

List of references

- 0 Estimated as 100 % edible (net weight).
- 10 Missing value, content not known.
- 20 Estimated value.
- 30 Calculated value from a similar food item.
- 40 Old data, unknown origin.
- 50 Estimated as a naturally occurring zero value, not analysed.
- 60a Estimated as zero value when the analysed value is below the limit of quantification.
- 60b Analysed value is below the limit of quantification of the method. The result is outside the measurement range of the accreditation of the method.
- 60c Estimated value. Due to value falling in between the limit of detection and the limit of quantification, the value is estimated to be half of the limit of quantification.
- 61a Calculated value from the following factors for protein 17, fat 37, carbohydrate 17, dietary fibre 8 and alcohol 29 kJ/g, respectively.
- 61b Calculated value from the following factors for protein 4, fat 9, carbohydrate 4, dietary fibre 2 and alcohol 7 kcal/g, respectively.
- 70 Calculated from a specific factor for fatty acids in total fat.
- 71 Calculated from the percentual content of fat in a similar food item.
- 72 Fatty acids from dairy products calculated from specific factors (the internal standard fatty acids distribution) multiplied by the total amount of fatty acids (fat content X fatty acid factor 0.945).
- 73a Calculated as the sum of omega-3 fatty acids from reference 108b: Data from the industry to the Food Composition Table 2015, analysed value.
- 73b Calculated as the sum of omega-3 fatty acids from reference 216: Norwegian Food Safety Authority and Directorate of Health and Social Affairs. Nutrient analysis 2006-2009. Raw fish. Published report (2012); "Nutritional composition of selected wild and farmed raw fish".
<http://www.matportalen.no/verktoy/matvaretabellen/article9924.ece/BINARY/Nutritional+composition+of+selected+wild+and+farmed+raw+fish+%28PDF%29>
- 73c Calculated as the sum of omega-3 fatty acids from reference 207: National Council for Nutrition and Physical Activity and Norwegian Food Control Authority. Nutrient analysis 2000. Dif. food items. Internal notes.
- 73d Calculated as the sum of omega-3 fatty acids from reference 208: Norwegian Food Control Authority and Directorate of Health and Social Affairs. Nutrient analysis 2001-2002. Dif. food items. Internal notes.
- 73e Calculated as the sum of omega-3 fatty acids from reference 321d: NIFES, National Institute of Nutrition and Seafood Research. Seafood Database, November 5th 2013, www.nifes.no/sjomatdata
- 73f Calculated as the sum of omega-3 fatty acids from reference 460g: US Department of Agriculture, Agricultural Research Service. USDA National Nutrient Database for Standard Reference, Release 28 (2015). Nutrient Data Laboratory Home Page, <http://www.ars.usda.gov/ba/bhnrc/ndl>
- 73g Calculated as the sum of omega-3 fatty acids from reference 400e: Swedish National Food Agency. The food database, version 2015.03.09. Online version, <http://www7.slv.se/SokNaringsinnehall>

- 73h Calculated as the sum of omega-3 fatty acids from reference 604: Department of Health. Nutrient analysis of fish and fish products. Summary report. Department of Health, London, 2013. Online version, https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/167921/Nutrient_analysis_of_fish_and_fish_products_-_Summary_Report.pdf
- 73i Calculated as the sum of omega-3 fatty acids from reference 218: Norwegian Food Safety Authority and Directorate of Health. Nutrient analysis 2012-2013. Baby porridges. Published report (2013); "Næringsstoffanalyser av utvalgte barnegrøter 2012". <http://www.matportalen.no/verktøy/matvaretabellen/article35576.ece/BINARY/N%C3%A6ringsstoffanalyser+av+utvalgte+barnegr%C3%B8ter+2013>
- 73j Calculated as the sum of omega-3 fatty acids from reference 204: National Council for Nutrition and Physical Activity and Norwegian Food Control Authority. Nutrient analysis 1996. Dif. food items. Internal notes.
