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3rd Edition

Cyprus Food Composition Tables

S. Yiannopoulos, M. Christodoulidou, K. Kontoghiorghe, E. Ioannou-Kakouri and P. Nicolaidou-Kanari

ΓΧΚ
SGL

PROJECT DESIGN and MANAGEMENT

Dr. Stelios Yiannopoulos
Senior Chemist
State General Laboratory

APPROVAL of ANALYTICAL RESULTS

Dr. Popi Nicolaidou-Kanari
Director of the State General Laboratory

Dr. Eleni Ioannou Kakouri
First Chemist
State General Laboratory

EDITING

Maro Christodoulidou
Chemist
State General Laboratory

ELECTRONIC PROCESSING

Agathi Anastasi
Chemist
State General Laboratory

Publication coordination and editing

Antonia Socratous Pedone
Press and Information Officer
Press and Information Office

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3rd Edition

Cyprus Food Composition Tables

FOOD COMPOSITION, QUALITY AND NUTRITIONAL VALUE LABORATORY
STATE GENERAL LABORATORY

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Contents

PREFACE

The European Commission, in an attempt to tackle nutrition, overweight and obesity related health issues, has adopted in 2007 a White Paper which sets out a wide range of proposals on how this can be achieved. The White Paper stresses the importance of consumers being able to make informed choices, ensuring that healthy options are available and calls upon the food industry to work on re-formulating recipes, in particular to reduce levels of salt and fat. It is therefore important for the consumers to know the composition of the food they consume and this can be achieved through reliable food composition tables.

The Food Safety Council, under the Ministry of Health, apart from coordinating the surveillance/monitoring programmes on food safety, it is also responsible for providing consumers with information related to safe and healthy diet, especially one based on the Mediterranean diet. Balanced diet and healthy nutritional habits, and especially during childhood, ensure healthy children both in body and mind and prevent future illnesses.

Proper information and education of all -parents, teachers and consumers on healthy nutritional habits based on scientific data- by the Competent Authorities as well as by other experts, is vital. One of the main roles of the Ministry of Health is to protect health and to focus, mainly, on prevention, through reliable scientific data.

It is therefore with great pleasure that I introduce to you this 3rd edition of Food Composition Tables published by the State General Laboratory. They are based on purely analytical data of mainly Cyprus foodstuffs and traditional take away foods and snacks. I am certain that these tables will be of great use to all consumers, to help them make the right nutritional decisions for better long-term health, as well as to nutrition and health professionals as a reliable tool.

This user friendly edition, along with the reliable documented data from the State General Laboratory will achieve our common target – Health for all.

Dionisis Mavronicolas
Permanent Secretary
Ministry of Health
President of the Cyprus Food Safety Council

WELCOME MESSAGE FROM THE DIRECTOR OF THE STATE GENERAL LABORATORY

The State General Laboratory (SGL) of Cyprus, since its establishment 100 years ago, has contributed substantially to the area of food safety, quality and nutrition. Based on the technical knowhow and the expertise of its staff, on the independence and the transparency of its operation, the SGL tries to keep pace with increased demands and new challenges to ensure that its contribution guarantees that consumer health and protection are grounded on robust scientific data.

Consumer health depends to a great extent on food safety and healthy diet. To ensure that consumers can enjoy a diet that provides energy, nutrients for optimal growth, development function and health throughout their life, Public Authorities must continue to strengthen their monitoring and educational programmes on nutrition.

The need for a more proactive role in the prevention of diseases, at a national as well as o a european level, becomes more imperative as bad dietary habits and the lack of physical exercise are the cause of 85% of diseases in Europe. More than 50% of adults in Europe are obese or overweight and it is estimated that more than 21 million children are obese. This number is currently increasing by about 400 000 per year. For this reason, the EU, in recent years, has given special emphasis to the dietary claims of products and advocates for reduction of foods salt, fat and sugar contents, in collaboration with the food industry.

The SGL is conscious of its role in this field as well and promotes the continuous, rapid dissemination of scientifically based data to consumers on topics which directly affect their health like dietary habits. For this reason, it has prepared the 3rd edition of the Food Composition Tables with a wider range of products, compared to previous editions, enriched with data supported solely by chemical laboratory analyses carried out at the SGL.

The reliability of the results is safeguarded by the fact that the Laboratory on Food Composition, Quality and Nutritional Value has been accredited since 2002 by the accrediting board ESYD according to the European Standard EN ISO/EC 17025 2005 and the methods of analyses used by the laboratory are either accredited or validated according to the Quality Assurance system of the SGL.

I hope that this present edition, which can also be found on the web page www.moh.gov.cy/sgl will be useful as a scientific tool to provide alternative and healthy dietary options to the relevant authorities cooperating with the SGL, as well as to health related professionals like doctors, dieticians and nutritionists and also to the general public. Leading a healthy lifestyle is a personal issue, however consumers must have access to accurate, reliable and scientifically supported data that can help them make the right choices.

This current edition is a product of collective work with the continuous support of the Ministry of Health and the contribution of the staff of the Food Composition, Quality and Nutritional Value Laboratory, whom I warmly thank for their dedication and focus to fulfill the State General Laboratory's objectives in protecting food quality/safety and public health. The results of our staff's coordinated efforts in fulfilling the above objectives are a source of pride.

Dr. Popi Nicolaidou Kanari
Director
State General Laboratory
Ministry of Health

INTRODUCTION

1. GENERAL

The State General Laboratory, as the official body for Foodstuff Testing Laboratory, implements in co-operation with other Competent Authorities foodstuff testing and monitoring programmes. It also carries out applied research programmes, mainly, for solving or investigating food related emerging or re-emerging problems. In this framework, the Laboratory of Food Composition, Quality and Nutritional Value of the State General Laboratory, applies since 1992 pilot projects monitoring on foodstuffs, for the determination of food composition, nutritional and calorific value, towards the establishment of composition tables of the food products consumed in Cyprus.

For the reporting method of the food tables, parameters important to the prevention of diseases were taken into consideration (e.g. lipids concentration, cholesterol and dietary fibers), since a close correlation between several diseases and dietary habits has been observed. For example, the over-consumption of animal fat might cause cardiovascular diseases, whereas the absence of dietary fiber from the diet is associated with increased incidents of colon cancer. Therefore, information and awareness regarding food composition and adoption of proper dietary habits may form the basis for the prevention of such foodborne diseases.

Determination of food composition not only does provide useful information related to the prevention and treatment of diseases, but it also may support issues of verification of food quality and other particular nutritive properties, beneficial or not.

A number of different methods are used by the scientific community in the establishment of food composition tables, as these are explained below.The method used by the State General Laboratory for these food composition and nutrional value tables is the the direct method, which is based on the chemical analysis of the specific food products.

2. METHODS OF ESTABLISHMENT OF FOOD COMPOSITION TABLES

The establishment of Food Composition Tables can be achieved with three methods:

(a) Direct method

(b) Indirect method

(c) Combination of both direct and indirect method

(a) DIRECT METHOD OF ESTABLISHMENT OF FOOD COMPOSITION TABLES

This method has the advantage that the designated parameters are derived through chemical analysis specifically carried out for the establishment of Food Composition Tables. Therefore, there is the possibility of sufficient control of both sampling and analysis, leading to high quality results.

In the direct method similar products from different locations of production are either mixed or separately analysed.

Disadvantages of this method are the high cost and time-consumption, however, an important advantage is that the results are accurate.

(b) **INDIRECT METHOD OF ESTABLISHMENT OF FOOD COMPOSITION TABLES**

In this method the analytical data of foodstuffs is derived through published data of various laboratories from the international bibliography. This entails the risk of using data that does not correspond to the composition of our products. For example, when calculating the theoretical composition of a dairy Cyprus' product, if the data of the milk is retrieved from a current table (e.g. McCance & Widdowson's) which refers to the composition of UK's milk, the calculation will be wrong as UK's milk has approximately 4% of fat whereas Cyprus's milk has an average of 3% of fat. Therefore, caution must be taken when such data are included in the Food Composition Tables.

The indirect method of establishing Food Composition Tables is mainly used in countries where the capacity of a wide spectrum of foodstuff analysis is limited.

Eventhough it is obvious that this method does not require direct chemical analysis, nevertheless it is time-consuming as it requires adequate investigation and caution before adopting the analytical values of bibliography.

(c) **COMBINATION OF BOTH METHODS**

Nowadays, a lot of food composition tables contain data produced from both direct and indirect methods, meaning that they contain both direct laboratory analytical values and values retrieved from bibliography. Usually for basic foodstuff the given values are retrieved from direct analysis, whereas less basic and more complex foodstuff might have values retrieved from bibliography.

It is certain that the less the values are based on bibliography the more reliable a food composition table is.

From the above documentation it is clear that for the establishment of reliable Food Composition Tables, the best method to be adopted is the direct method.

3. CHEMICAL PARAMETERS THAT MUST BE INCLUDED IN FOOD COMPOSITION TABLES

A fairly completed edition of Food Composition Tables must include the following chemical parameters:

Moisture

Fat

Proteins

Carbohydrates

Ash

Total Dietary Fiber – soluble and insoluble fiber

Energy

Fatty acids (saturated, mono-unsaturated, poly-unsaturated, ω-Fatty acids)

Sterols (Cholesterol, Phytosterols)

Total sugars (monosaccharides, dissacharides, oligosaccharides)

Sodium

Potassium

Calcium

Phosphorus

Magnesium

Iron

Chlorides

Micronutrients Zn, Cu, Se, etc

Vitamins

Aminoacids

4. SELECTION OF METHOD FOR THE ESTABLISHMENT OF FOOD COMPOSITION TABLES

The SGL, for the establishment of the Cyprus Food Composition Tables, opted to use the direct method for the following reasons:

(a) Accuracy,

(b) Existence of laboratory facilities for the direct determination of the required parameters through chemical analysis,

(c) Control of the Cyprus food production as the food industry is small.

5. THIRD EDITION 2012

The SGL, through the monitoring programmes of quality and nutritional value of foodstuff and the funded pilot projects by the Ministry of Health, has created a national database of the composition of foodstuffs that are available in the Cyprus' market. This database was used for the first edition of Food Composition Tables published in 1992, aiming to the proper evaluation of the relation between food and health of the Cypriot consumer. The second edition of Food Composition Tables in 1999 included 67 types of foodstuffs, nevertheless, the changing eating habits in combination with the high consumption of ready-to-eat meals, rendered imperative an additional investigation of traditional and complex cooked fast-foods, thus resulting in the 3rd edition in 2012.

The innovation of Cyprus Food Composition Tables, compared to others, is based on the fact that:

(a) They are exclusively based on laboratory chemical analyses, whereas most of the international food composition tables are mainly based on assessments and bibliography.

(b) All samples are analysed individually and not as mixtures, thus the end user can have the range of values for each parameter – maximum, minimum and average.

(c) They contain analytical results of traditional Cyprus foodstuffs for which no bibliographic or other laboratory data exists, and

(d) They provide the real composition of Cyprus foodstuffs, which differs from the corresponding foodstuffs of other countries.

The 3rd edition includes 74 additional new types of foodstuffs (a) ready-to-eat traditional food - like kolokasi, pastitsio, meatballs, koupepia, zalatina etc., (b) fast-foods such as hamburger, kebab, donner, pizza etc., and (c) traditional sweets. Furthermore, due to the nutrition claim of high content in ω-3 fatty acids, fish from both types of fish-farms (sea and fresh water) and sea fish were analysed.

Needless to say that due to constantly changing dietary habits, Cyprus food composition tables will continually be updated with new data which will be published in future editions.

6. METHODOLOGY OF ANALYSIS - RESULTS

All analyses were carried out in the Laboratory of Food Composition, Quality and Nutritional Value of the State General Laboratory. This laboratory is accredited by the Hellenic Accreditation Body, ESYD since 2002. The analytical methods used are either accredited or sufficiently validated (at least with the necessary validation data and systematic participation in inter-laboratory tests) and officially accepted according to the Quality Control System and the accreditation standard 17025:2005. Biobliography on the methods used, either unchanged or with interlaboratory modification, is presented in Appendix I.

Indicatively, some of the techniques and methods used are: Atomic Emission with Inductively Coupled Plasma (ICP) for micronutrients, High Pressure Liquid Chromatography (HPLC) for sugar determination, Gas Chromatography (GC) for fatty acids (including ω-3 & ω-6 fatty acids) and cholesterol determination and other enzymatic, volumetric and gravimetric methods.

Similar samples of foodstuffs were analyzed individually and statistical analysis of results was operated with the software LIMS (Laboratory Information Management System) which is used at the State General Laboratory.

In the Cyprus Food Composition Tables, the analytical data of each foodstuff is expressed per 100g of sample for reasons of uniformity. The number of samples analysed and the international code INFOODS of the analysed parameters are also mentioned. Additionally, the food samples are coded according to the European Food Safety Authority coding system Foodex. The analytical parameters refer to the macronutrients (Protein, Fat, Carbohydrates, Dietary Fiber, Moisture, Ash), the inorganic components (Calcium, Magnesium, Iron etc) and the Lipids (fatty acids - saturated, monounsaturated, polyunsaturated and ω-3 fatty acids).

Energy:

The nutritional value of all foodstuffs is expressed in kcal/100g and is calculated based on the amount of proteins, fat, carbohydrates and dietary fiber determined, using the following conversion coefficients (according to the directive 90/496/EK-11/12/2008):

Table 1: Conversion coefficients for energy calculations

	kcal/g	kj/g*
Proteins	4	17
Fat	9	37
Carbohydrates	4	17
Dietary Fiber	2	8

*in the present 3rd edition energy is always expressed in kcal. To convert it to kj the coefficient factor of 4.18684 can be used.

Proteins:

The Protein of each sample was calculated by multiplying the total amount of nitrogen measured, by the appropriate (from the literature) conversion coefficient depending on the foodstuff as shown below:

Table 2: Coefficients of conversion into proteins

Type of food	Coefficient
Meat and meat products	6,25
Cereals	5,70
Dairy products	6,38
Other categories	6,25

Fat:

The values presented on Food Composition Tables are referred to total fat and total fatty acids – saturated, mono-unsaturated, poly-unsaturated, ω-3 and ω-6 fatty acids.

Cholesterol:

Cholesterol values for all foodstuffs are expressed in mg/100g of foodstuff.

Carbohydrates:

Carbohydrates were mostly determined by difference.

Total Dietary Fiber:

Total dietary fiber was measured using both enzymatic and gravimetric methods.

Presentation of results:

For practical reasons, all results of macronutrients are expressed to one decimal point despite the fact that the accuracy of most of the methods used is more than one decimal point. For the inorganic components (metals, micronutrients), which are expressed in mg/100g, for concentrations above the

10mg/100g the closest integer is used. These expressions are directly related to the uncertainty of each method used.

The term "not detected" means that the measured concentration was below the limit of detection of the method used for the determination of this parameter.

The term "traces" means that the value is in-between the limit of detection and the limit of quantification for each parameter.

7. COMMENTS – EVALUATION:

(a) The majority of the samples analysed are part of the monitoring, investigation and control programmes carried out in collaboration with the Health Inspector Services of the Ministry of Health. However, when necessary, targeted sampling was also carried out by the State General Laboratory.

(b) (i) The name of the food products mentioned in the Food Composition Tables is the one given by the producers.

(ii) In the cases where the analysis was performed in just one sample the results are considered as an approximation.

(c) From the analytical data of the foodstuffs produced in Cyprus useful conclusions are drawn related to the protection and health improvement. Some examples are shown below:

(i) Dairy products

The amount of cholesterol present in the traditional Cyprus cheese (halloumi) is approximately similar to the widely used cheeses EDAM and CHEDDAR.

The amount of cholesterol present in anari (mizithra p.28) ranges between 50 to 211 mg/100g. This debunks what consumers or even specialists used to believe that anari has less cholesterol than halloumi. The great variation in the cholesterol content of anari depends on (i) the way of production due to the possibility of extra addition of milk or fresh cream (to add more taste) (ii) on the conditions and technology used for the production (e.g. temperature, compression and draining) and (iii) the type of milk used, e.g. cow's or sheep's. These results show that fresh anari does not necessarily contain lower levels of cholesterol compared to halloumi or other cheeses (p.26). Basically, the great variation of results is due to the non-standardization of this product.

(ii) Wheat Products

Pourgouri (crushed wheat), as shown from the results presented on the Tables, is a good source of dietary fiber (p.56).

(iii) Fish

All types of fish constitute a good source of ω – fatty acids which through studies were proved to be beneficial for the cardiac function and protect against heart attacks.

(iv) Meat products

In this case and specifically for Frankfurt sausages produced in Cyprus, when comparing the analysis

results to the results of other countries a great difference regarding their composition was found. This might be due to the use of various raw materials or the different geographic and environmental conditions. Furthermore, for Frankfurt sausages other food composition tables mention that the carbohydrates content is on average 3% whereas those produced in Cyprus, specifically for the 12 samples analyzed (p.126) the carbohydrates content was found to be between traces to 18.6% and with an average value of 9.6%. Regarding fat content, this was found to have an average of 15.5% whereas other food composition tables present an average of 25%. This variation of results between Frankfurt sausages produces in Cyprus is because of the non-standardization of these products.

(v) Resi

Resi, a traditional product of Cyprus which is consumed in feasts and served in various restaurants is found (for 5 analyzed samples) to have calories between 75 to 95 kcal/100g (p.115). The low amount of calories is due to the high concentration of water that is enclosed into its mass (moisture content is between 81.3-76.6%) and the relatively low fat content (fat content is between 1.5-4.2%).

Cyprus Food Composition Tables

1

EGGS

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**138**	148	126	9
Water	WATER	g/100g	**76,2**	77,3	74,9	10
Protein	PROCNT-FAO	g/100g	**12,9**	19,0	11,4	10
Total lipid (fat)	FAT	g/100g	**9,3**	10,4	7,7	11
Carbohydrates, by difference	CHOCDF	g/100g	**1,5**	1,7	1,3	9
Ash	ASH	g/100g	**0,9**	0,9	0,8	9
MINERALS						
Calcium (Ca)	CA	mg/100g	**40**	40	40	1
Magnesium (Mg)	MG	mg/100g	**12**	12	12	1
Iron (Fe)	FE	mg/100g	**3**	3	3	1
Copper (Cu)	CU	mg/100g	**not. det.**	not det.	not det.	1
Zinc (Zn)	ZN	mg/100g	**1,0**	1,0	1,0	1
Manganese (Mn)	MN	mg/100g	**not det.**	not det.	not det.	1
Potassium (K)	K	mg/100g	**124**	124	124	1
Sodium (Na)	NA	mg/100g	**145**	145	145	1
Phosphorus (P)	P	mg/100g	**177**	177	177	1
VITAMINS						
Vitamin E		mg/100g	**4,0**	4,0	4,0	1
LIPIDS						
Fatty acids (saturated)	FASAT	g/100g	**2,82**	3,20	2,20	10
Fatty acids (monounsaturated)	FAMS	g/100g	**4,65**	5,40	3,82	10
Fatty acids (polyunsaturated)	FAPU	g/100g	**1,49**	2,10	1,20	10
ω3 polyunsaturated fatty acids	FAPUN3	g/100g	**0,09**	0,14	0,04	11
ω6 polyunsaturated fatty acids	FAPUN6	g/100g	**1,45**	1,99	1,27	11
Cholesterol	CHOLE	mg/100g	**479**	508	450	2

EGGS (chicken) enriched (through feeding) with ω-3 fatty acids

	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**134**	149	126	5
Water	WATER	g/100g	**76,7**	77,8	74,9	5
Protein	PROCNT-FAO	g/100g	**12,0**	12,3	11,5	5
Total lipid (fat)	FAT	g/100g	**8,9**	10,5	8,0	20
Carbohydrates, by difference	CHOCDF	g/100g	**1,6**	2,2	1,3	5
Ash	ASH	g/100g	**0,9**	0,9	0,8	5
MINERALS						
Calcium (Ca)	CA	mg/100g	**35**	35	35	1
Magnesium (Mg)	MG	mg/100g	**11**	11	11	1
Iron (Fe)	FE	mg/100g	3	3	3	1
Copper (Cu)	CU	mg/100g	**traces**	traces	traces	1
Zinc (Zn)	ZN	mg/100g	1,0	1,0	1,0	1
Manganese (Mn)	MN	mg/100g	**not det.**	not det.	not det.	1
Potassium (K)	K	mg/100g	**155**	155	155	1
Sodium (Na)	NA	mg/100g	**141**	141	141	1
Phosphorus (P)	P	mg/100g	**155**	155	155	1
VITAMINS						
Vitamin E		mg/100g	8	8	8	1
LIPIDS						
Fatty acids (saturated)	FASAT	g/100g	**2,52**	2,70	2,40	5
Fatty acids (monounsaturated)	FAMS	g/100g	**3,84**	4,40	3,50	5
Fatty acids (polyunsaturated)	FAPU	g/100g	**2,52**	2,80	2,10	5
ω3 polyunsaturated fatty acids	FAPUN3	g/100g	**0,89**	1,11	0,72	15
ω6 polyunsaturated fatty acids	FAPUN6	g/100g	**1,67**	1,95	1,29	15
Cholesterol	CHOLE	mg/100g	**364**	378	349	2

2

MILK AND DAIRY PRODUCTS

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**396**	464	263	6
Water	WATER	g/100g	**33,8**	49,6	24,0	6
Protein	PROCNT-FAO	g/100g	**21,7**	27,9	16,0	6
Total lipid (fat)	FAT	g/100g	**34,9**	48,4	17,5	5
Carbohydrates, by difference	CHOCDF	g/100g	**3,8**	7,8	0,8	6
Ash	ASH	g/100g	**7,0**	9,1	4,6	6
MINERALS						
Calcium (Ca)	CA	mg/100g	**383**	440	347	5
Magnesium (Mg)	MG	mg/100g	**22**	25	20	5
Iron (Fe)	FE	mg/100g	**traces**	traces	not detect.	5
Copper (Cu)	CU	mg/100g	**traces**	traces	not detect.	5
Zinc (Zn)	ZN	mg/100g	**traces**	traces	traces	5
Manganese (Mn)	MN	mg/100g	**not detect.**	not detect.	not detect.	5
Chlorides (Cl)	CLD	mg/100g	**2935**	4066	1359	3
Potassium (K)	K	mg/100g	**210**	247	158	5
Sodium (Na)	NA	mg/100g	**1534**	1781	1096	5
Phosphorus (P)	P	mg/100g	**249**	268	223	5
LIPIDS						
Fatty acids (saturated)	FASAT	g/100g	**21,4**	33,2	11,8	3
Fatty acids (monounsaturated)	FAMS	g/100g	**8,4**	12,5	4,6	3
Fatty acids (polyunsaturated)	FAPU	g/100g	**1,5**	2,3	0,8	3
Cholesterol	CHOLE	mg/100g	**155**	222	123	5

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**230**	335	136	31
Water	WATER	g/100g	**65,4**	76,9	57,0	30
Protein	PROCNT-FAO	g/100g	**11,0**	16,3	9,0	31
Total lipid (fat)	FAT	g/100g	**21,7**	39,5	7,0	57
Carbohydrates, by difference	CHOCDF	g/100g	**2,8**	5,3	not detect.	31
Ash	ASH	g/100g	**1,3**	2,9	0,5	31
MINERALS						
Calcium (Ca)	CA	mg/100g	**215**	372	97	13
Magnesium (Mg)	MG	mg/100g	**16**	30	10	13
Iron (Fe)	FE	mg/100g	**traces**	traces	traces	13
Copper (Cu)	CU	mg/100g	**not detect**	not detect.	not detect.	13
Zinc (Zn)	ZN	mg/100g	**not detect**	not detect.	not detect.	13
Manganese (Mn)	MN	mg/100g	**traces**	traces	not detect.	13
Chlorides (Cl)	CLD	mg/100g	**234**	910	10	17
Potassium (K)	K	mg/100g	**129**	168	111	15
Sodium (Na)	NA	mg/100g	**182**	467	37	15
Phosphorus (P)	P	mg/100g	**150**	227	103	15
LIPIDS						
Fatty acids (saturated)	FASAT	g/100g	**14,3**	21,0	6,3	11
Fatty acids (monounsaturated)	FAMS	g/100g	**5,2**	7,9	2,5	11
Fatty acids (polyunsaturated)	FAPU	g/100g	**1,0**	1,5	0,5	11
Cholesterol	CHOLE	mg/100g	**110**	211	50	54

