



# **Total Diet Study**

## **Elements Results Summary Statistics**

### **Market Baskets 2006 through 2011**

**April 15, 2014 revised February 2016**

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**U.S. Food and Drug Administration**



**US Food and Drug Administration  
Total Diet Study  
Market Baskets 2006 through 2011**

Summaries of element analytical results in food and nominal element analytical limits are provided for samples analyzed under the Food and Drug Administration's Total Diet Study (TDS) program. The data reported in this document pertains to TDS market baskets 2006-1 through 2011-4. This document, as well as text files of results from individual years, can be accessed via the TDS website at:

<http://www.fda.gov/Food/FoodScienceResearch/TotalDietStudy/default.htm>

Notes regarding the tables:

Number of analyses = total number of samples analyzed

\* Number of Non-detects = number of samples with result less than limit of detection

\*\* Statistics were calculated assuming a value of zero for non-detects

Trace values were defined as results  $\geq$ LOD and  $<$ LOQ

LOD = Limit of Detection

LOQ = Limit of Quantification

Results  $\geq$ LOD and  $<$ LOQ (trace values) were used as reported when calculating the means

BF = Baby food

Arsenic and mercury are total arsenic and total mercury, unless otherwise specified

Mercury data in this report includes market baskets 2006-1 through 2008-1 and 2011-4. Results from 2008-2 through 2009-4 were omitted due to methodology issues. Samples collected from 2010-1 through 2011-3 were not analyzed for mercury. The mercury results from 2011-4 were analyzed using a new method with a new LOD = 0.001 and a new LOQ = 0.009.

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US Food and Drug Administration  
Center for Food Safety and Applied Nutrition  
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Element	TDS Food No.	TDS Food Name	N of Analyses	N of Non-detects*	N of Trace	Mean (mg/kg)	Std Dev (mg/kg)	Median (mg/kg)	Min (mg/kg)	Max (mg/kg)	LOD (mg/kg)	LOQ (mg/kg)
ARSENIC	1	Milk, whole, fluid	24	24	0	0	0	0	0	0	0.010	0.040
ARSENIC	2	Milk, lowfat (2%), fluid	24	24	0	0	0	0	0	0	0.010	0.040
ARSENIC	3	Milk, chocolate, lowfat, fluid	24	24	0	0	0	0	0	0	0.010	0.040
ARSENIC	4	Milk, skim, fluid	24	24	0	0	0	0	0	0	0.010	0.040
ARSENIC	7	Milk shake, chocolate, fast-food	24	24	0	0	0	0	0	0	0.010	0.040
ARSENIC	10	Cheese, American, processed	24	23	1	0.001	0.004	0	0	0.022	0.020	0.050
ARSENIC	12	Cheese, cheddar, natural (sharp/mild)	24	24	0	0	0	0	0	0	0.020	0.050
ARSENIC	13	Beef, ground, regular, pan-cooked	24	24	0	0	0	0	0	0	0.010	0.040
ARSENIC	14	Beef roast, chuck, oven-roasted	24	23	1	0	0.002	0	0	0.010	0.010	0.040
ARSENIC	17	Ham, cured (not canned), baked	24	24	0	0	0	0	0	0	0.010	0.040
ARSENIC	18	Pork chop, pan-cooked with oil	24	24	0	0	0	0	0	0	0.010	0.040
ARSENIC	19	Pork sausage (link/patty), oven-cooked	24	24	0	0	0	0	0	0	0.020	0.050
ARSENIC	20	Pork bacon, oven-cooked	24	24	0	0	0	0	0	0	0.020	0.050
ARSENIC	21	Pork roast, loin, oven-roasted	24	24	0	0	0	0	0	0	0.020	0.050
ARSENIC	22	Lamb chop, pan-cooked with oil	24	24	0	0	0	0	0	0	0.020	0.050
ARSENIC	26	Turkey breast, oven-roasted	24	17	6	0.006	0.012	0	0	0.049	0.010	0.040
ARSENIC	27	Liver (beef/calf), pan-cooked with oil	24	22	2	0.001	0.003	0	0	0.014	0.010	0.040
ARSENIC	28	Frankfurter (beef/pork), boiled	24	23	1	0.001	0.005	0	0	0.023	0.020	0.050
ARSENIC	29	Bologna (beef/pork)	24	24	0	0	0	0	0	0	0.020	0.050
ARSENIC	30	Salami, luncheon-meat type (not hard)	24	24	0	0	0	0	0	0	0.020	0.050
ARSENIC	34	Fish sticks or patty, frozen, oven-cooked	24	0	0	0.554	0.139	0.573	0.247	0.780	0.020	0.040
ARSENIC	35	Eggs, scrambled with oil	24	24	0	0	0	0	0	0	0.010	0.040
ARSENIC	37	Eggs, boiled	24	24	0	0	0	0	0	0	0.010	0.040
ARSENIC	38	Pinto beans, dry, boiled	24	24	0	0	0	0	0	0	0.010	0.040
ARSENIC	39	Pork and beans, canned	24	23	1	0	0.002	0	0	0.012	0.010	0.040
ARSENIC	42	Lima beans, immature, frozen, boiled	24	24	0	0	0	0	0	0	0.010	0.040
ARSENIC	46	Peas, green, fresh/frozen, boiled	24	24	0	0	0	0	0	0	0.010	0.040

Element	TDS Food No.	TDS Food Name	N of Analyses	N of Non-detects*	N of Trace	Mean (mg/kg)	Std Dev (mg/kg)	Median (mg/kg)	Min (mg/kg)	Max (mg/kg)	LOD (mg/kg)	LOQ (mg/kg)
ARSENIC	47	Peanut butter, smooth/creamy	24	20	4	0.005	0.012	0	0	0.037	0.020	0.050
ARSENIC	48	Peanuts, dry roasted, salted	24	18	6	0.007	0.012	0	0	0.032	0.020	0.050
ARSENIC	50	Rice, white, enriched, cooked	24	0	1	0.065	0.016	0.063	0.036	0.094	0.010	0.040
ARSENIC	51	Oatmeal, plain, cooked	24	22	2	0.001	0.003	0	0	0.010	0.010	0.040
ARSENIC	52	Cream of wheat (farina), enriched, cooked	24	23	1	0	0.002	0	0	0.010	0.010	0.040
ARSENIC	53	Corn/hominy grits, enriched, cooked	24	24	0	0	0	0	0	0	0.010	0.040
ARSENIC	54	Corn, fresh/frozen, boiled	24	23	1	0.001	0.003	0	0	0.013	0.010	0.040
ARSENIC	55	Corn, canned	24	24	0	0	0	0	0	0	0.010	0.040
ARSENIC	58	Bread, white, enriched	24	24	0	0	0	0	0	0	0.020	0.050
ARSENIC	60	Cornbread, homemade	24	24	0	0	0	0	0	0	0.010	0.040
ARSENIC	61	Biscuits, refrigerated-type, baked	24	22	2	0.001	0.003	0	0	0.011	0.010	0.040
ARSENIC	62	Bread, whole wheat	24	16	8	0.004	0.005	0	0	0.012	0.010	0.040
ARSENIC	63	Tortilla, flour	24	24	0	0	0	0	0	0	0.020	0.040
ARSENIC	64	Bread, rye	24	23	1	0	0.002	0	0	0.010	0.010	0.040
ARSENIC	65	Muffin, blueberry	24	23	0	0.003	0.017	0	0	0.083	0.010	0.040
ARSENIC	66	Crackers, saltine	24	24	0	0	0	0	0	0	0.010	0.040
ARSENIC	67	Corn/tortilla chips	24	23	1	0.001	0.003	0	0	0.014	0.010	0.040
ARSENIC	69	Noodles, egg, enriched, boiled	24	24	0	0	0	0	0	0	0.020	0.050
ARSENIC	71	Corn flakes cereal	24	24	0	0	0	0	0	0	0.010	0.040
ARSENIC	72	Fruit-flavored cereal, presweetened	24	15	4	0.020	0.034	0	0	0.114	0.010	0.040
ARSENIC	73	Shredded wheat cereal	24	24	0	0	0	0	0	0	0.010	0.040
ARSENIC	74	Raisin bran cereal	24	10	14	0.009	0.009	0.013	0	0.021	0.010	0.040
ARSENIC	75	Crisped rice cereal	24	1	0	0.161	0.089	0.156	0	0.505	0.010	0.040
ARSENIC	76	Granola with raisins	24	2	21	0.019	0.012	0.016	0	0.061	0.010	0.040
ARSENIC	77	Oat ring cereal	24	2	18	0.027	0.013	0.026	0	0.054	0.010	0.040
ARSENIC	78	Apple (red), raw (with peel)	24	24	0	0	0	0	0	0	0.010	0.040
ARSENIC	79	Orange (navel/Valencia), raw	24	24	0	0	0	0	0	0	0.008	0.030
ARSENIC	80	Banana, raw	24	24	0	0	0	0	0	0	0.008	0.030
ARSENIC	81	Watermelon, raw/frozen	24	24	0	0	0	0	0	0	0.008	0.030
ARSENIC	83	Peach, raw/frozen	24	23	1	0	0.002	0	0	0.009	0.008	0.030