- 73k Calculated as the sum of omega-3 fatty acids from reference 609: Öhrvik, V., von Malmberg, A., Mattisson, I., Wretling, S., Åstrand, C. Fish, shellfish and fish products – analysis of nutrients. [Rapport 1-2012]. Livsmedelsverket, Uppsala, 2016. Online version, <http://www.livsmedelsverket.se/globalassets/rapporter/2012/fish-shellfish-and-fish-products---analysis-of-nutrients-rapport-1-2012.pdf>
- 73l Calculated as the sum of omega-3 fatty acids from reference 215: Norwegian Food Safety Authority and Directorate of Health and Social Affairs. Nutrient analysis 2007-2008. Trans fat. Published report (2013); «Transfettysyrer i importerte oljer, vegetabilsk fett, kavring, kjeks og tillagede produkter». <http://www.matportalen.no/verktøy/matvaretabellen/article29996.ece/BINARY/Analyse+r+av+transfettysyrer+i+importerte+oljer%2C+kavring%2C+kjeks+og+tillagede+produkter>
- 73m Calculated as the sum of omega-3 fatty acids from reference 210: Norwegian Food Control Authority and Directorate of Health and Social Affairs. Nutrient analysis 2003-2004. Bakery, biscuits, breakfast cereals and oils. Internal notes.
- 73n Calculated as the sum of omega-3 fatty acids from reference 318: The Norwegian Meat Council. Nutrient analysis conducted in 2008-2009. Analyses of pork. Published report; "Analyser av svinekjøtt 2009". <http://www.matportalen.no/verktøy/matvaretabellen/article9925.ece/BINARY/Analyser+av+svinekj%C3%B8tt+2009+%28PDF%29>
- 73o Calculated as the sum of omega-3 fatty acids from reference 206: National Council for Nutrition and Physical Activity and Norwegian Food Control Authority. Nutrient analysis 1999-2000. Potatoes, liver paste, bread and baby food. Internal notes.
- 73p Calculated as the sum of omega-3 fatty acids from reference 209: Norwegian Food Control Authority and Directorate of Health and Social Affairs. Nutrient analysis 2002-2003. Dif. food items. Internal notes.
- 73q Calculated as the sum of omega-3 fatty acids from reference 319: The Norwegian Meat Council. Nutrient analysis conducted in 2009-2010. Analyses of lamb and beef. Internal report.
- 73r Calculated as the sum of omega-3 fatty acids from reference 214: Norwegian Food Safety Authority and Directorate of Health and Social Affairs. Nutrient analysis 2006-2007. Cold cuts of meat. Internal report.

- 73s Calculated as the sum of omega-3 fatty acids from reference 213: Norwegian Food Safety Authority and Directorate of Health and Social Affairs. Nutrient analysis 2004-2005. Meat products. Internal report.
- 73t Calculated as the sum of omega-3 fatty acids from reference 308: Blaker B. Nutrient content of meat products, blood and liver. Internal report. National Association of Diet and Health. Oslo, 1991.
- 73u Calculated as the sum of omega-3 fatty acids from reference 211: Norwegian Food Safety Authority and Directorate of Health and Social Affairs. Nutrient analysis 2003-2005. White wheat flour. Published report (2008); "The nutritional composition of Norwegian white wheat flour, 78 % extraction".
<http://www.matportalen.no/verktoy/matvaretabellen/article9184.ece/BINARY/The+nutritional+composition+of+Norwegian+white+wheat+flour+-+report+%282008%29+%28PDF%29>
- 73v Calculated as the sum of omega-3 fatty acids from reference 420c: National Food Institute - Technical University of Denmark (DTU). Food database, Frida version 1. (2015). Online version, <http://frida.fooddata.dk>
- 74a Calculated as the sum of omega-6 fatty acids from reference 108b: Data from the industry to the Food Composition Table 2015, analysed value.
- 74b Calculated as the sum of omega-6 fatty acids from reference 216: Norwegian Food Safety Authority and Directorate of Health and Social Affairs. Nutrient analysis 2006-2009. Raw fish. Published report (2012); "Nutritional composition of selected wild and farmed raw fish".
- 74c Calculated as the sum of omega-6 fatty acids from reference 207: National Council for Nutrition and Physical Activity and Norwegian Food Control Authority. Nutrient analysis 2000. Dif. food items. Internal notes.