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**94**	112	82	4
Water	WATER	g/100g	**83,1**	84,2	80,4	4
Protein	PROCNT-FAO	g/100g	**6,0**	6,9	5,1	4
Total lipid (fat)	FAT	g/100g	**6,0**	7,6	4,6	4
Carbohydrates, by difference	CHOCDF	g/100g	**4,0**	5,1	2,3	4
Ash	ASH	g/100g	**0,9**	1,0	0,9	4
MINERALS						
Calcium (Ca)	CA	mg/100g	**90**	94	86	2
Magnesium (Mg)	MG	mg/100g	**16**	16	15	2
Iron (Fe)	FE	mg/100g	**traces**	traces	traces	2
Copper (Cu)	CU	mg/100g	**not detect.**	not detect.	not detect	2
Zinc (Zn)	ZN	mg/100g	**0,8**	0,8	traces	2
Manganese (Mn)	MN	mg/100g	**not detect.**	not detect.	not detect	2
Chlorides (Cl)	CLD	mg/100g	**124**	155	93	2
Potassium (K)	K	mg/100g	**165**	225	97	3
Sodium (Na)	NA	mg/100g	**73**	89	64	3
Phosphorus (P)	P	mg/100g	**142**	157	131	3
LIPIDS						
Cholesterol	CHOLE	mg/100g	**22**	22	21	2

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**92,00**	92,00	92,00	1
Water	WATER	g/100g	**81,20**	81,20	81,20	1
Protein	PROCNT-FAO	g/100g	**6,20**	6,20	6,20	1
Total lipid (fat)	FAT	g/100g	**5,00**	5,00	5,00	1
Carbohydrates, by difference	CHOCDF	g/100g	**5,80**	5,80	5,80	1
Ash	ASH	g/100g	**1,20**	1,20	1,20	1
MINERALS						
Chlorides (Cl)	CLD	mg/100g	**121**	121	121	1
LIPIDS						
Cholesterol	CHOLE	mg/100g	**15**	18	12	2

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**54**	54	54	1
Water	WATER	g/100g	**85,5**	85,5	85,5	1
Protein	PROCNT-FAO	g/100g	**6,0**	6,0	6,0	1
Total lipid (fat)	FAT	g/100g	**0,7**	0,9	0,6	3
Carbohydrates, by difference	CHOCDF	g/100g	**5,9**	5,9	5,9	1
Ash	ASH	g/100g	**1,7**	1,7	1,7	1
MINERALS						
Calcium (Ca)	CA	mg/100g	**85**	94	76	2
Magnesium (Mg)	MG	mg/100g	**15**	17	12	2
Iron (Fe)	FE	mg/100g	**traces**	traces	traces	2
Copper (Cu)	CU	mg/100g	**traces**	traces	traces	2
Zinc (Zn)	ZN	mg/100g	**0,6**	0,6	0,5	2
Manganese (Mn)	MN	mg/100g	**not detect.**	not detect.	not detect	2
Chlorides (Cl)	CLD	mg/100g	**91**	91	91	1
Potassium (K)	K	mg/100g	**247**	325	154	4
Sodium (Na)	NA	mg/100g	**82**	113	57	4
Phosphorus (P)	P	mg/100g	**151**	163	135	4
LIPIDS						
Cholesterol	CHOLE	mg/100g	**5**	6	4	2

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**112**	114	110	2
Water	WATER	g/100g	**77,6**	78,2	76,9	2
Protein	PROCNT-FAO	g/100g	**7,7**	7,9	7,5	2
Total lipid (fat)	FAT	g/100g	**5,5**	5,6	5,4	2
Carbohydrates, by difference	CHOCDF	g/100g	**7,9**	8,4	7,3	2
Ash	ASH	g/100g	**1,4**	1,4	1,4	2
MINERALS						
Calcium (Ca)	CA	mg/100g	**120**	130	109	2
Magnesium (Mg)	MG	mg/100g	**16**	18	13	2
Iron (Fe)	FE	mg/100g	**traces**	**traces**	**traces**	2
Copper (Cu)	CU	mg/100g	**not detect.**	not detect.	not detect.	2
Zinc (Zn)	ZN	mg/100g	**traces**	**traces**	**traces**	2
Manganese (Mn)	MN	mg/100g	**not detect.**	not detect.	not detect.	2
Chlorides (Cl)	CLD	mg/100g	**36**	42	30	2
Potassium (K)	K	mg/100g	**187**	238	148	4
Sodium (Na)	NA	mg/100g	**59**	71	47	2
Phosphorus (P)	P	mg/100g	**175**	187	154	4
LIPIDS						
Cholesterol	CHOLE	mg/100g	**25,60**	33,50	15,00	4

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**76**	76	76	1
Water	WATER	g/100g	**79,8**	79,8	79,8	1
Protein	PROCNT-FAO	g/100g	**9,5**	9,5	9,5	1
Total lipid (fat)	FAT	g/100g	**0,6**	0,6	0,6	1
Carbohydrates, by difference	CHOCDF	g/100g	**8,2**	8,2	8,2	1
Ash	ASH	g/100g	**1,8**	1,8	1,8	1
MINERALS						
Chlorides (Cl)	CLD	mg/100g	**103**	103	103	1
Potassium (K)	K	mg/100g	**251**	251	251	1
Phosphorus (P)	P	mg/100g	**238**	238	238	1

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**136**	142	130	2
Water	WATER	g/100g	**68,9**	70,6	67,2	2
Protein	PROCNT-FAO	g/100g	**6,9**	7,3	6,4	2
Total lipid (fat)	FAT	g/100g	**3,1**	3,2	2,9	2
Carbohydrates, by difference	CHOCDF	g/100g	**20,3**	22,6	18,0	2
Ash	ASH	g/100g	**0,9**	0,9	0,9	2

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**273**	381	161	8
Water	WATER	g/100g	**50,0**	65,9	33,7	8
Proteins (Nx6.25)	PROCNT-FAO	g/100g	**3,4**	4,3	1, 9	8
Total lipid (fat)	FAT	g/100g	**15,5**	25,7	3,0	8
Carbohydrates, by difference	CHOCDF	g/100g	**30,1**	38,4	22,3	8
Ash	ASH	g/100g	**1,0**	1,5	0,8	8
LIPIDS						
Fatty acids (saturated)	FASAT	g/100g	**9,2**	16,9	1,1	8
Fatty acids (monounsaturated)	FAMS	g/100g	**3,8**	8,7	0,4	8
Fatty acids (polyunsaturated)	FAPU	g/100g	**0,4**	1,2	not detect.	8
Cholesterol	CHOLE	mg/100g	**13**	23	8	4

MILK & DAIRY PRODUCTS
HALLOUMI CHEESE LITE (light)

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**203**	223	185	4
Water	WATER	g/100g	**56,1**	58,3	53,7	4
Protein	PROCNT-FAO	g/100g	**26,8**	27,7	26,2	4
Total lipid (fat)	FAT	g/100g	**9,8**	11,5	8,0	4
Carbohydrates, by difference	CHOCDF	g/100g	**2,1**	2,1	1,9	4
Ash	ASH	g/100g	**5,4**	5,7	5,02	4
MINERALS						
Calcium (Ca)	CA	mg/100g	**322**	322	322	1
Magnesium (Mg)	MG	mg/100g	**24**	24	24	1
Iron (Fe)	FE	mg/100g	**traces**	**traces**	**traces**	1
Copper (Cu)	CU	mg/100g	**traces**	**traces**	**traces**	1
Zinc (Zn)	ZN	mg/100g	**3**	3	3	1
Manganese (Mn)	MN	mg/100g	**not detect.**	**not detect.**	**not detect.**	1
Chlorides (Cl)	CLD	mg/100g	**1491**	1796	1244	4
Potassium (K)	K	mg/100g	**101**	106	95	5
Sodium (Na)	NA	mg/100g	**1024**	1024	1024	1
Phosphorus (P)	P	mg/100g	**473**	526	427	3
LIPIDS						
Fatty acids (saturated)	FASAT	g/100g	**7,7**	7,8	7,6	2
Fatty acids (monounsaturated)	FAMS	g/100g	**3,3**	3,4	3,2	2
Fatty acids (polyunsaturated)	FAPU	g/100g	**0,4**	0,4	0,4	2
Cholesterol	CHOLE	mg/100g	**43**	46	40	2

Note: Halloumi is the main traditional cheese of Cyprus

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**270**	299	246	8
Water	WATER	g/100g	**49,7**	53,6	45,2	8
Protein	PROCNT-FAO	g/100g	**24,8**	26,6	23,2	8
Total lipid (fat)	FAT	g/100g	**18,2**	20,5	16,5	8
Carbohydrates, by difference	CHOCDF	g/100g	**1,7**	4,4	0,3	8
Ash	ASH	g/100g	**5,6**	5,9	5,2	8
MINERALS						
Calcium (Ca)	CA	mg/100g	**695**	961	428	2
Magnesium (Mg)	MG	mg/100g	**34**	35	33	2
Iron (Fe)	FE	mg/100g	**traces**	**traces**	**traces**	2
Copper (Cu)	CU	mg/100g	**traces**	**traces**	**traces**	2
Zinc (Zn)	ZN	mg/100g	**3**	3	3	2
Manganese (Mn)	MN	mg/100g	**not detect.**	**not detect.**	**not detect.**	2
Chlorides (Cl)	CLD	mg/100g	**1359**	1593	1201	5
Potassium (K)	K	mg/100g	**98**	106	92	7
Sodium (Na)	NA	mg/100g	**1279**	1395	1156	3
Phosphorus (P)	P	mg/100g	**551**	584	515	5
LIPIDS						
Fatty acids (saturated)	FASAT	g/100g	**13,2**	13,8	12,7	4
Fatty acids (monounsaturated)	FAMS	g/100g	**5,7**	6,2	5,3	4
Fatty acids (polyunsaturated)	FAPU	g/100g	**0,8**	0,9	0,7	4
Cholesterol	CHOLE	mg/100g	**62**	70	47	6

Note: Halloumi is the main traditional cheese of Cyprus

MILK & DAIRY PRODUCTS

HALLOUMI CHEESE (made of cow's, goat's and sheep's milk)

Foodexcode:A.01.001053

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**325**	375	300	13
Water	WATER	g/100g	**44,9**	49,1	37,3	14
Protein	PROCNT-FAO	g/100g	**22,5**	25,2	19,7	13
Total lipid (fat)	FAT	g/100g	**25,9**	30,0	22,0	20
Carbohydrates, by difference	CHOCDF	g/100g	**1,2**	2,3	traces	12
Ash	ASH	g/100g	**5,6**	6,4	4,5	13
MINERALS						
Calcium (Ca)	CA	mg/100g	**775**	822	727	2
Magnesium (Mg)	MG	mg/100g	**33**	34	32	2
Iron (Fe)	FE	mg/100g	**traces**	traces	traces	2
Copper (Cu)	CU	mg/100g	**traces**	traces	traces	2
Zinc (Zn)	ZN	mg/100g	**3**	3	2	2
Manganese (Mn)	MN	mg/100g	**not detect.**	not detect.	not detect	2
Chlorides (Cl)	CLD	mg/100g	**1683**	2245	1213	10
Potassium (K)	K	mg/100g	**103**	124	84	7
Sodium (Na)	NA	mg/100g	**1238**	1779	908	7
Phosphorus (P)	P	mg/100g	**451**	486	405	7
LIPIDS						
Fatty acids (saturated)	FASAT	g/100g	**15,2**	16,8	13,5	2
Fatty acids (monounsaturated)	FAMS	g/100g	**6,9**	7,2	6,5	2
Fatty acids (polyunsaturated)	FAPU	g/100g	**1,0**	1,0	1,0	2
Cholesterol	CHOLE	mg/100g	**92**	108	80	15

Note: Halloumi is the main traditional cheese of Cyprus

MILK & DAIRY PRODUCTS
HALLOUMI CHEESE (made of goat's and sheep's milk)

Foodex code: A.01.001053

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**327**	333	321	3
Water	WATER	g/100g	**46,5**	47, 0	45,9	3
Protein	PROCNT-FAO	g/100g	**20,5**	20,9	19,6	3
Total lipid (fat)	FAT	g/100g	**26,3**	27,0	26,0	3
Carbohydrates, by difference	CHOCDF	g/100g	**2,1**	2,4	1,6	3
Ash	ASH	g/100g	**4,6**	5,0	4,3	3
MINERALS						
Calcium (Ca)	CA	mg/100g	**697**	746	647	2
Magnesium (Mg)	MG	mg/100g	**38**	40	36	2
Iron (Fe)	FE	mg/100g	**traces**	**traces**	**traces**	2
Copper (Cu)	CU	mg/100g	**traces**	**traces**	**traces**	2
Zinc (Zn)	ZN	mg/100g	**2,0**	2,0	2,0	2
Manganese (Mn)	MN	µg/100g	**28**	30	25	2
Chlorides (Cl)	CLD	mg/100g	**1072**	1092	1032	3
Potassium (K)	K	mg/100g	**88**	88	88	1
Sodium (Na)	NA	mg/100g	**1348**	1348	1348	1
Phosphorus (P)	P	mg/100g	**440**	444	436	2
LIPIDS						
Cholesterol	CHOLE	mg/100g	**106**	113	100	3

Note: Halloumi is the main traditional cheese of Cyprus

NUTRIENT	INFOODS Tagname	Units	Mean value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**342**	346	340	3
Water	WATER	g/100g	**46,0**	54,7	43,2	5
Protein (Nx6.25)	PROCNT-FAO	g/100g	**26,2**	27,4	25,4	3
Total lipid (fat)	FAT	g/100g	**25,4**	42,0	17,1	5
Carbohydrates, by difference	CHOCDF	g/100g	**7,3**	7,7	6,8	3
Salt	NACL	g/100g	**1,9**	2,1	1,4	3
LIPIDS						
Fatty acids (saturated)	FASAT	g/100g	**15,3**	16,8	12,3	4
Fatty acids (monounsaturated)	FAMS	g/100g	**5,2**	5,8	4,0	4
Fatty acids (polyunsaturated)	FAPU	g/100g	**0,6**	0,7	0,5	4
Cholesterol	CHOLE	mg/100g	**70**	77	54	4

NUTRIENT	INFOODS Tagname	Units	Mean value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**272**	290	242	3
Water	WATER	g/100g	**57,8**	68,3	47,5	7
Protein (Nx6.25)	PROCNT-FAO	g/100g	**19,0**	27,5	14,6	3
Total lipid (fat)	FAT	g/100g	**14,1**	19,1	7,0	7
Carbohydrates, by difference	CHOCDF	g/100g	**17,4**	22,0	8,6	3
Salt	NACL	g/100g	**1,97**	2,40	1,50	3
LIPIDS						
Fatty acids (saturated)	FASAT	g/100g	**9,8**	13,1	4,9	7
Fatty acids (monounsaturated)	FAMS	g/100g	**3,6**	5,1	1,8	7
Fatty acids (polyunsaturated)	FAPU	g/100g	**0,4**	0,5	0,2	7
Cholesterol	CHOLE	mg/100g	**35**	50	19	7

NUTRIENT	INFOODS Tagname	Units	Mean value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**358**	391	325	2
Water	WATER	g/100g	**45,6**	49,0	42,2	2
Protein (Nx6.25)	PROCNT-FAO	g/100g	**19,3**	23,0	15,5	2
Total lipid (fat)	FAT	g/100g	**30,8**	33,0	28,5	2
Carbohydrates, by difference	CHOCDF	g/100g	**1,1**	1,7	0,5	2
Ash	ASH	g/100g	**3,3**	5, 0	1,3	2
Dietary fibres (Total)	FIBTG	g/100g	**not detect.**	**not detect.**	**not detect.**	1
Salt	NACL	g/100g	**2,6**	4,4	0,7	2
MINERALS						
Sodium (Na)	NA	mg/100g	**894**	1580	208	2
Potassium (K)	K	mg/100g	**82**	100	65	2
Calcium (Ca)	CA	mg/100g	**323**	465	180	2
Magnesium (Mg)	MG	mg/100g	**16**	16	15	2
Phosphorus (P)	P	mg/100g	**257**	260	253	2
Iron (Fe)	FE	mg/100g	**traces**	**traces**	**traces**	2
Copper (Cu)	CU	mg/100g	**traces**	**traces**	**not detect.**	2
Zinc (Zn)	ZN	mg/100g	**2,0**	3,0	1,0	2
Manganese (Mn)	MN	mg/100g	**not detect.**	**not detect.**	**not detect.**	2
LIPIDS						
Fatty acids (saturated)	FASAT	g/100g	**22,2**	24,3	20,1	2
Fatty acids (monounsaturated)	FAMS	g/100g	**7,2**	7,2	7,1	2
Fatty acids (polyunsaturated)	FAPU	g/100g	**1,1**	1,3	0,9	2
Cholesterol	CHOLE	mg/100g	**98**	129	68	2

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**430**	430	430	1
Water	WATER	g/100g	**33,6**	33,6	33,6	1
Protein	PROCNT-FAO	g/100g	**26,6**	26,6	26,6	1
Total lipid (fat)	FAT	g/100g	**36,0**	36,0	36,0	1
Carbohydrates, by difference	CHOCDF	g/100g	**not detect.**	**not detect.**	**not detect.**	1
Ash	ASH	g/100g	**4,2**	4,2	4,2	1
MINERALS						
Chlorides (Cl)	CLD	mg/100g	**668**	668	668	1
LIPIDS						
Cholesterol	CHOLE	mg/100g	**74**	75	73	2

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**377**	425	309	4
Water	WATER	g/100g	**37,5**	45,7	28,3	4
Protein	PROCNT-FAO	g/100g	**28,6**	33,1	25,9	4
Total lipid (fat)	FAT	g/100g	**29,1**	33,5	21,0	4
Carbohydrates, by difference	CHOCDF	g/100g	**0,2**	0,6	not detect.	4
Ash	ASH	g/100g	**5,0**	6,1	3,4	4
MINERALS						
Calcium (Ca)	CA	mg/100g	**637**	832	442	2
Magnesium (Mg)	MG	mg/100g	**43**	43	42	2
Iron (Fe)	FE	mg/100g	**traces**	**traces**	**traces**	2
Copper (Cu)	CU	mg/100g	**traces**	**traces**	**traces**	2
Zinc (Zn)	ZN	mg/100g	**2,7**	2,9	2,4	2
Manganese (Mn)	MN	mg/100g	**not detect.**	not detect.	not detect.	2
Chlorides (Cl)	CLD	mg/100g	**967**	1268	801	3
Potassium (K)	K	mg/100g	**76**	93	59	2
Sodium (Na)	NA	mg/100g	**99**	161	37	2
Phosphorus (P)	P	mg/100g	**538**	545	530	2
LIPIDS						
Cholesterol	CHOLE	mg/100g	**80**	98	67	3

Note: Flaouna is a traditional pastry of Cyprus

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**303**	319	293	4
Water	WATER	g/100g	**52,5**	53,8	51,2	4
Protein	PROCNT-FAO	g/100g	**18,0**	18,7	16,7	4
Total lipid (fat)	FAT	g/100g	**19,8**	27,3	2,5	4
Carbohydrates, by difference	CHOCDF	g/100g	**0,9**	1,3	0,2	4
Ash	ASH	g/100g	**3,4**	4,0	2,9	4
MINERALS						
Calcium (Ca)	CA	mg/100g	**377**	414	339	2
Magnesium (Mg)	MG	mg/100g	**19**	19	18	2
Iron (Fe)	FE	mg/100g	**traces**	**traces**	**traces**	2
Copper (Cu)	CU	mg/100g	**traces**	**traces**	**traces**	2
Zinc (Zn)	ZN	mg/100g	**1,0**	1,0	1,0	2
Manganese (Mn)	MN	mg/100g	**not detect.**	**not detect.**	**not detect.**	2
Chlorides (Cl)	CLD	mg/100g	**1030**	1335	795	4
Potassium (K)	K	mg/100g	**73**	82	59	6
Sodium (Na)	NA	mg/100g	**819**	1155	624	3
Phosphorus (P)	P	mg/100g	**306**	390	223	6
LIPIDS						
Fatty acids (saturated)	FASAT	g/100g	**18,2**	19,6	17,4	3
Fatty acids (monounsaturated)	FAMS	g/100g	**6,8**	6,8	6,7	3
Fatty acids (polyunsaturated)	FAPU	g/100g	**0,8**	1,0	0,4	3
Cholesterol	CHOLE	mg/100g	**61**	73	49	3

3

DAIRY PRODUCTS ANALOGUES

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**350**	403	268	7
Water	WATER	g/100g	**43,7**	53,5	38,1	7
Protein	PROCNT-FAO	g/100g	**20,3**	25,0	17,8	7
Total lipid (fat)	FAT	g/100g	**29,1**	36,0	20,0	7
Carbohydrates, by difference	CHOCDF	g/100g	**1,7**	4,8	traces	7
Ash	ASH	g/100g	**5,3**	6,3	4,6	7
MINERALS						
Calcium (Ca)	CA	mg/100g	**742**	880	604	2
Magnesium (Mg)	MG	mg/100g	**21**	26	16	2
Iron (Fe)	FE	mg/100g	**traces**	**traces**	**traces**	2
Copper (Cu)	CU	mg/100g	**traces**	**traces**	**traces**	2
Zinc (Zn)	ZN	mg/100g	**2,0**	3,0	2,0	2
Manganese (Mn)	MN	mg/100g	**not detect.**	**not detect.**	**not detect.**	2
Chlorides (Cl)	CLD	mg/100g	**1049**	1760	121	7
Potassium (K)	K	mg/100g	**52**	67	37	2
Sodium (Na)	NA	mg/100g	**1103**	1130	1075	2
Phosphorus (P)	P	mg/100g	**466**	553	379	2
LIPIDS						
Fatty acids (saturated)	FASAT	g/100g	**13,5**	24,2	4,2	5
Fatty acids (monounsaturated)	FAMS	g/100g	**11,7**	20,1	2,7	5
Fatty acids (polyunsaturated)	FAPU	g/100g	**1,1**	2,8	0,2	5
Cholesterol	CHOLE	mg/100g	**11,4**	28,0	2,0	5

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**108**	108	108	1
Water	WATER	g/100g	**67,0**	67, 0	67,0	1
Protein	PROCNT-FAO	g/100g	**19,2**	19,2	19,2	1
Total lipid (fat)	FAT	g/100g	**0,1**	0,1	0,1	1
Carbohydrates, by difference	CHOCDF	g/100g	**7,6**	7,6	7,6	1
Ash	ASH	g/100g	**6,1**	6,1	6,1	1
MINERALS						
Calcium (Ca)	CA	mg/100g	**1123**	1123	1123	1
Magnesium (Mg)	MG	mg/100g	**32**	32	32	1
Iron (Fe)	FE	mg/100g	**1,0**	1,0	1,0	1
Copper (Cu)	CU	mg/100g	**traces**	**traces**	**traces**	1
Zinc (Zn)	ZN	mg/100g	**2,0**	2,0	2,0	1
Manganese (Mn)	MN	mg/100g	**traces**	**traces**	**traces**	1
Chlorides (Cl)	CLD	mg/100g	**668**	668	668	1
Potassium (K)	K	mg/100g	**317**	317	317	1
Sodium (Na)	NA	mg/100g	**867**	867	867	1
Phosphorus (P)	P	mg/100g	**838**	838	838	1
LIPIDS						
Fatty acids (saturated)	FASAT	g/100g	**not detect.**	**not detect.**	**not detect.**	1
Fatty acids (monounsaturated)	FAMS	g/100g	**not detect.**	**not detect.**	**not detect.**	1
Fatty acids (polyunsaturated)	FAPU	g/100g	**not detect.**	**not detect.**	**not detect.**	1
Cholesterol	CHOLE	mg/100g	**not detect.**	**not detect.**	**not detect.**	1

4

CEREALS AND THEIR BY-PRODUCTS

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**377**	386	369	9
Water	WATER	g/100g	**8,4**	9,6	4,8	9
Protein	PROCNT-FAO	g/100g	**14,4**	16,4	12,4	9
Total lipid (fat)	FAT	g/100g	**7,4**	10,1	5,4	9
Carbohydrates, by difference	CHOCDF	g/100g	**63,6**	67,6	59,8	9
Dietary fibre (total)	FIBTG	g/100g	**5,6**	6,6	5,2	9
Ash	ASH	g/100g	**2,6**	5,1	1,5	9
MINERALS						
Calcium (Ca)	CA	mg/100g	**270**	362	185	9
Magnesium (Mg)	MG	mg/100g	**78**	96	64	9
Iron (Fe)	FE	mg/100g	**2,0**	3,0	1,0	9
Copper (Cu)	CU	mg/100g	**traces**	**traces**	**traces**	9
Zinc (Zn)	ZN	mg/100g	**3,4**	8,2	2,0	9
Manganese (Mn)	MN	mg/100g	**traces**	2,0	**traces**	9
Potassium (K)	K	mg/100g	**545**	607	444	9
Sodium (Na)	NA	mg/100g	**683**	1110	394	9
Phosphorus (P)	P	mg/100g	**345**	379	310	9
LIPIDS						
Fatty acids (saturated)	FASAT	g/100g	**3,6**	4,4	3,3	4
Fatty acids (monounsaturated)	FAMS	g/100g	**1,3**	1,5	1,2	4
Fatty acids (polyunsaturated)	FAPU	g/100g	**0,4**	0,4	0,4	4
Cholesterol	CHOLE	mg/100g	**24**	34	15	6
AMINOACIDS (free)						
Total free aminoacids		mg/100g	**23**	53	2	3
Aspartic acid	ASP	mg/100g	**2,57**	4,30	1,40	3
Serine	SER	mg/100g	**0,70**	1,30	0,30	3
Glutaminic acid	GLU	mg/100g	**1,83**	3,80	1,0	3
Glycine	GLY	mg/100g	**7,10**	8,30	5,80	3
Arginine	ARG	mg/100g	**0,60**	0,90	0,40	3
Alanine	ALA	mg/100g	**2,10**	3,40	1,40	3
Proline	PRO	mg/100g	**2,97**	3,90	1,10	3
Tyrosine	TYR	mg/100g	**1,30**	3,00	0,40	3

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
Valine	VAL	mg/100g	**1,30**	3,20	0,30	3
Methionine	MET	mg/100g	**1,40**	1,40	1,40	1
Lysine	LYS	mg/100g	**1,83**	4,80	0,30	3
Isoleucine	ILK	mg/100g	**0,87**	2,20	0,20	3
Leucine	LEU	mg/100g	**2,23**	6,10	0,20	3
Phenylalanine	PHE	mg/100g	**2,50**	6,10	0,60	3

Note: Trahanas is a traditional product used for soup and is made of bulgur weat (crushed weat) with the addition of yogurt, followed by natural drying.