Element	TDS Food No.	TDS Food Name	N of Analyses	N of Non-detects*	N of Trace	Mean (mg/kg)	Std Dev (mg/kg)	Median (mg/kg)	Min (mg/kg)	Max (mg/kg)	LOD (mg/kg)	LOQ (mg/kg)
ARSENIC	84	Applesauce, bottled	23	23	0	0	0	0	0	0	0.008	0.030
ARSENIC	85	Pear, raw (with peel)	24	23	1	0	0.002	0	0	0.010	0.008	0.030
ARSENIC	86	Strawberries, raw/frozen	24	24	0	0	0	0	0	0	0.008	0.030
ARSENIC	87	Fruit cocktail, canned in light syrup	24	23	1	0.001	0.006	0	0	0.029	0.010	0.040
ARSENIC	88	Grapes (red/green), raw	24	18	6	0.003	0.006	0	0	0.018	0.008	0.030
ARSENIC	89	Cantaloupe, raw/frozen	24	12	12	0.006	0.007	0.004	0	0.024	0.008	0.030
ARSENIC	92	Grapefruit, raw	24	24	0	0	0	0	0	0	0.008	0.030
ARSENIC	93	Pineapple, canned in juice	24	24	0	0	0	0	0	0	0.010	0.040
ARSENIC	95	Raisins	24	18	6	0.007	0.012	0	0	0.031	0.020	0.050
ARSENIC	97	Avocado, raw	24	24	0	0	0	0	0	0	0.020	0.050
ARSENIC	98	Orange juice, frozen concentrate, reconstituted	24	24	0	0	0	0	0	0	0.008	0.030
ARSENIC	99	Apple juice, bottled	24	20	4	0.002	0.006	0	0	0.022	0.008	0.030
ARSENIC	100	Grapefruit juice, bottled	23	23	0	0	0	0	0	0	0.008	0.030
ARSENIC	103	Prune juice, bottled	24	19	5	0.003	0.007	0	0	0.028	0.008	0.030
ARSENIC	105	Lemonade, frozen concentrate, reconstituted	24	24	0	0	0	0	0	0	0.008	0.030
ARSENIC	107	Spinach, fresh/frozen, boiled	24	23	1	0	0.002	0	0	0.008	0.008	0.030
ARSENIC	108	Collards, fresh/frozen, boiled	24	21	3	0.002	0.005	0	0	0.015	0.008	0.030
ARSENIC	109	Lettuce, iceberg, raw	24	24	0	0	0	0	0	0	0.008	0.030
ARSENIC	110	Cabbage, fresh, boiled	24	24	0	0	0	0	0	0	0.008	0.030
ARSENIC	113	Broccoli, fresh/frozen, boiled	24	23	1	0	0.002	0	0	0.010	0.010	0.040
ARSENIC	114	Celery, raw	24	24	0	0	0	0	0	0	0.010	0.040
ARSENIC	115	Asparagus, fresh/frozen, boiled	24	23	1	0	0.002	0	0	0.011	0.010	0.040
ARSENIC	116	Cauliflower, fresh/frozen, boiled	24	24	0	0	0	0	0	0	0.010	0.040
ARSENIC	117	Tomato, raw	24	23	1	0	0.002	0	0	0.010	0.010	0.040
ARSENIC	119	Tomato sauce, plain, bottled	24	24	0	0	0	0	0	0	0.010	0.040
ARSENIC	121	Green beans, fresh/frozen, boiled	24	24	0	0	0	0	0	0	0.010	0.040
ARSENIC	122	Green beans, canned	24	24	0	0	0	0	0	0	0.010	0.040
ARSENIC	123	Cucumber, peeled, raw	24	6	18	0.012	0.008	0.013	0	0.024	0.010	0.040

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ARSENIC	124	Summer squash, fresh/frozen, boiled	24	24	0	0	0	0	0	0	0.010	0.040
ARSENIC	125	Pepper, sweet, green, raw	24	24	0	0	0	0	0	0	0.010	0.040
ARSENIC	126	Squash, winter (Hubbard/acorn), fresh/frozen, boiled	23	23	0	0	0	0	0	0	0.010	0.040
ARSENIC	128	Onion, mature, raw	24	23	1	0	0.002	0	0	0.011	0.010	0.040
ARSENIC	131	Beets, canned	24	24	0	0	0	0	0	0	0.010	0.040
ARSENIC	136	Potato, boiled (without peel)	24	23	1	0	0.002	0	0	0.010	0.009	0.030
ARSENIC	137	Potato, baked (with peel)	24	20	4	0.002	0.004	0	0	0.012	0.009	0.030
ARSENIC	138	Potato chips	24	24	0	0	0	0	0	0	0.020	0.040
ARSENIC	142	Spaghetti with meat sauce, homemade	24	24	0	0	0	0	0	0	0.010	0.040
ARSENIC	145	Chili con carne with beans, canned	24	22	2	0.001	0.004	0	0	0.017	0.010	0.040
ARSENIC	146	Macaroni and cheese, prepared from box mix	24	24	0	0	0	0	0	0	0.020	0.040
ARSENIC	147	Quarter-pound hamburger on bun, fast-food	24	22	2	0.002	0.005	0	0	0.023	0.010	0.040
ARSENIC	148	Meatloaf, beef, homemade	24	23	1	0.001	0.003	0	0	0.017	0.010	0.040
ARSENIC	152	Chicken potpie, frozen, heated	24	23	1	0	0.002	0	0	0.011	0.009	0.030
ARSENIC	155	Soup, chicken noodle, canned, condensed, prepared with water	24	24	0	0	0	0	0	0	0.009	0.030
ARSENIC	156	Soup, tomato, canned, condensed, prepared with water	24	23	0	0.002	0.008	0	0	0.039	0.009	0.030
ARSENIC	157	Soup, vegetable beef, canned, condensed, prepared with water	24	24	0	0	0	0	0	0	0.009	0.030
ARSENIC	161	Dill cucumber pickles	24	24	0	0	0	0	0	0	0.010	0.040
ARSENIC	162	Margarine, regular (not lowfat), salted	24	24	0	0	0	0	0	0	0.020	0.040
ARSENIC	164	Butter, regular (not lowfat), salted	24	24	0	0	0	0	0	0	0.020	0.040
ARSENIC	166	Mayonnaise, regular, bottled	24	24	0	0	0	0	0	0	0.020	0.050
ARSENIC	167	Cream, half & half	24	24	0	0	0	0	0	0	0.010	0.040

