

**Ref.no Sources of references****Estimated and calculated values**

- 0 Estimated as 100 % edible (net weight)
- 1 Old data, unknown origin.
- 2 Estimated value, based on individual data from different sources.
- 3 Protein factor based on food group. Check the menu "About table values".
- 10 Estimated as a naturally occurring zero value, not analysed.
- 20 Missing value, content not known.
- 30 Estimated as zero value when the analysed value is below the quantification limit (determination limit of method)
- 31 Estimated value. Due to value falling in between the detection limit and the quantification limit of the method, the value is estimated to be half of the quantification limit.
- 32 Analysed value is below the limit of quantification of the method. The result is outside the measurement range of the accreditation of the method.
- 40 Traceable amount, but below the detection limit.
- 50 Estimated value.
- 51 Value imputed from similar food item.
- 60a Calculated energy value from the following factors for protein 17, fat 37, carbohydrate 17, dietary fibre 8 and alcohol 29 kJ/g, respectively.
- 60b Calculated energy value from the following factors for protein 4, fat 9, carbohydrate 4, dietary fibre 2 and alcohol 7 kcal/g, respectively.
- 61 Calculated as the sum of retinol + 1/12 beta-carotene.
- 62 Calculated from specific factor for fatty acids in total fat.
- 63 Calculated from summation of mono/disaccharides and starch.
- 64 Calculated from sum of glucose, fructose, lactose, maltose and sucrose.
- 65 Calculated from the sum of preformed niacin (depends on food group) and niacin activity from tryptophan. Check the menu "About the values".
- 66a Calculated in relation to the percentage of fat in similar food item.
- 66b Calculated in relation to the percentage of dry matter in similar food item.
- 67 Calculated from similar food.
- 68 Calculated from specific conversion factor for alcohol. Check the menu item. "About the tables values".

**Data provided by the industry**

- 70 Data provided by the industry to The Food Composition Table 1995.
- 71 Data provided by industry to The Food Composition Table 2001
- 72 Data provided by industry to The Food Composition Table 2006.
- 73a Product information, unspecified basis, provided by industry 2009/2010.
- 73b Product information, analysed values provided by industry 2009/2010
- 73c Product information, calculated values from the industry recipes, provided by industry 2009/2010
- 73d Product information, weighted by several products, provided by industry 2009/2010
- 73e Product information, from industry, estimated value from nutrition declaration on nutrient content 2009/2010.
- 73f Product information, from industry, calculated from specific protein factor. Check the menu "About the values".
- 73g Vitamin D calculated from the factor 0.005 µg vitamin D/g fat in dairy cream.
- 73h Fatty acids from dairy products calculated from specific factors (the internal standard fatty acid distribution) multiplied by the total amount of fatty acid (fat content X fatty acid factor 0.945)
- 73i Product information, calculated values from the industry recipes, provided by industry 2011/2012
- 73j Product information, weighted values by several products, provided by industry 2008-2011
- 74 Data provided by industry to The Food Composition Table 2012

**Ref.no Sources of references**

**Estimated value from the recipe/sales statistics**

- 80 Calculated value from recipe from the industry.
- 81 Calculated value from in-house recipe.
- 82 Calculated value from the cookery book: Hovig IE (eds). Den nye rutede kokeboken 3. edition. Gyldendal Norsk Forlag. Oslo, 1996.
- 83 Calculated value weighted by sales data/ market data / consumption data, for example for unspecified code.
- 90 Calculated value from recipe.

**Values from Norwegian reports**

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- 123 NIFES, National Institute of Nutrition and Seafood Research, weighted value/estimated.
- 124 NIFES, National Institute of Nutrition and Seafood Research. Seafood Database, 25. October 2012, [www.nifes.no/sjomatdata](http://www.nifes.no/sjomatdata)
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- 139 Blaker B, Rimestad AH og Lambertsen G. Vitamin E i mel og brøs [Vitamin E in flour and bread], Matvett No. 3, 1990.
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- 143 National Association of diet and health and Norway's Harvesting Laboratory. Analysis of nutrient content in pork, beef and lamb. Internal note, Oslo, 1983
- 144 Rimestad AH and Pharo AK. Spiselig del av fisk [Edible portion of fish], Matvett No. 4, 1981
- 145 Fjordland. Analytical project conducted in 2007-2008 (dinner dishes).

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- 146 The Information Office for Meat (OFK). Analysis of pork. Analytical project conducted 2008-2009. Published report; "Analyser av svinekjøtt 2009". [www.matvaretabellen.no](http://www.matvaretabellen.no)
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**Values from internal analysis project**

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- 208 The National Council for Nutrition and physical activity and Norwegian Food Control Authority. Analytical project planned in 2000; dif. food items all categories. Internal notes.
- 209 The Norwegian Food Control Authority and Directorate for health and social affairs. Analytical project planned in 2001; dif. food items all categories. Internal notes.
- 210 The Norwegian Food Control Authority and Directorate for health and social affairs. Analytical project planned in 2002; div. food items – all categories. Internal notes.
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- 212 The Norwegian Food Control Authority and Directorate for health and social affairs. Analytical project planned in 2003. Published report; " The nutritional composition of Norwegian white wheat flour, 78% extraction". [www.matvaretabellen.no](http://www.matvaretabellen.no)
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**Calculated values from internal analysis projects**

- 300 Value calculated from reference 200 (1992) and 201 (1993).
- 301 Value calculated from reference 200 (1992), 201 (1993) and 203 (1995).

**Ref.no Sources of references**

- 302 Value calculated from reference 201 (1993) and 203 (1995).  
303 Value calculated from reference 201 (1993), 202 (1994) and 203 (1995).  
304 Value calculated from reference 200 (1992), 205 (1997) and 206 (1998).  
305 Value calculated from reference 200 (1992) and 206 (1997).  
306 Value calculated from reference 205 (1997) and 208 (2000).  
307 Value calculated from reference 204 (1996) and 206 (1998) .  
308 Value calculated from reference 205 (1997) and 209 (2001).  
309 Value calculated from reference 202 (1994) and 209 (2001).  
310 Value calculated from reference 217 (2007) and 123 (2010).

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418 Converted value from reference 417: Swedish food composition table on the web. Version 2009.01.24, online edition, [www.slv.se](http://www.slv.se)  
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