- 74d Calculated as the sum of omega-6 fatty acids from reference 208: Norwegian Food Control Authority and Directorate of Health and Social Affairs. Nutrient analysis 2001-2002. Dif. food items. Internal notes.
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- 74f Calculated as the sum of omega-6 fatty acids from reference 460f: US Department of Agriculture, Agricultural Research Service. USDA National Nutrient Database for Standard Reference, Release 27 (2014). Nutrient Data Laboratory Home Page, <http://www.ars.usda.gov/ba/bhnrc/ndl>
- 74g Calculated as the sum of omega-6 fatty acids from reference 400e: Swedish National Food Agency. The food database, version 2015.03.09. Online version, <http://www7.slv.se/SokNaringsinnehall>
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- 74i Calculated as the sum of omega-6 fatty acids from reference 218: Norwegian Food Safety Authority and Directorate of Health. Nutrient analysis 2012-2013. Baby porridges. Published report (2013); "Næringsstoffanalyser av utvalgte barnegrøter 2012".
<http://www.matportalen.no/verktoy/matvaretabellen/article35576.ece/BINARY/N%C3%A6ringsstoffanalyser+av+utvalgte+barnegr%C3%B8ter+2013>
- 74j Calculated as the sum of omega-6 fatty acids from reference 204: National Council for Nutrition and Physical Activity and Norwegian Food Control Authority. Nutrient analysis 1996. Dif. food items. Internal notes.
- 74k Calculated as the sum of omega-6 fatty acids from reference 609: Öhrvik, V., von Malmberg, A., Mattisson, I., Wretling, S., Åstrand, C. Fish, shellfish and fish products - analysis of nutrients. [Rapport 1-2012]. Livsmedelsverket, Uppsala, 2016. Online version, <http://www.livsmedelsverket.se/globalassets/rapporter/2012/fish-shellfish-and-fish-products---analysis-of-nutrients-rapport-1-2012.pdf>
- 74l Calculated as the sum of omega-6 fatty acids from reference 215: Norwegian Food Safety Authority and Directorate of Health and Social Affairs. Nutrient analysis 2007-2008. Trans fat. Published report (2013); «Transfetsyrer i importerte oljer, vegetabilsk fett, kavring, kjeks og tillagede produkter».
<http://www.matportalen.no/verktoy/matvaretabellen/article29996.ece/BINARY/Analyse+r+av+transfetsyrer+i+importerte+oljer%2C+kavring%2C+kjeks+og+tillagede+produkter>
- 74m Calculated as the sum of omega-6 fatty acids from reference 210: Norwegian Food Control Authority and Directorate of Health and Social Affairs. Nutrient analysis 2003-2004. Bakery, biscuits, breakfast cereals and oils. Internal notes.
- 74n Calculated as the sum of omega-6 fatty acids from reference 318: The Norwegian Meat Council. Nutrient analysis conducted in 2008-2009. Analyses of pork. Published report; "Analyser av svinekjøtt 2009".
<http://www.matportalen.no/verktoy/matvaretabellen/article9925.ece/BINARY/Analyser+av+svinekj%C3%B8tt+2009+%28PDF%29>
- 74o Calculated as the sum of omega-6 fatty acids from reference 206: National Council for Nutrition and Physical Activity and Norwegian Food Control Authority. Nutrient analysis 1999-2000. Potatoes, liver paste, bread and baby food. Internal notes.
- 74p Calculated as the sum of omega-6 fatty acids from reference 209: Norwegian Food Control Authority and Directorate of Health and Social Affairs. Nutrient analysis 2002-2003. Dif. food items. Internal notes.
- 74q Calculated as the sum of omega-6 fatty acids from reference 319: The Norwegian Meat Council. Nutrient analysis conducted in 2009-2010. Analyses of lamb and beef. Internal report.
- 74r Calculated as the sum of omega-6 fatty acids from reference 214: Norwegian Food Safety Authority and Directorate of Health and Social Affairs. Nutrient analysis 2006-2007. Cold cuts of meat. Internal report.
