uncooked	6.25	0.956

¹ Nitrogen to protein. ² Fatty acids of total fat.

Appendix 4. Analytical methods

Table 1. Analytical methods, limit of quantification and measurement uncertainty.

Substance	Analytical method	Reference	Limit of quantification dry/wet sample	Range of measurement	Measurement uncertainty
all-trans-retinol	HPLC-UV	SLV-m049-f	6 µg/100 g		10 % (> 30µg/100 g) 18 % (6-30 µg/100 g)
Ash	Gravimetry	NMKL 173, external laboratory	0.1 g/100 g		10 %
Lead	ICP-MS	SLV-m196-f	0.64/0.13 µg/100 g	0.09-250 µg/100 g	28 %
Fat	NMR	NMKL 160 mod., external laboratory	0.1 g/100 g		10 %
Fatty acids	GC-FID	SLV-m062-f	0.1 % fatty acid content (FA)		33 % if FA ≤ 0.5 % 6.5 % if FA 0.5-6 % 2.4 % if FA > 6 % 10 % total trans fatty acids
Fiber (high molecular + low molecular)	Enzymatic, gravimetric-HPLC	AOAC 2009.01	0.5 g/100 g		
Folate	Microbiological method	NMKL 111:1985, external laboratory	5 µg/100 g		
Phosphorus	ICP-AES	SS EN ISO 17294-2:2016/SS-EN 13805:2014, external laboratory	2.5 mg/100 g		25 %
Iodine	ICP-SFMS	DIN EN 15111:2007-06, mod. (DE Food), external laboratory	10 µg/100 g		
Iron	ICP-MS	SLV-m196-f	0.087/0,017 mg/100 g	0.0053-29.9 mg/100 g	16 %
Cadmium	ICP-MS	SLV-m196-f	0.61/0,12 µg/100 g	0.04-0.09 µg/100 g	26 %
Calcium	ICP-AES	SS EN ISO 17294-2:2016/SS-EN 13805:2014, external laboratory	2 mg/100 g		30 %
Potassium	ICP-AES	SS EN ISO 17294-2:2016/SS-EN 13805:2014, external laboratory	5 mg/100 g		25 %
Carotenoids	HPLC-DAD	SLV-m138-f	5 µg/100 g		12 % (> 40 µg/100 g), trans-lycopene 14 % 18 % (5-40 µg/100 g), trans-lycopene 22 %

Substance	Analytical method	Reference	Limit of quantification dry/wet sample	Range of measurement	Measurement uncertainty
		SLV-m042-f			18 % (> 80 µg/100 g) 28 % (20-80 µg/100 g)
Cobolt	ICP-MS	SLV-m196-f	0.61/0.12 µg/100 g	0.04-18 µg/100 g	
Cholesterol	Gas chromatography	§64 LFGB L 18.00-17 [DE Food], external laboratory	0.001 mg/100 g		
Copper	ICP-MS	SLV-m196-f	0.0112/0.0022 mg/100 g	0.00067-16 mg/100 g	33 %
Nitrogen	Kjeldahl	NMKL 6:2003	0.05 g/100 g		10 %
Magnesium	ICP-AES	SS EN ISO 17294-2:2016/SS-EN 13805:2014, external laboratory	5 mg/100g		
Manganese	ICP-MS	SLV-m196-f	0.0061/0.0012 mg/100 g	0.00037-9.7 mg/100 g	15 %
Molybdenum	ICP-MS	SLV-m196-f	1.2/0.24 µg/100 g	0.08-350 µg/100 g	21 %
Sodium	ICP-AES	SS EN ISO 17294-2:2016/SS-EN 13805:2014, external laboratory	5 mg/100 g		
Niacin	Microbiological method, <i>Lactobacillus plantarum</i>	SLV-m059-f2	0.05 mg/100 g		15 % (animal matrix) 19 % (vegetable matrix)
Riboflavin	HPLC-FLD	EN 14152:2014 mod., external laboratory	0.01 mg/100 g		
Selenium	ICP-MS	SS EN ISO 17294-2:2016/SS-EN 13805:2014, external laboratory	0.005 mg/100 g		45 %
Sugars	HPLC	AOAC 982.14, mod., external laboratory	0.04 g/100 g		25 % (glucose, fructose, maltose, galactose) 15 % (sucrose)
Starch	Polarimetry	Internal method, external laboratory	1 g/100 g		
Thiamin	HPLC-FLD	BS EN14122-2014, external laboratory	0.018 mg/100 g		
Tocopherols	HPLC-FLD	SLV-m049-f	0.04 mg/100 g		10 % (> 0.2 mg/100 g) 18 % (0.04-0.2 mg/100 g)
Tocotrienols	HPLC-FLD	SLV-m049-f	0.04 mg/100 g		10 % (> 0.2 mg/100 g) 18 % (0.04-0.2 mg/100 g)
Water	Gravimetry	NMKL 23, external laboratory ISO 8534:2017, external laboratory	0.1 g/100 g 0.1g/100 g		10 %
Vitamin B ₁₂	Microbiological method, <i>Lactobacillus delbrueckii</i>	SLV-m059-f4	0.12 µg/100 g		24 %

Substance	Analytical method	Reference	Limit of quantification dry/wet sample	Range of measurement	Measurement uncertainty
Vitamin B ₆	HPLC-FLD	SLV-m123-f	0.02 mg/100 g 0.1 mg/100 g, within accreditation		10 % (animal matrix) 17 % (vegetable matrix) 27 % (cerealmatrix)
Vitamin C	HPLC-UV	SLV-m256-f	0.2 mg/100 g		12 % (> 2 mg/100 g) 24 % (0.2-2 mg/100 g)
Vitamin D	HPLC-UV	SLV-m061-f	0.3 µg/100 g		7 % (> 1 µg/100 g) 14 % (0.3-1 µg/100 g)
Vitamin K	HPLC-FLD	SLV-m057-f	1 µg/100 g		8 % (> 8 µg/100 g) 16 % (1-8 µg/100 g)
Zinc	ICP-MS	SLV-m196-f	0.103/0.021 mg/100 g		12 %

Description of internal methods used at the Swedish Food Agency

Fatty acids

SLV-m062-f

Fatty acids are determined by gas chromatography using a modified method by IUPAC 6th Ed, Part 1, 2.301 and 2.302, 1979. Methyl esters of fatty acids are produced from triglycerides by metanolysis in an alkaline environment. The percentage proportion of a mixture of methyl esters of fatty acids are determined by gas chromatography.

Trans-retinol

SLV-m049-f

The sample is hydrolysed in a basic environment and thereafter extracted by cyclohexane. Detection is done using HPLC-UV. Accredited method (SWEDAC).

Carotenoids

SLV-m042-f and SLV-m138-f

Two methods are used, one direct extraction method for analysis of lycopene and one method using hydrolysis with subsequent extraction for analysis of the other carotenoids. Detection is done using HPLC-DAD. Accredited methods for analyses of trans-alfa-carotene, trans-beta-carotene and trans-beta-cryptoxanthin (SWEDAC).

Vitamin D₃

SLV-m061-f

The sample is hydrolysed in a basic environment after addition of an internal standard, and thereafter extracted using n-heptane. Detection is done using HPLC-UV. Accredited method (SWEDAC).

Tocopherols and tocotrienols (vitamin E)

SLV-m049-f

The sample is hydrolysed in a basic environment, and thereafter extracted using cyclohexane. Detection is done using HPLC-fluorescence. Accredited method (SWEDAC).

Vitamin K₁ and K₂

SLV-m057-f

After addition of an internal standard, the sample is extracted using n-heptane. Detection is done using HPLC-fluorescence. Accredited method (SWEDAC).

Niacin

SLV-m059-f2

Total niacin content is determined by turbidimetric measurement of growth of the lactic acid bacterium *Lactobacillus plantarum*. Described with alternative detection technique in the following article (Sølve et al., 1994). Accredited method (SWEDAC).

Vitamin B₁₂

SLV-m059-f4

Total content of vitamin B₁₂ is determined by turbidimetric measurement of growth of the lactic acid bacterium *Lactobacillus leichmanni*. EN14131. AACC 86-47. Accredited method (SWEDAC).

Vitamin B₆

SLV-m123-f

Free and total content of vitamin B₆ are determined by liquid chromatography and fluorescence detection. Described in the following article (Kall, 2003). Accredited method (SWEDAC).

Vitamin C

With this method both ascorbic acid and dehydro-ascorbic acid are analysed. The content of dehydro-ascorbic acid is reduced to ascorbic acid by the use of tris-(2-carboxyethyl)-phosphine (TCEP), and whereafter the total content of ascorbic acid can be determined by HPLC with UV detection. The method was not accredited when the analyses were done.

Minerals and metals

SLV-m196-f

Contents of cobalt, copper, cadmium, iron, manganese, molybdenum, lead and zinc are determined by a closed microwave influx in nitric acid and hydrochloric acid at 200°C. After dilution with water, the sample solutions are analysed using ICP-MS (Inductively Coupled Plasma-Mass Spectrometry). The instrument uses a collision cell with helium to minimize possible poly atomic interferences. The method is based on EN 15763:2009 and is accredited (SWEDAC).

Appendix 5. Analysis results

Table 1. Analytical results for macronutrients per 100 g of edible part. Values in the table are rounded, full analytical values are presented in the Swedish Food Composition Database.