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**410**	432	398	5
Water	WATER	g/100g	**4,4**	6,7	2,8	5
Protein	PROCNT-FAO	g/100g	**12,9**	14,0	10,6	5
Total lipid (fat)	FAT	g/100g	**9,6**	16,3	6,6	5
Carbohydrates, by difference	CHOCDF	g/100g	**71,2**	76,1	62,3	5
Dietary fibre (total)	FIBTG	g/100g	**5,2**	6,2	4,0	5
Ash	ASH	g/100g	**1,9**	2,2	1,7	5
MINERALS						
Chlorides (Cl)	CLD	mg/100g	**206**	334	133	3
LIPIDS						
Fatty acids (saturated)	FASAT	g/100g	**1,7**	2,7	1,1	3
Fatty acids (monounsaturated)	FAMS	g/100g	**3,1**	3,7	2,7	3
Fatty acids (polyunsaturated)	FAPU	g/100g	**4,1**	6,1	2,8	3

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**372**	405	344	6
Water	WATER	g/100g	**4,8**	6,3	3,5	6
Protein	PROCNT-FAO	g/100g	**13,2**	13,6	12,6	6
Total lipid (fat)	FAT	g/100g	**4,1**	5,8	0,7	6
Carbohydrates, by difference	CHOCDF	g/100g	**75,5**	77,2	73,5	6
Dietary fibre (total)	FIBTG	g/100g	**8,2**	9,8	6,8	5
Ash	ASH	g/100g	**2,4**	2,9	1,9	6
MINERALS						
Chlorides (Cl)	CLD	mg/100g	**289**	436	115	6
LIPIDS						
Fatty acids (saturated)	FASAT	g/100g	**0,8**	0,9	0,6	4
Fatty acids (monounsaturated)	FAMS	g/100g	**1,8**	2,3	1,3	4
Fatty acids (polyunsaturated)	FAPU	g/100g	**2,2**	2,6	1,7	4

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**365**	365	364	2
Water	WATER	g/100g	**5,8**	6,6	4,9	2
Protein	PROCNT-FAO	g/100g	**11,6**	11,9	11,2	2
Total lipid (fat)	FAT	g/100g	**4,1**	4,9	3,3	2
Carbohydrates, by difference	CHOCDF	g/100g	**76,4**	77,9	74,8	2
Dietary fibre (total)	FIBTG	g/100g	**10,1**	10,3	9,8	2
Ash	ASH	g/100g	**2,2**	2,5	2,0	2

BULGUR WHEAT (crushed weat)

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**342**	357	335	6
Water	WATER	g/100g	**11,0**	13,1	6,4	6
Protein	PROCNT-FAO	g/100g	**11,9**	12,7	10,8	5
Total lipid (fat)	FAT	g/100g	**2,8**	3,1	2,2	6
Carbohydrates, by difference	CHOCDF	g/100g	**72,9**	77,6	70,3	6
Dietary fibre (total)	FIBTG	g/100g	**9,3**	11,3	7,0	6
Ash	ASH	g/100g	**1,4**	1,6	1,1	6
MINERALS						
Chlorides (Cl)	CLD	mg/100g	**15,8**	24,0	10,9	6

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**348**	355	343	3
Water	WATER	g/100g	**23,7**	65,8	8,2	4
Protein (Nx6.25)	PROCNT-FAO	g/100g	**6,50**	9,3	3,0	4
Total lipid (fat)	FAT	g/100g	**1,4**	2,3	0,5	4
Carbohydrates, by difference	CHOCDF	g/100g	**68,3**	71,0	66,6	3
Ash	ASH	g/100g	**1,6**	2,0	1,3	3
Dietary fibre (total)	FIBTG	g/100g	**11,2**	13,2	8,8	3
Salt	NACL	g/100g	**0,1**	0,26	not detect.	4
MINERALS						
Sodium (Na)	NA	mg/100g	**not detect.**	not detect.	not detect.	3
Potassium (K)	K	mg/100g	**295**	336	230	3
Calcium (Ca)	CA	mg/100g	**37**	56	not detect.	3
Magnesium (Mg)	MG	mg/100g	**173**	179	162	3
Phosphorus (P)	P	mg/100g	**377**	420	335	3
Iron (Fe)	FE	mg/100g	**1,0**	1,0	traces	3
Copper (Cu)	CU	mg/100g	**traces**	1,0	not detect.	3
Zinc (Zn)	ZN	mg/100g	**2,0**	3,1	1,4	3
Manganese (Mn)	MN	mg/100g	**2,7**	4,1	1,7	3
LIPIDS						
Fatty acids (saturated)	FASAT	g/100g	**0,4**	0,5	0,2	3
Fatty acids (monounsaturated)	FAMS	g/100g	**0,7**	1,0	0,2	3
Fatty acids (polyunsaturated)	FAPU	g/100g	**0,7**	0,9	0,4	3
Cholesterol	CHOLE	mg/100g	**not detect.**	not detect.	not detect.	3

NUTRIENT	INFOODS Tagname	Units	Mean value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**380**	380	380	1
Water	WATER	g/100g	**9,1**	9,1	9,1	1
Protein (Nx6.25)	PROCNT-FAO	g/100g	**9,6**	9,6	9,6	1
Total lipid (fat)	FAT	g/100g	**6,9**	6,9	6,9	1
Carbohydrates, by difference	CHOCDF	g/100g	**66,7**	66,7	66,7	1
Ash	ASH	g/100g	**1,5**	1,50	1,5	1
Dietary fibre (total)	FIBTG	g/100g	**6,4**	6,4	6,4	1
Salt	NACL	g/100g	**not detect.**	**not detect.**	**not detect.**	1
MINERALS						
Sodium (Na)	NA	mg/100g	**149**	149	149	1
Potassium (K)	K	mg/100g	**356**	356	356	1
Calcium (Ca)	CA	mg/100g	**56**	56	56	1
Magnesium (Mg)	MG	mg/100g	**146**	146	146	1
Phosphorus (P)	P	mg/100g	**353**	353	353	1
Iron (Fe)	FE	mg/100g	**2,6**	2,6	2,6	1
Copper (Cu)	CU	mg/100g	**not detect.**	**not detect.**	**not detect.**	1
Zinc (Zn)	ZN	mg/100g	**2,0**	2,0	2,0	1
Manganese (Mn)	MN	mg/100g	**3,6**	3,6	3,6	1
LIPIDS						
Fatty acids (saturated)	FASAT	g/100g	**1,7**	1,7	1,7	1
Fatty acids (monounsaturated)	FAMS	g/100g	**3,3**	3,3	3,3	1
Fatty acids (polyunsaturated)	FAPU	g/100g	**1,9**	1,9	1,9	1
Cholesterol	CHOLE	mg/100g	**not detect.**	**not detect.**	**not detect.**	1

5

EDIBLE OILS AND FATS

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**733**	761	656	7
Water	WATER	g/100g	**17,2**	25,3	14,6	7
Protein	PROCNT-FAO	g/100g	**0,1**	0,2	not detect.	7
Total lipid (fat)	FAT	g/100g	**81,5**	84,6	72,9	7
Carbohydrates, by difference	CHOCDF	g/100g	**not detect.**	not detect.	not detect.	7
Ash	ASH	g/100g	**1,3**	1,8	0,7	7
MINERALS						
Chlorides (Cl)	CLD	mg/100g	**704**	1092	431	7
LIPIDS						
Fatty acids (saturated)	FASAT	g/100g	**24,1**	28,2	20,2	6
Fatty acids (monounsaturated)	FAMS	g/100g	**19,9**	26,3	12,4	6
Fatty acids (polyunsaturated)	FAPU	g/100g	**38,5**	44,0	31,3	6
Cholesterol	CHOLE	mg/100g	**traces**	2,00	traces	6

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**417**	563	360	6
Water	WATER	g/100g	**51,9**	58,6	36,0	6
Protein	PROCNT-FAO	g/100g	**0,4**	2,2	not detect.	6
Total lipid (fat)	FAT	g/100g	**46,3**	62,6	40,0	6
Carbohydrates, by difference	CHOCDF	g/100g	**traces**	**traces**	not detect.	6
Ash	ASH	g/100g	**1,5**	1,8	1,0	6
MINERALS						
Chlorides (Cl)	CLD	mg/100g	**791**	947	619	6
LIPIDS						
Fatty acids (saturated)	FASAT	g/100g	**13,7**	17,4	9,0	6
Fatty acids (monounsaturated)	FAMS	g/100g	**19,1**	27,0	8,9	6
Fatty acids (polyunsaturated)	FAPU	g/100g	**15,2**	29,0	6,4	6
Cholesterol	CHOLE	mg/100g	**traces**	2,00	**traces**	6

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**491**	683	274	15
Water	WATER	g/100g	**42,3**	65,7	19,4	15
Total lipid (fat)	FAT	g/100g	**54,6**	75,9	30,4	15
Dietary fibre (total)	FIBINS	g/100g	**not detct.**	not detct.	not detct.	1
Salt	NACL	g/100g	**1,2**	2,1	not detct.	15
LIPIDS						
Fatty acids (saturated)	FASAT	g/100g	**13,9**	19,1	9,0	8
Fatty acids (monounsaturated)	FAMS	g/100g	**23,2**	32,4	11,8	8
Fatty acids (polyunsaturated)	FAPU	g/100g	**17,6**	25,0	11,2	8
Cholesterol	CHOLE	mg/100g	**not detct.**	not detct.	not detct.	12
ω3 polyunsaturated fatty acids	FAPUN3	g/100g	**2,8**	3,5	2,4	6
ω6 polyunsaturated fatty acids	FAPUN6	g/100g	**15,4**	19,3	10,7	6

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**682**	682	682	1
Water	WATER	g/100g	**21,7**	21,7	21,7	1
Protein	PROCNT-FAO	g/100g	**0,8**	0,8	0,8	1
Total lipid (fat)	FAT	g/100g	**75,8**	75,8	75,8	1
Carbohydrates, by difference	CHOCDF	g/100g	**not detect.**	not detect.	not detect.	1
Ash	ASH	g/100g	**1,9**	1,9	1,9	1
MINERALS						
Chlorides (Cl)	CLD	mg/100g	**1007**	1007	1007	1
LIPIDS						
Fatty acids (saturated)	FASAT	g/100g	**33,6**	33,6	33,6	1
Fatty acids (monounsaturated)	FAMS	g/100g	**29,4**	29,4	29,4	1
Fatty acids (polyunsaturated)	FAPU	g/100g	**15,3**	15,3	15,3	1
Cholesterol	CHOLE	mg/100g	**86**	86	86	1

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**749**	756	744	3
Water	WATER	g/100g	**15,2**	15,5	14,9	3
Protein	PROCNT-FAO	g/100g	**0,6**	0,6	0,6	3
Total lipid (fat)	FAT	g/100g	**83,2**	84,0	82,7	3
Carbohydrates, by difference	CHOCDF	g/100g	**not detect.**	not detect.	not detect.	3
Ash	ASH	g/100g	**1,0**	1,4	0,5	3
MINERALS						
Chlorides (Cl)	CLD	mg/100g	**538**	771	273	3
LIPIDS						
Fatty acids (saturated)	FASAT	g/100g	**58,8**	59,1	58,1	3
Fatty acids (monounsaturated)	FAMS	g/100g	**24,8**	26,3	23,7	3
Fatty acids (polyunsaturated)	FAPU	g/100g	**1,2**	1,7	0,4	3
Cholesterol	CHOLE	mg/100g	**249**	266	221	3

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**896**	896	896	1
Water	WATER	g/100g	**0,1**	0,1	0,1	1
Protein	PROCNT-FAO	g/100g	**not detect.**	not detect.	not detect.	1
Total lipid (fat)	FAT	g/100g	**99,3**	99,3	99,3	1
Carbohydrates, by difference	CHOCDF	g/100g	**0,6**	0,6	0,6	1
MINERALS						
Chlorides (Cl)	CLD	mg/100g	**48**	48	48	1
LIPIDS						
Fatty acids (saturated)	FASAT	g/100g	**68,7**	69,1	68,2	2
Fatty acids (monounsaturated)	FAMS	g/100g	**27,6**	28,2	27,1	2
Fatty acids (polyunsaturated)	FAPU	g/100g	**3,1**	3,2	3,0	2
Cholesterol	CHOLE	mg/100g	**209**	237	181	2

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**900**	900	900	2
Water	WATER	g/100g	**0,1**	0,2	0,1	2
Total lipid (fat)	FAT	g/100g	**100,0**	100,0	100,0	2
Salt	NACL	g/100g	**not detect.**	not detect.	not detect.	2
LIPIDS						
Fatty acids (saturated)	FASAT	g/100g	**33,0**	40,7	25,4	2
Fatty acids (monounsaturated)	FAMS	g/100g	**39,4**	44,7	34,1	2
Fatty acids (polyunsaturated)	FAPU	g/100g	**21,1**	25,0	17,2	2
Cholesterol	CHOLE	mg/100g	**not detect.**	not detect.	not detect.	2

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**828**	828	828	1
Water	WATER	g/100g	**1,5**	1,5	1,5	1
Protein (Nx6,25)	PROCNT-FAO	g/100g	**1,9**	1,9	1,9	1
Total lipid (fat)	FAT	g/100g	**86,8**	86,8	86,8	1
Carbohydrates, by difference	CHOCDF	g/100g	**9,8**	9,8	9,8	1
Salt	NACL	g/100g	**not detect.**	not detect.	not detect.	1
LIPIDS						
Fatty acids (saturated)	FASAT	g/100g	**47,3**	47,3	47,3	1
Fatty acids (monounsaturated)	FAMS	g/100g	**33,8**	33,8	33,8	1
Fatty acids (polyunsaturated)	FAPU	g/100g	**1,6**	1,6	1,6	1
Cholesterol	CHOLE	mg/100g	**54**	54	54	1

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**855**	898	824	3
Water	WATER	g/100g	**3,6**	3,7	3,5	2
Protein (Nx6.25)	PROCNT-FAO	g/100g	**2,5**	2,9	2,0	2
Total lipid (fat)	FAT	g/100g	**94,2**	99,8	90,4	3
Carbohydrates, by difference	CHOCDF	g/100g	**0,4**	0,8	not detect.	2
Ash	ASH	g/100g	**2,3**	3,2	1,4	2
Salt	NACL	g/100g	**2,5**	2,9	2,0	2
MINERALS						
Sodium (Na)	NA	mg/100g	**2626**	2626	2626	1
Potassium (K)	K	mg/100g	**150**	150	150	1
Calcium (Ca)	CA	mg/100g	**56**	56	56	1
Magnesium (Mg)	MG	mg/100g	**12**	12	12	1
Phosphorus (P)	P	mg/100g	**10**	10	10	1
Iron (Fe)	FE	mg/100g	**0,3**	0,3	0,3	1
Copper (Cu)	CU	mg/100g	**not detect.**	not detect.	not detect.	1
Zinc (Zn)	ZN	mg/100g	**0,2**	0,2	0,2	1
Manganese (Mn)	MN	mg/100g	**not detect.**	not detect.	not detect.	1
LIPIDS						
Fatty acids (saturated)	FASAT	g/100g	**43,5**	46,0	39,7	3
Fatty acids (monounsaturated)	FAMS	g/100g	**44,4**	48,0	40,4	3
Fatty acids (polyunsaturated)	FAPU	g/100g	**5,9**	10,0	3,5	3
Cholesterol	CHOLE	mg/100g	**90**	94	82	3

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**900**	900	900	3
Water	WATER	g/100g	**not detect.**	**not detect.**	**not detect.**	3
Protein (Nx6.25)	PROCNT-FAO	g/100g	**not detect.**	**not detect.**	**not detect.**	3
Total lipid (fat)	FAT	g/100g	**100,0**	100,0	100,0	3
Carbohydrates, by difference	CHOCDF	g/100g	**not detect.**	**not detect.**	**not detect.**	3
Ash	ASH	g/100g	**not detect.**	**not detect.**	**not detect.**	3
Dietary fibre (total)	FIBTG	g/100g	**not detect.**	**not detect.**	**not detect.**	3
LIPIDS						
Fatty acids (saturated)	FASAT	g/100g	**16,0**	17,9	14,79	29
C14:0 Myristic acid	F14D0	g/100g	**not detect.**	**not detect.**	**not detect.**	29
C16:0 Palmitic acid	F16D0	g/100g	**12,2**	13,9	10,1	29
C17:0 Heptadecanoic acid	F17D0	g/100g	**0,08**	0,18	**not detect.**	29
C18:0 Stearic acid	F18D0	g/100g	**3,3**	3,8	2,9	29
C20:0 Arachidic acid	F20D0	g/100g	**0,50**	0,59	0,37	29
C22:0 Behenic acid	F22D0	g/100g	**0,15**	0,19	0,10	29
C24:0 Lignoceric acid	F24D0	g/100g	**0,07**	0,07	0,05	29
Fatty acids (monounsaturated)	FAMS	g/100g	**76,0**	78,6	72,4	29
C16:1 Palmitoleic acid	F16D1	g/100g	**0,97**	1,12	0,80	29
C17:1 Heptadecenoic acid	F17D1	g/100g	**0,12**	0,31	0,07	29
C18:1 Oleic acid	F18D1	g/100g	**73,7**	80,5	67,2	29
C20:1 Ecosenic acid	F20D1	g/100g	**0,31**	0,45	0,25	29
Fatty acids (polyunsaturated)	FAPU	g/100g	**7,9**	9,5	6,7	29
Cholesterol	CHOLE	mg/100g	**not detect.**	**not detect.**	**not detect.**	3

6

TRADITIONAL CONFECTIONARY DELIGHTS

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**465**	466	463	3
Water	WATER	g/100g	**13,0**	14,1	11,4	3
Protein (Nx6.25)	PROCNT-FAO	g/100g	**7,5**	8,8	6,0	3
Total lipid (fat)	FAT	g/100g	**24,8**	26,0	23,3	3
Carbohydrates, by difference	CHOCDF	g/100g	**52,1**	58,0	48,2	3
Ash	ASH	g/100g	**0,9**	1,2	0,4	3
Dietary fibre (total)	FIBTG	g/100g	**1,8**	2,2	1,2	3
Salt	NACL	g/100g	**0,1**	0,4	**not detect.**	3
MINERALS						
Sodium (Na)	NA	mg/100g	**45**	134	**not detect.**	3
Potassium (K)	K	mg/100g	**152**	187	116	3
Calcium (Ca)	CA	mg/100g	**34**	50	20	3
Magnesium (Mg)	MG	mg/100g	**34**	40	26	3
Phosphorus (P)	P	mg/100g	**91**	113	65	3
Iron (Fe)	FE	mg/100g	**1,0**	1,0	1,0	3
Copper (Cu)	CU	mg/100g	**traces**	traces	**not detect.**	3
Zinc (Zn)	ZN	mg/100g	**0,7**	0,9	0,4	3
Manganese (Mn)	MN	mg/100g	**traces**	traces	traces	3
LIPIDS						
Fatty acids (saturated)	FASAT	g/100g	**3,5**	4,6	2,8	3
Fatty acids (monounsaturated)	FAMS	g/100g	**12,0**	13,2	10,8	3
Fatty acids (polyunsaturated)	FAPU	g/100g	**9,2**	11,7	5,6	3
Cholesterol	CHOLE	mg/100g	**not detect.**	**not detect.**	**not detect.**	3

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**353**	412	294	2
Water	WATER	g/100g	**32,5**	38,3	26,7	2
Protein (Nx6.25)	PROCNT-FAO	g/100g	**3,2**	3,4	3,0	2
Total lipid (fat)	FAT	g/100g	**17,1**	24,1	10,0	2
Carbohydrates, by difference	CHOCDF	g/100g	**46,2**	46,9	45,5	2
Ash	ASH	g/100g	**0,3**	0,3	0,2	2
Dietary fibres (total)	FIBTG	g/100g	**0,8**	1,0	0,6	2
Salt	NACL	g/100g	**not detect.**	**not detect.**	**not detect.**	2
MINERALS						
Sodium (Na)	NA	mg/100g	**traces**	traces	traces	2
Potassium (K)	K	mg/100g	**63**	73	53	2
Calcium (Ca)	CA	mg/100g	**6**	13	**not detect.**	2
Magnesium (Mg)	MG	mg/100g	**12**	12	12	2
Phosphorus (P)	P	mg/100g	**37**	44	30	2
Iron (Fe)	FE	mg/100g	**0,2**	0,4	**not detect.**	2
Copper (Cu)	CU	mg/100g	**traces**	**traces**	**not detect.**	2
Zinc (Zn)	ZN	mg/100g	**0,2**	0,5	**not detect.**	2
Manganese (Mn)	MN	mg/100g	**traces**	**traces**	**traces**	2
LIPIDS						
Fatty acids (saturated)	FASAT	g/100g	**2,8**	2,8	2,8	2
Fatty acids (monounsaturated)	FAMS	g/100g	**5,2**	7,1	3,4	2
Fatty acids (polyunsaturated)	FAPU	g/100g	**9,1**	14,3	3,9	2
Cholesterol	CHOLE	mg/100g	**not detect.**	**not detect.**	**not detect.**	2

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**479**	479	479	1
Water	WATER	g/100g	**17,4**	17,4	17,4	1
Protein (Nx6.25)	PROCNT-FAO	g/100g	**not detect.**	**not detect.**	**not detect.**	1
Total lipid (fat)	FAT	g/100g	**31,1**	31,1	31,1	1
Carbohydrates, by difference	CHOCDF	g/100g	**49,0**	49,0	49,0	1
Ash	ASH	g/100g	**0,7**	0,7	0,7	1
Dietary fibre (total)	FIBTG	g/100g	**1,8**	1,8	1,8	1
Salt	NACL	g/100g	**0,6**	0,6	0,6	1
MINERALS						
Sodium (Na)	NA	mg/100g	**322**	322	322	1
Potassium (K)	K	mg/100g	**126**	126	126	1
Calcium (Ca)	CA	mg/100g	**65**	65	65	1
Magnesium (Mg)	MG	mg/100g	**41**	41	41	1
Phosphorus (P)	P	mg/100g	**97**	97	97	1
Iron (Fe)	FE	mg/100g	**0,8**	0,8	0,8	1
Copper (Cu)	CU	mg/100g	**traces**	**traces**	**traces**	1
Zinc (Zn)	ZN	mg/100g	**0,7**	0,7	0,7	1
Manganese (Mn)	MN	mg/100g	**traces**	**traces**	**traces**	1
Βόριο (B)	B	mg/100g	**not detect.**	**not detect.**	**not detect.**	1
LIPIDS						
Fatty acids (saturated)	FASAT	g/100g	**10,8**	10,8	10,8	1
Fatty acids (monounsaturated)	FAMS	g/100g	**16,8**	16,8	16,8	1
Fatty acids (polyunsaturated)	FAPU	g/100g	**3,6**	3,6	3,6	1
Cholesterol	CHOLE	mg/100g	**18,2**	18,2	18,2	1