Element	TDS Food No.	TDS Food Name	N of Analyses	N of Non-detects*	N of Trace	Mean (mg/kg)	Std Dev (mg/kg)	Median (mg/kg)	Min (mg/kg)	Max (mg/kg)	LOD (mg/kg)	LOQ (mg/kg)
ARSENIC	168	Cream substitute, non-dairy, liquid/frozen	24	24	0	0	0	0	0	0	0.010	0.040
ARSENIC	169	Sugar, white, granulated	24	24	0	0	0	0	0	0	0.020	0.040
ARSENIC	170	Syrup, pancake	24	24	0	0	0	0	0	0	0.020	0.040
ARSENIC	172	Honey	24	24	0	0	0	0	0	0	0.020	0.040
ARSENIC	173	Tomato catsup	24	24	0	0	0	0	0	0	0.009	0.030
ARSENIC	177	Ice cream, light, vanilla	24	24	0	0	0	0	0	0	0.010	0.040
ARSENIC	178	Cake, chocolate with icing	24	23	0	0.006	0.032	0	0	0.155	0.020	0.050
ARSENIC	182	Sweet roll/Danish pastry	24	24	0	0	0	0	0	0	0.020	0.050
ARSENIC	183	Chocolate chip cookies	24	23	1	0.001	0.004	0	0	0.021	0.020	0.040
ARSENIC	184	Sandwich cookies with creme filling	24	24	0	0	0	0	0	0	0.020	0.040
ARSENIC	185	Pie, apple, fresh/frozen	24	24	0	0	0	0	0	0	0.020	0.040
ARSENIC	186	Pie, pumpkin, fresh/frozen	24	24	0	0	0	0	0	0	0.020	0.040
ARSENIC	187	Candy bar, milk chocolate, plain	24	24	0	0	0	0	0	0	0.020	0.040
ARSENIC	190	Gelatin dessert, any flavor	24	23	1	0	0.002	0	0	0.011	0.010	0.040
ARSENIC	191	Carbonated beverage, cola, regular	24	24	0	0	0	0	0	0	0.009	0.030
ARSENIC	193	Fruit drink, from powder	24	24	0	0	0	0	0	0	0.008	0.030
ARSENIC	194	Carbonated beverage, cola, low-calorie	24	24	0	0	0	0	0	0	0.008	0.030
ARSENIC	197	Tea, from tea bag	24	24	0	0	0	0	0	0	0.004	0.020
ARSENIC	198	Beer	24	24	0	0	0	0	0	0	0.007	0.030
ARSENIC	199	Wine, dry table, red/white	24	6	18	0.008	0.006	0.007	0	0.018	0.006	0.020
ARSENIC	202	BF, Infant formula, milk-based, iron fortified, RTF (formerly high iron)	24	24	0	0	0	0	0	0	0.010	0.040
ARSENIC	203	BF, Infant formula, milk-based, low iron, RTF	10	10	0	0	0	0	0	0	0.010	0.040
ARSENIC	205	BF, beef and broth/gravy	24	23	1	0	0.002	0	0	0.010	0.010	0.040
ARSENIC	207	BF, chicken and broth/gravy	24	24	0	0	0	0	0	0	0.010	0.040
ARSENIC	211	BF, vegetables and beef	24	23	1	0	0.002	0	0	0.010	0.010	0.040
ARSENIC	212	BF, vegetables and chicken	24	24	0	0	0	0	0	0	0.010	0.040
ARSENIC	213	BF, vegetables and ham	4	4	0	0	0	0	0	0	0.010	0.040
ARSENIC	214	BF, chicken noodle dinner	24	22	2	0.001	0.003	0	0	0.011	0.010	0.040

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ARSENIC	215	BF, macaroni, tomato and beef	24	19	5	0.003	0.005	0	0	0.014	0.010	0.040
ARSENIC	216	BF, turkey and rice	24	24	0	0	0	0	0	0	0.010	0.040
ARSENIC	218	BF, carrots	24	24	0	0	0	0	0	0	0.010	0.040
ARSENIC	219	BF, green beans	24	24	0	0	0	0	0	0	0.010	0.040
ARSENIC	220	BF, mixed vegetables	24	24	0	0	0	0	0	0	0.010	0.040
ARSENIC	221	BF, sweet potatoes	24	24	0	0	0	0	0	0	0.010	0.040
ARSENIC	223	BF, peas	24	24	0	0	0	0	0	0	0.010	0.040
ARSENIC	225	BF, applesauce	24	24	0	0	0	0	0	0	0.010	0.040
ARSENIC	226	BF, peaches	24	22	2	0.001	0.003	0	0	0.010	0.010	0.040
ARSENIC	227	BF, pears	24	24	0	0	0	0	0	0	0.010	0.040
ARSENIC	230	BF, juice, apple	24	15	7	0.012	0.022	0	0	0.086	0.010	0.040
ARSENIC	232	BF, custard/pudding	23	18	5	0.003	0.005	0	0	0.013	0.010	0.040
ARSENIC	233	BF, fruit dessert/pudding	22	12	10	0.008	0.010	0	0	0.028	0.010	0.040
ARSENIC	235	Yogurt, lowfat, fruit-flavored	24	24	0	0	0	0	0	0	0.010	0.040
ARSENIC	236	Cheese, Swiss, natural	24	24	0	0	0	0	0	0	0.020	0.050
ARSENIC	237	Cream cheese	24	24	0	0	0	0	0	0	0.020	0.050
ARSENIC	239	Luncheon meat, ham	24	24	0	0	0	0	0	0	0.010	0.040
ARSENIC	240	Chicken breast, oven-roasted (skin removed)	24	17	7	0.005	0.008	0	0	0.023	0.010	0.040
ARSENIC	241	Chicken nuggets, fast-food	24	24	0	0	0	0	0	0	0.010	0.040
ARSENIC	244	Shrimp, boiled	24	1	0	0.327	0.308	0.240	0	1.396	0.020	0.040
ARSENIC	248	Bread, multigrain (formerly cracked wheat)	24	14	10	0.005	0.006	0	0	0.015	0.010	0.040
ARSENIC	249	Bagel, plain, toasted	24	24	0	0	0	0	0	0	0.020	0.050
ARSENIC	250	English muffin, plain, toasted	24	24	0	0	0	0	0	0	0.020	0.040
ARSENIC	251	Crackers, graham	24	20	4	0.002	0.005	0	0	0.015	0.010	0.040
ARSENIC	252	Crackers, butter-type	24	23	1	0	0.002	0	0	0.010	0.010	0.040
ARSENIC	254	Peach, canned in light/medium syrup	24	23	1	0.001	0.003	0	0	0.014	0.010	0.040
ARSENIC	255	Pear, canned in light syrup	24	23	1	0.001	0.003	0	0	0.015	0.010	0.040
ARSENIC	256	Pineapple juice, frozen concentrate, reconstituted	24	24	0	0	0	0	0	0	0.008	0.030



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ARSENIC	257	Grape juice, frozen concentrate, reconstituted	24	7	17	0.010	0.007	0.012	0	0.023	0.008	0.030
ARSENIC	258	French fries, fast-food	24	24	0	0	0	0	0	0	0.020	0.040
ARSENIC	259	Carrot, fresh, peeled, boiled	24	24	0	0	0	0	0	0	0.010	0.040
ARSENIC	261	Tomato juice, bottled	24	24	0	0	0	0	0	0	0.010	0.040
ARSENIC	263	Brussels sprouts, fresh/frozen, boiled	24	24	0	0	0	0	0	0	0.010	0.040
ARSENIC	264	Mushrooms, raw	24	0	10	0.057	0.039	0.048	0.012	0.137	0.010	0.040
ARSENIC	265	Eggplant, fresh, peeled, boiled	24	23	1	0	0.002	0	0	0.011	0.010	0.040
ARSENIC	266	Turnip, fresh/frozen, boiled	24	24	0	0	0	0	0	0	0.010	0.040
ARSENIC	267	Okra, fresh/frozen, boiled	24	21	3	0.001	0.004	0	0	0.011	0.010	0.040
ARSENIC	268	Mixed vegetables, frozen, boiled	24	24	0	0	0	0	0	0	0.010	0.040
ARSENIC	269	Beef stroganoff with noodles, homemade	24	12	12	0.008	0.009	0.006	0	0.026	0.010	0.040
ARSENIC	272	Tuna noodle casserole, homemade	24	0	0	0.149	0.064	0.132	0.078	0.321	0.020	0.040
ARSENIC	275	Quarter-pound cheeseburger on bun, fast-food	24	24	0	0	0	0	0	0	0.010	0.040
ARSENIC	276	Fish sandwich on bun, fast-food	24	3	0	0.440	0.227	0.512	0	0.745	0.020	0.040
ARSENIC	278	Egg, cheese, and ham on English muffin, fast-food	24	23	1	0.001	0.004	0	0	0.020	0.010	0.040
ARSENIC	279	Taco/tostada with beef and cheese, from Mexican carry-out	24	24	0	0	0	0	0	0	0.010	0.040
ARSENIC	281	Pizza, cheese and pepperoni, regular crust, from pizza carry-out	24	24	0	0	0	0	0	0	0.020	0.040
ARSENIC	283	Soup, bean with bacon/pork, canned, condensed, prepared with water	24	24	0	0	0	0	0	0	0.010	0.040
ARSENIC	285	Clam chowder, New England, canned, condensed, prepared with whole milk	24	1	0	0.132	0.043	0.143	0	0.198	0.020	0.040
ARSENIC	286	Ice cream, regular (not lowfat), vanilla	24	24	0	0	0	0	0	0	0.010	0.040
ARSENIC	287	Sherbet, fruit-flavored	24	24	0	0	0	0	0	0	0.010	0.040