Food id.	Food name	Energy ¹ (kJ)	Energy ¹ (kcal)	Carbohydrates ¹ (g)	Fat (g)	Protein ¹ (g)	Nitrogen (g)	Fibre (g)	Water (g)	Alcohol (g)	Ash (g)
601	Blueberries dried	1270	303	63.8	2.4	1.7	0.3	8.4	22.7	0 ²	1.0
1102	Meat balls frozen product	909	217	6.5	15.6	12.3	2.0	1.5	61.8	0 ²	2.3
1488	Sausage 58% meat e.g. falukorv	1003	240	5.1	20.6	9.1	1.5	0.0	63.1	0 ²	2.2
1580	Peanut rings	2042	488	51.4	25.0	11.4	2.1	6.3	2.8	0 ²	3.2
1582	Cheese puffs	2300	550	48.2	35.5	8.5	1.4	2.8	1.9	0 ²	3.1
1585	Mini pretzel rods e.g. salta pinnar	1636	391	69.6	5.7	11.5	2.0	6.1	2.5	0 ²	4.7
1586	Popcorn microwave popped app. 22% fat	1839	440	55.9	16.9	9.6	1.5	12.5	2.1	0 ²	3.0
1587	Potato crisps flavoured app. 34% fat	2203	526	50.0	32.6	5.9	0.9	5.8	2.3	0 ²	3.4
1617	Biscuit w/ nougat filling	2050	490	62.6	23.2	5.6	1.0	4.0	3.3	0 ²	1.2
1657	Chocolate ball oatmeal e.g. chokladboll	2125	508	49.1	31.5	4.9	0.8	5.2	8.1	0 ²	1.2
1828	Soft drink carbonated	150	36	8.8	0	0	0	0.0	91.2	0 ²	0
1830	Soft drink carbonated w/ artificial sweeteners	5	1	0.3	0	0	0	0.0	99.7	0 ²	0
1850	Milk chocolate w/ soft toffee	2025	484	62.6	23.4	4.5	0.7	2.3	5.9	0 ²	1.3
1860	Chocolate hazelnut spread	2269	542	55.4	32.5	5.5	1.0	4.0	1.1	0 ²	1.6
1863	Jelly sweets	1466	350	81.3	0	4.7	0.8	0.6	13.5	0 ²	0
1868	Foam sweets e.g. marshmallows	1466	350	81.3	0	4.7	0.8	0.6	13.5	0 ²	0
1876	Chocolate bar filled wafers covered w/ milk chocolate e.g. Kexchoklad	2092	500	58.5	24.6	9.7	1.5	2.8	2.3	0 ²	2.1
2051	White chocolate	2288	547	61.6	31.2	5.1	0.8	0.0	0.8	0 ²	1.4
2055	Milk chocolate e.g. Marabou	2240	535	58.1	30.8	5.2	0.8	3.0	1.1	0 ²	1.8
2305	Beer alcohol free vol % 0.5	64	15	3.1	0	0.4	0.1	0.0	96.2	0.2	0.1
3334	Potato crisps salted 32% fat	2118	506	55.6	27.9	5.6	0.9	5.8	2.2	0 ²	3.0

Food id.	Food name	Energy ¹ (kJ)	Energy ¹ (kcal)	Carbohydrates ¹ (g)	Fat (g)	Protein ¹ (g)	Nitrogen (g)	Fibre (g)	Water (g)	Alcohol (g)	Ash (g)
3522	Banana chips	2118	506	59.1	28.1	1.9	0.3	5.0	4.6	0 ²	1.2
4026	Fruit dried and sweetened	1416	338	81.3	0	0	0	4.2	14.0	0 ²	0.6
4049	Cranberries dried	1294	309	72.1	0.6	0	0	5.6	21.4	0 ²	0.2
6857	Lentil crisps flavoured 17% fat	1903	455	53.6	19.1	13.0	2.1	8.1	2.4	0 ²	3.8
6858	Lentil puffs 28% fat	2139	511	40.3	30.8	15.8	2.5	5.6	3.3	0 ²	4.1
6869	Teff flour	1437	344	65.3	2.3	10.3	1.7	8.2	11.7	0 ²	2.2
6907	Dark chocolate cocoa 70%	2431	581	34.0	43.9	8.4	1.3	10.8	1.0	0 ²	1.9
6908	Dark chocolate cocoa 85%	2478	592	22.3	48.6	11.1	1.8	13.9	1.5	0 ²	2.6
6991	Cocoa beans	2411	576	0	51.9	12.6	2.0	34.7	3.5	0 ²	2.8
6992	Chocolate vegan	2329	557	53.4	35.8	3.3	0.5	5.0	1.6	0 ²	0.8
6993	Jelly sweets w/o gelatine	1368	327	79.2	0	0.6	0.1	1.4	18.6	0 ²	0.2
6994	Mango dried	1240	296	64.0	0.9	2.6	0.4	9.2	21.5	0 ²	1.7
6996	Wolfberry/Gojiberry dried	1167	279	47.2	2.4	11.2	1.8	10.8	24.3	0 ²	4.1
6997	Glucose syrup	1357	324	79.8	0	0	0	0.0	20.2	0 ²	0
6998	Nutritional yeast	1388	332	12.6	5.2	46.6	7.5	23.4	4.4	0 ²	7.8
6999	Oat rice boiled w/ salt	711	170	28.5	2.7	5.6	0.9	4.1	58.3	0 ²	0.9
7000	Liquorice candies	1464	350	80.1	0.2	5.1	0.9	1.1	11.8	0 ²	1.8
7006	Millet grains boiled w/ salt	411	98	20.1	0.6	2.7	0.4	1.1	76.1	0 ²	0.5
7015	Sausage 73% meat uncooked	1020	244	3.4	20.6	11.8	1.9	0.0	61.6	0 ²	2.6

¹Calculated from analysed values. ² Not analysed, assessed as a logical zero.

Table 2. Analytical results for carbohydrates per 100 g of edible part. Values in the table are rounded, full analytical values are presented in the Swedish Food Composition Database.

Food id.	Food name	Glucose (g)	Fructose (g)	Sucrose (g)	Maltose (g)	Lactose (g)	Galactose (g)	Starch (g)
601	Blueberries dried	29.7	32.7	0	0	0 ¹	0	1.8
1102	Meat balls frozen product	0.8	0.2	0.3	0.1	0 ¹	0	5.7
1488	Sausage 58% meat e.g. falukorv	0.6	0	0	0.1	0 ¹	0	3.7
1580	Peanut rings	1.9	0.1	3.8	0	0 ¹	0	44.9
1582	Cheese puffs	0.6	0.1	0.7	0	1.3	0	44.3
1585	Mini pretzel rods e.g. salta pinnar	0.2	0.2	0.2	1.7	0 ¹	0	66.4
1586	Popcorn microwave popped app. 22% fat	0	0	0.9	0	0 ¹	0	65.1
1587	Potato crisps flavoured app. 34% fat	0.2	0.1	1.0	1.0	0.8	0	46.8
1617	Biscuit w/ nougat filling	0.1	0.1	28.4	0.1	3.0	0	34.7
1657	Chocolate ball oatmeal e.g. chokladboll	0.9	0.8	31.0	0	0 ¹	0	15.2
1828	Soft drink carbonated	3.0	3.1	3.5	0	0 ¹	0	0
1830	Soft drink carbonated w/ artificial sweeteners	0.1	0.1	0	0	0 ¹	0	0
1850	Milk chocolate w/ soft toffee	3.6	0.2	36.3	4.2	5.6	0	3.0
1860	Chocolate hazelnut spread	0	0	45.9	0	3.7	0	1.0
1863	Jelly sweets	9.0	1.9	35.2	8.9	0 ¹	0	16.9
1868	Foam sweets e.g. marshmallows	9.0	1.9	35.2	8.9	0 ¹	0	16.9
1876	Chocolate bar filled wafers covered w/ milk chocolate e.g. Kexchoklad	0.0	0	28.0	0.2	11.8	0	20.1
2051	White chocolate	0	0	50.5	0	9.7	0	0
2055	Milk chocolate e.g. Marabou	0	0	44.9	0	11.3	0.04	0
2305	Beer alcohol free vol % 0.5	0.3	0.2	0	0.4	0 ¹	0	2.3
3334	Potato crisps salted 32% fat	0	0	0.4	0.7	0 ¹	0	50.9
3522	Banana chips	0.2	0.2	15.6	0	0 ¹	0	41.5
4026	Fruit dried and sweetened	19.8	19.4	39.2	0	0 ¹	0	2.6

Food id.	Food name	Glucose (g)	Fructose (g)	Sucrose (g)	Maltose (g)	Lactose (g)	Galactose (g)	Starch (g)
4049	Cranberries dried	38.2	28.9	3.4	0	0 ¹	0	1.3
6857	Lentil crisps flavoured 17% fat	0.5	0.1	2.8	0	0 ¹	0	49.1
6858	Lentil puffs 28% fat	0.2	0.1	1.1	0	2.4	0	36.4
6869	Teff flour	0.1	0.1	1.1	0	0 ¹	0	65.0
6907	Dark chocolate cocoa 70%	0	0.1	28.1	0	0 ¹	0	3.7
6908	Dark chocolate cocoa 85%	0	0.1	14.8	0	0 ¹	0	4.6
6991	Cocoa beans	0	0.2	0.3	0	0 ¹	0	4.1
6992	Chocolate vegan	6.4	0	33.7	1.0	0 ¹	0	5.4
6993	Jelly sweets w/o gelatine	13.3	8.1	29.0	8.1	0 ¹	0	19.6
6994	Mango dried	9.2	19.1	33.6	0	0 ¹	0	5.2
6996	Wolfberry/Gojiberry dried	24.8	23.0	2.7	0	0 ¹	0	0
6997	Glucose syrup	21.3	0.5	0	17.4	0 ¹	0	n.a.
6998	Nutritional yeast	0	0	0	0	0 ¹	0	3.8
6999	Oat rice boiled w/ salt	0	0	0.4	0	0 ¹	0	25.1
7000	Liquorice candies	6.2	1.6	36.0	8.3	0 ¹	0	23.3
7006	Millet grains boiled w/ salt	0	0	0.1	0	0 ¹	0	16.9
7015	Sausage 73% meat uncooked	0.8	0	0	0.1	0 ¹	0	2.8

¹Not analysed, assessed as a logical zero. n.a. nutrient or food not analysed in this project.

Table 3. Analytical results for vitamin A per 100 g of edible part. Values in the table are rounded, full analytical values are presented in the Swedish Food Composition Database.

