

## 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.
- 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](http://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](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/verktoy/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); «Transfettsyrer i importerte oljer, vegetabilsk fett, kavring, kjeks og tillagede produkter».  
<http://www.matportalen.no/verktoy/matvaretabellen/article29996.ece/BINARY/Analyser+av+transfettsyrer+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/verktoy/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.
- 74e Calculated as the sum of omega-6 fatty acids from reference 321d: NIFES, National Institute of Nutrition and Seafood Research. Seafood Database, November 5th 2013, [www.nifes.no/sjomatdata](http://www.nifes.no/sjomatdata)
- 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>
- 74h Calculated as the sum of omega-6 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](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/167921/Nutrient_analysis_of_fish_and_fish_products_-_Summary_Report.pdf)
- 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".  
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- 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/verktoy/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>

- 81 Calculated from the sum of glucose, fructose, lactose, maltose and sucrose.
- 82 Calculated from a specific protein factor  
[http://www.matportalen.no/verktoy/the\\_norwegian\\_food\\_composition\\_table/about\\_the\\_table\\_values](http://www.matportalen.no/verktoy/the_norwegian_food_composition_table/about_the_table_values)
- 84 Calculated from a specific conversion factor for alcohol  
[http://www.matportalen.no/verktoy/the\\_norwegian\\_food\\_composition\\_table/about\\_the\\_table\\_values](http://www.matportalen.no/verktoy/the_norwegian_food_composition_table/about_the_table_values)
- 86 Calculated from the factor 0.005 µg vitamin D/g fat in cream.
- 88 Calculated as a standard value of sodium in prepared dishes  
[http://www.matportalen.no/verktoy/the\\_norwegian\\_food\\_composition\\_table/about\\_the\\_food\\_groups](http://www.matportalen.no/verktoy/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
- 93 KBS (2020). University of Oslo.
- 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.
- 114a Data from the industry to the Food Composition Table 2021, unspecified/verified 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.
- 127 Product information, information from nutrition labelling/internet sites, 2021.
- 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).
- 141 Calculated value from in-house recipe (to the Food Composition Table 2021).
- 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/verktøy/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); «Transfettsyrer i importerte oljer, vegetabilsk fett, kavring, kjeks og tillagede produkter».  
<http://www.matportalen.no/verktøy/matvaretabellen/article29996.ece/BINARY/Analyse+r+av+transfettsyrer+i+importerte+oljer%2C+kavring%2C+kjeks+og+tillagede+produkter>
- 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".  
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- 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". <http://www.matportalen.no/verktøy/matvaretabellen/article40542.ece/BINARY/N%C3%A6ringsstoff-+og+tungmetallanalyser+av+tex-mex-produkter>
- 221a Norwegian Food Safety Authority. Nutrient analysis 2014-2015. Chips and salted nuts. Published report (2015); "Næringsstoff- og tungmetallanalyser av chips og salte nøtter". [http://www.mattilsynet.no/mat\\_og\\_vann/produksjon\\_av\\_mat/bakevarer\\_sjokolade\\_snoacks/rapport\\_naeringsstoff\\_og\\_tungmetallanalyser\\_i\\_chips\\_og\\_salte\\_notter\\_2015.20791/binary/Rapport:%20N%C3%A6ringsstoff-%20og%20tungmetallanalyser%20i%20chips%20og%20salte%20n%C3%B8tter%202015](http://www.mattilsynet.no/mat_og_vann/produksjon_av_mat/bakevarer_sjokolade_snoacks/rapport_naeringsstoff_og_tungmetallanalyser_i_chips_og_salte_notter_2015.20791/binary/Rapport:%20N%C3%A6ringsstoff-%20og%20tungmetallanalyser%20i%20chips%20og%20salte%20n%C3%B8tter%202015)
- 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". [http://www.mattilsynet.no/mat\\_og\\_vann/produksjon\\_av\\_mat/bakevarer\\_sjokolade\\_snoacks/rapport\\_naeringsstoff\\_og\\_tungmetallanalyser\\_i\\_chips\\_og\\_salte\\_notter\\_2015.20791/binary/Rapport:%20N%C3%A6ringsstoff-%20og%20tungmetallanalyser%20i%20chips%20og%20salte%20n%C3%B8tter%202015](http://www.mattilsynet.no/mat_og_vann/produksjon_av_mat/bakevarer_sjokolade_snoacks/rapport_naeringsstoff_og_tungmetallanalyser_i_chips_og_salte_notter_2015.20791/binary/Rapport:%20N%C3%A6ringsstoff-%20og%20tungmetallanalyser%20i%20chips%20og%20salte%20n%C3%B8tter%202015)
- 222a Norwegian Food Safety Authority. Nutrient analysis 2015-2016. Pizza. Published report (2016): "Næringsstoff- og tungmetallanalyser av pizza". <http://www.matportalen.no/verktøy/tilsynsresultater/article44704.ece/BINARY/Rapport%202015:%20N%C3%A6ringsstoff%20og%20tungmetallanalyser%20av%20frosse%20n%20pizza>
- 222b Calculated mean value from reference 222a: Norwegian Food Safety Authority. Nutrient analysis 2015-2016. Pizza. Published report (2016): "Næringsstoff- og tungmetallanalyser av pizza". <http://www.matportalen.no/verktøy/tilsynsresultater/article44704.ece/BINARY/Rapport%202015:%20N%C3%A6ringsstoff%20og%20tungmetallanalyser%20av%20frosse%20n%20pizza>
- 223a Norwegian Food Safety Authority. Nutrient analysis 2015-2016. Fish products. Published report (2016): "Næringsstoff- og tungmetallanalyser av fiskeprodukter". <http://www.matportalen.no/verktøy/tilsynsresultater/article45159.ece/BINARY/Mattilsynet%20rapport:%20N%C3%A6ringsstoff%20og%20tungmetallanalyser%20av%20fiskeprodukter%202016>
- 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". <http://www.matportalen.no/verktøy/tilsynsresultater/article45159.ece/BINARY/Mattilsynet%20rapport:%20N%C3%A6ringsstoff%20og%20tungmetallanalyser%20av%20fiskeprodukter%202016>



