

Appendix I

Nutritional Content of Food

Unless stated otherwise, foods listed are raw.

Vitamin A – Retinol

Micrograms per 100 g (3.5 oz)

Skimmed milk	1
Semi-skimmed milk	21
Grilled herring	49
Whole milk	52
Porridge made with milk	56
Cheddar cheese	325
Margarine	800
Butter	815
Lamb's liver	15,000

Vitamin B1 – Thiamin

Milligrams per 100 g (3.5 oz)

Peaches	0.02
Cottage cheese	0.02
Cox's apple	0.03
Full-fat milk	0.04
Skimmed milk	0.04
Semi-skimmed milk	0.04
Cheddar cheese	0.04
Bananas	0.04
White grapes	0.04
French beans	0.04
Low-fat yoghurt	0.05
Cantaloupe melon	0.05
Tomato	0.06
Green peppers, raw	0.07
Boiled egg	0.08
Roast chicken	0.08
Grilled cod	0.08
Haddock, steamed	0.08
Roast turkey	0.09
Mackerel, cooked	0.09
Savoy cabbage, boiled	0.10

Oranges	0.10
Brussels sprouts	0.10
Potatoes, new, boiled	0.11
Soya beans, boiled	0.12
Red peppers, raw	0.12
Lentils, boiled	0.14
Steamed salmon	0.20
Corn	0.20
White spaghetti, boiled	0.21
Almonds	0.24
White self-raising flour	0.30
Plaice, steamed	0.30
Bacon, cooked	0.35
Walnuts	0.40
Wholemeal flour	0.47
Lamb's kidney	0.49
Brazil nuts	1.00
Cornflakes	1.00
Rice Krispies	1.00
Wheatgerm	2.01

Vitamin B2 – Riboflavin

Milligrams per 100 g (3.5 oz)

Cabbage, boiled	0.01
Potatoes, boiled	0.01
Brown rice, boiled	0.02
Pear	0.03
Wholemeal spaghetti, boiled	0.03
White self-raising flour	0.03
Orange	0.04
Spinach, boiled in salted water	0.05
Baked beans	0.06
Banana	0.06
White bread	0.06
Green peppers, raw	0.08
Lentils, boiled	0.08

Hovis	0.09
Soya beans, boiled	0.09
Wholemeal bread	0.09
Wholemeal flour	0.09
Peanuts	0.10
Baked salmon	0.11
Red peppers, raw	0.15
Full-fat milk	0.17
Avocado	0.18
Grilled herring	0.18
Semi-skimmed milk	0.18
Roast chicken	0.19
Roast turkey	0.21
Cottage cheese	0.26
Soya flour	0.31
Boiled prawns	0.34
Boiled egg	0.35
Topside of beef, cooked	0.35
Leg of lamb, cooked	0.38
Cheddar cheese	0.40
Muesli	0.70
Almonds	0.75
Cornflakes	1.50
Rice Krispies	1.50

Vitamin B3 – Niacin*Milligrams per 100 g (3.5 oz)*

Boiled egg	0.07
Cheddar cheese	0.07
Full-fat milk	0.08
Skimmed milk	0.09
Semi-skimmed milk	0.09
Cottage cheese	0.13
Cox's apple	0.20
Cabbage, boiled	0.30
Orange	0.40
Baked beans	0.50
Potatoes, boiled	0.50
Soya beans, boiled	0.50
Lentils, boiled	0.60
Banana	0.70
Tomato	1.00
Avocado	1.10
Green peppers, raw	1.10
Brown rice	1.30
Wholemeal spaghetti, boiled	1.30
White self-raising flour	1.50
Grilled cod	1.70
White bread	1.70
Soya flour	2.00
Red peppers, raw	2.20