Food id.	Food name	all-trans-retinol (µg)	α-carotene (µg)	β-carotene (µg)	β-cryptoxanthin (µg)	Lycopene ¹ (µg)	Lutein ¹ (µg)	Zeaxanthin ¹ (µg)
601	Blueberries dried	0	0	35.3	0	0	47.7	15.4
1102	Meat balls frozen product	0 ²	0	5.8	0	0	5.6	0
1488	Sausage 58% meat e.g. falukorv	0 ²	0	0	0	0	0	0
1580	Peanut rings	0	0 ²	20	26	7.8	265	185
1582	Cheese puffs	32.2	14.4	466	201	354	470	388
1585	Mini pretzel rods e.g. salta pinnar	0	0	0	0	0	63	0 ²
1586	Popcorn microwave popped app. 22% fat	0	5.8	26	66.5	0	426	441
1587	Potato crisps flavoured app. 34% fat	0	0	14.4	5.3	0	132	28.4
1617	Biscuit w/ nougat filling	0	0	0	0	0	59.8	0 ²
1657	Chocolate ball oatmeal e.g. chokladboll	0	0	41.8	0	0	16.8	8.1
1828	Soft drink carbonated	0 ³	0 ³	0 ³	0 ³	0 ³	0 ³	0 ³
1830	Soft drink carbonated w/ artificial sweeteners	0 ³	0 ³	0 ³	0 ³	0 ³	0 ³	0 ³
1850	Milk chocolate w/ soft toffee	19.1	0 ²	11.2	0	0	6.8	0
1860	Chocolate hazelnut spread	0	0	0 ²	0	0	0 ²	8.1
1863	Jelly sweets	0	0 ³	0 ³	0 ³	0 ³	0 ³	0 ³
1868	Foam sweets e.g. marshmallows	0	0 ³	0 ³	0 ³	0 ³	0 ³	0 ³
1876	Chocolate bar filled wafers covered w/ milk chocolate e.g. Kexchoklad	10.1	0	9.2	0	0	33.5	0
2051	White chocolate	47	6.1	23.5	0	0	0 ²	0
2055	Milk chocolate e.g. Marabou	57.4	5	31.2	0	0	6.6	0
2305	Beer alcohol free vol % 0.5	0	0	0	0	0	0	0
3334	Potato crisps salted 32% fat	0	0 ²	0	0 ²	0	89.7	23.8
3522	Banana chips	0	25.4	191	0	0	11.1	0 ²
4026	Fruit dried and sweetened	0	0	207	54.8	212	5.9	12.6

Food id.	Food name	all-trans-retinol (µg)	α-carotene (µg)	β-carotene (µg)	β-cryptoxanthin (µg)	Lycopene ¹ (µg)	Lutein ¹ (µg)	Zeaxanthin ¹ (µg)
4049	Cranberries dried	0	0 ²	20.9	0 ²	0	74.7	15.3
6857	Lentil crisps flavoured 17% fat	0	0	47.4	32.8	114	254	191
6858	Lentil puffs 28% fat	51.3	9	321	201	69.7	450	332
6869	Teff flour	0	0	0	0	0	15.7	5.3
6907	Dark chocolate cocoa 70%	0 ²	9.4	17.8	0 ²	0	5.9	0
6908	Dark chocolate cocoa 85%	0	11.1	16.5	0 ²	0	0 ²	0
6991	Cocoa beans	0	14.5	22.3	0 ²	0	10.1	0
6992	Chocolate vegan	0	10.6	16.6	0 ²	0	8	0
6993	Jelly sweets w/o gelatine	0 ³	0 ³	0 ³	0 ³	0 ³	0 ³	0 ³
6994	Mango dried	0	9.7	2670	54.7	0	125	107
6996	Wolfberry/Gojiberry dried	0	0	311	669	0	287	6270
6997	Glucose syrup	0 ³	0 ³	0 ³	0 ³	0 ³	0 ³	0 ³
6998	Nutritional yeast	0	0	0	0	0	0	0
6999	Oat rice boiled w/ salt	0	0	0	0	0	0	25.9
7000	Liquorice candies	0	0	0	0	0	0	6
7006	Millet grains boiled w/ salt	0	0	0	0	0	0	112
7015	Sausage 73% meat uncooked	12.2	0	36	27.3	14.8	0 ²	25

¹Nutrient is not analysed within the accreditation. ²Below the quantification limit, trace. ³Not analysed, assessed as logical zero.

Table 4. Analytical results for vitamins D and K per 100 g of edible part. Values in the table are rounded, full analytical values are presented in the Swedish Food Composition Database.

Food id.	Food name	Vitamin D ₂ (µg)	Vitamin D ₃ (µg)	Vitamin K ₁ (µg)	Vitamin K ₂ (MK4) (µg)
601	Blueberries dried	0 ¹	0 ¹	48.8	0
1102	Meat balls frozen product	0 ¹	0	2.04	7.21
1488	Sausage 58% meat e.g. falukorv	0 ¹	0 ²	0 ²	6.97
1580	Peanut rings	0 ¹	0 ¹	2.82	0
1582	Cheese puffs	0 ¹	0	2.69	1.27
1585	Mini pretzel rods e.g. salta pinnar	0 ¹	0 ¹	5.77	0
1586	Popcorn microwave popped app. 22% fat	0 ¹	0 ¹	1.45	0
1587	Potato crisps flavoured app. 34% fat	0 ¹	0	12.4	0
1617	Biscuit w/ nougat filling	0 ²	0 ¹	2.02	0
1657	Chocolate ball oatmeal e.g. chokladboll	0	0	4.84	0
1828	Soft drink carbonated	0 ¹	0 ¹	0 ²	0
1830	Soft drink carbonated w/ artificial sweeteners	0 ¹	0 ¹	0	0
1850	Milk chocolate w/ soft toffee	0.76	0	3.56	0 ²
1860	Chocolate hazelnut spread	0.43	0	8.65	0
1863	Jelly sweets	0	0	0	0
1868	Foam sweets e.g. marshmallows	0	0	0	0
1876	Chocolate bar filled wafers covered w/ milk chocolate e.g. Kexchoklad	0.73	0	3.57	0 ²
2051	White chocolate	2.39	0.75	8.04	1.63
2055	Milk chocolate e.g. Marabou	1.63	0 ²	7.55	1.77
2305	Beer alcohol free vol % 0.5	0 ¹	0 ¹	0	0
3334	Potato crisps salted 32% fat	0 ¹	0 ¹	7.12	0
3522	Banana chips	0 ¹	0 ¹	29.8	0
4026	Fruit dried and sweetened	0 ¹	0 ¹	0 ²	0

Food id.	Food name	Vitamin D ₂ (µg)	Vitamin D ₃ (µg)	Vitamin K ₁ (µg)	Vitamin K ₂ (MK4) (µg)
4049	Cranberries dried	0 ¹	0 ¹	8.92	0
6857	Lentil crisps flavoured 17% fat	0 ¹	0	15.7	0
6858	Lentil puffs 28% fat	0 ¹	0	18.7	2.75
6869	Teff flour	0 ¹	0 ¹	1.26	0
6907	Dark chocolate cocoa 70%	2.78	0.87	8.61	0
6908	Dark chocolate cocoa 85%	3.28	1.49	11.3	0 ²
6991	Cocoa beans	1.15	0	2.48	2.65
6992	Chocolate vegan	0 ¹	0 ¹	4.69	0 ²
6993	Jelly sweets w/o gelatine	0 ¹	0 ¹	0 ²	0
6994	Mango dried	0 ¹	0 ¹	7.3	0
6996	Wolfberry/Gojiberry dried	0 ¹	0 ¹	11.5	0
6997	Glucose syrup	0 ¹	0 ¹	0 ¹	0 ¹
6998	Nutritional yeast	0 ¹	0 ¹	0 ²	0
6999	Oat rice boiled w/ salt	0 ¹	0 ¹	1.16	0
7000	Liquorice candies	0 ¹	0 ¹	0 ²	0.14
7006	Millet grains boiled w/ salt	0 ¹	0 ¹	0 ²	0
7015	Sausage 73% meat uncooked	0 ¹	0.33	1.39	9.7

¹Not analysed, assessed as logical zero. ²Below the quantification limit, trace.

Table 5. Analytical results for vitamin E per 100 g of edible part. Values in the table are rounded, full analytical values are presented in the Swedish Food Composition Database.

Food id.	Food name	α -toco- pherol (mg)	β -toco- pherol (mg)	γ -toco- pherol (mg)	δ -toco- pherol (mg)	α -toco- trienol (mg)	β -toco- trienol (mg)	γ -toco- trienol (mg)	δ -toco- trienol (mg)
601	Blueberries dried	4.04	0.13	1.51	0.08	0 ¹	0	0.43	0
1102	Meat balls frozen product	1.62	0	0.40	0 ¹	0 ¹	0	0.35	0
1488	Sausage 58% meat e.g. falukorv	1.16	0	0	0	0 ¹	0.10	0.05	0
1580	Peanut rings	6.75	0.27	3.7	0.22	0.40	0.11	0.63	0.04
1582	Cheese puffs	17.9	0.72	0.27	0.05	0.09	0	0.20	0
1585	Mini pretzel rods e.g. salta pinnar	0.70	0.25	0.67	0 ¹	0.07	1.41	0	0
1586	Popcorn microwave popped app. 22% fat	2.51	0.10	3.76	0.15	1.06	0.12	1.61	0.18
1587	Potato crisps flavoured app. 34% fat	15.2	0.61	1.48	0.04	0.04	0.08	0.05	0
1617	Biscuit w/ nougat filling	5.31	0.30	0.51	0 ¹	0.45	0.77	0.54	0.08
1657	Chocolate ball oatmeal e.g. chokladboll	3.19	0.07	1.03	0.06	2.02	0.26	2.23	0.28
1828	Soft drink carbonated	0 ²	0 ²	0 ²	0 ²	0 ²	0 ²	0 ²	0 ²
1830	Soft drink carbonated w/ artificial sweeteners	0 ²	0 ²	0 ²	0 ²	0 ²	0 ²	0 ²	0 ²
1850	Milk chocolate w/ soft toffee	0.59	0	2.93	0.13	0.24	0.07	0.49	0.06
1860	Chocolate hazelnut spread	9.98	0.31	2.34	0.14	2.13	0.28	3.61	0.47
1863	Jelly sweets	0.10	0	0.07	0	0	0	0	0
1868	Foam sweets e.g. marshmallows	0.10	0	0.07	0	0	0	0	0
1876	Chocolate bar filled wafers covered w/ milk chocolate e.g. Kexchoklad	0.67	0.07	2.08	0.13	0.48	0.52	0.04	0.10
2051	White chocolate	0.69	0	5.7	0.14	0	0.05	0.13	0
2055	Milk chocolate e.g. Marabou	0.56	0	5.05	0.22	0	0.05	0.11	0
2305	Beer alcohol free vol % 0.5	0.064	0	0	0	0	0	0	0
3334	Potato crisps salted 32% fat	15.1	0.58	1.4	0.05	0 ¹	0.07	0.06	0
3522	Banana chips	0.61	0	0	0	0.36	0.04	0.10	0