- 74s Calculated as the sum of omega-6 fatty acids from reference 213: Norwegian Food Safety Authority and Directorate of Health and Social Affairs. Nutrient analysis 2004-2005. Meat products. Internal report.
- 74t Calculated as the sum of omega-6 fatty acids from reference 308: Blaker B. Nutrient content of meat products, blood and liver. Internal report. National Association of Diet and Health. Oslo, 1991.

- 74u Calculated as the sum of omega-6 fatty acids from reference 211: Norwegian Food Safety Authority and Directorate of Health and Social Affairs. Nutrient analysis 2003-2005. White wheat flour. Published report (2008); "The nutritional composition of Norwegian white wheat flour, 78 % extraction".
<http://www.matportalen.no/verktøy/matvaretabellen/article9184.ece/BINARY/The+nutritional+composition+of+Norwegian+white+wheat+flour+-+report+%282008%29+%28PDF%29>
- 74v Calculated as the sum of omega-6 fatty acids from reference 420c: National Food Institute - Technical University of Denmark (DTU). Food database, Frida version 1. (2015). Online version, <http://frida.fooddata.dk>
- 80 Calculated from the sum of mono-/disaccharides and starch.
- 81 Calculated from the sum of glucose, fructose, lactose, maltose and sucrose.
- 82 Calculated from a specific protein factor
http://www.matportalen.no/verktøy/the_norwegian_food_composition_table/about_the_table_values
- 83 Calculated as the content of sodium x 2,5 /1000.
- 84 Calculated from a specific conversion factor for alcohol
http://www.matportalen.no/verktøy/the_norwegian_food_composition_table/about_the_table_values
- 85 Calculated as the sum of retinol + 1/12 beta-carotene.
- 86 Calculated from the factor 0.005 µg vitamin D/g fat in cream.
- 87a Calculated from estimated loss of vitamins (beta-carotene, retinol, vitamin D, tocopherol, thiamin, riboflavin, niacin, vitamin B6, folate, vitamin B12, vitamin C) during heat treatment
http://www.matportalen.no/verktøy/the_norwegian_food_composition_table/about_the_food_groups
- 87b Calculated from estimated loss of vitamins (thiamin, riboflavin, niacin, vitamin B6, folate, vitamin B12) during heat treatment
http://www.matportalen.no/verktøy/the_norwegian_food_composition_table/about_the_food_groups
- 88 Calculated as a standard value of sodium in prepared dishes
http://www.matportalen.no/verktøy/the_norwegian_food_composition_table/about_the_food_groups
- 89 Calculated from the percentual content of dry matter in a similar food item.
- 90 Ash calculated by difference
- 91 Water calculated by difference
- 100 Data from the industry to the Food Composition Table 1992-2000, unspecified.
- 102 Data from the industry to the Food Composition Table 2001, unspecified.
- 103a Data from the industry to the Food Composition Table 2006, unspecified.
- 103b Data from the industry to the Food Composition Table 2006 or earlier, calculated from industrial recipe.
- 104a Data from the industry to the Food Composition Table 2011, unspecified.
- 104b Data from the industry to the Food Composition Table 2011, analysed value.
- 104c Data from the industry to the Food Composition Table 2011, calculated from industrial recipe.
- 104d Data from the industry to the Food Composition Table 2011, calculated mean value of several products.

- 104e Data from the industry to the Food Composition Table 2011, weighted values from several products.
- 105a Data from the industry to the Food Composition Table 2012, unspecified.
- 105b Data from the industry to the Food Composition Table 2012, analysed value.
- 105c Data from the industry to the Food Composition Table 2012, calculated value from industrial recipe.
- 106a Data from the industry to the Food Composition Table 2013, unspecified.
- 106b Data from the industry to the Food Composition Table 2013, analysed value.
- 106c Data from the industry to the Food Composition Table 2013, calculated value from industrial recipe.
- 107a Data from the industry to the Food Composition Table 2014, unspecified.
- 107b Data from the industry to the Food Composition Table 2014, analysed value.
- 107c Data from the industry to the Food Composition Table 2014, calculated value from industrial recipe.
- 108a Data from the industry to the Food Composition Table 2015, unspecified/verified value.