Almonds	3.10
Grilled herring	4.00
Wholemeal bread	4.10
Hovis	4.20
Wholemeal flour	5.70
Muesli	6.50
Topside of beef, cooked	6.50
Leg of lamb, cooked	6.60
Baked salmon	7.00
Roast chicken	8.20
Roast turkey	8.50
Boiled prawns	9.50
Peanuts	13.80
Cornflakes	16.00
Rice Krispies	16.00

Vitamin B6 – Pyridoxine*Milligrams per 100 g (3.5 oz)*

Carrots	0.05
Full-fat milk	0.06
Skimmed milk	0.06
Semi-skimmed milk	0.06
Satsuma	0.07
White bread	0.07
White rice	0.07
Cabbage, boiled	0.08
Cottage cheese	0.08
Cox's apple	0.08
Wholemeal pasta	0.08
Frozen peas	0.09
Spinach, boiled	0.09
Cheddar cheese	0.10
Orange	0.10
Broccoli	0.11
Hovis	0.11
Baked beans	0.12
Boiled egg	0.12
Red kidney beans, cooked	0.12
Wholemeal bread	0.12
Tomatoes	0.14
Almonds	0.15
Cauliflower	0.15
Brussels sprouts	0.19
Sweetcorn, boiled	0.21
Leg of lamb, cooked	0.22
Grapefruit juice	0.23
Roast chicken	0.26
Lentils, boiled	0.28
Banana	0.29
Brazil nuts	0.31
Potatoes, boiled	0.32

Roast turkey	0.33
Grilled herring	0.33
Topside of beef, cooked	0.33
Avocado	0.36
Grilled cod	0.38
Baked salmon	0.57
Soya flour	0.57
Hazelnuts	0.59
Peanuts	0.59
Walnuts	0.67
Muesli	1.60
Cornflakes	1.80
Rice Crispies	1.80
Special K	2.20

**Vitamin B12 –
Cyanocobalamine**

Micrograms per 100 g (3.5 oz)

Tempeh	0.10
Miso	0.20
Quorn	0.30
Full-fat milk	0.40
Skimmed milk	0.40
Semi-skimmed milk	0.40
Marmite	0.50
Cottage cheese	0.70
Choux buns	1.00
Eggs, boiled	1.00
Eggs, poached	1.00
Halibut, steamed	1.00
Lobster, boiled	1.00
Sponge cake	1.00
Turkey, white meat	1.00
Waffles	1.00
Cheddar cheese	1.20
Eggs, scrambled	1.20
Squid	1.30
Eggs, fried	1.60
Shrimps, boiled	1.80
Parmesan cheese	1.90
Beef, lean	2.00
Cod, baked	2.00
Cornflakes	2.00
Pork, cooked	2.00
Raw beef mince	2.00
Rice Krispies	2.00
Steak, lean, grilled	2.00
Edam cheese	2.10
Eggs, whole, battery	2.40
Milk, dried, whole	2.40
Milk, dried, skimmed	2.60

Eggs, whole, free-range	2.70
Kambu seaweed	2.80
Squid, frozen	2.90
Taramasalata	2.90
Duck, cooked	3.00
Turkey, dark meat	3.00
Grapenuts	5.00
Tuna in oil	5.00
Herring, cooked	6.00
Herring roe, fried	6.00
Steamed salmon	6.00
Bovril	8.30
Mackerel, fried	10.00
Rabbit, stewed	10.00
Cod's roe, fried	11.00
Pilchards canned in tomato juice	12.00
Oysters, raw	15.00
Nori seaweed	27.50
Sardines in oil	28.00
Lamb's kidney, fried	79.00

Folate/Folic Acid

Micrograms per 100 g (3.5 oz)

Cox's apple	4.00
Leg of lamb, cooked	4.00
Full-fat milk	6.00
Skimmed milk	6.00
Semi-skimmed milk	6.00
Porridge with semi-skimmed milk	7.00
Turnip, baked	8.00
Sweet potato, boiled	8.00
Cucumber	9.00
Grilled herring	10.00
Roast chicken	10.00
Avocado	11.00
Grilled cod	12.00
Banana	14.00
Roast turkey	15.00
Carrots	17.00
Sweet potato	17.00
Tomatoes	17.00
Topside of beef, cooked	17.00
Swede, boiled	18.00
Strawberries	20.00
Brazil nuts	21.00
Red peppers, raw	21.00
Green peppers, raw	23.00
Rye bread	24.00