Food id.	Food name	α -toco- pherol (mg)	β -toco- pherol (mg)	γ -toco- pherol (mg)	δ -toco- pherol (mg)	α -toco- trienol (mg)	β -toco- trienol (mg)	γ -toco- trienol (mg)	δ -toco- trienol (mg)
4026	Fruit dried and sweetened	0.44	0	0.07	0	0	0	0	0
4049	Cranberries dried	1.48	0 ¹	0.05	0	0	0	0.10	0
6857	Lentil crisps flavoured 17% fat	7.77	0.29	2.04	0.06	0.08	0	0.16	0
6858	Lentil puffs 28% fat	12.1	0.41	4.81	0.12	0.09	0	0.23	0
6869	Teff flour	0.11	0.05	2.47	0.07	0	0	0.12	0
6907	Dark chocolate cocoa 70%	0.77	0	10.5	0.17	0	0.12	0.23	0
6908	Dark chocolate cocoa 85%	0.74	0	10.2	0.14	0	0.13	0.23	0
6991	Cocoa beans	0.62	0	14.4	0.16	0	0.14	0.19	0
6992	Chocolate vegan	1	0	8.92	0.16	0	0.10	0.26	0
6993	Jelly sweets w/o gelatine	0 ²	0 ²	0 ²	0 ²	0 ²	0 ²	0 ²	0 ²
6994	Mango dried	4.98	0.06	0 ¹	0	0.07	0	0	0
6996	Wolfberry/Gojiberry dried	6.32	0.14	0.39	0	0 ¹	0	0	0
6997	Glucose syrup	0 ²	0 ²	0 ²	0 ²	0 ²	0 ²	0 ²	0 ²
6998	Nutritional yeast	0.29	0	0.08	0 ¹	0 ¹	0	0	0
6999	Oat rice boiled w/ salt	0.35	0 ¹	0	0	0.59	0.14	0	0
7000	Liquorice candies	0.14	0 ¹	0 ¹	0	0	0.07	0	0
7006	Millet grains boiled w/ salt	0.07	0	0.36	0 ¹	0	0	0 ¹	0
7015	Sausage 73% meat uncooked	2.4	0	0.07	0 ¹	0.05	0.15	0.07	0

¹Below the quantification limit, trace.²Not analysed, assessed as logical zero.

Table 6. Analytical results for water-soluble vitamins per 100 g of edible part. Values in the table are rounded, full analytical values are presented in the Swedish Food Composition Database.

Food id.	Food name	Thiamin (mg)	Riboflavin (mg)	Niacin (mg) ¹	Vitamin B ₆ (mg)	Vitamin B ₆ free (mg)	Vitamin B ₁₂ (µg)	Folate (µg)	Vitamin C (mg)
601	Blueberries dried	0.04	0.04	0.59	0.13	0.10	0 ²	0	0
1102	Meat balls frozen product	0.24	0.96	2.86	0.15	0.15	0.49	6.2	0.69
1488	Sausage 58% meat e.g. falukorv	0.26	1.28	2.22	0.11	0.11	0.37	0	29.9
1580	Peanut rings	0.08	0.06	5.03	0.23	0.18	0 ²	24.3	0
1582	Cheese puffs	0.02	0.14	0.36	0.07 ³	0.06 ³	0.16	12.8	0 ⁴
1585	Mini pretzel rods e.g. salta pinnar	0.18	0.05	1.26	0.08 ³	0.04 ³	0 ²	16.6	0
1586	Popcorn microwave popped app. 22% fat	0.06	0.06	1.58	0.23	0.2	0 ²	11.7	0
1587	Potato crisps flavoured app. 34% fat	0.14	0.15	4.07	0.45	0.22	0	19.6	13.3
1617	Biscuit w/ nougat filling	0.06	0.11	0.42	0.06 ³	0.03 ³	0 ³	14.5	0
1657	Chocolate ball oatmeal e.g. chokladboll	0.09	0.05	0.35	0.04 ³	0.04 ³	0	9.14	0
1828	Soft drink carbonated	0	0	0	0 ⁴	0	0 ²	0	1.41
1830	Soft drink carbonated w/ artificial sweeteners	0	0	0	0 ⁴	0	0 ²	0	0.89
1850	Milk chocolate w/ soft toffee	0.04	0.17	0.25	0.03 ³	0.03 ³	0.25	14.1	0.25
1860	Chocolate hazelnut spread	0.04	0.16	0.27	0.09 ³	0.07 ³	0.31	19.4	0.59
1863	Jelly sweets	0	0	0	0 ⁴	0	0	0	0
1868	Foam sweets e.g. marshmallows	0	0	0	0 ⁴	0	0	0	0
1876	Chocolate bar filled wafers covered w/ milk chocolate e.g. Kexchoklad	0.10	0.40	0.54	0.07 ³	0.07 ³	0.92	21.1	1.44
2051	White chocolate	0.05	0.33	0.25	0.07 ³	0.07 ³	0.49	13.4	0.76
2055	Milk chocolate e.g. Marabou	0.08	0.35	0.45	0.16	0.16	0.45	13.5	0.59
2305	Beer alcohol free vol % 0.5	0	0.02	0.37	0.02 ³	0.03 ³	0 ²	7.32	0
3334	Potato crisps salted 32% fat	0.13	0.07	4.04	0.45	0.18	0 ²	18.2	15.7
3522	Banana chips	0.03	0.03	0.67	0.29	0.27	0 ²	21.7	1.61

Food id.	Food name	Thiamin (mg)	Riboflavin (mg)	Niacin (mg) ¹	Vitamin B ₆ (mg)	Vitamin B ₆ free (mg)	Vitamin B ₁₂ (µg)	Folate (µg)	Vitamin C (mg)
4026	Fruit dried and sweetened	0	0	0	0 ⁴	0	0 ²	0	0
4049	Cranberries dried	0	0.07	0.06	0.03 ³	0 ³	0 ²	0	0
6857	Lentil crisps flavoured 17% fat	0.14	0.07	1.26	0.38	0.30	0 ²	25.4	0.78
6858	Lentil puffs 28% fat	0.11	0.23	1.03	0.34	0.26	0.24	23.1	0.25
6869	Teff flour	0.52	0.11	1.77	0.22	0.19	0 ²	33.7	0
6907	Dark chocolate cocoa 70%	0.12	0.09	0.81	0.07 ³	0.05 ³	0.25	15.2	0
6908	Dark chocolate cocoa 85%	0.14	0.13	1.11	0.14	0.11	0.25	20.4	0
6991	Cocoa beans	0.26	0.08	1.38	0.08 ³	0.08 ³	0 ²	19.9	0
6992	Chocolate vegan	0.05	0.04	0.49	0.04 ³	0.03 ³	0 ²	9.74	0
6993	Jelly sweets w/o gelatine	0	0	0	0 ⁴	0	0 ²	5.66	0
6994	Mango dried	0.09	0.13	1.99	0.10	0.08 ³	0 ²	51.3	16.9
6996	Wolfberry/Gojiberry dried	0.123	0.771	3.87	0.08 ³	0.04 ³	0 ²	56.9	0
6997	Glucose syrup	0 ²	0 ²	0 ²	0 ²	0 ²	0 ²	0 ²	0
6998	Nutritional yeast	30.3	11.5	156	19.3	19.3	0 ^{4,5}	3070	0
6999	Oat rice boiled w/ salt	0.13	0.01	0.27	0.04 ³	0.03 ³	0 ²	8.89	0 ⁴
7000	Liquorice candies	0	0.02	0.12	0.04 ³	0.03 ³	0 ²	6.56	0.63
7006	Millet grains boiled w/ salt	0.05	0.03	0.15	0.02 ³	0	0 ²	5.49	0
7015	Sausage 73% meat uncooked	0.31	0.11	2.88	0.13	0.13	0.47	0	16.9

¹Quality assessed manual calculations of analysis results, not within the accredited method. ²Not analysed, assessed as logical zero. ³Values between 0.02-0.1 are not within the accredited method. ⁴Below the quantification limit, trace. ⁵Analysis performed on non-fortified product.

Table 7. Analytical results for minerals per 100 g of edible part, part 1. The values in the table are rounded, full analytical values are presented in the Swedish Food Composition Database.

Food id.	Food name	Lead (µg)	Phosphorus (mg)	Iodine (µg)	Iron (mg)	Cadmium (µg)	Calcium (mg)	Potassium (mg)	Cobalt (µg)	Copper (mg)
601	Blueberries dried	0 ¹	53	0	0.89	0	45	430	1.03	0.14
1102	Meat balls frozen product	0.26	130	1.7	0.86	0.39	14	290	0.22	0.05
1488	Sausage 58% meat e.g. falukorv	0 ¹	100	0	0.53	0	7.1	140	0.14	0.04
1580	Peanut rings	0 ¹	170	0	1.18	1.48	23	270	1.06	0.27
1582	Cheese puffs	0	230	0	0.24	0 ¹	210	120	0 ¹	0.04
1585	Mini pretzel rods e.g. salta pinnar	0 ¹	160	1	1.46	4.22	26	170	0 ¹	0.16
1586	Popcorn microwave popped app. 22% fat	0 ¹	200	0	2.25	0.91	3	170	0 ¹	0.22
1587	Potato crisps flavoured app. 34% fat	0 ¹	150	0	1.12	4	45	970	1.15	0.17
1617	Biscuit w/ nougat filling	0 ¹	130	0	1.83	1.81	67	270	6.42	0.24
1657	Chocolate ball oatmeal e.g. chokladboll	0 ¹	150	0	2.42	1.69	21	260	5.46	0.30
1828	Soft drink carbonated	0	0	0	0	0	2.4	7.5	0	0
1830	Soft drink carbonated w/ artificial sweeteners	0	0	0	0	0 ¹	2.2	11	0	0 ¹
1850	Milk chocolate w/ soft toffee	0 ¹	120	1.5	2.69	0.95	99	270	1.86	0.24
1860	Chocolate hazelnut spread	0.91	170	1.3	3.52	2.71	110	480	14.7	0.52
1863	Jelly sweets	0 ¹	6.5	0	0	0	14	0	0	0.03
1868	Foam sweets e.g. marshmallows	0 ¹	6.5	0	0	0	14	0	0	0.03
1876	Chocolate bar filled wafers covered w/ milk chocolate e.g. Kexchoklad	0 ¹	230	3.5	1.95	1.17	210	460	5.01	0.19
2051	White chocolate	0	160	3.1	0.13	0	160	290	0	0.01
2055	Milk chocolate e.g. Marabou	1.26	230	3.1	4.47	1.3	190	520	9.62	0.32
2305	Beer alcohol free vol % 0.5	0 ¹	20	0	0 ¹	0 ¹	5.5	41	0	0 ¹
3334	Potato crisps salted 32% fat	0 ¹	120	0	1.02	4.71	14	870	1.05	0.21
3522	Banana chips	0	63	0	0.63	0	15	520	0 ¹	0.14
4026	Fruit dried and sweetened	4	0	1	0.27	0 ¹	40	7.6	0 ¹	0.05