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ARSENIC	288	Popsicle, fruit-flavored	24	23	1	0	0.002	0	0	0.010	0.010	0.040
ARSENIC	290	Doughnut, cake-type, any flavor, from donut store	24	24	0	0	0	0	0	0	0.020	0.040
ARSENIC	291	Brownie	24	23	0	0.002	0.009	0	0	0.044	0.020	0.040
ARSENIC	292	Sugar cookies	24	24	0	0	0	0	0	0	0.020	0.040
ARSENIC	293	Candy, hard, any flavor	24	24	0	0	0	0	0	0	0.020	0.040
ARSENIC	294	Pretzels, hard, salted	24	24	0	0	0	0	0	0	0.020	0.040
ARSENIC	295	Syrup, chocolate	24	24	0	0	0	0	0	0	0.020	0.040
ARSENIC	296	Jelly, any flavor	24	24	0	0	0	0	0	0	0.020	0.040
ARSENIC	298	Mustard, yellow, plain	24	24	0	0	0	0	0	0	0.010	0.040
ARSENIC	299	Black olives	24	24	0	0	0	0	0	0	0.010	0.040
ARSENIC	300	Sour cream	24	24	0	0	0	0	0	0	0.010	0.040
ARSENIC	305	Coffee, from ground	24	24	0	0	0	0	0	0	0.008	0.030
ARSENIC	306	Carbonated beverage, fruit-flavored, regular	24	24	0	0	0	0	0	0	0.008	0.030
ARSENIC	307	Fruit drink (10% juice), canned or bottled	24	24	0	0	0	0	0	0	0.008	0.030
ARSENIC	309	BF, Infant formula, soy-based, RTF	24	24	0	0	0	0	0	0	0.010	0.040
ARSENIC	313	BF, bananas	24	24	0	0	0	0	0	0	0.010	0.040
ARSENIC	317	BF, teething biscuits	23	12	10	0.009	0.013	0	0	0.054	0.010	0.040
ARSENIC	318	Salmon, steaks/fillets, baked	24	1	0	0.305	0.088	0.297	0	0.436	0.020	0.040
ARSENIC	320	BF, squash	24	23	1	0.001	0.003	0	0	0.013	0.010	0.040
ARSENIC	323	BF, cereal, oatmeal, dry, prepared with water	24	23	1	0	0.002	0	0	0.012	0.010	0.040
ARSENIC	324	BF, cereal, rice, dry, prepared with water	24	0	10	0.043	0.012	0.041	0.020	0.066	0.010	0.040
ARSENIC	325	BF, cereal, rice with apples, dry, prepared with water	13	0	9	0.034	0.012	0.034	0.011	0.052	0.010	0.040
ARSENIC	326	BF, veal and broth/gravy	17	17	0	0	0	0	0	0	0.010	0.040
ARSENIC	327	BF, lamb and broth/gravy	17	17	0	0	0	0	0	0	0.010	0.040
ARSENIC	328	BF, turkey and broth/gravy	24	24	0	0	0	0	0	0	0.010	0.040

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ARSENIC	331	Meal replacement, liquid RTD, any flavor	24	24	0	0	0	0	0	0	0.010	0.040
ARSENIC	332	Cottage cheese, creamed, lowfat (2% milk fat)	24	24	0	0	0	0	0	0	0.010	0.040
ARSENIC	333	Sour cream dip, any flavor	24	24	0	0	0	0	0	0	0.010	0.040
ARSENIC	334	Beef steak, loin/sirloin, broiled	24	21	3	0.002	0.004	0	0	0.014	0.010	0.040
ARSENIC	335	Luncheon meat (chicken/turkey)	24	18	6	0.004	0.007	0	0	0.021	0.010	0.040
ARSENIC	336	Chicken breast, fried, fast-food (with skin)	24	4	20	0.015	0.009	0.015	0	0.033	0.010	0.040
ARSENIC	337	Chicken thigh, oven-roasted (skin removed)	24	14	10	0.006	0.007	0	0	0.018	0.010	0.040
ARSENIC	338	Chicken leg, fried, fast-food (with skin)	24	4	19	0.016	0.011	0.015	0	0.044	0.010	0.040
ARSENIC	339	Catfish, pan-cooked with oil	24	15	8	0.009	0.014	0	0	0.051	0.012	0.040
ARSENIC	340	Tuna, canned in water, drained	24	0	0	1.077	0.416	0.964	0.378	1.875	0.012	0.040
ARSENIC	341	Refried beans, canned	24	23	1	0.001	0.005	0	0	0.025	0.012	0.040
ARSENIC	342	White beans, dry, boiled	24	24	0	0	0	0	0	0	0.010	0.040
ARSENIC	343	Sunflower seeds (shelled), roasted, salted	24	23	1	0.001	0.007	0	0	0.033	0.013	0.050
ARSENIC	344	Pancakes, frozen, heated	24	24	0	0	0	0	0	0	0.010	0.040
ARSENIC	345	Breakfast tart/toaster pastry	24	24	0	0	0	0	0	0	0.012	0.040
ARSENIC	346	Macaroni salad, from grocery/deli	24	24	0	0	0	0	0	0	0.013	0.050
ARSENIC	347	Spaghetti, enriched, boiled	24	24	0	0	0	0	0	0	0.010	0.040
ARSENIC	348	Apricots, canned in heavy/light syrup	24	24	0	0	0	0	0	0	0.008	0.030
ARSENIC	350	canned/bottled	24	16	8	0.004	0.006	0	0	0.015	0.008	0.030
ARSENIC	351	Cranberry juice cocktail, canned/bottled	23	19	4	0.002	0.005	0	0	0.016	0.008	0.030
ARSENIC	352	Orange juice, bottled/carton	24	24	0	0	0	0	0	0	0.008	0.030
ARSENIC	353	Potato salad, mayonnaise-type, from grocery/deli	24	24	0	0	0	0	0	0	0.013	0.050

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ARSENIC	354	Potatoes, mashed, prepared from fresh	24	24	0	0	0	0	0	0	0.009	0.030
ARSENIC	355	Coleslaw, mayonnaise-type, from grocery/deli	24	24	0	0	0	0	0	0	0.013	0.050
ARSENIC	356	Carrot, baby, raw	24	24	0	0	0	0	0	0	0.010	0.040
ARSENIC	357	Lettuce, leaf, raw	24	20	4	0.002	0.006	0	0	0.027	0.008	0.030
ARSENIC	358	Sweet potatoes, canned	24	23	1	0	0.002	0	0	0.011	0.010	0.040
ARSENIC	359	Tomato salsa, bottled	24	24	0	0	0	0	0	0	0.009	0.030
ARSENIC	360	Stew, beef and vegetable, canned	23	23	0	0	0	0	0	0	0.010	0.040
ARSENIC	361	Lasagna with meat, frozen, heated	24	23	1	0.001	0.006	0	0	0.028	0.010	0.040
ARSENIC	362	Beef with vegetables in sauce, from Chinese carry-out	24	18	6	0.004	0.008	0	0	0.024	0.010	0.040
ARSENIC	363	Chicken with vegetables in sauce, from Chinese carry-out	24	16	8	0.006	0.009	0	0	0.030	0.010	0.040
ARSENIC	364	Fried rice, meatless, from Chinese carry-out	24	0	1	0.066	0.017	0.063	0.038	0.104	0.010	0.040
ARSENIC	365	Burrito with beef, beans and cheese, from Mexican carry-out	24	23	1	0	0.002	0	0	0.010	0.010	0.040
ARSENIC	366	Chicken filet (broiled) sandwich on bun, fast-food	24	23	1	0.001	0.006	0	0	0.029	0.010	0.040
ARSENIC	367	Soup, Oriental noodles (ramen noodles), prepared with water	24	24	0	0	0	0	0	0	0.010	0.040
ARSENIC	368	Pudding, ready-to-eat, flavor other than chocolate	24	24	0	0	0	0	0	0	0.010	0.040
ARSENIC	369	Cake, white with icing (formerly yellow cake)	24	24	0	0	0	0	0	0	0.012	0.040
ARSENIC	370	Granola bar, with raisins	24	0	20	0.035	0.007	0.035	0.020	0.058	0.012	0.040
ARSENIC	371	Candy bar, chocolate, nougat, and nuts	24	23	1	0	0.002	0	0	0.012	0.012	0.040
ARSENIC	372	Popcorn, microwave, butter-flavored	24	24	0	0	0	0	0	0	0.013	0.050
ARSENIC	373	Sweet & sour sauce	24	24	0	0	0	0	0	0	0.010	0.040