PUMPKIN PIE

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**224**	253	194	2
Water	WATER	g/100g	**48,9**	55,5	42,2	2
Protein (Nx6.25)	PROCNT-FAO	g/100g	**4,3**	4,5	4,1	2
Total lipid (fat)	FAT	g/100g	**5,5**	6,2	4,8	2
Carbohydrates, by difference	CHOCDF	g/100g	**38,4**	43,8	32,9	2
Ash	ASH	g/100g	**1,2**	1,2	1,1	2
Dietary fibre (total)	FIBTG	g/100g	**1,9**	2,1	1,6	2
Salt	NACL	g/100g	**0,6**	0,7	0,4	2
MINERALS						
Sodium (Na)	NA	mg/100g	**217**	232	202	2
Potassium (K)	K	mg/100g	**212**	217	206	2
Calcium (Ca)	CA	mg/100g	**35**	41	28	2
Magnesium (Mg)	MG	mg/100g	**24**	27	20	2
Phosphorus (P)	P	mg/100g	**89**	120	58	2
Iron (Fe)	FE	mg/100g	**0,7**	0,7	0,7	2
Copper (Cu)	CU	mg/100g	**traces**	**traces**	**traces**	2
Zinc (Zn)	ZN	mg/100g	**0,5**	0,7	0,4	2
Manganese (Mn)	MN	mg/100g	**traces**	**traces**	**traces**	2
LIPIDS						
Fatty acids (saturated)	FASAT	g/100g	**1,1**	1,5	0,6	2
Fatty acids (monounsaturated)	FAMS	g/100g	**1,8**	2,2	1,5	2
Fatty acids (polyunsaturated)	FAPU	g/100g	**2,7**	2,7	2,6	2
Cholesterol	CHOLE	mg/100g	**not detect.**	**not detect.**	**not detect.**	2

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**306**	306	306	1
Water	WATER	g/100g	**40,1**	40,1	40,1	1
Protein (Nx6.25)	PROCNT-FAO	g/100g	**8,2**	8,2	8,2	1
Total lipid (fat)	FAT	g/100g	**14,7**	14,7	14,7	1
Carbohydrates, by difference	CHOCDF	g/100g	**34,0**	34,0	34,0	1
Ash	ASH	g/100g	**0,6**	0,6	0,6	1
Dietary fibre (total)	FIBTG	g/100g	**2,4**	2,4	2,4	1
Salt	NACL	g/100g	**0,2**	0,2	0,2	1
MINERALS						
Sodium (Na)	NA	mg/100g	**38**	38	38	1
Potassium (K)	K	mg/100g	**573**	573	573	1
Calcium (Ca)	CA	mg/100g	**25**	25	25	1
Magnesium (Mg)	MG	mg/100g	**13**	13	13	1
Phosphorus (P)	P	mg/100g	**65**	65	65	1
Iron (Fe)	FE	mg/100g	**0,5**	0,5	0,5	1
Copper (Cu)	CU	mg/100g	**traces**	**traces**	**traces**	1
Zinc (Zn)	ZN	mg/100g	**0,4**	0,4	0,4	1
Manganese (Mn)	MN	mg/100g	**traces**	**traces**	**traces**	1
LIPIDS						
Fatty acids (saturated)	FASAT	g/100g	**4,1**	4,1	4,1	1
Fatty acids (monounsaturated)	FAMS	g/100g	**4,5**	4,5	4,5	1
Fatty acids (polyunsaturated)	FAPU	g/100g	**5,9**	5,9	5,9	1
Cholesterol	CHOLE	mg/100g	**2,5**	2,5	2,5	1

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**340**	340	340	1
Water	WATER	g/100g	**38,4**	38,4	38,4	1
Protein (Nx6.25)	PROCNT-FAO	g/100g	**14,0**	14,0	14,0	1
Total lipid (fat)	FAT	g/100g	**20,9**	20,9	20,9	1
Carbohydrates, by difference	CHOCDF	g/100g	**23,5**	23,5	23,5	1
Ash	ASH	g/100g	**2,2**	2,2	2,2	1
Dietary fibre (total)	FIBTG	g/100g	**1,0**	1,0	1,0	1
Salt	NACL	g/100g	**1,4**	1,4	1,4	1
MINERALS						
Sodium (Na)	NA	mg/100g	**440**	440	440	1
Potassium (K)	K	mg/100g	**128**	128	128	1
Calcium (Ca)	CA	mg/100g	**227**	227	227	1
Magnesium (Mg)	MG	mg/100g	**19**	19	19	1
Phosphorus (P)	P	mg/100g	**159**	159	159	1
Iron (Fe)	FE	mg/100g	**0,5**	0,5	0,5	1
Copper (Cu)	CU	mg/100g	**not detect.**	not detect.	not detect.	1
Zinc (Zn)	ZN	mg/100g	**0,9**	0,9	0,9	1
Manganese (Mn)	MN	mg/100g	**traces**	**traces**	**traces**	1
LIPIDS						
Fatty acids (saturated)	FASAT	g/100g	**8,3**	8,3	8,3	1
Fatty acids (monounsaturated)	FAMS	g/100g	**6,1**	6,1	6,1	1
Fatty acids (polyunsaturated)	FAPU	g/100g	**6,3**	6,3	6,3	1
Cholesterol	CHOLE	mg/100g	**29**	29	29	1

BUREKIA SATZIS (with halloumi cheese) *Foodex code: A.01.000253*

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**329**	329	329	1
Water	WATER	g/100g	**33,6**	33,6	33,6	1
Protein (Nx6.25)	PROCNT-FAO	g/100g	**14,0**	14,0	14,0	1
Total lipid (fat)	FAT	g/100g	**17,5**	17,5	17,5	1
Carbohydrates, by difference	CHOCDF	g/100g	**28,1**	28,1	28,1	1
Ash	ASH	g/100g	**5,0**	5,0	5,0	1
Dietary fibre (total)	FIBTG	g/100g	**1,9**	1,9	1,9	1
Salt	NACL	g/100g	**2,1**	2,1	2,1	1
MINERALS						
Sodium (Na)	NA	mg/100g	**683**	683	683	1
Potassium (K)	K	mg/100g	**119**	119	119	1
Calcium (Ca)	CA	mg/100g	**288**	288	288	1
Magnesium (Mg)	MG	mg/100g	**23**	23	23	1
Phosphorus (P)	P	mg/100g	**219**	219	219	1
Iron (Fe)	FE	mg/100g	**0,4**	0,4	0,4	1
Copper (Cu)	CU	mg/100g	**not detect.**	not detect.	not detect.	1
Zinc (Zn)	ZN	mg/100g	**1,6**	1,6	1,6	1
Manganese (Mn)	MN	mg/100g	**traces**	traces	traces	1
LIPIDS						
Fatty acids (saturated)	FASAT	g/100g	**7,4**	7,4	7,4	1
Fatty acids (monounsaturated)	FAMS	g/100g	**7,3**	7,3	7,3	1
Fatty acids (polyunsaturated)	FAPU	g/100g	**2,6**	2,6	2,6	1
Cholesterol	CHOLE	mg/100g	**33**	33	33	1

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**363**	366	360	2
Water	WATER	g/100g	**21,0**	21,2	20,7	2
Protein (Nx6.25)	PROCNT-FAO	g/100g	**6,0**	6,1	5,9	2
Total lipid (fat)	FAT	g/100g	**11,0**	11,5	10,5	2
Carbohydrates, by difference	CHOCDF	g/100g	**59,4**	59,9	58,8	2
Ash	ASH	g/100g	**1,3**	1,3	1,2	2
Dietary fibre (total)	FIBTG	g/100g	**1,4**	1,5	1,3	2
Salt	NACL	g/100g	**0,2**	0,4	not detect.	2
MINERALS						
Sodium (Na)	NA	mg/100g	**226**	226	226	1
Potassium (K)	K	mg/100g	**115**	115	115	1
Calcium (Ca)	CA	mg/100g	**traces**	**traces**	**traces**	1
Magnesium (Mg)	MG	mg/100g	**18**	18	18	1
Phosphorus (P)	P	mg/100g	**74**	74	74	1
Iron (Fe)	FE	mg/100g	**0,7**	0,7	0,7	1
Copper (Cu)	CU	mg/100g	**traces**	traces	traces	1
Zinc (Zn)	ZN	mg/100g	**0,6**	0,6	0,6	1
Manganese (Mn)	MN	mg/100g	**traces**	traces	traces	1
LIPIDS						
Fatty acids (saturated)	FASAT	g/100g	**1,1**	1,4	0,9	2
Fatty acids (monounsaturated)	FAMS	g/100g	**5,6**	6,4	4,8	2
Fatty acids (polyunsaturated)	FAPU	g/100g	**4,3**	5,2	3,3	2
Cholesterol	CHOLE	mg/100g	**not detect.**	not detect.	not detect.	2

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**441**	442	440	2
Water	WATER	g/100g	**15,4**	16,4	14,4	2
Protein (Nx6.25)	PROCNT-FAO	g/100g	**7,1**	7,2	6,9	2
Total lipid (fat)	FAT	g/100g	**22,0**	22,8	21,1	2
Carbohydrates, by difference	CHOCDF	g/100g	**52,9**	54,2	51,6	2
Ash	ASH	g/100g	**0,8**	0,8	0,7	2
Dietary fibre (total)	FIBTG	g/100g	**2,0**	2,3	1,6	2
Salt	NACL	g/100g	**0,3**	0,5	not detect.	2
MINERALS						
Sodium (Na)	NA	mg/100g	**96**	147	44	2
Potassium (K)	K	mg/100g	**132**	139	124	2
Calcium (Ca)	CA	mg/100g	**16**	20	11	2
Magnesium (Mg)	MG	mg/100g	**29**	30	28	2
Phosphorus (P)	P	mg/100g	**92**	104	80	2
Iron (Fe)	FE	mg/100g	**0,8**	0,9	0,7	2
Copper (Cu)	CU	mg/100g	**traces**	traces	traces	2
Zinc (Zn)	ZN	mg/100g	**0,6**	0,7	0,6	2
Manganese (Mn)	MN	mg/100g	**traces**	traces	traces	2
LIPIDS						
Fatty acids (saturated)	FASAT	g/100g	**3,7**	5,3	2,4	2
Fatty acids (monounsaturated)	FAMS	g/100g	**9,8**	11,6	7,9	2
Fatty acids (polyunsaturated)	FAPU	g/100g	**8,3**	9,6	7,1	2
Cholesterol	CHOLE	mg/100g	**not detect.**	not detect.	not detect.	2

FLAOUNES (traditional Easter pie) *Foodex code: A.01.000253*

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**367**	408	320	5
Water	WATER	g/100g	**31,5**	34,3	27,7	6
Proteins (Nx6.25)	PROCNT-FAO	g/100g	**17,2**	19,9	14,6	6
Total lipid (fat)	FAT	g/100g	**20,2**	30,0	14,5	6
Carbohydrates, by difference	CHOCDF	g/100g	**27,9**	34,0	14,9	5
Ash	ASH	g/100g	**1,1**	2,8	not detect.	5
Dietary fibre (total)	FIBTG	g/100g	**1,8**	2,7	1,2	6
Salt	NACL	g/100g	**1,0**	1,5	0,6	6
MINERALS						
Sodium (Na)	NA	mg/100g	**458**	544	346	5
Potassium (K)	K	mg/100g	**493**	1567	105	4
Calcium (Ca)	CA	mg/100g	**575**	1012	323	5
Magnesium (Mg)	MG	mg/100g	**35**	44	30	4
Phosphorus (P)	P	mg/100g	**285**	450	21	5
Iron (Fe)	FE	mg/100g	**0,9**	1,1	0,7	5
Copper (Cu)	CU	mg/100g	**traces**	traces	traces	5
Zinc (Zn)	ZN	mg/100g	**2,0**	2,3	1,7	5
Manganese (Mn)	MN	mg/100g	**traces**	traces	traces	5
Boron (B)	B	mg/100g	**traces**	traces	traces	1
LIPIDS						
Fatty acids (saturated)	FASAT	g/100g	**11,3**	18,1	7,2	5
Fatty acids (monounsaturated)	FAMS	g/100g	**6,1**	9,3	5,0	5
Fatty acids (polyunsaturated)	FAPU	g/100g	**1,8**	2,6	1,3	5
Cholesterol	CHOLE	mg/100g	**173**	256	89	4

FLAOUNES (traditional Easter pie, sweet) *Foodex code: A.01.000253*

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**340**	365	319	3
Water	WATER	g/100g	**30,8**	34,3	27,0	4
Protein (Nx6.25)	PROCNT-FAO	g/100g	**16,2**	18,9	13,8	4
Total lipid (fat)	FAT	g/100g	**17,2**	22,7	14,1	4
Carbohydrates, by difference	CHOCDF	g/100g	**33,9**	37,8	31,2	3
Ash	ASH	g/100g	**2,4**	3,0	1,9	3
Dietary fibre (total)	FIBTG	g/100g	**1,8**	2,7	1,2	4
Salt	NACL	g/100g	**0,9**	1,2	0,7	4
MINERALS						
Sodium (Na)	NA	mg/100g	**416**	471	318	3
Potassium (K)	K	mg/100g	**719**	1890	130	3
Calcium (Ca)	CA	mg/100g	**339**	415	302	3
Magnesium (Mg)	MG	mg/100g	**33**	35	30	3
Phosphorus (P)	P	mg/100g	**317**	335	285	3
Iron (Fe)	FE	mg/100g	**1,0**	1,2	0,8	3
Copper (Cu)	CU	mg/100g	**traces**	not detect.	traces	3
Zinc (Zn)	ZN	mg/100g	**1,9**	2,1	1,7	3
Manganese (Mn)	MN	mg/100g	**traces**	traces	traces	3
Boron (B)	B	mg/100g	**not detect.**	not detect.	not detect.	1
LIPIDS						
Fatty acids (saturated)	FASAT	g/100g	**9,0**	10,1	7,9	3
Fatty acids (monounsaturated)	FAMS	g/100g	**4,8**	5,2	4,5	3
Fatty acids (polyunsaturated)	FAPU	g/100g	**1,5**	1,6	1,5	3
Cholesterol	CHOLE	mg/100g	**112**	137	87	2

CHEESE PIE

Foodex code: A.01.000275

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**472**	534	410	2
Water	WATER	g/100g	**21,0**	30,4	11,5	2
Protein (Nx6.25)	PROCNT-FAO	g/100g	**11,3**	12,2	10,4	2
Total lipid (fat)	FAT	g/100g	**32,6**	37,6	27,6	2
Carbohydrates, by difference	CHOCDF	g/100g	**33,0**	38,2	27,8	2
Ash	ASH	g/100g	**1,1**	1,4	0,8	2
Dietary fibers (total)	FIBTG	g/100g	**1,1**	1,3	0,9	2
Salt	NACL	g/100g	**1,3**	1,9	0,6	2
MINERALS						
Sodium (Na)	NA	mg/100g	**460**	469	451	2
Potassium (K)	K	mg/100g	**122**	126	117	2
Calcium (Ca)	CA	mg/100g	**174**	186	161	2
Magnesium (Mg)	MG	mg/100g	**21**	26	16	2
Phosphorus (P)	P	mg/100g	**185**	187	183	2
Iron (Fe)	FE	mg/100g	**0,7**	0,9	0,5	2
Copper (Cu)	CU	mg/100g	**not detect.**	**not detect.**	**not detect.**	2
Zinc (Zn)	ZN	mg/100g	**1,1**	1,2	1,0	2
Manganese (Mn)	MN	mg/100g	**traces**	**traces**	**not detect.**	2
Boron (B)	B	mg/100g	**not detect.**	**not detect.**	**not detect.**	1
LIPIDS						
Fatty acids (saturated)	FASAT	g/100g	**16,7**	20,0	13,4	2
Fatty acids (monounsaturated)	FAMS	g/100g	**12,5**	13,1	11,9	2
Fatty acids (polyunsaturated)	FAPU	g/100g	**3,2**	4,3	2,0	2
Cholesterol	CHOLE	mg/100g	**94**	129	59	2

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**380**	385	374	2
Water	WATER	g/100g	**17,2**	18,7	15,6	2
Protein (Nx6.25)	PROCNT-FAO	g/100g	**10,6**	11,1	10,1	2
Total lipid (fat)	FAT	g/100g	**12,6**	14,8	10,3	2
Carbohydrates, by difference	CHOCDF	g/100g	**54,2**	57,3	51,0	2
Ash	ASH	g/100g	**1,5**	1,6	1,4	2
Dietary fibre (total)	FIBTG	g/100g	**4,1**	4,1	4,0	2
Salt	NACL	g/100g	**not detect.**	not detect.	not detect.	2
MINERALS						
Sodium (Na)	NA	mg/100g	**167**	191	142	2
Potassium (K)	K	mg/100g	**223**	226	220	2
Calcium (Ca)	CA	mg/100g	**29**	40	19	2
Magnesium (Mg)	MG	mg/100g	**112**	113	110	2
Phosphorus (P)	P	mg/100g	**237**	240	234	2
Iron (Fe)	FE	mg/100g	**2,5**	2,6	2,5	2
Copper (Cu)	CU	mg/100g	**0,5**	0,5	0,4	2
Zinc (Zn)	ZN	mg/100g	**2,0**	2,1	1,8	2
Manganese (Mn)	MN	mg/100g	**traces**	traces	traces	2
LIPIDS						
Fatty acids (saturated)	FASAT	g/100g	**1,6**	1,6	1,5	2
Fatty acids (monounsaturated)	FAMS	g/100g	**4,8**	5,6	4,1	2
Fatty acids (polyunsaturated)	FAPU	g/100g	**6,3**	8,0	4,6	2
Cholesterol	CHOLE	mg/100g	**not detect.**	not detect.	not detect.	2

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**276**	277	274	2
Water	WATER	g/100g	**44,8**	45,3	44,2	2
Protein (Nx6.25)	PROCNT-FAO	g/100g	**1,9**	3,7	not detect.	2
Total lipid (fat)	FAT	g/100g	**11,3**	12,0	10,5	2
Carbohydrates	CHO-	g/100g	**44,5**	44,5	44,5	1
Carbohydrates, by difference	CHOCDF	g/100g	**37,8**	37,8	37,8	1
Ash	ASH	g/100g	**0,1**	0,1	0,1	1
Dietary fibre (total)	FIBTG	g/100g	**0,9**	1,0	0,8	2
Salt	NACL	g/100g	**0,05**	0,10	not detect.	2
MINERALS						
Sodium (Na)	NA	mg/100g	**traces**	traces	traces	1
Potassium (K)	K	mg/100g	**56**	56	56	1
Calcium (Ca)	CA	mg/100g	**not detect.**	not detect.	not detect.	1
Magnesium (Mg)	MG	mg/100g	**7**	7	7	1
Phosphorus (P)	P	mg/100g	**35**	35	35	1
Iron (Fe)	FE	mg/100g	**not detect.**	not detect.	not detect.	1
Copper (Cu)	CU	mg/100g	**traces**	traces	traces	1
Zinc (Zn)	ZN	mg/100g	**2,0**	2,0	2,0	1
Manganese (Mn)	MN	mg/100g	**not detect.**	not detect.	not detect.	1
Boron (B)	B	mg/100g	**not detect.**	not detect.	not detect.	1
LIPIDS						
Fatty acids (saturated)	FASAT	g/100g	**1,7**	1,8	1,5	2
Fatty acids (monounsaturated)	FAMS	g/100g	**3,1**	3,5	2,7	2
Fatty acids (polyunsaturated)	FAPU	g/100g	**6,5**	7,0	6,0	2
Cholesterol	CHOLE	mg/100g	**not detect.**	not detect.	not detect.	2

7

READY MADE TRADITIONAL DISHES

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**153**	153	153	1
Water	WATER	g/100g	**64,9**	64,9	64,9	1
Protein (Nx6.25)	PROCNT-FAO	g/100g	**3,5**	3,5	3,5	1
Total lipid (fat)	FAT	g/100g	**4,5**	4,5	4,5	1
Carbohydrates, by difference	CHOCDF	g/100g	**24,1**	24,1	24,1	1
Ash	ASH	g/100g	**1,7**	1,7	1,7	1
Dietary fibre (total)	FIBTG	g/100g	**1,4**	1,4	1,4	1
Salt	NACL	g/100g	**1,3**	1,3	1,3	1
MINERALS						
Sodium (Na)	NA	mg/100g	**483**	483	483	1
Potassium (K)	K	mg/100g	**105**	105	105	1
Calcium (Ca)	CA	mg/100g	**40**	40	40	1
Magnesium (Mg)	MG	mg/100g	**21**	21	21	1
Phosphorus (P)	P	mg/100g	**50**	50	50	1
Iron (Fe)	FE	mg/100g	**0,4**	0,4	0,4	1
Copper (Cu)	CU	mg/100g	**traces**	traces	traces	1
Zinc (Zn)	ZN	mg/100g	**0,5**	0,5	0,5	1
Manganese (Mn)	MN	mg/100g	**0,3**	0,3	0,3	1
LIPIDS						
Fatty acids (saturated)	FASAT	g/100g	**0,6**	0,7	0,7	1
Fatty acids (monounsaturated)	FAMS	g/100g	**2,2**	2,2	2,2	1
Fatty acids (polyunsaturated)	FAPU	g/100g	**1,6**	1,6	1,6	1
Cholesterol	CHOLE	mg/100g	**not detect.**	not detect.	not detect.	1

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**213**	240	176	3
Water	WATER	g/100g	**55,0**	59,00	46,8	4
Proteins (Nx6.25)	PROCNT-FAO	g/100g	**12,8**	14,9	10,4	4
Total lipid (fat)	FAT	g/100g	**12,9**	18,5	4,4	4
Carbohydrates, by difference	CHOCDF	g/100g	**14,9**	22,9	10,4	3
Ash	ASH	g/100g	**2,3**	2,4	2,1	3
Dietary fibre (total)	FIBTG	g/100g	**1,4**	1,6	1,0	3
Salt	NACL	g/100g	**0,9**	1,1	0,8	4
MINERALS						
Sodium (Na)	NA	mg/100g	**506**	586	447	3
Potassium (K)	K	mg/100g	**431**	518	371	3
Calcium (Ca)	CA	mg/100g	**36**	56	25	3
Magnesium (Mg)	MG	mg/100g	**38**	52	30	3
Phosphorus (P)	P	mg/100g	**182**	206	156	3
Iron (Fe)	FE	mg/100g	**1,2**	1,7	0,8	3
Copper (Cu)	CU	mg/100g	**traces**	traces	not detect.	3
Zinc (Zn)	ZN	mg/100g	**1,4**	1,5	1,3	3
Manganese (Mn)	MN	mg/100g	**traces**	traces	not detect.	3
LIPIDS						
Fatty acids (saturated)	FASAT	g/100g	**4,3**	6,0	1,8	3
Fatty acids (monounsaturated)	FAMS	g/100g	**4,8**	6,6	2,0	3
Fatty acids (polyunsaturated)	FAPU	g/100g	**1,7**	2,3	0,6	3
Cholesterol	CHOLE	mg/100g	**38**	58	17	3

READY MADE TRADITIONAL DISHES
KOLOKASI WITH MEAT

Foodex code: A.01.001829

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**146**	146	146	1
Water	WATER	g/100g	**70,8**	70,8	70,8	1
Protein (Nx6.25)	PROCNT-FAO	g/100g	**6,7**	6,7	6,7	1
Total lipids (fat)	FAT	g/100g	**8,4**	8,4	8,4	1
Carbohydrates, by difference	CHOCDF	g/100g	**9,7**	9,7	9,7	1
Ash	ASH	g/100g	**2,3**	2,3	2,3	1
Dietary fibre (total)	FIBTG	g/100g	**2,0**	2,0	2,0	1
Salt	NACL	g/100g	**1,2**	1,2	1,2	1
MINERALS						
Sodium (Na)	NA	mg/100g	**508**	508	508	1
Potassium (K)	K	mg/100g	**444**	444	444	1
Calcium (Ca)	CA	mg/100g	**41**	41	41	1
Magnesium (Mg)	MG	mg/100g	**31**	31	31	1
Phosphorus (P)	P	mg/100g	**85**	85	85	1
Iron (Fe)	FE	mg/100g	**0,5**	0,5	0,5	1
Copper (Cu)	CU	mg/100g	**0,2**	0,2	0,2	1
Zinc (Zn)	ZN	mg/100g	**1,1**	1,1	1,1	1
Manganese (Mn)	MN	mg/100g	**traces**	traces	traces	1
LIPIDS						
Fatty acids (saturated)	FASAT	g/100g	**2,1**	2,1	2,1	1
Fatty acids (monounsaturated)	FAMS	g/100g	**2,5**	2,5	2,5	1
Fatty acids (polyunsaturated)	FAPU	g/100g	**3,7**	3,7	3,7	1
Cholesterol	CHOLE	mg/100g	**18**	18	18	1

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**89**	89	89	1
Water	WATER	g/100g	**80,3**	80,3	80,3	1
Protein (Nx6.25)	PROCNT-FAO	g/100g	**1,7**	1,7	1,7	1
Total lipid (fat)	FAT	g/100g	**2,5**	2,5	2,5	1
Carbohydrates, by difference	CHOCDF	g/100g	**15,0**	15,0	15,0	1
Ash	ASH	g/100g	**0,5**	0,5	0,5	1
Dietary fibre (total)	FIBTG	g/100g	**not detect.**	not detect.	not detect	1
Salt	NACL	g/100g	**0,5**	0,5	0,5	1
MINERALS						
Sodium (Na)	NA	mg/100g	**210**	210	210	1
Potassium (K)	K	mg/100g	**491**	491	491	1
Calcium (Ca)	CA	mg/100g	**39**	39	39	1
Magnesium (Mg)	MG	mg/100g	**31**	31	31	1
Phosphorus (P)	P	mg/100g	**48**	48	48	1
Iron (Fe)	FE	mg/100g	**0,4**	0,4	0,4	1
Copper (Cu)	CU	mg/100g	**0,2**	0,2	0,2	1
Zinc (Zn)	ZN	mg/100g	**0,6**	0,6	0,6	1
Manganese (Mn)	MN	mg/100g	**traces**	traces	traces	1
LIPIDS						
Fatty acids (saturated)	FASAT	g/100g	**0,3**	0,3	0,3	1
Fatty acids (monounsaturated)	FAMS	g/100g	**0,8**	0,8	0,8	1
Fatty acids (polyunsaturated)	FAPU	g/100g	**1,4**	1,4	1,4	1
Cholesterol	CHOLE	mg/100g	**not detect.**	not detect.	not detect.	1