Dates, fresh	25.00	Red kidney beans	1.00
New potatoes, boiled	25.00	Carrots	2.00
Grapefruit	26.00	Cucumber	2.00
Oatcakes	26.00	Muesli with dried fruit	2.00
Cottage cheese	27.00	Apricots, raw	6.00
Baked salmon	29.00	Avocado	6.00
Cabbage, boiled	29.00	Pear	6.00
Onions, boiled	29.00	Potato, boiled	6.00
White bread	29.00	Spinach, boiled	8.00
Orange	31.00	Cox's apple	9.00
Baked beans	33.00	Turnip	10.00
Cheddar cheese	33.00	Banana	11.00
Clementines	33.00	Frozen peas	12.00
Raspberries	33.00	Lamb's liver, fried	12.00
Satsuma	33.00	Pineapple	12.00
Blackberries	34.00	Dried skimmed milk	13.00
Rye crispbread	35.00	Gooseberries	14.00
Potato, baked in skin	36.00	Raw dates	14.00
Radish	38.00	Melon	17.00
Boiled egg	39.00	Tomatoes	17.00
Hovis	39.00	Cabbage, boiled	20.00
Wholemeal bread	39.00	Cantaloupe melon	26.00
Red kidney beans, boiled	42.00	Cauliflower	27.00
Potato, baked	44.00	Satsuma	27.00
Frozen peas	47.00	Peach	31.00
Almonds	48.00	Raspberries	32.00
Parsnips, boiled	48.00	Bran flakes	35.00
Cauliflower	51.00	Grapefruit	36.00
Green beans, boiled	57.00	Mangoes	37.00
Broccoli	64.00	Nectarine	37.00
Walnuts	66.00	Kumquats	39.00
Artichoke	68.00	Broccoli	44.00
Hazelnuts	72.00	Lychees	45.00
Spinach, boiled	90.00	Unsweetened apple juice	49.00
Brussels sprouts	110.00	Orange	54.00
Peanuts	110.00	Kiwi fruit	59.00
Muesli	140.00	Brussels sprouts	60.00
Sweetcorn, boiled	150.00	Strawberries	77.00
Asparagus	155.00	Blackcurrants	115.00
Chickpeas	180.00		
Lamb's liver, fried	240.00		
Cornflakes	250.00		
Rice Krispies	250.00		
Calf's liver, fried	320.00		

Vitamin C*Milligrams per 100 g (3.5 oz)*

Full-fat milk	1.00
Skimmed milk	1.00
Semi-skimmed milk	1.00

Vitamin D*Micrograms per 100 g (3.5 oz)*

Skimmed milk	0.01
Whole milk	0.03
Fromage frais	0.05
Cheddar cheese	0.26
Cornflakes	2.80
Rice Krispies	2.80
Kellogg's Start	4.20
Margarine	8.00

Vitamin E

Milligrams per 100 g (3.5 oz)