- 108b Data from the industry to the Food Composition Table 2015, analysed value.
- 108c Data from the industry to the Food Composition Table 2015, calculated value from industrial recipe.
- 109a Data from the industry to the Food Composition Table 2016, unspecified/verified value.
- 109b Data from the industry to the Food Composition Table 2016, analysed value.
- 109c Data from the industry to the Food Composition Table 2016, calculated value.
- 110a Data from the industry to the Food Composition Table 2017, unspecified/verified value.
- 110b Data from the industry to the Food Composition Table 2017, analysed value.
- 111a Data from the industry to the Food Composition Table 2018, unspecified/verified value.
- 111b Data from the industry to the Food Composition Table 2018, analysed value.
- 112a Data from the industry to the Food Composition Table 2019, unspecified/verified value.
- 113a Data from the industry to the Food Composition Table 2020, unspecified/verified value.
- 113b Data from the industry to the Food Composition Table 2020, analysed value.
- 120 Product information, information from nutrition labelling/internet sites, 2009/2010.
- 121 Product information, information from nutrition labelling/internet sites, 2011/2012.
- 122 Product information, information from nutrition labelling/internet sites, 2015.
- 123 Product information, information from nutrition labelling/internet sites, 2017.
- 124 Product information, information from nutrition labelling/internet sites, 2018.
- 125 Product information, information from nutrition labelling/internet sites, 2019.
- 126 Product information, information from nutrition labelling/internet sites, 2020.
- 130 Calculated value weighted by sales figures/market data/consumption data, for example for unspecified food items.
- 131 Calculated value from in-house recipe (to the Food Composition Table 2006 or earlier versions).
- 132 Calculated value from in-house recipe (to the Food Composition Table 2012).
- 133 Calculated value from in-house recipe (to the Food Composition Table 2013).
- 134 Calculated value from in-house recipe (to the Food Composition Table 2014).

- 135 Calculated value from in-house recipe (to the Food Composition Table 2015).
- 136 Calculated value from in-house recipe (to the Food Composition Table 2016).
- 137 Calculated value from in-house recipe (to the Food Composition Table 2017).
- 138 Calculated value from in-house recipe (to the Food Composition Table 2018).
- 139 Calculated value from in-house recipe (to the Food Composition Table 2019).
- 140 Calculated value from in-house recipe (to the Food Composition Table 2020).
- 200 National Council for Nutrition and Physical Activity and Norwegian Food Control Authority. Nutrient analysis 1992-1993. Fruits, vegetables and bakery. Internal notes.
- 201 National Council for Nutrition and Physical Activity and Norwegian Food Control Authority. Nutrient analysis 1993. Fruits and vegetables. Internal notes.
- 202 National Council for Nutrition and Physical Activity and Norwegian Food Control Authority. Nutrient analysis 1994. Vegetables and berries. Internal notes.
- 203 National Council for Nutrition and Physical Activity and Norwegian Food Control Authority. Nutrient analysis 1995. Vegetables and bread. Internal notes.
- 204 National Council for Nutrition and Physical Activity and Norwegian Food Control Authority. Nutrient analysis 1996. Dif. food items. Internal notes.
- 205 National Council for Nutrition and Physical Activity and Norwegian Food Control Authority. Nutrient analysis 1997-1998. Eggs and flour. Internal notes.
- 206 National Council for Nutrition and Physical Activity and Norwegian Food Control Authority. Nutrient analysis 1999-2000. Potatoes, liver paste, bread and baby food. Internal notes.
- 207 National Council for Nutrition and Physical Activity and Norwegian Food Control Authority. Nutrient analysis 2000. Dif. food items. Internal notes.
- 208 Norwegian Food Control Authority and Directorate of Health and Social Affairs. Nutrient analysis 2001-2002. Dif. food items. Internal notes.
- 209 Norwegian Food Control Authority and Directorate of Health and Social Affairs. Nutrient analysis 2002-2003. Dif. food items. Internal notes.
- 210 Norwegian Food Control Authority and Directorate of Health and Social Affairs. Nutrient analysis 2003-2004. Bakery, biscuits, breakfast cereals and oils. Internal notes.