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**200**	200	200	1
Water	WATER	g/100g	**67,7**	67,7	67,7	1
Protein (Nx6.25)	PROCNT-FAO	g/100g	**7,6**	7,6	7,6	1
Total lipids (fat)	FAT	g/100g	**16,3**	16,3	16,3	1
Carbohydrates, by difference	CHOCDF	g/100g	**4,7**	4,7	4,7	1
Ash	ASH	g/100g	**1,8**	1,8	1,8	1
Dietary Fibre (total)	FIBTG	g/100g	**1,8**	1,8	1,8	1
Salt	NACL	g/100g	**0,9**	0,9	0,9	1
MINERALS						
Sodium (Na)	NA	mg/100g	**340**	340	340	1
Potassium (K)	K	mg/100g	**347**	347	347	1
Calcium (Ca)	CA	mg/100g	**54**	54	54	1
Magnesium (Mg)	MG	mg/100g	**34**	34	34	1
Phosphorus (P)	P	mg/100g	**142**	142	142	1
Iron (Fe)	FE	mg/100g	**2,0**	2,0	2,0	1
Copper (Cu)	CU	mg/100g	**traces**	traces	traces	1
Zinc (Zn)	ZN	mg/100g	**0,9**	0,9	0,9	1
Manganese (Mn)	MN	mg/100g	**traces**	traces	traces	1
Βόριο (B)	B	mg/100g	**not detect.**	not detect.	not detect.	1
LIPIDS						
Fatty acids (saturated)	FASAT	g/100g	**3,6**	3,6	3,6	1
Fatty acids (monounsaturated)	FAMS	g/100g	**5,7**	5,7	5,7	1
Fatty acids (polyunsaturated)	FAPU	g/100g	**7,0**	7,0	7,0	1
Cholesterol	CHOLE	mg/100g	**165**	165	165	1

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**181**	185	177	2
Water	WATER	g/100g	**66,9**	69,3	64,4	2
Protein (Nx6.25)	PROCNT-FAO	g/100g	**9,7**	12,1	7,3	2
Total lipids (fat)	FAT	g/100g	**11,5**	12,0	10,9	2
Carbohydrates, by difference	CHOCDF	g/100g	**9,4**	9,9	8,9	2
Ash	ASH	g/100g	**1,8**	2,2	1, 0	2
Dietary fibre (total)	FIBTG	g/100g	**2,5**	3,2	1,9	2
Salt	NACL	g/100g	**1,4**	1,6	1,1	2
MINERALS						
Sodium (Na)	NA	mg/100g	**491**	592	389	2
Potassium (K)	K	mg/100g	**131**	155	106	2
Calcium (Ca)	CA	mg/100g	**49**	53	45	2
Magnesium (Mg)	MG	mg/100g	**17**	19	14	2
Phosphorus (P)	P	mg/100g	**83**	101	65	2
Iron (Fe)	FE	mg/100g	**0,9**	1,2	0,7	2
Copper (Cu)	CU	mg/100g	**traces**	traces	not detect.	2
Zinc (Zn)	ZN	mg/100g	**0,9**	1,3	0,6	2
Manganese (Mn)	MN	mg/100g	**traces**	traces	traces	2
LIPIDS						
Fatty acids (saturated)	FASAT	g/100g	**3,9**	4,9	2,9	2
Fatty acids (monounsaturated)	FAMS	g/100g	**6,0**	7,2	4,7	2
Fatty acids (polyunsaturated)	FAPU	g/100g	**1,6**	1,9	1,3	2
Cholesterol	CHOLE	mg/100g	**22**	29	14	2

READY MADE TRADITIONAL DISHES
STUFFED VINE LEAVES WITH RICE

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**162**	219	110	3
Water	WATER	g/100g	**60,4**	75,6	42,1	3
Protein (Nx6.25)	PROCNT-FAO	g/100g	**3,7**	5,2	2,1	3
Tota lipids (fat)	FAT	g/100g	**3,4**	4,5	1,7	3
Carbohydrates, by difference	CHOCDF	g/100g	**27,9**	43,5	15,3	3
Ash	ASH	g/100g	**1,8**	3,0	0,9	3
Dietary fibre (total)	FIBTG	g/100g	**2,9**	4,5	2,1	3
Salt	NACL	g/100g	**1,7**	2,1	1,3	2
MINERALS						
Sodium (Na)	NA	mg/100g	**469**	768	167	3
Potassium (K)	K	mg/100g	**163**	242	90	3
Calcium (Ca)	CA	mg/100g	**40**	48	25	3
Magnesium (Mg)	MG	mg/100g	**32**	58	18	3
Phosphorus (P)	P	mg/100g	**61**	95	41	3
Iron (Fe)	FE	mg/100g	**0,4**	0,6	0,3	3
Copper (Cu)	CU	mg/100g	**traces**	traces	not detect.	3
Zinc (Zn)	ZN	mg/100g	**0,5**	0,8	0,3	3
Manganese (Mn)	MN	mg/100g	**0,4**	0,5	0,3	3
LIPIDS						
Fatty acids (saturated)	FASAT	g/100g	**0,6**	0,7	0,3	3
Fatty acids (monounsaturated)	FAMS	g/100g	**1,7**	2,2	0,9	3
Fatty acids (polyunsaturated)	FAPU	g/100g	**1,2**	1,6	0,4	3
Cholesterol	CHOLE	mg/100g	**not detect.**	not detect.	not detect.	3

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**148**	148	148	1
Water	WATER	g/100g	**65,5**	69,8	61,2	2
Proteins (Nx6.25)	PROCNT-FAO	g/100g	**9,7**	10,0	9,3	2
Total lipids (fat)	FAT	g/100g	**8,6**	10,2	7,0	2
Carbohydrates, by difference	CHOCDF	g/100g	**10,7**	10,7	10,7	1
Ash	ASH	g/100g	**1,5**	1,5	1,5	1
Dietary fibre (total)	FIBTG	g/100g	**1,0**	1,0	1,0	1
Salt	NACL	g/100g	**1,0**	1,1	0,9	2
MINERALS						
Sodium (Na)	NA	mg/100g	**389**	389	389	1
Potassium (K)	K	mg/100g	**118**	118	118	1
Calcium (Ca)	CA	mg/100g	**171**	171	171	1
Magnesium (Mg)	MG	mg/100g	**19**	19	19	1
Phosphorus (P)	P	mg/100g	**156**	156	156	1
Iron (Fe)	FE	mg/100g	**0,5**	0,5	0,5	1
Copper (Cu)	CU	mg/100g	**traces**	traces	traces	1
Zinc (Zn)	ZN	mg/100g	**1,3**	1,3	1,3	1
Manganese (Mn)	MN	mg/100g	**traces**	traces	traces	1
LIPIDS						
Fatty acids (saturated)	FASAT	g/100g	**3,3**	3,3	3,3	1
Fatty acids (monounsaturated)	FAMS	g/100g	**2,7**	2,7	2,7	1
Fatty acids (polyunsaturated)	FAPU	g/100g	**0,9**	0,9	0,9	1
Cholesterol	CHOLE	mg/100g	**12**	12	12	1

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**212**	212	212	1
Water	WATER	g/100g	**64,7**	69,0	60,4	2
Proteins (Nx6.25)	PROCNT-FAO	g/100g	**7,0**	7,0	7,0	1
Total lipids (fat)	FAT	g/100g	**24,6**	29,5	19,7	2
Carbohydrates, by difference	CHOCDF	g/100g	**0,9**	0,9	0,9	1
Ash	ASH	g/100g	**1,8**	1,8	1,8	1
Dietary fibre (total)	FIBTG	g/100g	**5,8**	9,9	1,7	2
Salt	NACL	g/100g	**0,9**	1,1	0,6	2
MINERALS						
Sodium (Na)	NA	mg/100g	**288**	288	288	1
Potassium (K)	K	mg/100g	**313**	313	313	1
Calcium (Ca)	CA	mg/100g	**89**	89	89	1
Magnesium (Mg)	MG	mg/100g	**61**	61	61	1
Phosphorus (P)	P	mg/100g	**124**	124	124	1
Iron (Fe)	FE	mg/100g	**1,9**	1,9	1,9	1
Copper (Cu)	CU	mg/100g	**traces**	traces	traces	1
Zinc (Zn)	ZN	mg/100g	**0,6**	0,6	0,6	1
Manganese (Mn)	MN	mg/100g	**0,5**	0,5	0,5	1
LIPIDS						
Fatty acids (saturated)	FASAT	g/100g	**3,6**	4,3	2,9	2
Fatty acids (monounsaturated)	FAMS	g/100g	**8,0**	9,6	6,4	2
Fatty acids (polyunsaturated)	FAPU	g/100g	**13,0**	15,6	10,4	2
Cholesterol	CHOLE	mg/100g	**75**	91	59	2

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**361**	399	322	2
Water	WATER	g/100g	**36,7**	40,1	33,3	2
Proteins (Nx6.25)	PROCNT-FAO	g/100g	**4,7**	5,2	4,1	2
Total lipids (fat)	FAT	g/100g	**25,3**	30,5	20,0	2
Carbohydrates, by difference	CHOCDF	g/100g	**26,5**	29,3	23,7	2
Ash	ASH	g/100g	**2,8**	2,9	2,6	2
Dietary fibre (total)	FIBTG	g/100g	**4,1**	4,4	3,8	2
Salt	NACL	g/100g	**1,0**	1,3	0,7	2
MINERALS						
Sodium (Na)	NA	mg/100g	**418**	530	306	2
Potassium (K)	K	mg/100g	**777**	839	714	2
Calcium (Ca)	CA	mg/100g	**69**	86	52	2
Magnesium (Mg)	MG	mg/100g	**81**	83	78	2
Phosphorus (P)	P	mg/100g	**186**	199	173	2
Iron (Fe)	FE	mg/100g	**0,8**	0,9	0,7	2
Copper (Cu)	CU	mg/100g	**0,6**	0,7	0,5	2
Zinc (Zn)	ZN	mg/100g	**1,0**	1,0	0,9	2
Manganese (Mn)	MN	mg/100g	**traces**	traces	traces	2
Boron (B)	B	mg/100g	**traces**	traces	traces	2
LIPIDS						
Fatty acids (saturated)	FASAT	g/100g	**5,6**	6,8	4,3	2
Fatty acids (monounsaturated)	FAMS	g/100g	**8,7**	10,7	6,8	2
Fatty acids (polyunsaturated)	FAPU	g/100g	**10,9**	12,9	8,9	2
Cholesterol	CHOLE	mg/100g	**not detect.**	not detect.	not detect.	2

READY MADE TRADITIONAL DISHES
TOSSED POTATOES (antinaktes)

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**202**	202	202	1
Water	WATER	g/100g	**62,8**	62,8	62,8	1
Proteins (Nx6.25)	PROCNT-FAO	g/100g	**3,4**	3,4	3,4	1
Total lipids (fat)	FAT	g/100g	**13,3**	13,3	13,3	1
Carbohydrates, by difference	CHOCDF	g/100g	**16,2**	16,2	16,2	1
Ash	ASH	g/100g	**2,3**	2,3	2,3	1
Dietary fibre (total)	FIBTG	g/100g	**1,9**	1,9	1,9	1
Salt	NACL	g/100g	**1,3**	1,3	1,3	1
MINERALS						
Sodium (Na)	NA	mg/100g	**471**	471	471	1
Potassium (K)	K	mg/100g	**382**	382	382	1
Calcium (Ca)	CA	mg/100g	**30**	30	30	1
Magnesium (Mg)	MG	mg/100g	**37**	37	37	1
Phosphorus (P)	P	mg/100g	**80**	80	80	1
Iron (Fe)	FE	mg/100g	**0,7**	0,7	0,7	1
Copper (Cu)	CU	mg/100g	**0,3**	0,3	0,3	1
Zinc (Zn)	ZN	mg/100g	**0,6**	0,6	0,6	1
Manganese (Mn)	MN	mg/100g	**traces**	traces	traces	1
LIPIDS						
Fatty acids (saturated)	FASAT	g/100g	**2,5**	2,5	2,5	1
Fatty acids (monounsaturated)	FAMS	g/100g	**4,1**	4,1	4,1	1
Fatty acids (polyunsaturated)	FAPU	g/100g	**6,6**	6,6	6,6	1
Cholesterol	CHOLE	mg/100g	**not detect.**	not detect.	not detect.	1

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**66**	79	57	12
Water	WATER	g/100g	**81,8**	84,4	78,2	12
Protein (Nx5,7)	PROCNT-FAO	g/100g	**2,2**	2,7	1,8	12
Total lipids (fat)	FAT	g/100g	**not detect.**	not detect.	not detect.	12
Carbohydrates, by difference	CHOCDF	g/100g	**13,3**	16,7	11,5	12
Ash	ASH	g/100g	**1,0**	1,3	0,7	12
Dietary fibre (total)	FIBTG	g/100g	**1,7**	2,1	1,3	12

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**251**	251	251	1
Water	WATER	g/100g	**53,7**	53,7	53,7	1
Proteins (Nx6.25)	PROCNT-FAO	g/100g	**25,1**	25,1	25,1	1
Total lipids (fat)	FAT	g/100g	**15,0**	15,0	15,0	1
Carbohydrates, by difference	CHOCDF	g/100g	**3,9**	3,9	3,9	1
Ash	ASH	g/100g	**2,3**	2,3	2,3	1
Salt	NACL	g/100g	**1,3**	1,3	1,3	1
MINERALS						
Sodium (Na)	NA	mg/100g	**518**	518	518	1
Potassium (K)	K	mg/100g	**356**	356	356	1
Calcium (Ca)	CA	mg/100g	**12**	12	12	1
Magnesium (Mg)	MG	mg/100g	**23**	23	23	1
Phosphorus (P)	P	mg/100g	**380**	380	380	1
Iron (Fe)	FE	mg/100g	**4,2**	4,2	4,2	1
Copper (Cu)	CU	mg/100g	**4,1**	4,1	4,1	1
Zinc (Zn)	ZN	mg/100g	**3,4**	3,4	3,4	1
Manganese (Mn)	MN	mg/100g	**0,4**	0,4	0,4	1
LIPIDS						
Fatty acids (saturated)	FASAT	g/100g	**6,1**	6,1	6,1	1
Fatty acids (monounsaturated)	FAMS	g/100g	**5,2**	5,2	5,2	1
Fatty acids (polyunsaturated)	FAPU	g/100g	**3,6**	3,6	3,6	1
Cholesterol	CHOLE	mg/100g	**95**	95	95	1

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**209**	209	209	1
Water	WATER	g/100g	**55,5**	55,5	55,5	1
Proteins (Nx6.25)	PROCNT-FAO	g/100g	**29,5**	29,5	29,5	1
Total lipids (fat)	FAT	g/100g	**8,0**	8,0	8,0	1
Carbohydrates, by difference	CHOCDF	g/100g	**4,7**	4,7	4,7	1
Ash	ASH	g/100g	**2,4**	2,4	2,4	1
Salt	NACL	g/100g	**0,7**	0,7	0,7	1
MINERALS						
Sodium (Na)	NA	mg/100g	**314**	314	314	1
Potassium (K)	K	mg/100g	**390**	390	390	1
Calcium (Ca)	CA	mg/100g	**10**	10	10	1
Magnesium (Mg)	MG	mg/100g	**24**	24	24	1
Phosphorus (P)	P	mg/100g	**516**	516	516	1
Iron (Fe)	FE	mg/100g	**7,1**	7,1	7,1	1
Copper (Cu)	CU	mg/100g	**16**	16	16	1
Zinc (Zn)	ZN	mg/100g	**7,2**	7,2	7,2	1
Manganese (Mn)	MN	mg/100g	**0,4**	0,4	0,4	1
LIPIDS						
Fatty acids (saturated)	FASAT	g/100g	**3,9**	3,9	3,9	1
Fatty acids (monounsaturated)	FAMS	g/100g	**2,3**	2,3	2,3	1
Fatty acids (polyunsaturated)	FAPU	g/100g	**1,8**	1,8	1,8	1
Cholesterol	CHOLE	mg/100g	**92**	92	92	1

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**193**	196	190	2
Water	WATER	g/100g	**58,3**	59,6	57,0	2
Proteins (Nx6.25)	PROCNT-FAO	g/100g	**12,1**	14,4	9,7	2
Total lipids (fat)	FAT	g/100g	**6,9**	6,9	6,8	2
Carbohydrates, by difference	CHOCDF	g/100g	**20,4**	22,0	18,7	2
Ash	ASH	g/100g	**1,4**	1,7	1,1	2
Dietary fibre (total)	FIBTG	g/100g	**1,0**	1,3	0,6	2
Salt	NACL	g/100g	**0,6**	0,7	0,5	2
MINERALS						
Sodium (Na)	NA	mg/100g	**322**	336	307	2
Potassium (K)	K	mg/100g	**312**	315	309	2
Calcium (Ca)	CA	mg/100g	**34**	38	29	2
Magnesium (Mg)	MG	mg/100g	**28**	33	23	2
Phosphorus (P)	P	mg/100g	**148**	164	132	2
Iron (Fe)	FE	mg/100g	**0,9**	1,2	0,6	2
Copper (Cu)	CU	mg/100g	**traces**	traces	traces	2
Zinc (Zn)	ZN	mg/100g	**1,5**	1,5	1, 4	2
Manganese (Mn)	MN	mg/100g	**traces**	**traces**	not detect.	2
LIPIDS						
Fatty acids (saturated)	FASAT	g/100g	**3,1**	3,2	3,1	2
Fatty acids (monounsaturated)	FAMS	g/100g	**3,0**	3,1	3,0	2
Fatty acids (polyunsaturated)	FAPU	g/100g	**0,7**	0,9	0,5	2
Cholesterol	CHOLE	mg/100g	**33**	38	28	2

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**258**	261	256	2
Water	WATER	g/100g	**48,3**	49,5	47,0	2
Proteins (Nx6.25)	PROCNT-FAO	g/100g	**12,5**	13,1	11,8	2
Total lipids (fat)	FAT	g/100g	**12,3**	12,9	11,7	2
Carbohydrates, by difference	CHOCDF	g/100g	**23,7**	26,2	21,2	2
Ash	ASH	g/100g	**1,9**	2,2	1,6	2
Dietary fibre (total)	FIBTG	g/100g	**1,4**	1,6	1,1	2
Salt	NACL	g/100g	**0,8**	0,8	0,8	2
MINERALS						
Sodium (Na)	NA	mg/100g	**438**	457	419	2
Potassium (K)	K	mg/100g	**448**	474	421	2
Calcium (Ca)	CA	mg/100g	**49**	56	41	2
Magnesium (Mg)	MG	mg/100g	**32**	33	31	2
Phosphorus (P)	P	mg/100g	**160**	184	135	2
Iron (Fe)	FE	mg/100g	**0,9**	0,9	0,9	2
Copper (Cu)	CU	mg/100g	**traces**	traces	traces	2
Zinc (Zn)	ZN	mg/100g	**1,3**	1,3	1,3	2
Manganese (Mn)	MN	mg/100g	**traces**	traces	traces	2
LIPIDS						
Fatty acids (saturated)	FASAT	g/100g	**5,4**	5,7	5,1	2
Fatty acids (monounsaturated)	FAMS	g/100g	**5,6**	6,1	5,2	2
Fatty acids (polyunsaturated)	FAPU	g/100g	**1,3**	1,4	1,2	2
Cholesterol	CHOLE	mg/100g	**31**	35	27	2

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**233**	233	233	1
Water	WATER	g/100g	**52,4**	52,4	52,4	1
Proteins (Nx6.25)	PROCNT-FAO	g/100g	**13,5**	13,5	13,5	1
Total lipids (fat)	FAT	g/100g	**10,6**	10,6	10,6	1
Carbohydrates, by difference	CHOCDF	g/100g	**20,4**	20,4	20,4	1
Ash	ASH	g/100g	**2,2**	2,2	2,2	1
Dietary fibre (total)	FIBTG	g/100g	**1,0**	1,0	1,0	1
Salt	NACL	g/100g	**0,6**	0,6	0,6	1
MINERALS						
Sodium (Na)	NA	mg/100g	**520**	520	520	1
Potassium (K)	K	mg/100g	**287**	287	287	1
Calcium (Ca)	CA	mg/100g	**60**	60	60	1
Magnesium (Mg)	MG	mg/100g	**27**	27	27	1
Phosphorus (P)	P	mg/100g	**139**	139	139	1
Iron (Fe)	FE	mg/100g	**1,8**	1,8	1,8	1
Copper (Cu)	CU	mg/100g	**traces**	traces	traces	1
Zinc (Zn)	ZN	mg/100g	**2,6**	2,6	2,6	1
Manganese (Mn)	MN	mg/100g	**traces**	traces	traces	1
LIPIDS						
Fatty acids (saturated)	FASAT	g/100g	**4,7**	4,7	4,7	1
Fatty acids (monounsaturated)	FAMS	g/100g	**4,8**	4,8	4,8	1
Fatty acids (polyunsaturated)	FAPU	g/100g	**0,7**	0,7	0,7	1
Cholesterol	CHOLE	mg/100g	**33**	33	33	1

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**243**	293	217	5
Water	WATER	g/100g	**52,5**	58,3	41,8	5
Proteins (Nx6.25)	PROCNT-FAO	g/100g	**11,1**	13,5	9,0	5
Total lipid (fat)	FAT	g/100g	**12,4**	14,3	11,0	5
Carbohydrates, by difference	CHOCDF	g/100g	**21,3**	28,1	18,2	5
Ash	ASH	g/100g	**1,8**	2,3	1,4	5
Dietary fibre (total)	FIBTG	g/100g	**0,9**	1,1	0,8	5
Salt	NACL	g/100g	**0,8**	1,4	0,6	5
MINERALS						
Sodium (Na)	NA	mg/100g	**433**	666	269	5
Potassium (K)	K	mg/100g	**203**	229	181	5
Calcium (Ca)	CA	mg/100g	**79**	144	44	5
Magnesium (Mg)	MG	mg/100g	**20**	24	15	5
Phosphorus (P)	P	mg/100g	**104**	114	83	5
Iron (Fe)	FE	mg/100g	**1,2**	1,5	1,0	5
Copper (Cu)	CU	mg/100g	**traces**	traces	traces	5
Zinc (Zn)	ZN	mg/100g	**1,8**	1,9	1,7	5
Manganese (Mn)	MN	mg/100g	**traces**	traces	traces	5
LIPIDS						
Fatty acids (saturated)	FASAT	g/100g	**4,5**	4,9	3,9	5
Fatty acids (monounsaturated)	FAMS	g/100g	**5,6**	7,0	4,5	5
Fatty acids (polyunsaturated)	FAPU	g/100g	**2,2**	3,3	1,3	5
Cholesterol	CHOLE	mg/100g	**37**	47	28	5

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**314**	314	313	2
Water	WATER	g/100g	**45,8**	45,9	45,7	2
Protein	PROCNT-FAO	g/100g	**17,3**	18,0	16,6	2
Total lipid (fat)	FAT	g/100g	**21,5**	21,7	21,3	2
Carbohydrates, by difference	CHOCDF	g/100g	**12,7**	13,8	11,6	2
Dietary fibre (total)	FIBTG	g/100g	**traces**	traces	traces	1
Ash	ASH	g/100g	**2,8**	2,8	2,8	1
MINERALS						
Calcium (Ca)	CA	mg/100g	**35**	35	35	1
Magnesium (Mg)	MG	mg/100g	**25**	25	25	1
Iron (Fe)	FE	mg/100g	**2,2**	2,2	2,2	1
Copper (Cu)	CU	mg/100g	**0,1**	0,1	0,1	1
Zinc (Zn)	ZN	mg/100g	**1,7**	1,7	1,7	1
Manganese (Mn)	MN	mg/100g	**0,3**	0,3	0,3	1
Molybdenium (Mo)	MO	mg/100g	**traces**	traces	traces	1
Chromium (Cr)	CR	mg/100g	**traces**	traces	traces	1
Potassium (K)	K	mg/100g	**293**	293	293	1
Sodium (Na)	NA	mg/100g	**722**	722	722	1
Phosphorus (P)	P	mg/100g	**173**	173	173	1
LIPIDS						
Fatty acids (saturated)	FASAT	g/100g	**9,0**	9,0	9,0	1
Fatty acids (monounsaturated)	FAMS	g/100g	**9,5**	9,5	9,5	1
Fatty acids (polyunsaturated)	FAPU	g/100g	**3,3**	3,3	3,3	1
Cholesterol	CHOLE	mg/100g	**53**	53	53	1