- 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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## Other references

- MI0002 EuroFIR recipe calculation procedure
- MI0114 Energy calculated according to Regulation (EU) 1169/2011 (kJ) (ENERCJ[kJ] =  $17 \cdot \text{PROT}[\text{g}] + 17 \cdot (\text{CHO}[\text{g}] - \text{POLYL}[\text{g}]) + 37 \cdot \text{FAT}[\text{g}] + 29 \cdot \text{ALC}[\text{g}] + 8 \cdot \text{FIBT}[\text{g}] + 13 \cdot \text{OA}[\text{g}] + 10 \cdot \text{POLYL}[\text{g}]$ )
- MI0115 Energy calculated according to Regulation (EU) 1169/2011 (kcal) (ENERCC[kcal] =  $4 \cdot \text{PROT}[\text{g}] + 4 \cdot (\text{CHO}[\text{g}] - \text{POLYL}[\text{g}]) + 9 \cdot \text{FAT}[\text{g}] + 7 \cdot \text{ALC}[\text{g}] + 2 \cdot \text{FIBT}[\text{g}] + 3 \cdot \text{OA}[\text{g}] + 2.4 \cdot \text{POLYL}[\text{g}]$ )
- MI0120 Salt equivalent calculated from sodium ( $\text{NACL}[\text{g}] = 2.5 \cdot \text{NA}[\text{mg}] / 1000.0$ )
- MI0142 Water by difference ( $\text{WATER}[\text{g}] = 100 - \text{PROT}[\text{g}] - \text{FAT}[\text{g}] - \text{CHO}[\text{g}] - \text{FIBT}[\text{g}] - \text{ALC}[\text{g}]$ )
- MI0181 Carbohydrate, available calculated from sugar and starch ( $\text{CHO}[\text{g}] = \text{SUGAR}[\text{g}] + \text{STARCH}[\text{g}]$ )
- MI0325 Vitamin A activity calculated from retinol and beta-carotene (factor 1/12) ( $\text{VITA}[\mu\text{g}] = \text{RETOL}[\mu\text{g}] + (\text{CARTB}[\mu\text{g}] / 12)$ )