- 211 Norwegian Food Safety Authority and Directorate of Health and Social Affairs. Nutrient analysis 2003-2005. White wheat flour. Published report (2008); "The nutritional composition of Norwegian white wheat flour, 78 % extraction".
<http://www.matportalen.no/verktoy/matvaretabellen/article9184.ece/BINARY/The+nutritional+composition+of+Norwegian+white+wheat+flour+-+report+%282008%29+%28PDF%29>
- 212 Norwegian Food Safety Authority and Directorate of Health and Social Affairs. Nutrient analysis 2004. Vegetables - additional analyses. Internal notes.
- 213 Norwegian Food Safety Authority and Directorate of Health and Social Affairs. Nutrient analysis 2004-2005. Meat products. Internal report.
- 214 Norwegian Food Safety Authority and Directorate of Health and Social Affairs. Nutrient analysis 2006-2007. Cold cuts of meat. Internal report.
- 215 Norwegian Food Safety Authority and Directorate of Health and Social Affairs. Nutrient analysis 2007-2008. Trans fat. Published report (2013); «Transfettsyreer i importerte oljer, vegetabilsk fett, kavring, kjeks og tillagede produkter».
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<http://www.matportalen.no/verktøy/matvaretabellen/article9924.ece/BINARY/Nutritional+composition+of+selected+wild+and+farmed+raw+fish+%28PDF%29>
- 217 Norwegian Food Safety Authority and Directorate of Health and Social Affairs. Nutrient analysis 2006-2009. Vitamin D in meat products. Internal report.
- 218 Norwegian Food Safety Authority and Directorate of Health. Nutrient analysis 2012-2013. Baby porridges. Published report (2013); "Næringsstoffanalyser av utvalgte barnegrøter 2012".
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- 219 Norwegian Food Safety Authority, Directorate of Health and University of Oslo. Project 2013. Edible part of chicken. Published report (2013); "Spiselig del av kylling".
<http://www.matportalen.no/verktøy/matvaretabellen/article31139.ece/BINARY/Rapport+-+spiselig+del+av+kylling>
- 220a Norwegian Food Safety Authority. Nutrient analysis 2013-2014. Tex-mexproducts. Published report (2014); "Næringsstoff- og tungmetallanalyser av tex-mex-produkter".
<http://www.matportalen.no/verktøy/matvaretabellen/article40542.ece/BINARY/N%C3%A6ringsstoff-+og+tungmetallanalyser+av+tex-mex-produkter>
- 220b Calculated mean value from reference 220a: Norwegian Food Safety Authority. Nutrient analysis 2013-2014. Tex-mexproducts. Published report (2014); "Næringsstoff- og tungmetallanalyser av tex-mex-produkter".
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- 221a Norwegian Food Safety Authority. Nutrient analysis 2014-2015. Chips and salted nuts. Published report (2015); "Næringsstoff- og tungmetallanalyser av chips og salte nøtter".
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- 221b Calculated mean value from reference 221a: Norwegian Food Safety Authority. Nutrient analysis 2014-2015. Chips and salted nuts. Published report (2015); "Næringsstoff- og tungmetallanalyser av chips og salte nøtter".
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- 222a Norwegian Food Safety Authority. Nutrient analysis 2015-2016. Pizza. Published report (2016): "Næringsstoff- og tungmetallanalyser av pizza".
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- 223b Calculated mean value from reference 223a: Norwegian Food Safety Authority. Nutrient analysis 2015-2016. Fish products. Published report (2016): "Næringsstoff- og tungmetallanalyser av fiskeprodukter".
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- 224c Calculated value from reference 224a: Norwegian Food Safety Authority. Nutrient analysis 2016-2017. Egg and chicken. Published report (2017): «Analyse av egg og kylling. Næringsstoff- og miljøgiftanalyser 2016».
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- 225a Norwegian Food Safety Authority. Nutrient analysis 2017-2018. Cereals. Published report (2017): «Næringsstoff og tungmetaller, akrylamid og mykotoksin i brød, knekkebrød og frokostblandinger».
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- 226 Norwegian Food Safety Authority. Nutrient analysis 2017-2018. Rice products. Internal notes.
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