READY MADE TRADITIONAL DISHES
HOT SANDWICH WITH VARIOUS TYPES OF MEAT AND TOMATO

Foodex code: A.01.001791

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**246**	253	239	2
Water	WATER	g/100g	**47,8**	52,2	43,4	2
Proteins (Nx6.25)	PROCNT-FAO	g/100g	**12,6**	14,0	11,2	2
Total lipids (fat)	FAT	g/100g	**9,9**	12,0	7,7	2
Carbohydrates, by difference	CHOCDF	g/100g	**26,0**	33,8	18,2	2
Ash	ASH	g/100g	**2,4**	2,6	2,2	2
Dietary fibre (total)	FIBTG	g/100g	**1,4**	1,7	1,0	2
Salt	NACL	g/100g	**1,2**	1,2	1,2	2
MINERALS						
Sodium (Na)	NA	mg/100g	**572**	688	456	2
Potassium (K)	K	mg/100g	**226**	254	198	2
Calcium (Ca)	CA	mg/100g	**72**	75	68	2
Magnesium (Mg)	MG	mg/100g	**27**	30	24	2
Phosphorus (P)	P	mg/100g	**151**	185	116	2
Iron (Fe)	FE	mg/100g	**1,1**	1,2	1,0	2
Copper (Cu)	CU	mg/100g	**traces**	traces	traces	2
Zinc (Zn)	ZN	mg/100g	**1,2**	1,5	1,0	2
Manganese (Mn)	MN	mg/100g	**traces**	traces	traces	2
LIPIDS						
Fatty acids (saturated)	FASAT	g/100g	**3,6**	4,3	3,0	2
Fatty acids (monounsaturated)	FAMS	g/100g	**4,1**	5,1	3,2	2
Fatty acids (polyunsaturated)	FAPU	g/100g	**2,0**	2,6	1,4	2
Cholesterol	CHOLE	mg/100g	**24**	34	14	2

READY MADE TRADITIONAL DISHES
KOUPES (bulgur and minced meat croquettes) *Foodex code: A.01.001790*

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**313**	324	297	5
Water	WATER	g/100g	**39,3**	41,4	37,8	5
Proteins (Nx6.25)	PROCNT-FAO	g/100g	**11,8**	14,7	10,3	5
Total lipids (fat)	FAT	g/100g	**16,4**	17,2	14,4	5
Carbohydrates, by difference	CHOCDF	g/100g	**27,8**	28,9	26,8	5
Ash	ASH	g/100g	**1,5**	2,0	1,1	5
Dietary fibre (total)	FIBTG	g/100g	**3,2**	3,7	2,7	5
Salt	NACL	g/100g	**1,2**	1,3	1,1	5
MINERALS						
Sodium (Na)	NA	mg/100g	**505**	619	425	5
Potassium (K)	K	mg/100g	**245**	285	197	5
Calcium (Ca)	CA	mg/100g	**24**	32	17	5
Magnesium (Mg)	MG	mg/100g	**32**	42	24	5
Phosphorus (P)	P	mg/100g	**145**	161	127	5
Iron (Fe)	FE	mg/100g	**1,6**	2,8	1,0	5
Copper (Cu)	CU	mg/100g	**traces**	traces	traces	5
Zinc (Zn)	ZN	mg/100g	**1,6**	1,7	1,3	4
Chlorides (Cl)	CLD	mg/100g	**not detect.**	not detect.	not detect.	1
Manganese (Mn)	MN	mg/100g	**traces**	traces	traces	5
LIPIDS						
Fatty acids (saturated)	FASAT	g/100g	**4,8**	6,6	4,0	5
Fatty acids (monounsaturated)	FAMS	g/100g	**6,8**	8,8	5,7	5
Fatty acids (polyunsaturated)	FAPU	g/100g	**4,8**	6,7	1,4	5
Cholesterol	CHOLE	mg/100g	**12,5**	21,1	6,2	5

TARAMOSALATA (fish roe salad) *Foodex code: A.01.001866*

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**463**	591	377	3
Water	WATER	g/100g	**40,9**	50,0	31,3	3
Proteins (Nx6.25)	PROCNT-FAO	g/100g	**2,6**	3,3	1,6	3
Total lipids (fat)	FAT	g/100g	**46,6**	64,3	36,9	3
Carbohydrates, by difference	CHOCDF	g/100g	**8,3**	15,0	1,7	3
Ash	ASH	g/100g	**1,7**	2,1	1,2	3
Salt	NACL	g/100g	**1,9**	2,0	1,8	3
MINERALS						
Sodium (Na)	NA	mg/100g	**1250**	2041	459	2
Potassium (K)	K	mg/100g	**195**	212	178	2
Calcium (Ca)	CA	mg/100g	**40**	58	23	2
Magnesium (Mg)	MG	mg/100g	**89**	155	22	2
Phosphorus (P)	P	mg/100g	**202**	320	83	2
Iron (Fe)	FE	mg/100g	**1,8**	2,7	0,9	2
Copper (Cu)	CU	mg/100g	**0,4**	0,8	traces	2
Zinc (Zn)	ZN	mg/100g	**1,8**	2,5	1,2	2
Manganese (Mn)	MN	mg/100g	**0,5**	0,7	0,4	2
LIPIDS						
Fatty acids (saturated)	FASAT	g/100g	**6,0**	6,2	5,8	2
Fatty acids (monounsaturated)	FAMS	g/100g	**9,8**	9,8	9,8	2
Fatty acids (polyunsaturated)	FAPU	g/100g	**22,1**	22,8	21,4	2
Cholesterol	CHOLE	mg/100g	**traces**	1,4	not detect.	2
ω3 fatty acids	FAPUN3	g/100g	**1,89**	1,98	1,81	2
ω6 fatty acids	FAPUN6	g/100g	**19,67**	20,09	19,26	2

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**267**	304	223	4
Water	WATER	g/100g	**59,2**	64,7	54,0	4
Proteins (Nx6.25)	PROCNT-FAO	g/100g	**9,2**	10,8	7,8	4
Total lipids (fat)	FAT	g/100g	**22,7**	25,9	18,5	4
Carbohydrates, by difference	CHOCDF	g/100g	**6,5**	7,1	5,7	4
Ash	ASH	g/100g	**2,4**	2,7	1,9	4
Salt	NACL	g/100g	**1,0**	1,1	0,9	4
MINERALS						
Sodium (Na)	NA	mg/100g	**631**	1364	348	4
Potassium (K)	K	mg/100g	**137**	145	131	4
Calcium (Ca)	CA	mg/100g	**65**	108	not detect.	4
Magnesium (Mg)	MG	mg/100g	**97**	128	20	4
Phosphorus (P)	P	mg/100g	**204**	264	73	4
Iron (Fe)	FE	mg/100g	**2,0**	2,9	0,6	4
Copper (Cu)	CU	mg/100g	**0,3**	0,6	traces	4
Zinc (Zn)	ZN	mg/100g	**1,6**	2,2	0,7	4
Manganese (Mn)	MN	mg/100g	**0,2**	0,5	traces	4
LIPIDS						
Fatty acids (saturated)	FASAT	g/100g	**3,8**	4,1	3,5	3
Fatty acids (monounsaturated)	FAMS	g/100g	**9,6**	10,3	8,9	3
Fatty acids (polyunsaturated)	FAPU	g/100g	**10,7**	11,5	9,7	3
Cholesterol	CHOLE	mg/100g	**not detect.**	not detect.	not detect.	4
ω3 polyunsaturated fatty acids	FAPUN3	g/100g	**0,1**	0,2	0,1	3
ω6 polyunsaturated fatty acids	FAPUN6	g/100g	**10,6**	11,4	9,6	3

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**108**	133	81	3
Water	WATER	g/100g	**79,8**	81,2	77,7	3
Proteins (Nx6.25)	PROCNT-FAO	g/100g	**8,1**	8,5	7,7	2
Total lipids (fat)	FAT	g/100g	**6,6**	9,9	2,5	3
Carbohydrates, by difference	CHOCDF	g/100g	**2,9**	3,2	2,3	3
Ash	ASH	g/100g	**1,5**	1,8	1,3	3
Salt	NACL	g/100g	**1,1**	1,3	0,9	3
MINERALS						
Sodium (Na)	NA	mg/100g	**574**	656	442	3
Potassium (K)	K	mg/100g	**124**	152	94	3
Calcium (Ca)	CA	mg/100g	**37**	56	not detect.	3
Magnesium (Mg)	MG	mg/100g	**11**	19	7	3
Phosphorus (P)	P	mg/100g	**69**	93	56	3
Iron (Fe)	FE	mg/100g	**0,6**	0,7	0,4	3
Copper (Cu)	CU	mg/100g	**traces**	traces	traces	3
Zinc (Zn)	ZN	mg/100g	**1,0**	1,6	0,6	3
Manganese (Mn)	MN	mg/100g	**not detect.**	not detect.	not detect.	3
LIPIDS						
Fatty acids (saturated)	FASAT	g/100g	**2,4**	3,8	0,9	3
Fatty acids (monounsaturated)	FAMS	g/100g	**3,3**	5,2	1,3	3
Fatty acids (polyunsaturated)	FAPU	g/100g	**0,7**	2,0	0,3	3
Cholesterol	CHOLE	mg/100g	**20**	25	17	3

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**84**	95	73	5
Water	WATER	g/100g	**79,7**	81,3	76,6	5
Proteins (Nx6.25)	PROCNT-FAO	g/100g	**3,7**	4,4	3,1	5
Total lipids (fat)	FAT	g/100g	**3,3**	4,2	1,5	5
Carbohydrates, by difference	CHOCDF	g/100g	**9,1**	11,4	5,2	5
Ash	ASH	g/100g	**3,1**	4,5	0,9	5
Dietary fibers (total)	FIBTG	g/100g	**1,2**	1,8	not detect.	5
Salt	NACL	g/100g	**0,6**	0,9	0,3	5
MINERALS						
Sodium (Na)	NA	mg/100g	**254**	306	212	5
Potassium (K)	K	mg/100g	**78**	108	47	5
Calcium (Ca)	CA	mg/100g	**8**	23	not detect.	5
Magnesium (Mg)	MG	mg/100g	**26**	36	11	5
Phosphorus (P)	P	mg/100g	**59**	68	38	5
Iron (Fe)	FE	mg/100g	**0,5**	0,7	0,3	5
Copper (Cu)	CU	mg/100g	**traces**	traces	not detect.	5
Zinc (Zn)	ZN	mg/100g	**0,7**	0,8	0,6	5
Manganese (Mn)	MN	mg/100g	**traces**	traces	not detect.	5
LIPIDS						
Fatty acids (saturated)	FASAT	g/100g	**1,5**	1,9	0,7	4
Fatty acids (monounsaturated)	FAMS	g/100g	**1,6**	2,1	0,6	4
Fatty acids (polyunsaturated)	FAPU	g/100g	**0,2**	0,3	0,2	4
Cholesterol	CHOLE	mg/100g	**7**	9	3	4

8

MEAT - MEAT PRODUCTS

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**245**	255	235	2
Water	WATER	g/100g	**57,1**	57,5	56,7	2
Protein	PROCNT-FAO	g/100g	**10,9**	11,1	10,7	2
Total lipid (fat)	FAT	g/100g	**17,9**	19,2	16,5	2
Carbohydrates, by difference	CHOCDF	g/100g	**10,3**	10,5	10,0	2
Ash	ASH	g/100g	**4,0**	4,5	3,5	2
MINERALS						
Potassium (K)	K	mg/100g	**152**	191	113	2
Sodium (Na)	NA	mg/100g	**1013**	1304	722	2
LIPIDS						
Cholesterol	CHOLE	mg/100g	**36**	46	26	2

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**187**	187	187	1
Water	WATER	g/100g	**62,5**	62,5	62,5	1
Protein	PROCNT-FAO	g/100g	**16,7**	16,7	16,7	1
Total lipid (fat)	FAT	g/100g	**9,8**	9,8	9,8	1
Carbohydrates, by difference	CHOCDF	g/100g	**8,5**	8,5	8,5	1
MINERALS						
Chlorides (Cl)	CLD	mg/100g	**910**	910	910	1

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**198**	207	181	3
Water	WATER	g/100g	**60,4**	63,3	56,2	3
Protein	PROCNT-FAO	g/100g	**16,4**	17,7	15,2	3
Total lipid (fat)	FAT	g/100g	**11,1**	14,2	9,2	3
Carbohydrates, by difference	CHOCDF	g/100g	**8,9**	15,5	2,2	3
Ash	ASH	g/100g	**3,3**	3,8	2,6	3
MINERALS						
Potassium (K)	K	mg/100g	**402**	628	278	3
Sodium (Na)	NA	mg/100g	**584**	985	263	3
Phosphorus (P)	P	mg/100g	**213**	240	163	3

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**170**	195	149	5
Water	WATER	g/100g	**64,2**	68,4	59,4	5
Protein	PROCNT-FAO	g/100g	**18,2**	19,9	16,3	5
Total lipid (fat)	FAT	g/100g	**8,4**	9,2	6,5	5
Carbohydrates, by difference	CHOCDF	g/100g	**5,9**	9,5	1,1	5
Ash	ASH	g/100g	**3,4**	5,7	2,0	5
MINERALS						
Potassium (K)	K	mg/100g	**290**	369	234	5
Sodium (Na)	NA	mg/100g	**615**	903	409	5
Phosphorus (P)	P	mg/100g	**160**	160	160	2

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**178**	178	178	1
Water	WATER	g/100g	**58,3**	58,3	58,3	1
Protein	PROCNT-FAO	g/100g	**19,2**	19,2	19,2	1
Total lipid (fat)	FAT	g/100g	**4,9**	4,9	4,9	1
Carbohydrates, by difference	CHOCDF	g/100g	**14,3**	14,3	14,3	1
Ash	ASH	g/100g	**3,3**	3,3	3,3	1
MINERALS						
Chlorides (Cl)	CLD	mg/100g	**1153**	1153	1153	1

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**354**	369	344	3
Water	WATER	g/100g	**43,3**	45,1	41,5	3
Protein	PROCNT-FAO	g/100g	**22,5**	24,7	21,2	3
Total lipid (fat)	FAT	g/100g	**28,5**	30,5	27,2	3
Carbohydrates, by difference	CHOCDF	g/100g	**1,9**	3,3	traces	3
Ash	ASH	g/100g	**4,1**	4,3	3,8	3
MINERALS						
Calcium (Ca)	CA	mg/100g	**19**	20	18	2
Magnesium (Mg)	MG	mg/100g	**25**	25	25	2
Iron (Fe)	FE	mg/100g	**1,5**	1,7	1,3	2
Copper (Cu)	CU	mg/100g	**0,1**	0,1	0,1	2
Zinc (Zn)	ZN	mg/100g	**2,7**	2,9	2,5	2
Manganese (Mn)	MN	mg/100g	**0,1**	0,1	0,1	2
Potassium (K)	K	mg/100g	**384**	393	374	3
Sodium (Na)	NA	mg/100g	**975**	1096	875	3
Phosphorus (P)	P	mg/100g	**236**	305	186	4
LIPIDS						
Cholesterol	CHOLE	mg/100g	**81**	81	81	1

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**265**	265	265	1
Water	WATER	g/100g	**54,1**	54,1	54,1	1
Protein	PROCNT-FAO	g/100g	**21,4**	21,4	21,4	1
Total lipid (fat)	FAT	g/100g	**19,0**	19,0	19,0	1
Carbohydrates, by difference	CHOCDF	g/100g	**2,1**	2,1	2,1	1
Ash	ASH	g/100g	**3,3**	3,3	3,3	1
MINERALS						
Potassium (K)	K	mg/100g	**330**	330	330	1
Sodium (Na)	NA	mg/100g	**779**	779	779	1
Phosphorous (P)	P	mg/100g	**167**	167	167	1
LIPIDS						
Cholesterol	CHOLE	mg/100g	**78**	78	78	1

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**245**	308	165	12
Water	WATER	g/100g	**56,3**	65,1	48,4	12
Protein	PROCNT-FAO	g/100g	**13,8**	16,5	11,7	12
Total lipid (fat)	FAT	g/100g	**15,5**	27,0	2,2	12
Carbohydrates, by difference	CHOCDF	g/100g	**9,6**	18,6	traces	12
Ash	ASH	g/100g	**3,4**	5,5	2,4	12
MINERALS						
Calcium (Ca)	CA	mg/100g	**10**	11	9	2
Magnesium (Mg)	MG	mg/100g	**17**	18	15	2
Iron (Fe)	FE	mg/100g	**1,2**	1,3	1,0	2
Copper (Cu)	CU	mg/100g	**0,1**	0,1	0,1	2
Zinc (Zn)	ZN	mg/100g	**1,5**	1,5	1,5	2
Manganese (Mn)	MN	mg/100g	**traces**	traces	traces	2
Chlorides (Cl)	CLD	mg/100g	**910**	971	789	3
Potassium (K)	K	mg/100g	**195**	325	131	8
Sodium (Na)	NA	mg/100g	**838**	1181	530	8
Phosphorus (P)	P	mg/100g	**193**	224	159	3
LIPIDS						
Cholesterol	CHOLE	mg/100g	**39**	68	21	7

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**146**	202	120	5
Water	WATER	g/100g	**63,8**	69,2	56,1	5
Protein	PROCNT-FAO	g/100g	**26,3**	30,0	24,2	5
Total lipid (fat)	FAT	g/100g	**4,3**	10,0	2,6	5
Carbohydrates, by difference	CHOCDF	g/100g	**0,5**	2,5	not detect.	5
Ash	ASH	g/100g	**5,2**	7,8	3,3	5
MINERALS						
Calcium (Ca)	CA	mg/100g	**5**	6	5	2
Magnesium (Mg)	MG	mg/100g	**19**	21	18	2
Iron (Fe)	FE	mg/100g	**0,9**	1,1	0,6	2
Copper (Cu)	CU	mg/100g	**traces**	traces	traces	2
Zinc (Zn)	ZN	mg/100g	**1,40**	1,50	1,30	2
Manganese (Mn)	MN	mg/100g	**not detect.**	not detect.	not detect.	2
Potassium (K)	K	mg/100g	**382**	536	277	7
Sodium (Na)	NA	mg/100g	**1300**	2349	733	7
Phosphorous (P)	P	mg/100g	**324**	462	264	5
LIPIDS						
Cholesterol	CHOLE	mg/100g	**35**	35	35	1

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**225**	245	204	2
Water	WATER	g/100g	**61,3**	64,0	58,5	2
Protein	PROCNT-FAO	g/100g	**13,3**	14,6	11,9	2
Total lipid (fat)	FAT	g/100g	**17,4**	19,4	15,3	2
Carbohydrates, by difference	CHOCDF	g/100g	**4,3**	5,1	3,5	2
Ash	ASH	g/100g	**3,9**	4,1	3,7	2
MINERALS						
Potassium (K)	K	mg/100g	**203**	242	163	2
Sodium (Na)	NA	mg/100g	**877**	1017	737	2
Phosphorous (P)	P	mg/100g	**164**	183	145	2
LIPIDS						
Cholesterol	CHOLE	mg/100g	**47**	47	47	1

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**413**	422	404	2
Water	WATER	g/100g	**33,2**	35,3	31,0	2
Protein	PROCNT-FAO	g/100g	**23,7**	24,8	22,5	2
Total lipid (fat)	FAT	g/100g	**33,7**	33,9	33,4	2
Carbohydrates, by difference	CHOCDF	g/100g	**4,0**	6,9	1,1	2
Ash	ASH	g/100g	**5,6**	5,7	5,5	2
MINERALS						
Calcium (Ca)	CA	mg/100g	**11**	11	11	1
Magnesium (Mg)	MG	mg/100g	**19**	19	19	1
Iron (Fe)	FE	mg/100g	**2,4**	2,4	2,4	1
Copper (Cu)	CU	mg/100g	**0,1**	0,1	0,1	1
Zinc (Zn)	ZN	mg/100g	**2,8**	2,8	2,8	1
Manganese (Mn)	MN	mg/100g	**traces**	traces	traces	1
Potassium (K)	K	mg/100g	**337**	384	273	3
Sodium (Na)	NA	mg/100g	**1651**	1763	1437	3
Phosphorus (P)	P	mg/100g	**185**	228	141	2
LIPIDS						
Cholesterol	CHOLE	mg/100g	**88**	98	78	2

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**161**	161	161	1
Water	WATER	g/100g	**65,2**	65,2	65,2	1
Protein	PROCNT-FAO	g/100g	**18,0**	18,0	18,0	1
Total lipid (fat)	FAT	g/100g	**7,4**	7,4	7,4	1
Carbohydrates, by difference	CHOCDF	g/100g	**5,6**	5,6	5,6	1
Ash	ASH	g/100g	**3,8**	3,8	3,8	1
MINERALS						
Chlorides (Cl)	CLD	mg/100g	**1578**	1578	1578	1

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**292**	340	261	5
Water	WATER	g/100g	**50,5**	56,1	44,7	5
Protein	PROCNT-FAO	g/100g	**16,2**	18,0	14,4	5
Total lipid (fat)	FAT	g/100g	**21,9**	28,7	15,0	5
Carbohydrates, by difference	CHOCDF	g/100g	**8,2**	17,5	traces	5
Ash	ASH	g/100g	**3,6**	4,1	3,2	5
MINERALS						
Calcium (Ca)	CA	mg/100g	**13**	13	13	2
Magnesium (Mg)	MG	mg/100g	**16**	17	15	2
Iron (Fe)	FE	mg/100g	**1,7**	1,8	1,5	2
Copper (Cu)	CU	mg/100g	**traces**	traces	traces	2
Zinc (Zn)	ZN	mg/100g	**2,1**	2,1	2,0	2
Manganese (Mn)	MN	mg/100g	**traces**	traces	traces	2
Chlorides (Cl)	CLD	mg/100g	**1396**	1396	1396	1
Potassium (K)	K	mg/100g	**232**	273	190	4
Sodium (Na)	NA	mg/100g	**913**	1072	809	4
Phosphorus (P)	P	mg/100g	**194**	211	152	6
LIPIDS						
Cholesterol	CHOLE	mg/100g	**58**	58	58	1

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**435**	481	386	4
Water	WATER	g/100g	**31,5**	38,2	25,3	4
Protein	PROCNT-FAO	g/100g	**20,7**	24,7	16,8	4
Total lipid (fat)	FAT	g/100g	**36,7**	41,4	31,8	4
Carbohydrates, by difference	CHOCDF	g/100g	**5,5**	8,1	2,1	4
Ash	ASH	g/100g	**5,7**	6,3	5,0	4
MINERALS						
Calcium (Ca)	CA	mg/100g	**11**	11	10	2
Magnesium (Mg)	MG	mg/100g	**17**	20	13	2
Iron (Fe)	FE	mg/100g	**2,3**	3,2	1,4	2
Copper (Cu)	CU	mg/100g	**traces**	traces	traces	2
Zinc (Zn)	ZN	mg/100g	**3.0**	3,4	2,5	2
Manganese (Mn)	MN	mg/100g	**traces**	traces	traces	2
Potassium (K)	K	mg/100g	**342**	404	271	5
Sodium (Na)	NA	mg/100g	**1690**	1960	1460	5
Phosphorus (P)	P	mg/100g	**209**	215	202	2
LIPIDS						
Cholesterol	CHOLE	mg/100g	**69**	74	63	4

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**106**	124	84	7
Water	WATER	g/100g	**73,2**	76,2	70,9	7
Protein	PROCNT-FAO	g/100g	**15,9**	20,8	13,6	7
Total lipid (fat)	FAT	g/100g	**2,8**	4,9	0,8	7
Carbohydrates, by difference	CHOCDF	g/100g	**4,5**	10,1	ίχνη	7
Ash	ASH	g/100g	**3,5**	4,9	1,9	7
MINERALS						
Calcium (Ca)	CA	mg/100g	**9**	13	6	2
Magnesium (Mg)	MG	mg/100g	**20**	24	16	2
Iron (Fe)	FE	mg/100g	**1,5**	1,6	1,4	2
Copper (Cu)	CU	mg/100g	**traces**	traces	traces	2
Zinc (Zn)	ZN	mg/100g	**1,7**	1,7	1,6	2
Manganese (Mn)	MN	mg/100g	**traces**	traces	traces	2
Chlorides (Cl)	CLD	mg/100g	**1123**	1274	971	2
Potassium (K)	K	mg/100g	**313**	480	224	5
Sodium (Na)	NA	mg/100g	**1109**	1372	925	5
Phosphorus (P)	P	mg/100g	**269**	344	229	4