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ARSENIC	374	Brown gravy, canned or bottled	24	24	0	0	0	0	0	0	0.010	0.040
ARSENIC	375	Salad dressing, creamy/buttermilk type, regular	24	24	0	0	0	0	0	0	0.012	0.040
ARSENIC	376	Salad dressing, creamy/buttermilk type, low-calorie	24	24	0	0	0	0	0	0	0.012	0.040
ARSENIC	377	Salad dressing, Italian, regular	24	24	0	0	0	0	0	0	0.012	0.040
ARSENIC	378	Olive oil	24	24	0	0	0	0	0	0	0.012	0.040
ARSENIC	379	Vegetable oil	24	24	0	0	0	0	0	0	0.012	0.040
ARSENIC	380	Bottled drinking water (mineral/spring), not carbonated or flavored	24	24	0	0	0	0	0	0	0.002	0.010
ARSENIC	381	Coffee, decaffeinated, from ground	24	24	0	0	0	0	0	0	0.004	0.020
ARSENIC	382	Tea, decaffeinated, from tea bag	24	24	0	0	0	0	0	0	0.004	0.020

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CADMIUM	1	Milk, whole, fluid	24	22	2	0	0.001	0	0	0.002	0.002	0.005
CADMIUM	2	Milk, lowfat (2%), fluid	24	23	1	0	0.001	0	0	0.004	0.002	0.005
CADMIUM	3	Milk, chocolate, lowfat, fluid	24	8	15	0.002	0.001	0.002	0	0.005	0.002	0.005
CADMIUM	4	Milk, skim, fluid	24	24	0	0	0	0	0	0	0.001	0.004
CADMIUM	7	Milk shake, chocolate, fast-food	24	13	10	0.001	0.002	0	0	0.007	0.002	0.005
CADMIUM	10	Cheese, American, processed	24	23	0	0.001	0.003	0	0	0.013	0.003	0.010
CADMIUM	12	Cheese, cheddar, natural (sharp/mild)	24	24	0	0	0	0	0	0	0.003	0.010
CADMIUM	13	Beef, ground, regular, pan-cooked	24	24	0	0	0	0	0	0	0.002	0.007
CADMIUM	14	Beef roast, chuck, oven-roasted	24	24	0	0	0	0	0	0	0.002	0.007
CADMIUM	17	Ham, cured (not canned), baked	24	21	3	0.001	0.001	0	0	0.005	0.003	0.010
CADMIUM	18	Pork chop, pan-cooked with oil	24	21	3	0	0.001	0	0	0.003	0.002	0.007
CADMIUM	19	Pork sausage (link/patty), oven-cooked	24	24	0	0	0	0	0	0	0.003	0.010
CADMIUM	20	Pork bacon, oven-cooked	24	15	7	0.002	0.003	0	0	0.011	0.003	0.010
CADMIUM	21	Pork roast, loin, oven-roasted	24	24	0	0	0	0	0	0	0.002	0.007
CADMIUM	22	Lamb chop, pan-cooked with oil	24	23	1	0	0	0	0	0.002	0.002	0.007
CADMIUM	26	Turkey breast, oven-roasted	24	24	0	0	0	0	0	0	0.002	0.005
CADMIUM	27	Liver (beef/calf), pan-cooked with oil	24	0	0	0.059	0.040	0.045	0.021	0.171	0.003	0.010
CADMIUM	28	Frankfurter (beef/pork), boiled	24	10	13	0.003	0.003	0.003	0	0.012	0.003	0.010
CADMIUM	29	Bologna (beef/pork)	24	5	19	0.004	0.002	0.004	0	0.008	0.003	0.010
CADMIUM	30	Salami, luncheon-meat type (not hard)	24	12	12	0.002	0.003	0.002	0	0.009	0.003	0.010
CADMIUM	34	Fish sticks or patty, frozen, oven-cooked	24	0	2	0.009	0.002	0.009	0.004	0.014	0.002	0.007
CADMIUM	35	Eggs, scrambled with oil	24	23	1	0	0.001	0	0	0.003	0.002	0.005
CADMIUM	37	Eggs, boiled	24	24	0	0	0	0	0	0	0.002	0.005
CADMIUM	38	Pinto beans, dry, boiled	24	4	20	0.002	0.001	0.003	0	0.004	0.002	0.005
CADMIUM	39	Pork and beans, canned	24	6	18	0.002	0.001	0.002	0	0.004	0.002	0.005
CADMIUM	42	Lima beans, immature, frozen, boiled	24	16	7	0.001	0.001	0	0	0.005	0.002	0.005
CADMIUM	46	Peas, green, fresh/frozen, boiled	24	7	14	0.003	0.002	0.003	0	0.007	0.002	0.005

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CADMIUM	47	Peanut butter, smooth/creamy	24	1	0	0.039	0.014	0.037	0	0.072	0.003	0.010
CADMIUM	48	Peanuts, dry roasted, salted	24	0	0	0.047	0.020	0.041	0.020	0.084	0.003	0.010
CADMIUM	50	Rice, white, enriched, cooked	24	1	4	0.006	0.002	0.006	0	0.010	0.002	0.005
CADMIUM	51	Oatmeal, plain, cooked	24	2	22	0.002	0.001	0.002	0	0.004	0.002	0.005
CADMIUM	52	Cream of wheat (farina), enriched, cooked	24	1	9	0.005	0.002	0.005	0	0.010	0.002	0.005
CADMIUM	53	Corn/hominy grits, enriched, cooked	24	23	1	0	0	0	0	0.002	0.002	0.005
CADMIUM	54	Corn, fresh/frozen, boiled	24	4	17	0.003	0.002	0.003	0	0.008	0.002	0.005
CADMIUM	55	Corn, canned	24	5	16	0.003	0.004	0.002	0	0.018	0.002	0.005
CADMIUM	58	Bread, white, enriched	24	1	0	0.018	0.006	0.019	0	0.029	0.002	0.007
CADMIUM	60	Cornbread, homemade	24	0	3	0.011	0.004	0.010	0.003	0.021	0.002	0.007
CADMIUM	61	Biscuits, refrigerated-type, baked	24	0	1	0.019	0.006	0.019	0.006	0.029	0.002	0.007
CADMIUM	62	Bread, whole wheat	24	0	0	0.024	0.005	0.023	0.019	0.042	0.002	0.007
CADMIUM	63	Tortilla, flour	24	0	0	0.019	0.005	0.020	0.009	0.028	0.002	0.007
CADMIUM	64	Bread, rye	24	1	1	0.015	0.006	0.015	0	0.029	0.002	0.007
CADMIUM	65	Muffin, blueberry	24	0	4	0.008	0.001	0.008	0.003	0.010	0.002	0.007
CADMIUM	66	Crackers, saltine	24	0	0	0.027	0.007	0.025	0.018	0.042	0.003	0.010
CADMIUM	67	Corn/tortilla chips	24	9	14	0.003	0.003	0.003	0	0.010	0.003	0.010
CADMIUM	69	Noodles, egg, enriched, boiled	24	0	0	0.033	0.008	0.033	0.012	0.052	0.002	0.005
CADMIUM	71	Corn flakes cereal	24	9	12	0.003	0.003	0.003	0	0.011	0.002	0.007
CADMIUM	72	Fruit-flavored cereal, presweetened	24	2	6	0.007	0.003	0.007	0	0.014	0.002	0.007
CADMIUM	73	Shredded wheat cereal	24	0	0	0.054	0.014	0.050	0.035	0.081	0.002	0.007
CADMIUM	74	Raisin bran cereal	24	0	0	0.039	0.009	0.039	0.023	0.057	0.002	0.007
CADMIUM	75	Crisped rice cereal	24	1	7	0.011	0.007	0.009	0	0.028	0.002	0.007
CADMIUM	76	Granola with raisins	24	0	0	0.017	0.004	0.016	0.012	0.027	0.002	0.007
CADMIUM	77	Oat ring cereal	24	0	0	0.013	0.003	0.013	0.008	0.021	0.002	0.007
CADMIUM	78	Apple (red), raw (with peel)	24	19	3	0.001	0.005	0	0	0.022	0.002	0.005
CADMIUM	79	Orange (navel/Valencia), raw	24	22	1	0	0.001	0	0	0.006	0.002	0.005
CADMIUM	80	Banana, raw	24	15	9	0.001	0.001	0	0	0.003	0.002	0.005
CADMIUM	81	Watermelon, raw/frozen	24	5	16	0.002	0.001	0.002	0	0.005	0.001	0.004
CADMIUM	83	Peach, raw/frozen	24	7	13	0.002	0.002	0.002	0	0.006	0.002	0.005