Semi-skimmed milk	0.03
Boiled potatoes	0.06
Cucumber	0.07
Cottage cheese	0.08
Full-fat milk	0.09
Cabbage, boiled	0.10
Leg of lamb, cooked	0.10
Cauliflower	0.11
Roast chicken	0.11
Frozen peas	0.18
Red kidney beans, cooked	0.20
Wholemeal bread	0.20
Orange	0.24
Topside of beef, cooked	0.26
Banana	0.27
Brown rice, boiled	0.30
Grilled herring	0.30
Lamb's liver, fried	0.32
Baked beans	0.36
Cornflakes	0.40
Pear	0.50
Cheddar cheese	0.53
Carrots	0.56
Lettuce	0.57
Cox's apple	0.59
Grilled cod	0.59
Rice Krispies	0.60
Plums	0.61
Unsweetened orange juice	0.68
Leeks	0.78
Sweetcorn, boiled	0.88
Brussels sprouts	0.90
Broccoli	1.10
Boiled egg	1.11
Tomato	1.22
Watercress	1.46
Parsley	1.70
Spinach, boiled	1.71
Olives	1.99
Butter	2.00
Onions, dried raw	2.69
Mushrooms, fried in corn oil	2.84
Avocado	3.20
Muesli	3.20
Walnuts	3.85
Peanut butter	4.99
Olive oil	5.10
Sweet potato, baked	5.96
Brazil nuts	7.18
Peanuts	10.09

Pine nuts	13.65
Rapeseed oil	18.40
Almonds	23.96
Hazelnuts	24.98
Sunflower oil	48.70

Calcium

Milligrams per 100 g (3.5 oz)

Cox's apple	4.00
Brown rice, boiled	4.00
Potatoes, boiled	5.00
Banana	6.00
Topside of beef, cooked	6.00
White pasta, boiled	7.00
Tomato	7.00
White spaghetti, boiled	7.00
Leg of lamb, cooked	8.00
Red peppers, raw	8.00
Roast chicken	9.00
Roast turkey	9.00
Avocado	11.00
Pear	11.00
Butter	15.00
Cornflakes	15.00
White rice, boiled	18.00
Grilled cod	22.00
Lentils, boiled	22.00
Baked salmon	29.00
Green peppers, raw	30.00
Young carrots	30.00
Grilled herring	33.00
Wholemeal flour	38.00
Turnips, baked	45.00
Orange	47.00
Baked beans	48.00
Wholemeal bread	54.00
Boiled egg	57.00
Peanuts	60.00
Cottage cheese	73.00
Soya beans, boiled	83.00
White bread	100.00
Full-fat milk	115.00
Hovis	120.00
Muesli	120.00
Skimmed milk	120.00
Semi-skimmed milk	120.00
Prawns, boiled	150.00
Spinach, boiled	150.00
Brazil nuts	170.00
Yoghurt, low-fat, plain	190.00
Soya flour	210.00
Almonds	240.00

White self-raising flour	450.00
Sardines	550.00
Sprats, fried	710.00
Cheddar cheese	720.00
Whitebait, fried	860.00

Chromium*Micrograms per 100 g (3.5 oz)*

Egg yolk	183.00
Molasses	121.00
Brewer's yeast	117.00
Beef	57.00
Hard cheese	56.00
Liver	55.00
Fruit juices	47.00
Wholemeal bread	42.00

Iron*Milligrams per 100 g (3.5 oz)*

Semi-skimmed milk	0.05
Skimmed milk	0.06
Full-fat milk	0.06
Cottage cheese	0.10
Orange	0.10
Cox's apple	0.20
Pear	0.20
White rice	0.20
Banana	0.30
Cabbage, boiled	0.30
Cheddar cheese	0.30
Avocado	0.40
Grilled cod	0.40
Potatoes, boiled	0.40
Young carrots, boiled	0.40
Brown rice, boiled	0.50
Tomato	0.50
White pasta, boiled	0.50
Baked salmon	0.80
Roast chicken	0.80
Roast turkey	0.90
Grilled herring	1.00
Red peppers, raw	1.00
Boiled prawns	1.10
Green peppers, raw	1.20
Baked beans	1.40
Wholemeal spaghetti, boiled	1.40
White bread	1.60
Spinach, boiled	1.70
Boiled egg	1.90
White self-raising flour	2.00
Brazil nuts	2.50
Peanuts	2.50

Leg of lamb, cooked	2.70
Wholemeal bread	2.70
Topside of beef, cooked	2.80
Almonds	3.00
Soya beans, boiled	3.00
Lentils, boiled	3.50
Hovis	3.70
Wholemeal flour	3.90
Muesli	5.60
Cornflakes	6.70
Rice Krispies	6.70
Soya flour	6.90