Food id.	Food name	Lead (µg)	Phosphorus (mg)	Iodine (µg)	Iron (mg)	Cadmium (µg)	Calcium (mg)	Potassium (mg)	Cobalt (µg)	Copper (mg)
4049	Cranberries dried	0	8.6	0	0.31	0 ¹	9.7	79	0 ¹	0.03
6857	Lentil crisps flavoured 17% fat	0 ¹	200	0	2.49	1.03	31	520	2.55	0.38
6858	Lentil puffs 28% fat	0 ¹	360	1.3	1.61	0 ¹	170	560	2.31	0.26
6869	Teff flour	4.61	440	1.2	6.76	1.19	170	420	7.11	0.58
6907	Dark chocolate cocoa 70%	2.93	230	0	9.36	18	51	560	39.3	1.37
6908	Dark chocolate cocoa 85%	3.36	290	0	16.5	11.5	63	710	53.2	1.9
6991	Cocoa beans	0 ¹	450	0	2.43	62.9	79	800	40.9	2.03
6992	Chocolate vegan	1.09	100	0	2.64	6.98	22	230	14.3	0.49
6993	Jelly sweets w/o gelatine	0 ¹	5.2	0	0.15	0	4.5	9.1	0 ¹	0 ¹
6994	Mango dried	0 ¹	69	0	0.68	0	38	880	0 ¹	0.37
6996	Wolfberry/Gojiberry dried	2.36	240	0	3.14	3.73	58	1500	2.95	0.54
6997	Glucose syrup	n.a.	11	0	n.a.	n.a.	0	0	n.a.	n.a.
6998	Nutritional yeast	0 ¹	1100	1.7	3.68	8.28	120	1900	134	0.36
6999	Oat rice boiled w/ salt	0.17	160	1.6	1.55	0.92	22	140	0.30	0.21
7000	Liquorice candies	0.68	15	0	1.26	0 ¹	36	63	2.67	0.05
7006	Millet grains boiled w/ salt	0 ¹	38	1.7	0.46	0.67	4	36	0.98	0.12
7015	Sausage 73% meat uncooked	0.36	140	0	0.94	0 ¹	8.1	230	0.19	0.06

¹Below the quantification limit, trace. n.a., nutrient or food not analysed in this project.

Table 8. Analytical results for minerals per 100 g edible part, part 2. The values in the table are rounded, full analytical values are presented in the Swedish Food Composition Database.

Food id.	Food name	Magnesium (mg)	Manganese (mg)	Molybdenum (µg)	Sodium (mg)	Selenium (µg)	Zinc (mg)
601	Blueberries dried	24	0.76	5.9	0	0	0.26
1102	Meat balls frozen product	16	0.05	1.85	630	9.6	1.76
1488	Sausage 58% meat e.g. falukorv	8.9	0.02	1.06	630	8	1.13
1580	Peanut rings	72	0.83	67	810	0	1.49
1582	Cheese puffs	14	0.06	11.1	880	0	0.73
1585	Mini pretzel rods e.g. salta pinnar	37	1.07	30.9	1700	5.8	1.06
1586	Popcorn microwave popped app. 22% fat	72	1.07	31.6	760	0	2.89
1587	Potato crisps flavoured app. 34% fat	55	0.36	17.1	730	0	0.79
1617	Biscuit w/ nougat filling	38	0.62	12.5	200	0	0.61
1657	Chocolate ball oatmeal e.g. chokladboll	54	1.29	28.1	170	0	1.11
1828	Soft drink carbonated	0	0	0	0	0	0
1830	Soft drink carbonated w/ artificial sweeteners	0	0.002	0 ¹	8.4	0	0
1850	Milk chocolate w/ soft toffee	34	0.29	6.11	100	0	0.66
1860	Chocolate hazelnut spread	75	1.24	9.28	33	0	1.14
1863	Jelly sweets	0	0	0	34	0	0
1868	Foam sweets e.g. marshmallows	0	0	0	34	0	0
1876	Chocolate bar filled wafers covered w/ milk chocolate e.g. Kexchoklad	47	0.32	15	150	8.2	1.00
2051	White chocolate	20	0.02	7.91	70	0	0.55
2055	Milk chocolate e.g. Marabou	64	0.37	10.3	98	0	1
2305	Beer alcohol free vol % 0.5	7.5	0.01	0.74	0	0	0
3334	Potato crisps salted 32% fat	52	0.35	19	460	0	0.80
3522	Banana chips	80	1.07	7.55	0	0	0.39
4026	Fruit dried and sweetened	0	0.06	0 ¹	230	0	0 ¹

Food id.	Food name	Magnesium (mg)	Manganese (mg)	Molybdenum (µg)	Sodium (mg)	Selenium (µg)	Zinc (mg)
4049	Cranberries dried	5.3	0.39	2.16	0	0	0 ¹
6857	Lentil crisps flavoured 17% fat	44	0.66	228	900	20	1.74
6858	Lentil puffs 28% fat	35	0.37	75.9	750	11	1.77
6869	Teff flour	190	8.49	32.5	17	0	2.96
6907	Dark chocolate cocoa 70%	170	1.61	16	5.2	0	2.57
6908	Dark chocolate cocoa 85%	220	2.16	16.2	0	0	3.41
6991	Cocoa beans	280	2.22	51	0	18	4.12
6992	Chocolate vegan	67	0.72	7.5	14	0	0.92
6993	Jelly sweets w/o gelatine	0	0.01	1.38	93	0	0
6994	Mango dried	49	1.21	1.93	12	0	0.32
6996	Wolfberry/Gojiberry dried	100	0.79	12.1	360	0	0.81
6997	Glucose syrup	0	n.a.	n.a.	0	0	n.a.
6998	Nutritional yeast	130	0.83	2.65	55	12	8.32
6999	Oat rice boiled w/ salt	44	1.61	40	97	6.9	1.2
7000	Liquorice candies	21	0.19	3.28	540	0	0.12
7006	Millet grains boiled w/ salt	16	0.17	3.07	110	0	0.57
7015	Sausage 73% meat uncooked	16	0.07	1.3	810	11	1.53

¹Below the quantification limit, trace. n.a., nutrient or food not analysed in this project.

Table 9a and 9b. Fatty acid analysis results per 100 g of edible part. Values in the table are rounded, full analytical values are presented in the Swedish Food Composition Database. All samples have been run as duplicate analyses.

Food name	Blueberries dried	Meat balls frozen	Sausage Falukorv	Peanut rings	Cheese puffs	Mini pretzel rods	Popcorn microwave	Potato crisps flavoured	Biscuit w/ nougat filling	Chocolate ball	Soft drink	Softdrink w/ artificial sweetener	Chocolate w/ toffe filling	Chocolate hazelnut spread	Jelly sweets	Foam sweets e.g. marshmallows	Chocolate bar	White chocolate	Milk chocolate	Beer alcohol free
Food id.	601	1102	1488	1580	1582	1585	1586	1587	1617	1657	1828	1830	1850	1860	1863	1868	1876	2051	2055	2305
Fatty acid 4:0 (g)	0	0	0	0	0.13	0	0	0	0	0	0 ²	0 ²	0.09	0	0 ²	0 ²	0.07	0.12	0.14	0 ²
Fatty acid 6:0 (g)	0	0	0	0	0.07	0	0	0	0.03	0 ¹	0 ²	0 ²	0.04	0	0 ²	0 ²	0.03	0.06	0.07	0 ²
Fatty acid 8:0 (g)	0	0	0	0	0.05	0	0	0	0.61	0.34	0 ²	0 ²	0.07	0	0 ²	0 ²	0.25	0.05	0.05	0 ²
Fatty acid 10:0 (g)	0 ¹	0 ¹	0 ¹	0	0.12	0	0	0	0.52	0.35	0 ²	0 ²	0.11	0	0 ²	0 ²	0.25	0.11	0.12	0 ²
Fatty acid 10:1 (g)	0	0	0	0	0 ¹	0	0	0	0	0	0 ²	0 ²	0 ¹	0	0 ²	0 ²	0	0 ¹	0 ¹	0 ²
Fatty acid 11:0 (g)	0	0	0	0	0	0	0	0	0	0	0 ²	0 ²	0	0	0 ²	0 ²	0	0	0	0 ²
Fatty acid 12:0 (g)	0 ¹	0 ¹	0 ¹	0	0.14	0	0 ¹	0	4.52	4.55	0 ²	0 ²	0.62	0.03	0 ²	0 ²	3.13	0.14	0.16	0 ²
Fatty acid 12:1 (g)	0	0	0	0	0	0	0	0	0	0	0 ²	0 ²	0	0	0 ²	0 ²	0	0	0	0 ²
Fatty acid 13:0 (g)	0	0	0	0	0	0	0	0	0	0	0 ²	0 ²	0	0	0 ²	0 ²	0	0	0	0 ²
Fatty acid 14:0 i (g)	0	0	0	0	0	0	0	0	0	0	0 ²	0 ²	0	0	0 ²	0 ²	0	0	0	0 ²
Fatty acid 14:0 (g)	0 ¹	0.25	0.28	0.03	0.43	0 ¹	0.05	0 ¹	1.79	1.86	0 ²	0 ²	0.48	0.14	0 ²	0 ²	1.23	0.43	0.50	0 ²
Fatty acid 14:1 (g)	0	0.04	0 ¹	0	0.04	0	0	0	0	0	0 ²	0 ²	0.02	0	0 ²	0 ²	0 ¹	0.04	0.05	0 ²
Fatty acid 15:0 i (g)	0	0 ¹	0	0	0	0	0	0	0	0	0 ²	0 ²	0	0	0 ²	0 ²	0	0	0	0 ²
Fatty acid 15:0 ai (g)	0	0 ¹	0	0	0 ¹	0	0	0	0	0	0 ²	0 ²	0 ¹	0	0 ²	0 ²	0	0 ¹	0 ¹	0 ²
Fatty acid 15:0 (g)	0	0.03	0 ¹	0	0.04	0	0	0	0	0	0 ²	0 ²	0.03	0	0 ²	0 ²	0 ¹	0.04	0.05	0 ²
Fatty acid 15:1 (g)	0	0	0	0	0	0	0	0	0	0	0 ²	0 ²	0	0	0 ²	0 ²	0	0	0	0 ²
Fatty acid 16:0 i (g)	0	0 ¹	0	0	0	0	0	0	0	0	0 ²	0 ²	0	0	0 ²	0 ²	0	0	0	0 ²
Fatty acid 16:0 ai (g)	0	0 ¹	0 ¹	0	0	0	0	0	0	0	0 ²	0 ²	0	0	0 ²	0 ²	0	0	0	0 ²
Fatty acid 16:0 (g)	0.11	3.36	4.79	2.49	2.45	0.34	3.01	1.40	2.55	7.83	0 ²	0 ²	6.42	6.28	0 ²	0 ²	6.77	7.70	7.66	0 ²

