

Examples of range of variation for some foods found in Norwegian analytical projects

Table 1

Table value and range of variation for potato, white cabbage, apples and strawberries grown in Norway (1)

Food item 100 g net	Samples N	Water g	Mono- +disaccharides g	Vitamin C mg	Folate µg
Potato	14-23 ¹	77 (72-78)	1,6 (0,6-2,9)	14 (8-19)	21 (6-38)
White cabbage	9-14 ¹	90 (87-92)	5,1 (2,9-7,3)	54 (41-67)	26 (17-45)
Apple	8-16 ¹	86 (84-87)	9,9 (6,7-13,8)	10 (4-19)	1 (0,7-1,6)
Strawberries	7-17 ¹	88 (86-90)	6,6 (4,9-8,8)	69 (56-102)	49 (44-56)

¹ Dependent on analysed nutrient.

Table 2

Table value and range of variation for imported oranges, bananas, pears and apples (2)

Food item 100 g net	Samples N	Water g	Mono- +disaccharides g	Vitamin C mg	Folate µg
Orange	7	88 (87-90)	7,2 (4,9-10,5)	51 (42-58)	28 (21-33)
Banana	9	76 (74-77)	13,9 (9,7-16,5)	10 (7-13)	15 (13-19)
Pear	8	85 (83-86)	8,9 (8,0-10,4)	7 (4-11)	3 (2-4)
Apple, red	4	86 (85-87)	10,5 (9,4-11,8)	2 (1-4)	1 (1-2)
Apple, green	4	86 (86-87)	10,8 (10,2-11,7)	4 (3-4)	1 (1-2)

Table 3

Table value and range of variation for beef liver, liver paste (3) and grilled chicken (4)

Food item 100 g net	Samples N	Water g	Protein g	Fat mg	Retinol µg
Beef liver, raw	10	72 (71-72)	18,8 (17,6-19,9)	2,7 (2,2-3,2)	15313 (6700-29000)
Liver paste ¹	4	62 (57-63)	10,8 (10,5-11,2)	17,6 (16,4-19,6)	5258 (3830-6400)
Grilled chicken, with skin	5	60 (59-60)	26,0 (24,3-27,8)	13,5 (11,9-16,1)	23 (19-27)
Grilled chicken, without skin	5	65 (64-65)	27,3 (26,3-28,5)	5,9 (5,2-7,1)	13 (10-17)

¹ Four composite samples from a total of 13 subsamples.

References

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3. Blaker B. Næringsinnhold i kjøttvarer, blod og lever [Nutrient content in meat products, blood and liver]. Unpublished. Landsforeningen for kosthold og helse. Oslo, 1991.
4. Statens råd for ernæring og fysisk aktivitet and Statens næringsmiddeltilsyn. Analyses planned in 2000. Unpublished.