Magnesium*Milligrams per 100 g (3.5 oz)*

Butter	2.00
Cox's apple	6.00
Turnip, baked	6.00
Young carrots	6.00
Tomato	7.00
Cottage cheese	9.00
Orange	10.00
Full-fat milk	11.00
White rice, boiled	11.00
Semi-skimmed milk	11.00
Skimmed milk	12.00
Boiled egg	12.00
Cornflakes	14.00
Potatoes, boiled	14.00
Red peppers, raw	14.00
White pasta, boiled	15.00
Wholemeal spaghetti, boiled	15.00
White self-raising flour	20.00
Green peppers, raw	24.00
Roast chicken	24.00
Topside of beef, cooked	24.00
White bread	24.00
Avocado	25.00
Cheddar cheese	25.00
Grilled cod	26.00
Roast turkey	27.00
Leg of lamb, cooked	28.00
Baked salmon	29.00
Baked beans	31.00
Spinach, boiled	31.00
Grilled herring	32.00
Banana	34.00
Lentils, boiled	34.00
Boiled prawns	42.00
Wholemeal spaghetti, boiled	42.00
Brown rice, boiled	43.00
Hovis	56.00

Soya beans, boiled	63.00
Wholemeal bread	76.00
Muesli	85.00
Wholemeal flour	120.00
Peanuts	210.00
Soya flour	240.00
Almonds	270.00
Brazil nuts	410.00

Selenium

Micrograms per 100 g (3.5 oz)

Full-fat milk	1.00
Semi-skimmed milk	1.00
Skimmed milk	1.00
Baked beans	2.00
Cornflakes	2.00
Orange	2.00
Peanuts	3.00
Almonds	4.00
Cottage cheese	4.00
White rice	4.00
White self-raising flour	4.00
Soya beans, boiled	5.00
Boiled egg	11.00
Cheddar cheese	12.00
White bread	28.00
Wholemeal bread	35.00
Lentils, boiled	40.00
Wholemeal flour	53.00

Zinc

Milligrams per 100 g (3.5 oz)

Butter	0.10
Pear	0.10
Orange	0.10
Red peppers, raw	0.10
Banana	0.20
Young carrots	0.20
Cornflakes	0.30
Potatoes, boiled	0.30
Avocado	0.40
Full-fat milk	0.40
Skimmed milk	0.40
Green peppers, raw	0.40
Semi-skimmed milk	0.40
Baked beans	0.50
Grilled cod	0.50
Grilled herring	0.50
White pasta	0.50
Tomatoes	0.50

Cottage cheese	0.60
Spinach, boiled	0.60
White bread	0.60
White self-raising flour	0.60
Brown rice	0.70
White rice	0.70
Soya beans, boiled	0.90
Wholemeal spaghetti, boiled	1.10
Boiled egg	1.30
Lentils, boiled	1.40
Roast chicken	1.50
Boiled prawns	1.60
Wholemeal bread	1.80
Hovis	2.10
Cheddar cheese	2.30
Roast turkey	2.40
Muesli	2.50
Wholemeal flour	2.90
Almonds	3.20
Peanuts	3.50
Brazil nuts	4.20
Leg of lamb, cooked	5.30
Topside of beef, cooked	5.50

Essential Fatty Acids

Exact amounts of these fats are hard to quantify. Good sources for the two families of essential fatty acids are given.

Omega-6 Series Essential Fatty Acids

Sunflower oil
Rapeseed oil
Corn oil
Almonds
Walnuts
Brazil nuts
Sunflower seeds
Soya products including tofu

Omega-3 Series Essential Fatty Acids

Mackerel	} fresh cooked or } smoked/pickled
Herring	
Salmon	
Walnuts and walnut oil	
Rapeseed oil	
Soya products and soy bean oil	