Food name	Blueberries dried	Meat balls frozen	Sausage Falukorv	Peanut rings	Cheese puffs	Mini pretzel rods	Popcorn microwave	Potato crisps flavoured	Biscuit w/ nougat filling	Chocolate ball	Soft drink	Softdrink w/ artificial sweetener	Chocolate w/ toffee filling	Chocolate hazelnut spread	Jelly sweets	Foam sweets e.g. marshmallows	Chocolate bar	White chocolate	Milk chocolate	Beer alcohol free
Food id.	601	1102	1488	1580	1582	1585	1586	1587	1617	1657	1828	1830	1850	1860	1863	1868	1876	2051	2055	2305
Fatty acid 16:1 (g)	0 ¹	0.45	0.56	0 ¹	0.08	0.01	0 ¹	0.04	0 ¹	0.03	0 ²	0 ²	0.08	0.06	0 ²	0 ²	0.04	0.10	0.12	0 ²
Fatty acid 16:2 n-4 (g)	0	0	0	0	0	0	0	0	0	0	0 ²	0 ²	0	0	0 ²	0 ²	0	0	0	0 ²
Fatty acid 16:3 (g)	0	0	0	0	0	0	0	0	0	0	0 ²	0 ²	0	0	0 ²	0 ²	0	0	0	0 ²
Fatty acid 16:4 n-3 (g)	0	0	0	0	0	0	0	0	0	0	0 ²	0 ²	0	0	0 ²	0 ²	0	0	0	0 ²
Fatty acid 17:0 i (g)	0	0.03	0 ¹	0	0	0	0	0	0	0	0 ²	0 ²	0	0	0 ²	0 ²	0	0	0 ¹	0 ²
Fatty acid 17:0 ai (g)	0	0.04	0 ¹	0	0	0	0	0	0	0	0 ²	0 ²	0	0	0 ²	0 ²	0	0	0 ¹	0 ²
Fatty acid 17:0 (g)	0	0.08	0.08	0 ¹	0 ¹	0 ¹	0 ¹	0	0	0 ¹	0 ²	0 ²	0.04	0 ¹	0 ²	0 ²	0.03	0.07	0.07	0 ²
Fatty acid 17:1 (g)	0	0.07	0.08	0 ¹	0	0 ¹	0	0	0	0	0 ²	0 ²	0	0	0 ²	0 ²	0	0	0	0 ²
Fatty acid 18:0 i (g)	0	0 ¹	0	0	0	0	0	0	0	0	0 ²	0 ²	0	0	0 ²	0 ²	0	0	0	0 ²
Fatty acid 18:0 ai (g)	0	0 ¹	0	0	0	0	0	0	0	0	0 ²	0 ²	0	0	0 ²	0 ²	0	0	0	0 ²
Fatty acid 18:0 (g)	0.07	1.86	2.56	0.65	1.42	0.09	2.73	0.89	1.50	2.20	0 ²	0 ²	6.60	1.47	0 ²	0 ²	4.70	10.44	10.34	0 ²
Fatty acid 18:1 (g)	1.71	7.09	9.24	16.18	24.77	3.60	7.45	23.03	9.03	9.85	0 ²	0 ²	6.69	16.22	0 ²	0 ²	5.95	9.25	8.89	0 ²
Fatty acid 18:2 (g)	0.30	1.06	1.50	3.32	3.63	1.07	2.47	5.08	1.31	2.60	0 ²	0 ²	0.76	6.34	0 ²	0 ²	0.82	0.86	0.78	0 ²
Fatty acid 18:2 cis n-6 (g)	0.30	1.00	1.48	3.32	3.31	1.07	2.47	5.05	1.30	2.58	0 ²	0 ²	0.68	6.31	0 ²	0 ²	0.74	0.79	0.70	0 ²
Fatty acid 18:2 konj (g)	0	0	0	0	0	0	0	0	0	0	0 ²	0 ²	0	0	0 ²	0 ²	0	0	0	0 ²
Fatty acid 18:3 n-3 (g)	0.06	0.14	0.12	0.08	0.04	0.16	0.04	0.19	0.06	0.23	0 ²	0 ²	0.04	0.28	0 ²	0 ²	0.03	0.05	0.06	0 ²
Fatty acid 18:3 n-6 (g)	0	0 ¹	0 ¹	0	0	0	0	0	0	0	0 ²	0 ²	0	0	0 ²	0 ²	0	0	0	0 ²
Fatty acid 18:4 n-3 (g)	0	0.03	0.02	0	0 ¹	0	0	0	0	0	0 ²	0 ²	0 ¹	0	0 ²	0 ²	0	0 ¹	0 ¹	0 ²
Fatty acid 20:0 (g)	0.01	0.03	0.03	0.20	0.10	0.03	0.27	0.09	0.05	0.11	0 ²	0 ²	0.19	0.10	0 ²	0 ²	0.14	0.28	0.28	0 ²
Fatty acid 20:1 (g)	0.01	0.11	0.18	0.27	0.08	0.06	0.04	0.12	0.04	0.07	0 ²	0 ²	0 ¹	0.08	0 ²	0 ²	0 ¹	0 ¹	0 ¹	0 ²
Fatty acid 20:2 n-6 (g)	0	0.03	0.07	0	0	0	0	0	0	0	0 ²	0 ²	0	0	0 ²	0 ²	0	0	0	0 ²

Food name	Blueberries dried	Meat balls frozen	Sausage Falukorv	Peanut rings	Cheese puffs	Mini pretzel rods	Popcorn microwave	Potato crisps flavoured	Biscuit w/ nougat filling	Chocolate ball	Soft drink	Softdrink w/ artificial sweetener	Chocolate w/ toffe filling	Chocolate hazelnut spread	Jelly sweets	Foam sweets e.g. marshmallows	Chocolate bar	White chocolate	Milk chocolate	Beer alcohol free
Food id.	601	1102	1488	1580	1582	1585	1586	1587	1617	1657	1828	1830	1850	1860	1863	1868	1876	2051	2055	2305
Fatty acid 20:3 n-3 (g)	0	0 ¹	0.02	0	0	0	0	0	0	0	0 ²	0 ²	0	0	0 ²	0 ²	0	0	0	0 ²
Fatty acid 20:3 n-6 (g)	0	0 ¹	0 ¹	0	0	0	0	0	0	0	0 ²	0 ²	0	0	0 ²	0 ²	0	0	0	0 ²
Fatty acid 20:4 n-3 (g)	0	0	0	0	0	0	0	0	0	0	0 ²	0 ²	0	0	0 ²	0 ²	0	0	0	0 ²
Fatty acid 20:4 n-6 (g)	0	0.04	0.04	0	0	0	0	0	0	0	0 ²	0 ²	0	0	0 ²	0 ²	0	0	0	0 ²
Fatty acid 20:5 n-3 (g)	0	0	0	0	0	0	0	0	0	0	0 ²	0 ²	0	0	0 ²	0 ²	0	0	0	0 ²
Fatty acid 21:5 n-3 (g)	0	0	0	0	0	0	0	0	0	0	0 ²	0 ²	0	0	0 ²	0 ²	0	0	0	0 ²
Fatty acid 22:0 (g)	0.02	0	0	0.42	0.28	0.02	0.06	0.25	0.07	0 ¹	0 ²	0 ²	0.03	0.06	0 ²	0 ²	0 ¹	0.04	0.04	0 ²
Fatty acid 22:1 (g)	0	0	0	0.03	0	0.02	0	0	0	0	0 ²	0 ²	0	0	0 ²	0 ²	0	0	0	0 ²
Fatty acid 22:2 n-6 (g)	0	0	0	0	0	0	0	0	0	0	0 ²	0 ²	0	0	0 ²	0 ²	0	0	0	0 ²
Fatty acid 22:4 n-3 (g)	0	0	0	0	0	0	0	0	0	0	0 ²	0 ²	0	0	0 ²	0 ²	0	0	0	0 ²
Fatty acid 22:4 n-6 (g)	0	0	0	0	0	0	0	0	0	0	0 ²	0 ²	0	0	0 ²	0 ²	0	0	0	0 ²
Fatty acid 22:5 n-3 (g)	0	0	0	0	0	0	0	0	0	0	0 ²	0 ²	0	0	0 ²	0 ²	0	0	0	0 ²
Fatty acid 22:5 n-6 (g)	0	0	0	0	0	0	0	0	0	0	0 ²	0 ²	0	0	0 ²	0 ²	0	0	0	0 ²
Fatty acid 22:6 n-3 (g)	0	0	0	0	0	0	0	0	0	0	0 ²	0 ²	0	0	0 ²	0 ²	0	0	0	0 ²
Fatty acid 23:0 (g)	0	0	0	0	0	0	0	0	0	0	0 ²	0 ²	0	0	0 ²	0 ²	0	0	0	0 ²
Fatty acid 24:0 (g)	0.01	0	0	0.22	0	0	0	0.08	0	0	0 ²	0 ²	0	0	0 ²	0 ²	0	0	0	0 ²
Fatty acid 24:1 n-9 (g)	0	0	0	0	0	0	0	0	0	0	0 ²	0 ²	0	0	0 ²	0 ²	0	0	0	0 ²
Fatty acid 14:1 t (g)	0	0 ¹	0	0	0	0	0	0	0	0	0 ²	0 ²	0	0	0 ²	0 ²	0	0	0	0 ²
Fatty acid 16:1 t (g)	0	0.02	0	0	0	0	0	0	0	0	0 ²	0 ²	0	0	0 ²	0 ²	0	0	0	0 ²
Fatty acid 18:1 t (g)	0	0.11	0.06	0 ¹	0.10	0.01	0.02	0 ¹	0 ¹	0.03	0 ²	0 ²	0 ¹	0 ¹	0 ²	0 ²	0.03	0.08	0.07	0 ²
Fatty acid 20:1 t (g)	0	0	0	0	0	0	0	0	0	0	0 ²	0 ²	0	0	0 ²	0 ²	0	0	0	0 ²