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CADMIUM	84	Applesauce, bottled	24	23	0	0	0.002	0	0	0.008	0.002	0.005
CADMIUM	85	Pear, raw (with peel)	24	13	10	0.001	0.002	0	0	0.006	0.002	0.005
CADMIUM	86	Strawberries, raw/frozen	24	0	2	0.015	0.009	0.013	0.003	0.044	0.001	0.004
CADMIUM	87	Fruit cocktail, canned in light syrup	24	11	11	0.002	0.002	0.002	0	0.007	0.002	0.005
CADMIUM	88	Grapes (red/green), raw	24	12	12	0.001	0.001	0.001	0	0.003	0.001	0.004
CADMIUM	89	Cantaloupe, raw/frozen	24	0	2	0.008	0.003	0.008	0.002	0.016	0.001	0.004
CADMIUM	92	Grapefruit, raw	24	19	5	0	0.001	0	0	0.003	0.001	0.004
CADMIUM	93	Pineapple, canned in juice	24	4	13	0.003	0.003	0.003	0	0.011	0.001	0.004
CADMIUM	95	Raisins	24	21	3	0	0.001	0	0	0.003	0.002	0.007
CADMIUM	97	Avocado, raw	24	1	15	0.013	0.013	0.007	0	0.054	0.003	0.010
CADMIUM	98	Orange juice, frozen concentrate, reconstituted	24	18	6	0	0.001	0	0	0.002	0.001	0.003
CADMIUM	99	Apple juice, bottled	24	17	6	0	0.001	0	0	0.003	0.001	0.003
CADMIUM	100	Grapefruit juice, bottled	23	21	2	0	0	0	0	0.002	0.001	0.003
CADMIUM	103	Prune juice, bottled	24	21	3	0	0	0	0	0.002	0.001	0.004
CADMIUM	105	Lemonade, frozen concentrate, reconstituted	24	19	5	0	0.001	0	0	0.002	0.001	0.003
CADMIUM	107	Spinach, fresh/frozen, boiled	24	0	0	0.196	0.255	0.122	0.038	1.088	0.002	0.005
CADMIUM	108	Collards, fresh/frozen, boiled	24	0	0	0.034	0.022	0.028	0.010	0.091	0.002	0.005
CADMIUM	109	Lettuce, iceberg, raw	24	0	0	0.057	0.038	0.042	0.016	0.157	0.001	0.004
CADMIUM	110	Cabbage, fresh, boiled	24	0	9	0.004	0.002	0.004	0.002	0.009	0.001	0.004
CADMIUM	113	Broccoli, fresh/frozen, boiled	24	0	2	0.009	0.004	0.008	0.004	0.019	0.002	0.005
CADMIUM	114	Celery, raw	24	0	1	0.035	0.020	0.033	0.002	0.085	0.001	0.004
CADMIUM	115	Asparagus, fresh/frozen, boiled	24	1	5	0.019	0.015	0.015	0	0.060	0.002	0.005
CADMIUM	116	Cauliflower, fresh/frozen, boiled	24	0	4	0.009	0.006	0.009	0.002	0.030	0.002	0.005
CADMIUM	117	Tomato, raw	24	2	4	0.008	0.007	0.007	0	0.029	0.001	0.004
CADMIUM	119	Tomato sauce, plain, bottled	24	0	0	0.023	0.006	0.022	0.014	0.043	0.002	0.007
CADMIUM	121	Green beans, fresh/frozen, boiled	24	18	4	0.001	0.002	0	0	0.006	0.002	0.005
CADMIUM	122	Green beans, canned	24	13	11	0.001	0.001	0	0	0.004	0.002	0.005
CADMIUM	123	Cucumber, peeled, raw	24	2	16	0.002	0.002	0.002	0	0.006	0.001	0.004



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CADMIUM	124	Summer squash, fresh/frozen, boiled	24	12	10	0.002	0.002	0.001	0	0.011	0.002	0.005
CADMIUM	125	Pepper, sweet, green, raw	24	0	4	0.014	0.011	0.012	0.003	0.045	0.002	0.005
CADMIUM	126	Squash, winter (Hubbard/acorn), fresh/frozen, boiled	23	2	15	0.005	0.006	0.003	0	0.030	0.002	0.005
CADMIUM	128	Onion, mature, raw	24	1	1	0.014	0.010	0.011	0	0.054	0.002	0.005
CADMIUM	131	Beets, canned	24	1	0	0.019	0.011	0.019	0	0.057	0.002	0.005
CADMIUM	136	Potato, boiled (without peel)	24	0	0	0.021	0.008	0.019	0.010	0.039	0.002	0.005
CADMIUM	137	Potato, baked (with peel)	24	1	0	0.032	0.014	0.032	0	0.065	0.002	0.005
CADMIUM	138	Potato chips	24	0	0	0.055	0.027	0.052	0.019	0.145	0.003	0.010
CADMIUM	142	Spaghetti with meat sauce, homemade	24	1	0	0.022	0.006	0.023	0	0.036	0.002	0.005
CADMIUM	145	Chili con carne with beans, canned	24	0	14	0.009	0.015	0.006	0.003	0.077	0.002	0.007
CADMIUM	146	Macaroni and cheese, prepared from box mix	24	0	4	0.012	0.005	0.012	0.005	0.019	0.002	0.007
CADMIUM	147	Quarter-pound hamburger on bun, fast-food	24	1	0	0.014	0.005	0.014	0	0.023	0.002	0.007
CADMIUM	148	Meatloaf, beef, homemade	24	17	5	0.002	0.004	0	0	0.016	0.002	0.007
CADMIUM	152	Chicken potpie, frozen, heated	24	2	4	0.007	0.003	0.008	0	0.013	0.002	0.007
CADMIUM	155	Soup, chicken noodle, canned, condensed, prepared with water	24	1	18	0.004	0.002	0.004	0	0.010	0.002	0.005
CADMIUM	156	Soup, tomato, canned, condensed, prepared with water	24	0	1	0.007	0.001	0.007	0.004	0.009	0.002	0.005
CADMIUM	157	Soup, vegetable beef, canned, condensed, prepared with water	24	1	8	0.005	0.002	0.005	0	0.011	0.002	0.005
CADMIUM	161	Dill cucumber pickles	24	9	15	0.002	0.002	0.003	0	0.005	0.002	0.007
CADMIUM	162	Margarine, regular (not lowfat), salted	24	18	6	0.002	0.003	0	0	0.010	0.004	0.012
CADMIUM	164	Butter, regular (not lowfat), salted	24	19	5	0.001	0.002	0	0	0.005	0.004	0.012
CADMIUM	166	Mayonnaise, regular, bottled	24	21	3	0.001	0.002	0	0	0.006	0.004	0.012
CADMIUM	167	Cream, half & half	24	21	3	0	0.001	0	0	0.005	0.003	0.010

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CADMIUM	168	Cream substitute, non-dairy, liquid/frozen	24	18	5	0.005	0.022	0	0	0.106	0.002	0.007
CADMIUM	169	Sugar, white, granulated	24	21	2	0.002	0.009	0	0	0.042	0.004	0.012
CADMIUM	170	Syrup, pancake	24	11	11	0.002	0.003	0.003	0	0.010	0.002	0.007
CADMIUM	172	Honey	24	19	5	0.001	0.001	0	0	0.006	0.002	0.007
CADMIUM	173	Tomato catsup	24	1	0	0.014	0.004	0.014	0	0.023	0.002	0.007
CADMIUM	177	Ice cream, light, vanilla	24	20	3	0	0.001	0	0	0.006	0.002	0.005
CADMIUM	178	Cake, chocolate with icing	24	1	0	0.014	0.006	0.014	0	0.029	0.002	0.005
CADMIUM	182	Sweet roll/Danish pastry	24	1	0	0.012	0.004	0.012	0	0.020	0.002	0.005
CADMIUM	183	Chocolate chip cookies	24	2	0	0.022	0.011	0.022	0	0.042	0.002	0.005
CADMIUM	184	Sandwich cookies with creme filling	24	0	1	0.019	0.007	0.019	0.004	0.035	0.002	0.005
CADMIUM	185	Pie, apple, fresh/frozen	24	0	23	0.005	0.001	0.005	0.002	0.007	0.002	0.007
CADMIUM	186	Pie, pumpkin, fresh/frozen	24	1	14	0.006	0.002	0.006	0	0.009	0.002	0.007
CADMIUM	187	Candy bar, milk chocolate, plain	24	0	0	0.024	0.007	0.022	0.017	0.040	0.002	0.007
CADMIUM	190	Gelatin dessert, any flavor	24	24	0	0	0	0	0	0	0.002	0.005
CADMIUM	191	Carbonated beverage, cola, regular	24	23	1	0	0	0	0	0.002	0.001	0.003
CADMIUM	193	Fruit drink, from powder	24	24	0	0	0	0	0	0	0.001	0.003
CADMIUM	194	Carbonated beverage, cola, low-calorie	24	23	1	0	0	0	0	0.001	0.001	0.003
CADMIUM	197	Tea, from tea bag	24	21	3	0	0	0	0	0.002	0.001	0.003
CADMIUM	198	Beer	24	20	3	0	0.001	0	0	0.003	0.001	0.003
CADMIUM	199	Wine, dry table, red/white	24	12	12	0.001	0.001	0.001	0	0.001	0.001	0.003
CADMIUM	202	BF, Infant formula, milk-based, iron fortified, RTF (formerly high iron)	24	21	2	0	0.001	0	0	0.005	0.001	0.004
CADMIUM	203	BF, Infant formula, milk-based, low iron, RTF	10	7	3	0	0.001	0	0	0.002	0.001	0.004
CADMIUM	205	BF, beef and broth/gravy	24	22	2	0	0.001	0	0	0.002	0.002	0.005
CADMIUM	207	BF, chicken and broth/gravy	24	18	6	0.001	0.001	0	0	0.003	0.002	0.005
CADMIUM	211	BF, vegetables and beef	24	1	0	0.012	0.005	0.012	0	0.024	0.002	0.005
CADMIUM	212	BF, vegetables and chicken	24	0	0	0.014	0.004	0.015	0.005	0.023	0.002	0.005
CADMIUM	213	BF, vegetables and ham	4	0	0	0.010	0.005	0.010	0.005	0.015	0.002	0.005
CADMIUM	214	BF, chicken noodle dinner	24	0	0	0.017	0.012	0.015	0.008	0.070	0.002	0.005