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**174**	196	163	3
Water	WATER	g/100g	**52,5**	56,0	47,9	3
Protein	PROCNT-FAO	g/100g	**35,3**	37,4	31,5	3
Total lipid (fat)	FAT	g/100g	**3,3**	4,9	1,8	3
Carbohydrates, by difference	CHOCDF	g/100g	**1,2**	2,6	traces	3
Ash	ASH	g/100g	**7,6**	8,9	6,9	3
MINERALS						
Calcium (Ca)	CA	mg/100g	**15**	17	14	2
Magnesium (Mg)	MG	mg/100g	**29**	32	27	2
Iron (Fe)	FE	mg/100g	**2,8**	3,4	2,2	2
Copper (Cu)	CU	mg/100g	**0,1**	0,2	0,1	2
Zinc (Zn)	ZN	mg/100g	**4,2**	5,0	3,4	2
Manganese (Mn)	MN	mg/100g	**not detect.**	not detect.	not detect.	2
Potassium (K)	K	mg/100g	**581**	669	478	5
Sodium (Na)	NA	mg/100g	**2465**	3307	1833	5
Phosphorus (P)	P	mg/100g	**274**	315	217	5

9

SNACKS

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Salt	NACL	g/100g	**1,6**	2,6	0,8	4
Energy	ENERC	kcal/100g	**560**	595	535	9
Water	WATER	g/100g	**1,6**	2,5	0,9	9
Protein	PROCNT-FAO	g/100g	**6,8**	8,7	5,0	9
Total lipid (fat)	FAT	g/100g	**35,7**	41,6	31,9	9
Carbohydrates, by difference	CHOCDF	g/100g	**52,2**	57,1	48,2	9
Ash	ASH	g/100g	**3,8**	4,9	2,5	9
MINERALS						
Calcium (Ca)	CA	mg/100g	**25**	29	20	2
Magnesium (Mg)	MG	mg/100g	**69**	80	59	2
Iron (Fe)	FE	mg/100g	**1,5**	1,6	1,5	2
Copper (Cu)	CU	mg/100g	**0,3**	0,3	0,2	2
Zinc (Zn)	ZN	mg/100g	**1,4**	1,5	1,2	2
Manganese (Mn)	MN	mg/100g	**0,4**	0,5	0,3	2
Chlorides (Cl)	CLD	mg/100g	**589**	589	589	1
Potassium (K)	K	mg/100g	**1109**	1603	753	5
Sodium (Na)	NA	mg/100g	**402**	692	231	5
Phosphorus (P)	P	mg/100g	**148**	191	104	2
LIPIDS						
Fatty acids (saturated)	FASAT	g/100g	**12,3**	17,6	3,1	6
Fatty acids (monounsaturated)	FAMS	g/100g	**17,5**	30,2	13,0	6
Fatty acids (polyunsaturated)	FAPU	g/100g	**5,5**	14,5	2,7	6

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**420**	425	417	3
Water	WATER	g/100g	**1,4**	1,8	1,2	3
Proteins (Nx6.25)	PROCNT-FAO	g/100g	**6,0**	6,5	5,7	3
Total lipids (fat)	FAT	g/100g	**8,3**	9,3	7,7	3
Carbohydrates, by difference	CHOCDF	g/100g	**80,3**	80,9	79,7	3
Ash	ASH	g/100g	**4,0**	4,3	3,6	3
Salt	NACL	g/100g	**1,3**	1,4	1,1	3

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Ενέργε	ENERC	kcal/100g	**471**	503	445	7
Water	WATER	g/100g	**3,5**	5,1	2,6	7
Protein	PROCNT-FAO	g/100g	**4,5**	5,4	3,6	7
Total lipid (fat)	FAT	g/100g	**21,6**	27,4	16,6	7
Carbohydrates, by difference	CHOCDF	g/100g	**64,8**	69,9	58,4	7
Ash	ASH	g/100g	**5,6**	7,0	3,6	7
MINERALS						
Calcium (Ca)	CA	mg/100g	**28**	37	19	2
Magnesium (Mg)	MG	mg/100g	**44**	44	44	2
Iron (Fe)	FE	mg/100g	**1,2**	1,2	1,2	2
Copper (Cu)	CU	mg/100g	**0,2**	0,2	0,2	2
Zinc (Zn)	ZN	mg/100g	**traces**	traces	traces	2
Manganese (Mn)	MN	mg/100g	**0,1**	0,3	not detect.	2
Chlorides (Cl)	CLD	mg/100g	**2030**	2081	1978	2
Potassium (K)	K	mg/100g	**874**	8980	844	4
Sodium (Na)	NA	mg/100g	**1407**	1614	11890	4
Phosphorus (P)	P	mg/100g	**152**	166	138	2
LIPIDS						
Fatty acids (saturated)	FASAT	g/100g	**6,0**	11,1	1,7	4
Fatty acids (monounsaturated)	FAMS	g/100g	**12,2**	15,0	8,3	4
Fatty acids (polyunsaturated)	FAPU	g/100g	**1,8**	2,8	1,2	4

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**546**	574	518	2
Water	WATER	g/100g	**2,1**	2,5	1,6	2
Protein	PROCNT-FAO	g/100g	**5,7**	7,8	3,6	2
Total lipid (fat)	FAT	g/100g	**33,0**	38,1	27,9	2
Carbohydrates, by difference	CHOCDF	g/100g	**56,6**	63,1	50,0	2
Ash	ASH	g/100g	**2,7**	2,8	2,5	2
MINERALS						
Potassium (K)	K	mg/100g	**177**	241	112	2
Sodium (Na)	NA	mg/100g	**726**	867	585	2

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**536**	536	536	1
Water	WATER	g/100g	**2,1**	2,1	2,1	1
Protein	PROCNT-FAO	g/100g	**6,6**	6,6	6,6	1
Total lipid (fat)	FAT	g/100g	**32,0**	32,0	32,0	1
Carbohydrates, by difference	CHOCDF	g/100g	**55,4**	55,4	55,4	1
Ash	ASH	g/100g	**3,9**	3,9	3,9	1
MINERALS						
Potassium (K)	K	mg/100g	**345**	345	345	1
Sodium (Na)	NA	mg/100g	**1094**	1094	1094	1

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
ΜΑΚΡΟΣΥΣΤΑΤΙΚΑ						
Energy	ENERC	kcal/100g	**272**	278	267	2
Water	WATER	g/100g	**44,3**	44,4	44,1	2
Proteins (Nx6.25)	PROCNT-FAO	g/100g	**13,3**	13,3	13,3	2
Total lipids (fat)	FAT	g/100g	**12,1**	12,8	11,4	2
Carbohydrates, by difference	CHOCDF	g/100g	**26,8**	27,2	26,4	2
Ash	ASH	g/100g	**2,2**	2,9	1,4	2
Dietary fibre (fat)	FIBTG	g/100g	**1,4**	1,7	1,1	2
Salt	NACL	g/100g	**2,6**	4,2	1,0	2
MINERALS						
Sodium (Na)	NA	mg/100g	**930**	930	930	1
Potassium (K)	K	mg/100g	**207**	207	207	1
Calcium (Ca)	CA	mg/100g	**154**	154	154	1
Magnesium (Mg)	MG	mg/100g	**24**	24	24	1
Phosphorus (P)	P	mg/100g	**229**	229	229	1
Iron (Fe)	FE	mg/100g	**0,8**	0,8	0,8	1
Copper (Cu)	CU	mg/100g	**traces**	**traces**	**traces**	1
Zinc (Zn)	ZN	mg/100g	**1,7**	1,7	1,7	1
Manganese (Mn)	MN	mg/100g	**traces**	traces	traces	1
Boron (B)	B	mg/100g	**not detect.**	not detect.	not detect.	1
LIPIDS						
Fatty acids (saturated)	FASAT	g/100g	**5,5**	6,0	4,9	2
Fatty acids (monounsaturated)	FAMS	g/100g	**5,0**	5,8	4,2	2
Fatty acids (polyunsaturated)	FAPU	g/100g	**1,6**	2,1	1,0	2
Cholesterol	CHOLE	mg/100g	**15,0**	17,5	12,5	2

10

FRUITS / VEGETABLES / NUTS

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy*	ENERC	kcal/100g	**55**	55	55	1
Water	WATER	g/100g	**81,8**	81,8	81,8	1
Protein	PROCNT-FAO	g/100g	**1,6**	1,6	1,6	1
Total lipid (fat)	FAT	g/100g	**0,04**	0,04	0,04	1
Carbohydrates, by difference**	CHOCDF	g/100g	**16,1**	16,1	16,1	1
Ash	ASH	g/100g	**0,4**	0,4	0,4	1
MINERALS						
Magnesium (Mg)	MG	mg/100g	**13**	13	13	1
Iron (Fe)	FE	mg/100g	**2,7**	2,7	2,7	1
Copper (Cu)	CU	mg/100g	**0,3**	0,3	0,3	1
Zinc (Zn)	ZN	mg/100g	0,2	0,2	0,2	1
Potassium (K)	K	mg/100g	**119**	119	119	1
Sodium (Na)	NA	mg/100g	**traces**	traces	traces	1
Phosphorus (P)	P	mg/100g	**24**	24	24	1
VITAMINES						
Vitamine C	VITC	mg/100g	**80**	80	80	1

*=approximately

**=including dietary fibers

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	Kcal/100g	**72**	76	69	3
Water	WATER	g/100g	**79,8**	80,7	78,8	3
Protein (Nx5,7)	PROCNT-FAO	g/100g	**1,8**	2,2	1,4	3
Total lipids (fat)	FAT	g/100g	**not detect.**	0,1	not detect.	3
Carbohydrates, by difference	CHO-	g/100g	**16,2**	16,8	15,8	3
Ash	ASH	g/100g	**1,0**	1,1	0,7	3
Dietary fibre (total)	FIBTG	g/100g	**1,3**	1,5	1,1	3

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy*	ENERC	kcal/100g	**397**	406	383	3
Water	WATER	g/100g	**8,4**	10,7	6,1	3
Proteins (Nx6.25)	PROCNT-FAO	g/100g	**4,6**	5,0	4,0	3
Total lipids (fat)	FAT	g/100g	**6,0**	6,8	5,3	3
Carbohydrates, by difference	CHOCDF	g/100g	**81,0**	82,9	79,3	3

*approximately

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**400**	414	386	2
Water	WATER	g/100g	**4,3**	5,0	3,5	2
Proteins (Nx6.25)	PROCNT-FAO	g/100g	**4,9**	5,8	3,9	2
Total lipids (fat)	FAT	g/100g	**3,4**	5,6	1,1	2
Carbohydrates, by difference	CHOCDF	g/100g	**87,6**	88,1	87,0	2

11

FRESH WATER FISH AND FISH FARMING SPECIES

BOQUE (boops boops)

Foodex code: A.01.000877

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**97**	109	71	5
Water	WATER	g/100g	**76,9**	81,2	74,6	6
Protein	PROCNT-FAO	g/100g	**18,8**	20,57	17,20	6
Total lipid (fat)	FAT	g/100g	**2,3**	4,6	0,2	6
Carbohydrates, by difference	CHOCDF	g/100g	**0,4**	1,4	not detect.	5
Ash	ASH	g/100g	**1,7**	2,0	1,4	6
MINERALS						
Magnesium (Mg)	MG	mg/100g	**39**	45	34	4
Iron (Fe)	FE	mg/100g	**0,6**	0,6	0,5	4
Copper (Cu)	CU	mg/100g	**traces**	traces	traces	4
Zinc (Zn)	ZN	mg/100g	**1,4**	1,7	1,1	4
Manganese (Mn)	MN	µg/100g	**traces**	traces	not detect.	3
Chlorides (Cl)	CLD	mg/100g	**36**	36	36	1
Potassium (K)	K	mg/100g	**418**	442	402	4
Sodium (Na)	NA	mg/100g	**100**	114	68	4
Phosphorus (P)	P	mg/100g	**335**	386	291	3
LIPIDS						
Fatty acids (saturated)	FASAT	g/100g	**1,1**	1,5	0,5	3
Fatty acids (monounsaturated)	FAMS	g/100g	**0,8**	1,1	0,3	3
Fatty acids (polyunsaturated)	FAPU	g/100g	**0,7**	1,4	0,3	3
ω3 polyunsaturated fatty acids	FAPUN3	g/100g	**0,49**	1,04	0,15	3
ω6 polyunsaturated fatty acids	FAPUN6	g/100g	**0,09**	0,17	0,05	3
C18:2ω6	F18D2CN6	g/100g	**0,08**	0,08	0,08	1
C18:4ω3	F18D4N3	g/100g	**0,03**	0,05	0,01	3
C20:5ω3 (EPA)	F20D5N3	g/100g	**0,09**	0,20	0,03	3
C22:5ω3	F22D5N3	g/100g	**0,04**	0,08	0,009	3
C22:6ω3 (DHA)	F22D6N3	g/100g	**0,33**	0,68	0,10	3
Cholesterol	CHOLE	mg/100g	**57**	63	53	3

MACKEREL (scomber colias)

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**106**	106	106	1
Water	WATER	g/100g	**74,9**	74,9	74,9	1
Protein	PROCNT-FAO	g/100g	**21,6**	21,6	21,6	1
Total lipid (fat)	FAT	g/100g	**2,2**	2,2	2,2	1
Carbohydrates, by difference	CHOCDF	g/100g	**not detect.**	**not detect.**	**not detect.**	1
Ash	ASH	g/100g	**1,3**	1,3	1,3	1
MINERALS						
Magnesium (Mg)	MG	mg/100g	**39**	39	39	1
Iron (Fe)	FE	mg/100g	**1,0**	1,0	1,0	1
Copper (Cu)	CU	mg/100g	**0,1**	0,1	0,1	1
Zinc (Zn)	ZN	mg/100g	**1,2**	1,2	1,2	1
Potassium (K)	K	mg/100g	**432**	432	432	1
Sodium (Na)	NA	mg/100g	**65**	65	65	1

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**106**	106	106	1
Water	WATER	g/100g	**76,8**	76,8	76,8	1
Protein	PROCNT-FAO	g/100g	**18,7**	18,7	18,7	1
Total lipid (fat)	FAT	g/100g	**3,5**	3,5	3,5	1
Carbohydrates, by difference	CHOCDF	g/100g	**not detect.**	**not detect.**	**not detect.**	1
Ash	ASH	g/100g	**1,2**	1,2	1,2	1
MINERALS						
Magnesium (Mg)	MG	mg/100g	**34**	34	34	1
Iron (Fe)	FE	mg/100g	**1,1**	1,1	1,1	1
Copper (Cu)	CU	mg/100g	**0,1**	0,1	0,1	1
Zinc (Zn)	ZN	mg/100g	**0,48**	0,48	0,48	1
Potassium (K)	K	mg/100g	**343**	343	343	1
Sodium (Na)	NA	mg/100g	**100**	100	100	1

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**108**	110	106,0	3
Water	WATER	g/100g	**74,7**	75,3	73,8	3
Protein (Nx6,25)	PROCNT-FAO	g/100g	**21,3**	21,8	20,9	3
Total lipid (fat)	FAT	g/100g	**2,6**	3,0	2,1	3
Carbohydrates, by difference	CHOCDF	g/100g	**not detect.**	not detect	not detect.	3
Ash	ASH	g/100g	**2,0**	2,3	1,8	3
MINERALS						
Sodium (Na)	NA	mg/100g	**93**	94	90	3
Potassium (K)	K	mg/100g	**454**	510	418	3
Magnesium (Mg)	MG	mg/100g	**37**	40	34	3
Phosphorous (P)	P	mg/100g	**378**	468	322	3
Iron (Fe)	FE	mg/100g	**0,4**	0,4	0,3	3
Copper (Cu)	CU	mg/100g	**not detect.**	not detect.	Not detect.	3
Zinc (Zn)	ZN	mg/100g	**0,6**	0,6	0,5	3
Manganese (Mn)	MN	mg/100g	**not detect.**	not detect.	not detect.	3
LIPIDS						
Fatty acids (saturated)	FASAT	g/100g	**0,9**	1,1	0,8	3
Fatty acids (monounsaturated)	FAMS	g/100g	**0,8**	0,9	0,6	3
Fatty acids (polyunsaturated)	FAPU	g/100g	**0,7**	0,8	0,6	3
C18:2ω6	F18D2CN6	g/100g	**not detect.**	not detect.	not detect.	3
C18:4ω3	F18D4N3	g/100g	**not detect.**	not detect.	not detect.	3
C20:5ω3 (EPA)	F20D5N3	g/100g	**0,10**	0,13	0,07	3
C22:5ω3	F22D5N3	g/100	**not detect.**	0,06	not detect.	3
C22:6/ω3 (DHA)	F22D6N3	g/100g	**0,26**	0,30	0,22	3
Cholesterol	CHOLE	mg/100g	**68**	90	56	3
ω3 polyunsaturated fatty acids	FAPUN3	g/100g	**0,44**	0,53	0,33	3
ω6 polyunsaturated fatty acids	FAPUN6	g/100g	**0,10**	0,14	0,08	3

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**88**	88	88	1
Water	WATER	g/100g	**78,2**	78,2	78,2	1
Protein	PROCNT-FAO	g/100g	**19,3**	19,3	19,3	1
Total lipid (fat)	FAT	g/100g	**1,2**	1,2	1,2	1
Carbohydrates, by difference	CHOCDF	g/100g	**not detect.**	not detect.	not detect.	1
Ash	ASH	g/100g	**1,4**	1,4	1,4	1
MINERALS						
Magnesium (Mg)	MG	mg/100g	**40**	40	40	1
Iron (Fe)	FE	mg/100g	**0,2**	0,2	0,2	1
Copper (Cu)	CU	mg/100g	**traces**	traces	traces	1
Zinc (Zn)	ZN	mg/100g	**0,5**	0,5	0,5	1
Potassium (K)	K	mg/100g	**440**	440	440	1
Sodium (Na)	NA	mg/100g	**120**	120	120	1

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**100**	107	92	3
Water	WATER	g/100g	**76,8**	77,8	75,6	3
Proteins (Nx6,25)	PROCNT-FAO	g/100g	**19,8**	20,1	19,3	3
Total lipids (fat)	FAT	g/100g	**2,3**	3,3	1,3	3
Carbohydrates, by difference	CHOCDF	g/100g	**not detect.**	0,1	not detect.	3
Ash	ASH	g/100g	**1,7**	1,8	1,6	3
MINERALS						
Sodium (Na)	NA	mg/100g	**133**	157	101	3
Potassium (K)	K	mg/100g	**427**	474	395	3
Magnesium (Mg)	MG	mg/100g	**40**	41	40	3
Phosphorus (P)	P	mg/100g	**296**	382	252	3
Iron (Fe)	FE	mg/100g	**0,6**	0,7	0,5	3
Copper (Cu)	CU	mg/100g	**traces**	traces	not detect.	3
Zinc (Zn)	ZN	mg/100g	0,4	0,5	0,4	3
Manganese (Mn)	MN	mg/100g	**not detect.**	not detect.	not detect.	3
LIPIDS						
Fatty acids (saturated)	FASAT	g/100g	**0,77**	1,20	0,44	3
Fatty acids (monounsaturated)	FAMS	g/100g	**0,76**	1,00	0,52	3
Fatty acids (polyunsaturated)	FAPU	g/100g	**0,61**	0,90	0,27	3
C18:2ω6	F18D2CN6	g/100g	**0,04**	0,06	0,02	3
C18:4ω3	F18D4N3	g/100g	**0,01**	0,02	0,01	3
C20:5ω3 (EPA)	F20D5N3	g/100g	**0,15**	0,23	0,06	3
C22:5ω3	F22D5N3	g/100	**0,05**	0,07	0,04	3
C22:6/ω3 (DHA)	F22D6N3	g/100g	**0,19**	0,25	0,11	3
Cholesterol	CHOLE	mg/100g	**70**	72	67	3
ω3 polyunsaturated fatty acids	FAPUN3	g/100g	**0,41**	0,60	0,21	3
ω6 polyunsaturated fatty acids	FAPUN6	g/100g	**0,12**	0,20	0,06	3

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**74**	74	74	1
Water	WATER	g/100g	**80,3**	80,3	80,3	1
Protein	PROCNT-FAO	g/100g	**17,4**	17,4	17,4	1
Total lipid (fat)	FAT	g/100g	**0,5**	0,5	0,5	1
Carbohydrates, by difference	CHOCDF	g/100g	**0,1**	0,1	0,1	1
Ash	ASH	g/100g	**1,7**	1,7	1,7	1
MINERALS						
Chlorides (Cl)	CLD	mg/100g	**97**	97	97	1

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**77**	77	77	1
Water	WATER	g/100g	**79,9**	79,9	79,9	1
Protein	PROCNT-FAO	g/100g	**18,6**	18,6	18,6	1
Total lipid (fat)	FAT	g/100g	**0,3**	0,3	0,3	1
Carbohydrates, by difference	CHOCDF	g/100g	**not detect.**	not detect.	not detect.	1
Ash	ASH	g/100g	**2,2**	2,2	2,2	1
LIPIDS						
C18:2ω6	F18D2CN6	g/100g	**0,002**	0,002	0,002	1
C18:4ω3	F18D4N3	g/100g	**not detect.**	not detect.	not detect.	1
C20:5ω3 (EPA)	F20D5N3	g/100g	**0,004**	0,004	0,004	1
C22:5ω3	F22D5N3	g/100g	**0,002**	0,002	0,002	1
C22:6ω3 (DHA)	F22D6N3	g/100g	**0,02**	0,02	0,02	1

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**77**	77	77	1
Water	WATER	g/100g	**80,4**	80,4	80,4	1
Protein	PROCNT-FAO	g/100g	**18,8**	18,8	18,8	1
Total lipid (fat)	FAT	g/100g	**0,2**	0,2	0,2	1
Carbohydrates, by difference	CHOCDF	g/100g	**not detect.**	not detect.	not detect.	1
Ash	ASH	g/100g	**1,7**	1,7	1,7	1
LIPIDS						
C18:2ω6	F18D2CN6	g/100g	**0,001**	0,001	0,001	1
C18:4ω3	F18D4N3	g/100g	**not detect.**	not detect.	not detect.	1
C20:5ω3 (EPA)	F20D5N3	g/100g	**0,003**	0,003	0,003	1
C22:5ω3	F22D5N3	g/100g	**0,001**	0,001	0,001	1
C22:6ω3 (DHA)	F22D6N3	g/100g	**0,02**	0,02	0,02	1

COMMON SEABREAM (pagrus pagrus)

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**118**	135	100	2
Water	WATER	g/100g	**74,0**	75,2	72,8	2
Protein	PROCNT-FAO	g/100g	**22,7**	22,7	22,7	1
Total lipid (fat)	FAT	g/100g	**3,6**	6,2	1,0	2
Carbohydrates, by difference	CHOCDF	g/100g	**not detect.**	not detect.	not detect.	2
Ash	ASH	g/100g	**2.0**	2,1	1,8	2
MINERALS						
Magnesium (Mg)	MG	mg/100g	**34**	34	34	1
Iron (Fe)	FE	mg/100g	**0,3**	0,3	0,3	1
Copper (Cu)	CU	mg/100g	**traces**	traces	traces	1
Zinc (Zn)	ZN	mg/100g	**0,4**	0,4	0,4	1
Potassium (K)	K	mg/100g	**440**	440	440	1
Sodium (Na)	NA	mg/100g	**61**	61	61	1
LIPIDS						
C18:2ω6	F18D2CN6	g/100g	**0,006**	0,006	0,006	1
C18:4ω3	F18D4N3	g/100g	**0,001**	0,001	0,001	1
C20:5ω3 (EPA)	F20D5N3	g/100g	**0,02**	0,02	0,02	1
C22:5ω3	F22D5N3	g/100g	**0,01**	0,01	0,01	1
C22:6ω3 (DHA)	F22D6N3	g/100g	**0,06**	0,06	0,06	1

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**104**	112	96	3
Water	WATER	g/100g	**75,1**	76,5	73,6	3
Proteins (Nx6,25)	PROCNT-FAO	g/100g	**19,9**	21,8	17,8	3
Total lipid (fat)	FAT	g/100g	**2,5**	4,4	1,5	3
Carbohydrates, by difference	CHOCDF	g/100g	**0,4**	0,7	not detect.	3
Ash	ASH	g/100g	**2,2**	2,5	1,8	3
MINERALS						
Sodium (Na)	NA	mg/100g	**141**	181	74	3
Potassium (K)	K	mg/100g	**422**	469	379	3
Magnesium (Mg)	MG	mg/100g	**42**	45	39	3
Phosphorus (P)	P	mg/100g	**374**	437	292	3
Iron (Fe)	FE	mg/100g	**0,7**	0,9	0,5	3
Copper (Cu)	CU	mg/100g	**traces**	traces	not detect.	3
Zinc (Zn)	ZN	mg/100g	**1,4**	1,5	1,1	3
Manganese (Mn)	MN	mg/100g	**not detect.**	not detect.	not detect.	3
Boron (B)	B	mg/100g	**not detect.**	not detect.	not detect.	1
LIPIDS						
Fatty acids (saturated)	FASAT	g/100g	**1,20**	2,40	0,53	3
Fatty acids (monounsaturated)	FAMS	g/100g	**0,81**	1,60	0,36	3
Fatty acids (polyunsaturated)	FAPU	g/100g	**0,42**	0,53	0,20	3
C18:2ω6	F18D2CN6	g/100g	**0,03**	0,04	0,02	3
C18:4ω3	F18D4N3	g/100g	**0,01**	0,03	not detect.	3
C20:5ω3 (EPA)	F20D5N3	g/100g	**0,05**	0,10	not detect.	3
C22:5ω3	F22D5N3	g/100	**0,01**	0,02	not detect.	3
C22:6/ω3 (DHA)	F22D6N3	g/100g	**0,25**	0,33	0,13	3
Cholesterol	CHOLE	mg/100g	**54**	60	46	4
ω3 polyunsaturated fatty acids	FAPUN3	g/100g	**0,33**	0,48	0,13	3
ω6 polyunsaturated fatty acids	FAPUN6	g/100g	**0,04**	0,05	0,03	3