Food name	Blueberries dried	Meat balls frozen	Sausage Falukorv	Peanut rings	Cheese puffs	Mini pretzel rods	Popcorn microwave	Potato crisps flavoured	Biscuit w/ nougat filling	Chocolate ball	Soft drink	Softdrink w/ artificial sweetener	Chocolate w/ toffe filling	Chocolate hazelnut spread	Jelly sweets	Foam sweets e.g. marshmallows	Chocolate bar	White chocolate	Milk chocolate	Beer alcohol free
Food id.	601	1102	1488	1580	1582	1585	1586	1587	1617	1657	1828	1830	1850	1860	1863	1868	1876	2051	2055	2305
Fatty acid 18:3 t (g)	0	0	0	0	0	0	0	0	0	0	0 ²	0 ²	0	0	0 ²	0 ²	0	0	0	0 ²
Fatty acid 18:2 t (g)	0	0.04	0 ¹	0	0 ¹	0	0	0 ¹	0	0.04	0 ²	0 ²	0	0.06	0 ²	0 ²	0	0	0	0 ²
Sum saturated fatty acids ³ (g)	0.22	5.68	7.74	4.01	5.23	0.48	6.12	2.71	11.64	17.24	0 ²	0 ²	14.72	8.08	0 ²	0 ²	16.60	19.48	19.48	0 ²
Sum monounsaturated fatty acids ³ (g)	1.72	7.76	10.06	16.48	24.97	3.69	7.49	23.19	9.07	9.95	0 ²	0 ²	6.79	16.36	0 ²	0 ²	5.99	9.39	9.06	0 ²
Sum polyunsaturated fatty acids ³ (g)	0.36	1.30	1.77	3.40	3.67	1.23	2.51	5.27	1.37	2.83	0 ²	0 ²	0.80	6.62	0 ²	0 ²	0.85	0.91	0.84	0 ²
Summa trans fatty acids ³ (g)	0	0.17	0.06	0	0.10	0.01	0.02	0	0	0.08	0 ²	0 ²	0	0.06	0 ²	0 ²	0.03	0.08	0.07	0 ²
Sum n-3 fatty acids ³ (g)	0.06	0.18	0.16	0.08	0.04	0.16	0.04	0.19	0.06	0.23	0 ²	0 ²	0.04	0.28	0 ²	0 ²	0.03	0.05	0.06	0 ²
Sum long-chain n-3 fatty acids ³ (g)	0	0	0.02	0	0	0	0	0	0	0	0 ²	0 ²	0	0	0 ²	0 ²	0	0	0	0 ²
Sum n-6 fatty acids ³ (g)	0.30	1.07	1.59	3.32	3.31	1.07	2.47	5.05	1.30	2.58	0 ²	0 ²	0.68	6.31	0 ²	0 ²	0.74	0.79	0.70	0 ²
Cholesterol (mg)	0 ²	39.6	47.6	0 ²	14	0 ²	0 ²	1.9	1.2	3	0 ²	0 ²	8.2	2.2	0 ²	0 ²	10.7	16.8	19.1	0 ²

¹Below the quantification limit, trace. ²Not analysed, assessed as logical zero. ³Calculated from analysed values

Food name	Potato crisps salted	Banana chips	Fruit dried	Cranberries dried	Lentil crisps	Lentil puffs	Teff flour	Dark chocolate cocoa 70%	Dark chocolate cocoa 85%	Cocoa beans	Chocolate vegan	Jelly sweets w/o gelatine	Mango dries	Wolfberry/Gojiberry dried	Glucose syrup	Nutritional yeast	Oat rice boiled w/ salt	Liquorice candies	Millet grains boiled w/ salt	Sausage 73% meat uncooked
Food id.	3334	3522	4026	4049	6857	6858	6869	6907	6908	6991	6992	6993	6994	6996	6997	6998	6999	7000	7006	7015
Fatty acid 4:0 (g)	0	0	0 ¹	0	0	0.16	0	0	0	0	0	0 ¹	0	0	0 ¹	0	0	0 ¹	0	0
Fatty acid 6:0 (g)	0	0.09	0 ¹	0	0	0.08	0	0	0	0	0	0 ¹	0	0	0 ¹	0	0	0 ¹	0	0
Fatty acid 8:0 (g)	0	1.65	0 ¹	0	0	0.07	0	0	0	0	0	0 ¹	0	0	0 ¹	0	0	0 ¹	0 ²	0
Fatty acid 10:0 (g)	0	1.44	0 ¹	0	0	0.16	0	0	0	0	0	0 ¹	0 ²	0	0 ¹	0	0	0 ¹	0	0 ²
Fatty acid 10:1 (g)	0	0	0 ¹	0.13	0	0 ²	0	0	0	0	0	0 ¹	0	0	0 ¹	0	0	0 ¹	0	0
Fatty acid 11:0 (g)	0	0	0 ¹	0	0	0	0	0	0	0	0	0 ¹	0	0	0 ¹	0	0	0 ¹	0	0
Fatty acid 12:0 (g)	0	12.20	0 ¹	0 ²	0	0.20	0	0	0	0	0	0 ¹	0 ²	0 ²	0 ¹	0 ²	0	0 ¹	0 ²	0 ²
Fatty acid 12:1 (g)	0	0	0 ¹	0	0	0 ²	0	0	0	0	0	0 ¹	0	0	0 ¹	0	0	0 ¹	0	0
Fatty acid 13:0 (g)	0	0	0 ¹	0	0	0	0	0	0	0	0	0 ¹	0	0	0 ¹	0	0	0 ¹	0	0
Fatty acid 14:0 i (g)	0	0	0 ¹	0	0	0	0	0	0	0	0	0 ¹	0	0	0 ¹	0	0	0 ¹	0	0
Fatty acid 14:0 (g)	0 ²	5.11	0 ¹	0 ²	0 ²	0.62	0 ²	0.06	0 ²	0 ²	0 ²	0 ¹	0.02	0.01	0 ¹	0.02	0 ²	0 ¹	0 ²	0.28
Fatty acid 14:1 (g)	0	0	0 ¹	0	0	0.06	0	0	0	0	0	0 ¹	0 ²	0	0 ¹	0	0	0 ¹	0	0 ²
Fatty acid 15:0 i (g)	0	0	0 ¹	0	0	0 ²	0	0	0	0	0	0 ¹	0	0	0 ¹	0	0	0 ¹	0	0
Fatty acid 15:0 ai (g)	0	0	0 ¹	0	0	0 ²	0	0	0	0	0	0 ¹	0	0	0 ¹	0	0	0 ¹	0	0
Fatty acid 15:0 (g)	0	0	0 ¹	0	0	0.06	0	0	0	0	0	0 ¹	0 ²	0	0 ¹	0	0	0 ¹	0 ²	0 ²
Fatty acid 15:1 (g)	0	0	0 ¹	0	0	0	0	0	0	0	0	0 ¹	0 ²	0	0 ¹	0	0	0 ¹	0	0
Fatty acid 16:0 i (g)	0	0	0 ¹	0	0	0	0	0	0	0	0	0 ¹	0	0	0 ¹	0	0	0 ¹	0	0
Fatty acid 16:0 ai (g)	0	0	0 ¹	0	0	0	0	0	0	0	0	0 ¹	0	0	0 ¹	0	0	0 ¹	0	0 ²
Fatty acid 16:0 (g)	1.20	2.64	0 ¹	0.02	0.79	2.68	0.28	11.00	11.71	12.17	8.69	0 ¹	0.22	0.72	0 ¹	0.83	0.40	0 ¹	0.05	4.79
Fatty acid 16:1 (g)	0.04	0	0 ¹	0 ²	0.02	0.14	0.01	0.08	0.07	0.12	0.07	0 ¹	0.13	0.01	0 ¹	0.01	0.01	0 ¹	0 ²	0.54
Fatty acid 16:2 n-4 (g)	0	0	0 ¹	0	0	0	0	0	0	0	0	0 ¹	0 ²	0	0 ¹	0	0	0 ¹	0	0