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CADMIUM	215	BF, macaroni, tomato and beef	24	0	0	0.013	0.004	0.013	0.006	0.019	0.002	0.005
CADMIUM	216	BF, turkey and rice	24	2	1	0.008	0.008	0.006	0	0.044	0.002	0.005
CADMIUM	218	BF, carrots	24	1	0	0.019	0.013	0.016	0	0.059	0.002	0.005
CADMIUM	219	BF, green beans	24	16	8	0.001	0.001	0	0	0.003	0.002	0.005
CADMIUM	220	BF, mixed vegetables	24	0	1	0.013	0.008	0.011	0.003	0.039	0.002	0.005
CADMIUM	221	BF, sweet potatoes	24	1	8	0.005	0.002	0.005	0	0.008	0.002	0.005
CADMIUM	223	BF, peas	24	7	14	0.002	0.002	0.002	0	0.005	0.002	0.005
CADMIUM	225	BF, applesauce	24	20	3	0	0.001	0	0	0.005	0.002	0.005
CADMIUM	226	BF, peaches	24	3	18	0.003	0.002	0.003	0	0.006	0.002	0.005
CADMIUM	227	BF, pears	24	8	16	0.002	0.002	0.002	0	0.004	0.002	0.005
CADMIUM	230	BF, juice, apple	24	19	5	0	0.001	0	0	0.002	0.001	0.003
CADMIUM	232	BF, custard/pudding	23	17	5	0.001	0.001	0	0	0.005	0.002	0.005
CADMIUM	233	BF, fruit dessert/pudding	22	13	9	0.001	0.001	0	0	0.003	0.002	0.005
CADMIUM	235	Yogurt, lowfat, fruit-flavored	24	22	1	0	0.001	0	0	0.005	0.002	0.005
CADMIUM	236	Cheese, Swiss, natural	24	23	0	0	0.002	0	0	0.009	0.002	0.007
CADMIUM	237	Cream cheese	24	22	2	0	0.001	0	0	0.005	0.002	0.007
CADMIUM	239	Luncheon meat, ham	24	21	3	0	0.001	0	0	0.004	0.003	0.010
CADMIUM	240	Chicken breast, oven-roasted (skin removed)	24	22	2	0	0.001	0	0	0.006	0.002	0.007
CADMIUM	241	Chicken nuggets, fast-food	24	2	9	0.006	0.003	0.007	0	0.010	0.002	0.007
CADMIUM	244	Shrimp, boiled	24	11	8	0.004	0.006	0.002	0	0.020	0.002	0.007
CADMIUM	248	Bread, multigrain (formerly cracked wheat)	24	1	0	0.021	0.006	0.021	0	0.031	0.002	0.007
CADMIUM	249	Bagel, plain, toasted	24	1	0	0.016	0.005	0.017	0	0.024	0.002	0.007
CADMIUM	250	English muffin, plain, toasted	24	0	0	0.018	0.004	0.018	0.010	0.025	0.002	0.007
CADMIUM	251	Crackers, graham	24	0	0	0.031	0.012	0.028	0.015	0.068	0.002	0.007
CADMIUM	252	Crackers, butter-type	24	0	0	0.026	0.009	0.025	0.008	0.045	0.002	0.007
CADMIUM	254	Peach, canned in light/medium syrup	24	19	4	0.001	0.002	0	0	0.006	0.002	0.005
CADMIUM	255	Pear, canned in light syrup	24	21	3	0	0.001	0	0	0.003	0.002	0.005
CADMIUM	256	Pineapple juice, frozen concentrate, reconstituted	24	1	10	0.003	0.002	0.003	0	0.007	0.001	0.003

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CADMIUM	257	Grape juice, frozen concentrate, reconstituted	24	9	11	0.001	0.001	0.001	0	0.003	0.001	0.003
CADMIUM	258	French fries, fast-food	24	0	0	0.042	0.014	0.040	0.022	0.072	0.003	0.010
CADMIUM	259	Carrot, fresh, peeled, boiled	24	0	1	0.019	0.015	0.015	0.002	0.062	0.002	0.005
CADMIUM	261	Tomato juice, bottled	24	1	0	0.011	0.003	0.011	0	0.015	0.001	0.004
CADMIUM	263	Brussels sprouts, fresh/frozen, boiled	24	0	4	0.006	0.002	0.006	0.002	0.011	0.002	0.005
CADMIUM	264	Mushrooms, raw	24	0	13	0.006	0.008	0.004	0.002	0.040	0.002	0.005
CADMIUM	265	Eggplant, fresh, peeled, boiled	24	0	5	0.011	0.007	0.011	0.002	0.028	0.002	0.005
CADMIUM	266	Turnip, fresh/frozen, boiled	24	0	1	0.016	0.007	0.016	0.003	0.039	0.002	0.005
CADMIUM	267	Okra, fresh/frozen, boiled	24	0	0	0.015	0.006	0.014	0.008	0.029	0.002	0.005
CADMIUM	268	Mixed vegetables, frozen, boiled	24	1	6	0.006	0.003	0.006	0	0.017	0.002	0.005
CADMIUM	269	Beef stroganoff with noodles, homemade	24	0	0	0.019	0.005	0.018	0.012	0.036	0.002	0.005
CADMIUM	272	Tuna noodle casserole, homemade	24	0	1	0.015	0.003	0.015	0.003	0.019	0.002	0.005
CADMIUM	275	Quarter-pound cheeseburger on bun, fast-food	24	0	1	0.012	0.003	0.011	0.005	0.022	0.002	0.007
CADMIUM	276	Fish sandwich on bun, fast-food	24	0	2	0.011	0.003	0.011	0.005	0.017	0.002	0.007
CADMIUM	278	Egg, cheese, and ham on English muffin, fast-food	24	0	2	0.010	0.003	0.010	0.003	0.015	0.002	0.007
CADMIUM	279	Taco/tostada with beef and cheese, from Mexican carry-out	24	0	5	0.009	0.003	0.010	0.003	0.015	0.002	0.007
CADMIUM	281	Pizza, cheese and pepperoni, regular crust, from pizza carry-out	24	0	0	0.018	0.002	0.018	0.013	0.022	0.002	0.007
CADMIUM	283	Soup, bean with bacon/pork, canned, condensed, prepared with water	24	5	18	0.002	0.001	0.002	0	0.005	0.002	0.005
CADMIUM	285	Clam chowder, New England, canned, condensed, prepared with whole milk	24	0	1	0.015	0.005	0.014	0.004	0.025	0.002	0.005
CADMIUM	286	Ice cream, regular (not lowfat), vanilla	24	22	2	0	0.001	0	0	0.004	0.002	0.005
CADMIUM	287	Sherbet, fruit-flavored	24	24	0	0	0	0	0	0	0.001	0.004