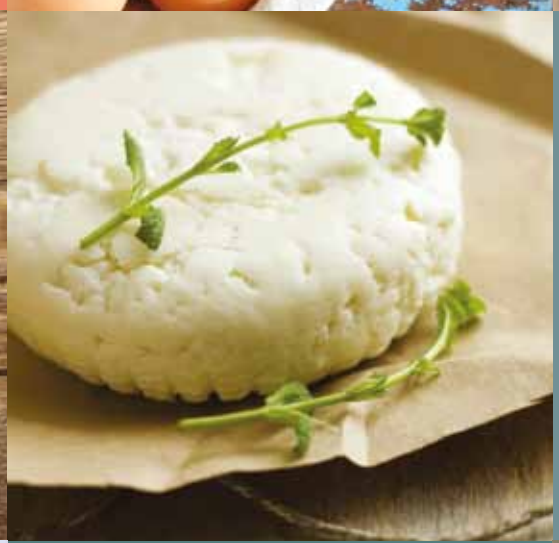
NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**122**	150	94	2
Water	WATER	g/100g	**74,4**	78,3	70,5	2
Proteins (Nx6,25)	PROCNT-FAO	g/100g	**19,2**	20,1	18,4	2
Total lipids (fat)	FAT	g/100g	**4,9**	7,4	2,3	2
Carbohydrates, by difference	CHOCDF	g/100g	**0,3**	0,7	not detect.	2
Ash	ASH	g/100g	**1,2**	1,4	1,0	2
MINERALS						
Sodium (Na)	NA	mg/100g	**60**	63	57	2
Potassium (K)	K	mg/100g	**409**	443	375	2
Magnesium (Mg)	MG	mg/100g	**29**	29	29	2
Phosphorus (P)	P	mg/100g	**218**	232	204	2
Iron (Fe)	FE	mg/100g	**0,4**	0,4	0,4	2
Copper (Cu)	CU	mg/100g	**traces**	traces	not detect.	2
Zinc (Zn)	ZN	mg/100g	**0,8**	0,9	0,7	2
Manganese (Mn)	MN	mg/100g	**not detect.**	not detect.	not detect.	2
LIPIDS						
Fatty acids (saturated)	FASAT	g/100g	**1,22**	1,74	0,70	2
Fatty acids (monounsaturated)	FAMS	g/100g	**1,91**	2,83	1,00	2
Fatty acids (polyunsaturated)	FAPU	g/100g	**1,48**	2,27	0,70	2
C18:2ω6	F18D2CN6	g/100g	**0,52**	0,75	0,29	2
C18:4ω3	F18D4N3	g/100g	**0,04**	0,07	0.02	2
C20:5ω3 (EPA)	F20D5N3	g/100g	**0,26**	0,40	0,11	2
C22:5ω3	F22D5N3	g/100	**0,15**	0,24	0,06	2
C22:6/ω3 (DHA)	F22D6N3	g/100g	**0,35**	0,57	0,13	2
Cholesterol	CHOLE	mg/100g	**63**	73	52	2
ω3 polyunsaturated fatty acids	FAPUN3	g/100g	**0,89**	1,42	0,36	2
ω6 polyunsaturated fatty acids	FAPUN6	g/100g	**0,55**	0,79	0,30	2

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**135**	162	115	12
Water	WATER	g/100g	**72,9**	75,1	70,2	12
Proteins (Nx6,25)	PROCNT-FAO	g/100g	**19,4**	20,9	16,2	12
Total lipids (fat)	FAT	g/100g	**6,3**	9,2	3,7	12
Carbohydrates, by difference	CHOCDF	g/100g	**0,3**	2,0	not detect.	12
Ash	ASH	g/100g	**1,4**	1,6	1,2	12
MINERALS						
Sodium (Na)	NA	mg/100g	**55**	75	42	10
Potassium (K)	K	mg/100g	**409**	465	346	11
Magnesium (Mg)	MG	mg/100g	**28**	31	26	10
Phosphorus (P)	P	mg/100g	**280**	299	243	10
Iron (Fe)	FE	mg/100g	**0,4**	0,7	not detect.	10
Copper (Cu)	CU	mg/100g	**0,2**	0,4	not detect.	10
Zinc (Zn)	ZN	mg/100g	**0,6**	1,0	0,5	10
Manganese (Mn)	MN	mg/100g	**traces**	traces	not detect.	10
LIPIDS						
Fatty acids (saturated)	FASAT	g/100g	**1,50**	2,40	0,81	12
Fatty acids (monounsaturated)	FAMS	g/100g	**2,67**	3,88	1,61	12
Fatty acids (polyunsaturated)	FAPU	g/100g	**1,97**	2,70	1,15	12
C18:2ω6	F18D2CN6	g/100g	**0,62**	0,91	not detect.	12
C18:4ω3	F18D4N3	g/100g	**0,08**	0,12	0.04	12
C20:5ω3 (EPA)	F20D5N3	g/100g	**0,28**	0,50	0,13	12
C22:5ω3	F22D5N3	g/100	**0,11**	0,17	0,06	12
C22:6/ω3 (DHA)	F22D6N3	g/100g	**0,63**	0,99	0,40	12
Cholesterol	CHOLE	mg/100g	**55**	67	25	12
ω3 polyunsaturated fatty acids	FAPUN3	g/100g	**1,16**	1,92	0,64	12
ω6 polyunsaturated fatty acids	FAPUN6	g/100g	**0,68**	0,94	0,39	12

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**203**	288	162	18
Water	WATER	g/100g	**65,7**	69,6	60,9	18
Proteins (Nx6,25)	PROCNT-FAO	g/100g	**19,5**	20,6	18,0	18
Total lipids (fat)	FAT	g/100g	**13,7**	23,1	9,2	18
Carbohydrates, by difference	CHOCDF	g/100g	**0,2**	1,5	not detect.	16
Ash	ASH	g/100g	**1,4**	2,5	0,9	18
MINERALS						
Sodium (Na)	NA	mg/100g	**54**	70	35	13
Potassium (K)	K	mg/100g	**436**	470	378	13
Magnesium (Mg)	MG	mg/100g	**33**	39	28	13
Phosphorus (P)	P	mg/100g	**286**	331	253	13
Iron (Fe)	FE	mg/100g	**0,2**	0,4	not detect.	12
Copper (Cu)	CU	mg/100g	**traces**	traces	not detect.	13
Zinc (Zn)	ZN	mg/100g	**0,6**	0,7	0,5	13
Manganese (Mn)	MN	mg/100g	**traces**	traces	not detect.	13
LIPIDS						
Fatty acids (saturated)	FASAT	g/100g	**3,62**	5,50	2,25	18
Fatty acids (monounsaturated)	FAMS	g/100g	**5,93**	9,50	3,81	18
Fatty acids (polyunsaturated)	FAPU	g/100g	**3,85**	7,60	0,79	18
C18:2ω6	F18D2CN6	g/100g	**1,34**	2,99	0,12	18
C18:4ω3	F18D4N3	g/100g	**0,13**	0,26	not detect.	17
C20:5ω3 (EPA)	F20D5N3	g/100g	**0,65**	1,19	0,13	18
C22:5ω3	F22D5N3	g/100	**0,38**	0,68	0,08	18
C22:6/ω3 (DHA)	F22D6N3	g/100g	**0,92**	1,81	0,25	18
Cholesterol	CHOLE	mg/100g	**53**	87	33	18
ω3 polyunsaturated fatty acids	FAPUN3	g/100g	**2,25**	4,43	0,46	18
ω6 polyunsaturated fatty acids	FAPUN6	g/100g	**1,40**	3,10	0,12	18

NUTRIENT	INFOODS Tagname	Units	Mean Value	Maximum value	Minimum value	No. of samples
PROXIMATES						
Energy	ENERC	kcal/100g	**168**	195	132	15
Water	WATER	g/100g	**69,0**	73,2	64,6	15
Proteins (Nx6,25)	PROCNT-FAO	g/100g	**19,9**	21,8	17,3	14
Total lipids (fat)	FAT	g/100g	**9,7**	13,0	6,0	15
Carbohydrates, by difference	CHOCDF	g/100g	**0,1**	1,5	not detect.	15
Ash	ASH	g/100g	**1,7**	3,5	1,1	15
MINERALS						
Sodium (Na)	NA	mg/100g	**63**	84	42	10
Potassium (K)	K	mg/100g	**413**	465	324	11
Magnesium (Mg)	MG	mg/100g	**32**	41	29	11
Phosphorus (P)	P	mg/100g	**294**	422	191	11
Iron (Fe)	FE	mg/100g	**0,3**	0,5	not detect.	11
Copper (Cu)	CU	mg/100g	**traces**	traces	not detect.	11
Zinc (Zn)	ZN	mg/100g	**0,7**	1,1	0,6	11
Manganese (Mn)	MN	mg/100g	**traces**	traces	not detect.	11
LIPIDS						
Fatty acids (saturated)	FASAT	g/100g	**2,52**	3,36	1,78	15
Fatty acids (monounsaturated)	FAMS	g/100g	**3,95**	5,22	2,93	15
Fatty acids (polyunsaturated)	FAPU	g/100g	**3,03**	4,80	0,80	15
C18:2ω6	F18D2CN6	g/100g	**1,02**	1,41	0,51	14
C18:4ω3	F18D4N3	g/100g	**0,15**	0,87	not detect.	14
C20:5ω3 (EPA)	F20D5N3	g/100g	**0,62**	1,01	0,10	14
C22:5ω3	F22D5N3	g/100	**0,15**	0,26	not detect.	14
C22:6/ω3 (DHA)	F22D6N3	g/100g	**0,76**	1,13	0,09	14
Cholesterol	CHOLE	mg/100g	**57**	88	27	15
ω3 polyunsaturated fatty acids	FAPUN3	g/100g	**1,70**	2,67	0,25	15
ω6 polyunsaturated fatty acids	FAPUN6	g/100g	**1,12**	1,85	0,51	15

ANNEX I



APPLIED ANALYTICAL METHODS FOR THE DETERMINATION OF FOOD COMPOSITION DATA

EGGS

Water:	Moisture determination in oven at 102˚C (British standard 770) BS 770
Total lipids (fat):	Method AOAC 925.32 Ch 34 p.2 16th Edition 1995 (Official Methods of Analysis of AOAC INTERNATIONAL, Published by AOAC International).
Protein:	Kjeldah AACC Method 46-12 (Approved Methods of the American Association of Cereal Chemists)
Ash:	Ash determination : Pearsons Chemical Analysis of Foods p. 499 8th Edition 1981 Longman Scientific & Technical England
Carbohydrates:	Determination by difference
Cholesterol:	Gas Liquid Chromatography Detrmination of Total Cholesterol in Multicomponent Foods, J.Punwar, 1975 J.AOAC, Vol. 58, No4 p. 804-810 Method AOAC 41.1.45 Ch 41 p.35-36 16th Edition 1995 (Official Methods of Analysis of AOAC INTERNATIONAL, Published by AOAC International)
ω3 and ω6 fatty acids Fatty acid profile:	AOAC Official Method of Analysis 15th Edition 3rd supplement p. 140 192 (AOAC 991.39, Chap. 41)
Potassium, Sodium:	Flame photometry: Pearsons Chemical Analysis of Foods p.28-29 8th Edition 1981 Longman Scientific & Technical England
Minerals:	ARL Fisson s Plasma Applications Vol. I Edited by Michel Foetish ARL Ecublens
Determination of calorific value:	From the constituents: 1 g fat = 9 Kcal, 1 g Protein = 4 Kcal 1 g Carbohydrates = 4 Kcal,

DAIRY PRODUCTS

Water:	Moisture determination in oven at 102˚C (British standard 770) BS 770

Total lipids (fat):	Gerber Method (British Standard 696) BS 696 Gerber Method. Pearson's Composition and Analysis of Foods, 9th Edition (1997), p.600-601
Protein:	Kjeldah AACC Method 46-12 (Approved Methods of the American Association of Cereal Chemists) AOAC Official Method 991.20-2005, 18th Edition, Protein Total in Milk, AOAC Official Method 991.123-2005, 18th Edition, Nitrogen in Cheese
Ash:	Ash determination: Pearsons Chemical Analysis of Foods, Longman Scientific & Technical England 8th Edition (1981) p. 499 and 9th Edition(1997), p.13
Carbohydrates:	Determination by difference
Sodium chloride: (Salt)	i.From the ash determination Mohr – Pearsons Chemical analysis of foods p. 13 8th Edition 1981 Longman Scientific & Technical England ii. Volhard Method Pearsons Chemical analysis of foods p.14 9th Edition 1981 Longman Scientific & Technical England
Cholesterol:	Method AOAC 41.1.45 Ch 41 p.35-36 16th Edition 1995 (Official Methods of Analysis of AOAC INTERNATIONAL, Published by AOAC International)
Fatty acid profile:	Gas Chromatography Methods AOAC 969.33 and 963.22F p.963-965 15th Edition 1990 (Official Methods of Analysis of AOAC INTERNATIONAL, Published by AOAC International)
Potassium, Sodium:	Flame photometry : Pearsons Chemical Analysis of Foods p.28-29 8th Edition 1981 Longman Scientific & Technical England
Minerals:	ARL Fisson s Plasma Applications Vol. I Edited by Michel Foetish ARL Ecublens
Determination of calorific value:	From the constituents: 1 g fat = 9 Kcal, 1 g Protein = 4 Kcal 1 g Carbohydrates = 4 Kcal,

CEREALS & PRODUCTS

Water:	Method AOAC 945.15 p. 730 15th edition 1990 (Official Methods of Analysis of AOAC INTERNATIONAL, Published by AOAC International)
Total lipids (fat):	Soxhlet Method Food and Beverages Codex Part B' Greek Republic Ministry of Finance State General Laboratory 1976
Protein:	Kjeldahl AACC Method (46-12) (Approved Methods of the American Association of Cereal Chemists) AOAC Official Method 920.87-2005, 18th Edition, Protein Total in Flour.
Ash:	Ash determination : (Wheat Commission method) Pearsons Chemical Analysis of foods p. 230 8th Edition 1981 Longman Scientific & Technical England
Dietary fibre (total)	Combination of enzymatic and gravimetric method. Total Dietary Fiber in foods AOAC 985.29 p. 1105 15th Edition 1990 (Official Methods of Analysis of AOAC INTERNATIONAL, Published by AOAC International)
Carbohydrates:	Determination by difference
Sodium chloride: (Salt)	i.From the ash determination Mohr – Pearsons Chemical analysis of foods p. 13 8th Edition 1981 Longman Scientific & Technical England ii. Volhard Method Pearsons Chemical analysis of foods p.14 9th Edition 1981 Longman Scientific & Technical England
Determination of calorific value:	From the constituents: 1 g fat = 9 Kcal, 1 g Protein = 4 Kcal 1 g Carbohydrates = 4 Kcal, 1g Dietary fibers (total) = 2 Kcal

EDIBLE FATS & OILS

Water:	Moisture determination in oven at 102˚C (British standard 770) BS 770
Total lipids (fat):	Soxhlet Method Food and Beverages Codex Part B' Greek Republic Ministry of Finance State General Laboratory 1976 Soxhlet Method AOAC 7.060-7.062, p.159, 14th Edition (1984)./ Official Journal of the European Communities (Appendix IX-Section 8

Protein:	Kjeldah AACC (method 46-12) (Approved Methods of the American Association of Cereal Chemists)
Ash:	Ash determination : Pearsons Chemical Analysis of Foods, Longman Scientific & Technical England 8th Edition (1981) p. 499 and 9th Edition(1997), p.13
Carbohydrates:	Determination by difference
Fatty acids profile:	Determination by gas chromatography. Methods AOAC 969.33 and 963.22F p.963-965 15th Edition 1990 (Official Methods of Analysis of THE ASSOCIATION of OFFICIAL ANALYTICAL CHEMISTS) European Union regulation 2568/91/EC, Annex X
Cholesterol:	Gas Liquid Chromatography Detrmination of Total Cholesterol in Multicomponent Foods, J.Punwar, 1975 J.AOAC, Vol. 58, No4 p. 804-810 Method AOAC 41.1.45 Ch 41 p.35-36 16th Edition 1995 (Official Methods of Analysis of AOAC INTERNATIONAL, Published by AOAC International)
Determination of calorific value:	From the constituents: 1 g fat = 9 Kcal, 1 g Protein = 4 Kcal 1 g Carbohydrates = 4 Kcal,

MEAT PRODUCTS

Water:	Moisture determination in oven at 102˚C (British standard 770) BS 770 Freeze drying method, Moisture determination in oven 105°C. Pearson's Composition and Analysis of Foods, 8th Edition, p.9
Total lipids (fat):	By extraction after acid hydrolysis "Wash bottle technique" Pearsons Chemical Analysis of foods p. 404 8th 1981 Edition Longman Scientific & Technical England
Protein:	Kjeldah AACC (method 46-12) (Approved Methods of the American Association of Cereal Chemists) Based on ISO 937-1978. Meat and Meat Products – Determination of nitrogen content (Reference Method).
Ash:	AOAC Method 920.153 p. 932 15th Edition 1990 (Official Methods of Analysis of AOAC INTERNATIONAL, Published by AOAC International)

Carbohydrates:	Determination by difference
Sodium chloride: (Salt)	i.From the ash determination Mohr – Pearsons Chemical analysis of foods p. 13 8th Edition 1981 Longman Scientific & Technical England ii. Volhard Method Pearsons Chemical analysis of foods p.14 9th Edition 1981 Longman Scientific & Technical England
Cholesterol:	Gas Liquid Chromatography Detrmination of Total Cholesterol in Multicomponent Foods, J.Punwar, 1975 J.AOAC, Vol. 58, No4 p. 804-810 Method AOAC 41.1.45 Ch 41 p.35-36 16th Edition 1995 (Official Methods of Analysis of AOAC INTERNATIONAL, Published by AOAC International)
Fatty acids profile:	Determination by gas chromatography. Methods AOAC 969.33 and 963.22F p.963-965 15th Edition 1990 (Official Methods of Analysis of AOAC INTERNATIONAL, Published by AOAC International)
Determination of calorific value:	From the constituents: 1 g fat = 9 Kcal, 1 g Protein = 4 Kcal 1 g Carbohydrates = 4 Kcal,

CHIPS / CRISPS

Water:	Moisture determination by oven at 102˚C (British standard 770) BS 770
Total lipids (fat):	Soxhlet Method Food and Beverages Codex Part B' Greek Republic Ministry of Finance State General Laboratory 1976
Protein:	Kjeldahl, AACC (Method 46-12) (Approved Methods of the American Association of Cereal Chemists)
Ash:	Ash determination : Pearsons Chemical Analysis of Foods p. 421 8th Edition 1981 Edition Longman Scientific & Technical England
Carbohydrates:	Determination by difference
Fatty acids profile:	Determination by gas chromatography. Methods AOAC 969.33 and 963.22F p.963-965 15th Edition 1990 (Official Methods of Analysis of AOAC INTERNATIONAL, Published by AOAC International)
Minerals:	ARL Fisson s Plasma Applications Vol. I Edited by Michel Foetish ARL Ecublens

Determination of calorific value:	From the constituents: 1 g fat = 9 Kcal, 1 g Protein = 4 Kcal 1 g Carbohydrates = 4 Kcal,

FRUITS

Water:	Pearsons Chemical Analysis of Foods p. 421 8th Edition 1981 Edition Longman Scientific & Technical England
Total lipids (fat):	Soxhlet Method Food and Beverages Codex Part B' Greek Republic Ministry of Finance State General Laboratory 1976
Protein:	Kjeldahl, AACC (Method 46-12) (Approved Methods of the American Association of Cereal Chemists)
Ash:	Pearsons Chemical Analysis of Foods, Longman Scientific & Technical England 8th Edition (1981) p. 499 and 9th Edition(1997), p.13
Carbohydrates and Dietary fibres (total):	Determination by difference
Minerals:	Atomic Absorption Method, H. M. Thompson J. Ass. Offic. Anal. Chem. Vol. 52 55 1969
Vitamine C:	J. Liquid Chrom., 13(13), 2633-2641 (1990)

FISH SPECIES

Water:	Pearsons Chemical Analysis of Foods p. 421 8th Edition 1981 Longman Scientific & Technical England Freeze drying method, Moisture determination in oven 105^{0}C. Pearson's Composition and Analysis of Foods, 8th Edition, p.9
Total lipids (fat):	Combination of acid hydrolysis and extraction. Pearsons Chemical Analysis of Foods p. 421 8th Edition 1981 Longman Scientific & Technical England Method Weibull-Stoldt. Combination of acid hydrolysis and soxhlet extraction

Protein:	Kjeldahl AACC (Method 46-12) (Approved Methods of the American Association of Cereal Chemists)
Ash:	Ash determination Pearsons Chemical Analysis of Foods p. 421 8th Edition 1981 Longman Scientific & Technical England
Carbohydrates:	Determination by difference
Potassium, Sodium:	Flame photometry, Pearsons Chemical Analysis of Foods p. 28-29 8th Edition 1981 Longman Scientific & Technical England
Minerals:	AOAC 985.01 (Metals and Other Elements in Plants and Pet Foods), AOAC 984.27 (Calcium, Copper, Iron, Magnesium, Manganese, Phosphorus, Potassium, Sodium and Zinc in Infant Formula), Journal of Food Composition and Analysis (2002), 15, p. 593-615
ω_3 and ω_6 fatty acids	Determination by gas chromatography M. Tornaritis et al. Fatty Acid composition and total fat content of eight Species of Mediterranean fish. International journal of Food Science and Nutrition Vol. 45 135-139 1993 AOAC Official Method of Analysis 15th Edition 3rd supplement p. 140 1992
Cholesterol:	Gas Liquid Chromatography Determination of Total Cholesterol in Multicomponent Foods, J. Punwar, 1975 J.AOAC, 58, No4 p. 804-810 Μέθοδος AOAC 41.1.45 Ch 41 p.35-36 16th Edition 1995 (Official Methods of Analysis of AOAC INTERNATIONAL, Published by AOAC International)
Determination of calorific value:	From the constituents: 1 g fat = 9 Kcal, 1 g Protein = 4 Kcal 1 g Carbohydrates = 4 Kcal,

READY MADE FOOD AND PASTRY

Water:	Freeze drying method, Moisture determination in oven 105°C. Pearson's Composition and Analysis of Foods, 8th Edition, p.9
Total lipids (fat):	Method Weibull-Stoldt. Combination of acid hydrolysis and soxhlet extraction Soxhlet Method-AOAC 7.060-7.062, p.159, 14th Edition (1984).

Protein:	Kjeldahl, AACC (Method 46-12) (Approved Methods of the American Association of Cereal Chemists)
Sodium chloride (salt)	Volhard method / Pearson's Composition and Analysis of Foods, 9th Edition (1997), p.14
Carbohydrates:	Determination by difference
Minerals:	AOAC 985.01 (Metals and Other Elements in Plants and Pet Foods), AOAC 984.27 (Calcium, Copper, Iron, Magnesium, Manganese, Phosphorus, Potassium, Sodium and Zinc in Infant Formula), Journal of Food Composition and Analysis (2002), 15, p. 593-615
ω_3 and ω_6 fatty acids	Determination by gas chromatography. AOAC Official Method of Analysis 15th Edition 3rd supplement p. 140 192 (AOAC 991.39, Chap. 41)
Dietary fibers (total)	AOAC Official Method 985.29. Total Dietary Fiber in Foods. Enzymatic-Gravimetric Method, 18th Edition (2005). Chapter 45, p.97.
Cholesterol:	Gas Liquid Chromatography Determination of Total Cholesterol in Multicomponent Foods, J. Punwar, 1975 J.AOAC, Vol. 58, No4 p. 804-810 Μέθοδος AOAC 41.1.45 Ch 41 p.35-36 16th Edition 1995 (Official Methods of Analysis of AOAC INTERNATIONAL, Published by AOAC International)
Determination of calorific value:	From the constituents: 1 g fat = 9 Kcal, 1 g Protein = 4 Kcal 1 g Carbohydrates = 4 Kcal, 1g Dietary fibers (total) = 2 Kcal

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