Food name	Potato crisps salted	Banana chips	Fruit dried	Cranberries dried	Lentil crisps	Lentil puffs	Teff flour	Dark chocolate cocoa 70%	Dark chocolate cocoa 85%	Cocoa beans	Chocolate vegan	Jelly sweets w/o gelatine	Mango dries	Wolfberry/Gojiberry dried	Glucose syrup	Nutritional yeast	Oat rice boiled w/ salt	Liquorice candies	Millet grains boiled w/ salt	Sausage 73% meat uncooked
Food id.	3334	3522	4026	4049	6857	6858	6869	6907	6908	6991	6992	6993	6994	6996	6997	6998	6999	7000	7006	7015
Fatty acid 16:3 (g)	0	0	0 ¹	0	0	0 ²	0	0	0	0	0	0 ¹	0 ²	0	0 ¹	0	0	0 ¹	0	0
Fatty acid 16:4 n-3 (g)	0	0	0 ¹	0	0	0	0	0	0	0	0	0 ¹	0	0	0 ¹	0	0	0 ¹	0	0
Fatty acid 17:0 i (g)	0	0	0 ¹	0	0	0 ²	0	0	0	0	0	0 ¹	0	0	0 ¹	0	0	0 ¹	0	0 ²
Fatty acid 17:0 ai (g)	0	0	0 ¹	0	0	0 ²	0	0	0	0	0	0 ¹	0	0 ²	0 ¹	0	0	0 ¹	0	0 ²
Fatty acid 17:0 (g)	0	0	0 ¹	0	0	0.04	0 ²	0.09	0.10	0.11	0.07	0 ¹	0 ²	0 ²	0 ¹	0 ²	0	0 ¹	0 ²	0.07
Fatty acid 17:1 (g)	0	0	0 ¹	0	0	0	0	0	0	0	0	0 ¹	0 ²	0 ²	0 ¹	0	0	0 ¹	0	0.07
Fatty acid 18:0 i (g)	0	0	0 ¹	0	0	0	0	0	0	0	0	0 ¹	0	0	0 ¹	0	0	0 ¹	0	0
Fatty acid 18:0 ai (g)	0	0	0 ¹	0	0	0	0	0	0	0	0	0 ¹	0	0	0 ¹	0	0	0 ¹	0	0
Fatty acid 18:0 (g)	0.76	0.75	0 ¹	0.02	0.49	1.53	0.07	15.36	17.70	13.74	11.67	0 ¹	0.01	0.04	0 ¹	0.20	0.03	0 ¹	0.02	2.71
Fatty acid 18:1 (g)	19.71	1.87	0 ¹	0.39	14.55	20.17	0.44	13.85	15.33	13.45	11.94	0 ¹	0.20	0.30	0 ¹	2.20	0.88	0 ¹	0.07	8.85
Fatty acid 18:2 (g)	4.29	0.50	0 ¹	0.05	1.79	2.45	0.64	0.97	0.90	1.30	1.25	0 ¹	0.04	0.44	0 ¹	0.86	1.10	0 ¹	0.33	1.64
Fatty acid 18:2 cis n-6 (g)	4.27	0.50	0 ¹	0.05	1.79	2.20	0.64	0.97	0.90	1.30	1.25	0 ¹	0.04	0.44	0 ¹	0.86	1.10	0 ¹	0.33	1.62
Fatty acid 18:2 konj (g)	0	0	0 ¹	0	0	0	0	0	0	0	0	0 ¹	0	0	0 ¹	0	0	0 ¹	0	0
Fatty acid 18:3 n-3 (g)	0.18	0 ²	0 ¹	0 ²	0.20	0.46	0.08	0.06	0.05	0.08	0.06	0 ¹	0.10	0.20	0 ¹	0.04	0.03	0 ¹	0.02	0.16
Fatty acid 18:3 n-6 (g)	0	0	0 ¹	0	0	0	0	0	0	0	0	0 ¹	0	0.01	0 ¹	0	0	0 ¹	0	0 ²
Fatty acid 18:4 n-3 (g)	0	0	0 ¹	0	0	0 ²	0	0	0	0	0	0 ¹	0 ²	0	0 ¹	0	0	0 ¹	0	0.02
Fatty acid 20:0 (g)	0.08	0 ²	0 ¹	0 ²	0.07	0.10	0.01	0.43	0.49	0.44	0.33	0 ¹	0 ²	0.02	0 ¹	0.01	0 ²	0 ¹	0 ²	0.04
Fatty acid 20:1 (g)	0.10	0	0 ¹	0 ²	0.12	0.14	0.01	0	0	0	0 ²	0 ¹	0 ²	0 ²	0 ¹	0.01	0.02	0 ¹	0 ²	0.19
Fatty acid 20:2 n-6 (g)	0	0	0 ¹	0	0	0	0 ²	0	0	0	0	0 ¹	0	0	0 ¹	0	0	0 ¹	0 ²	0.07
Fatty acid 20:3 n-3 (g)	0	0	0 ¹	0	0	0	0	0	0	0	0	0 ¹	0	0	0 ¹	0	0	0 ¹	0	0.03
Fatty acid 20:3 n-6 (g)	0	0	0 ¹	0	0	0	0	0	0	0	0	0 ¹	0	0 ²	0 ¹	0	0	0 ¹	0	0 ²

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Food id.	3334	3522	4026	4049	6857	6858	6869	6907	6908	6991	6992	6993	6994	6996	6997	6998	6999	7000	7006	7015
Fatty acid 20:4 n-3 (g)	0	0	0 ¹	0	0	0	0	0	0	0	0	0 ¹	0	0	0 ¹	0	0	0 ¹	0	0
Fatty acid 20:4 n-6 (g)	0	0	0 ¹	0	0	0	0	0	0	0	0	0 ¹	0	0	0 ¹	0	0	0 ¹	0	0.06
Fatty acid 20:5 n-3 (g)	0	0	0 ¹	0	0	0	0	0	0	0	0	0 ¹	0	0	0 ¹	0	0	0 ¹	0	0
Fatty acid 21:5 n-3 (g)	0	0	0 ¹	0	0	0	0	0	0	0	0	0 ¹	0	0	0 ¹	0	0	0 ¹	0	0
Fatty acid 22:0 (g)	0.21	0	0 ¹	0.01	0.14	0.16	0.01	0.07	0.07	0.07	0.06	0 ¹	0 ²	0.06	0 ¹	0.01	0 ²	0 ¹	0 ²	0
Fatty acid 22:1 (g)	0.03	0	0 ¹	0	0.03	0 ²	0.01	0	0	0	0	0 ¹	0	0	0 ¹	0	0.03	0 ¹	0 ²	0
Fatty acid 22:2 n-6 (g)	0	0	0 ¹	0 ²	0	0	0 ²	0	0	0	0	0 ¹	0	0	0 ¹	0	0	0 ¹	0	0
Fatty acid 22:4 n-3 (g)	0	0	0 ¹	0	0	0	0	0	0	0	0	0 ¹	0	0	0 ¹	0	0	0 ¹	0	0
Fatty acid 22:4 n-6 (g)	0	0	0 ¹	0	0	0	0	0	0	0	0	0 ¹	0	0	0 ¹	0	0	0 ¹	0	0
Fatty acid 22:5 n-3 (g)	0	0	0 ¹	0	0	0	0	0	0	0	0	0 ¹	0	0	0 ¹	0	0	0 ¹	0	0
Fatty acid 22:5 n-6 (g)	0	0	0 ¹	0	0	0	0	0	0	0	0	0 ¹	0	0	0 ¹	0	0	0 ¹	0	0
Fatty acid 22:6 n-3 (g)	0	0	0 ¹	0	0	0	0	0	0	0	0	0 ¹	0	0	0 ¹	0	0	0 ¹	0	0
Fatty acid 23:0 (g)	0	0	0 ¹	0	0	0	0	0	0	0	0	0 ¹	0	0	0 ¹	0	0	0 ¹	0	0
Fatty acid 24:0 (g)	0.07	0	0 ¹	0.01	0.05	0	0 ²	0	0	0	0	0 ¹	0 ²	0.05	0 ¹	0	0	0 ¹	0	0
Fatty acid 24:1 n-9 (g)	0	0	0 ¹	0	0	0	0	0	0	0	0	0 ¹	0	0	0 ¹	0	0	0 ¹	0	0
Fatty acid 14:1 t (g)	0	0	0 ¹	0	0	0	0	0	0	0	0	0 ¹	0	0	0 ¹	0	0	0 ¹	0	0
Fatty acid 16:1 t (g)	0	0	0 ¹	0	0	0 ²	0	0	0	0	0	0 ¹	0	0	0 ¹	0	0	0 ¹	0	0
Fatty acid 18:1 t (g)	0	0	0 ¹	0	0.02	0.14	0	0	0	0	0	0 ¹	0	0 ²	0 ¹	0 ²	0	0 ¹	0	0.06
Fatty acid 20:1 t (g)	0	0	0 ¹	0	0	0	0	0	0	0	0	0 ¹	0	0	0 ¹	0	0	0 ¹	0	0
Fatty acid 18:3 t (g)	0	0	0 ¹	0	0	0	0	0	0	0	0	0 ¹	0	0	0 ¹	0	0	0 ¹	0	0
Fatty acid 18:2 t (g)	0 ²	0	0 ¹	0	0	0 ²	0 ²	0	0	0	0	0 ¹	0	0	0 ¹	0.01	0	0 ¹	0 ²	0

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Food id.	3334	3522	4026	4049	6857	6858	6869	6907	6908	6991	6992	6993	6994	6996	6997	6998	6999	7000	7006	7015
Sum saturated fatty acids ³ (g)	2.32	23.88	0 ¹	0.06	1.54	5.86	0.37	27.01	30.07	26.53	20.82	0 ¹	0.25	0.90	0 ¹	1.07	0.43	0 ¹	0.07	7.89
Sum monounsaturated fatty acids ³ (g)	19.88	1.87	0 ¹	0.52	14.72	20.51	0.47	13.93	15.40	13.57	12.01	0 ¹	0.33	0.31	0 ¹	2.22	0.94	0 ¹	0.07	9.65
Sum polyunsaturated fatty acids ³ (g)	4.47	0.50	0 ¹	0.05	1.99	2.91	0.72	1.03	0.95	1.38	1.31	0 ¹	0.14	0.65	0 ¹	0.90	1.13	0 ¹	0.35	1.98
Summa trans fatty acids ³ (g)	0	0	0 ¹	0	0.02	0.14	0	0	0	0	0	0 ¹	0	0	0 ¹	0.01	0	0 ¹	0	0.06
Sum n-3 fatty acids ³ (g)	0.18	0	0 ¹	0	0.20	0.46	0.08	0.06	0.05	0.08	0.06	0 ¹	0.10	0.20	0 ¹	0.04	0.03	0 ¹	0.02	0.21
Sum long-chain n-3 fatty acids ³ (g)	0	0	0 ¹	0	0	0	0	0	0	0	0	0 ¹	0	0	0 ¹	0	0	0 ¹	0	0.03
Sum n-6 fatty acids ³ (g)	4.27	0.50	0 ¹	0.06	1.79	2.20	0.64	0.97	0.90	1.30	1.25	0 ¹	0.04	0.45	0 ¹	0.86	1.10	0 ¹	0.33	1.74
Cholesterol (mg)	0 ¹	0 ¹	0 ¹	0 ¹	0 ¹	20.4	0 ²	3.1	1.6	1.2	0 ¹	0 ¹	0 ¹	0 ¹	0 ¹	0 ¹	0 ¹	0 ¹	0 ¹	57.0

¹Not analysed, assessed as logical zero. ²Below the quantification limit, trace. ³Calculated from analysed values.