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CADMIUM	288	Popsicle, fruit-flavored	24	22	2	0	0.001	0	0	0.003	0.002	0.007
CADMIUM	290	Doughnut, cake-type, any flavor, from donut store	24	0	0	0.013	0.004	0.013	0.005	0.020	0.002	0.005
CADMIUM	291	Brownie	24	0	0	0.017	0.005	0.017	0.009	0.030	0.002	0.005
CADMIUM	292	Sugar cookies	24	1	1	0.011	0.005	0.009	0	0.023	0.002	0.005
CADMIUM	293	Candy, hard, any flavor	24	23	1	0	0.001	0	0	0.006	0.003	0.010
CADMIUM	294	Pretzels, hard, salted	24	0	0	0.025	0.012	0.021	0.013	0.066	0.003	0.010
CADMIUM	295	Syrup, chocolate	24	1	0	0.023	0.010	0.025	0	0.040	0.002	0.005
CADMIUM	296	Jelly, any flavor	24	12	11	0.001	0.001	0.001	0	0.005	0.002	0.005
CADMIUM	298	Mustard, yellow, plain	24	1	0	0.029	0.008	0.031	0	0.037	0.002	0.005
CADMIUM	299	Black olives	24	14	9	0.001	0.002	0	0	0.008	0.002	0.005
CADMIUM	300	Sour cream	24	22	2	0	0.001	0	0	0.003	0.002	0.007
CADMIUM	305	Coffee, from ground	24	22	2	0	0	0	0	0.001	0.001	0.003
CADMIUM	306	Carbonated beverage, fruit-flavored, regular	24	24	0	0	0	0	0	0	0.001	0.003
CADMIUM	307	Fruit drink (10% juice), canned or bottled	24	18	4	0	0.001	0	0	0.004	0.001	0.003
CADMIUM	309	BF, Infant formula, soy-based, RTF	24	7	17	0.001	0.001	0.001	0	0.002	0.001	0.003
CADMIUM	313	BF, bananas	24	16	6	0.001	0.002	0	0	0.006	0.002	0.005
CADMIUM	317	BF, teething biscuits	23	1	0	0.018	0.011	0.014	0	0.049	0.002	0.007
CADMIUM	318	Salmon, steaks/fillets, baked	24	17	7	0.001	0.001	0	0	0.004	0.002	0.007
CADMIUM	320	BF, squash	24	9	12	0.002	0.002	0.002	0	0.010	0.002	0.005
CADMIUM	323	BF, cereal, oatmeal, dry, prepared with water	24	4	20	0.003	0.001	0.003	0	0.005	0.002	0.007
CADMIUM	324	BF, cereal, rice, dry, prepared with water	24	4	18	0.004	0.002	0.004	0	0.008	0.002	0.007
CADMIUM	325	BF, cereal, rice with apples, dry, prepared with water	13	1	11	0.004	0.002	0.003	0	0.008	0.002	0.007
CADMIUM	326	BF, veal and broth/gravy	17	17	0	0	0	0	0	0	0.002	0.005
CADMIUM	327	BF, lamb and broth/gravy	17	15	2	0	0.001	0	0	0.002	0.002	0.005
CADMIUM	328	BF, turkey and broth/gravy	24	20	4	0	0.001	0	0	0.003	0.002	0.005

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CADMIUM	331	Meal replacement, liquid RTD, any flavor	24	5	17	0.001	0.001	0.002	0	0.004	0.001	0.003
CADMIUM	332	Cottage cheese, creamed, lowfat (2% milk fat)	24	23	0	0	0.001	0	0	0.005	0.002	0.005
CADMIUM	333	Sour cream dip, any flavor	24	13	8	0.002	0.004	0	0	0.015	0.002	0.007
CADMIUM	334	Beef steak, loin/sirloin, broiled	24	21	3	0	0.001	0	0	0.003	0.002	0.007
CADMIUM	335	Luncheon meat (chicken/turkey)	24	4	18	0.003	0.002	0.003	0	0.005	0.002	0.005
CADMIUM	336	Chicken breast, fried, fast-food (with skin)	24	5	17	0.004	0.003	0.003	0	0.012	0.002	0.007
CADMIUM	337	Chicken thigh, oven-roasted (skin removed)	24	22	2	0	0.001	0	0	0.003	0.002	0.005
CADMIUM	338	Chicken leg, fried, fast-food (with skin)	24	2	20	0.004	0.002	0.004	0	0.008	0.002	0.007
CADMIUM	339	Catfish, pan-cooked with oil	24	21	3	0	0.001	0	0	0.004	0.002	0.007
CADMIUM	340	Tuna, canned in water, drained	24	0	0	0.014	0.003	0.014	0.009	0.019	0.002	0.007
CADMIUM	341	Refried beans, canned	24	3	19	0.003	0.002	0.003	0	0.009	0.002	0.007
CADMIUM	342	White beans, dry, boiled	24	3	17	0.003	0.002	0.003	0	0.008	0.002	0.005
CADMIUM	343	Sunflower seeds (shelled), roasted, salted	24	0	0	0.383	0.137	0.369	0.215	0.874	0.003	0.010
CADMIUM	344	Pancakes, frozen, heated	24	0	2	0.012	0.003	0.012	0.006	0.020	0.002	0.007
CADMIUM	345	Breakfast tart/toaster pastry	24	1	0	0.012	0.005	0.013	0	0.021	0.002	0.005
CADMIUM	346	Macaroni salad, from grocery/deli	24	0	0	0.015	0.003	0.015	0.010	0.021	0.002	0.007
CADMIUM	347	Spaghetti, enriched, boiled	24	1	0	0.033	0.009	0.035	0	0.049	0.002	0.005
CADMIUM	348	Apricots, canned in heavy/light syrup	24	18	5	0.001	0.002	0	0	0.010	0.002	0.005
CADMIUM	350	canned/bottled	24	12	10	0.001	0.001	0.001	0	0.005	0.001	0.003
CADMIUM	351	Cranberry juice cocktail, canned/bottled	24	5	14	0.002	0.001	0.001	0	0.005	0.001	0.003
CADMIUM	352	Orange juice, bottled/carton	24	21	2	0	0.001	0	0	0.004	0.001	0.003
CADMIUM	353	Potato salad, mayonnaise-type, from grocery/deli	24	0	0	0.017	0.006	0.015	0.010	0.033	0.002	0.007

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CADMIUM	354	Potatoes, mashed, prepared from fresh	24	0	0	0.015	0.006	0.014	0.007	0.031	0.002	0.005
CADMIUM	355	Coleslaw, mayonnaise-type, from grocery/deli	24	0	20	0.004	0.002	0.004	0.002	0.008	0.002	0.007
CADMIUM	356	Carrot, baby, raw	24	0	0	0.014	0.005	0.013	0.006	0.026	0.002	0.005
CADMIUM	357	Lettuce, leaf, raw	24	0	0	0.063	0.038	0.055	0.012	0.175	0.001	0.004
CADMIUM	358	Sweet potatoes, canned	24	1	13	0.004	0.001	0.004	0	0.006	0.002	0.005
CADMIUM	359	Tomato salsa, bottled	24	1	1	0.016	0.006	0.016	0	0.024	0.002	0.005
CADMIUM	360	Stew, beef and vegetable, canned	23	0	0	0.010	0.003	0.009	0.006	0.018	0.002	0.005
CADMIUM	361	Lasagna with meat, frozen, heated	24	0	1	0.019	0.005	0.019	0.004	0.029	0.002	0.007
CADMIUM	362	Beef with vegetables in sauce, from Chinese carry-out	24	0	5	0.007	0.003	0.006	0.003	0.015	0.002	0.005
CADMIUM	363	Chicken with vegetables in sauce, from Chinese carry-out	24	0	7	0.007	0.004	0.006	0.002	0.018	0.002	0.005
CADMIUM	364	Fried rice, meatless, from Chinese carry-out	24	0	14	0.007	0.003	0.006	0.004	0.016	0.002	0.007
CADMIUM	365	Burrito with beef, beans and cheese, from Mexican carry-out	24	0	1	0.011	0.003	0.011	0.005	0.018	0.002	0.007
CADMIUM	366	Chicken filet (broiled) sandwich on bun, fast-food	24	0	1	0.013	0.005	0.013	0.006	0.027	0.002	0.007
CADMIUM	367	Soup, Oriental noodles (ramen noodles), prepared with water	24	0	10	0.006	0.002	0.006	0.003	0.009	0.002	0.005
CADMIUM	368	Pudding, ready-to-eat, flavor other than chocolate	24	20	4	0	0.001	0	0	0.003	0.002	0.005
CADMIUM	369	Cake, white with icing (formerly yellow cake)	24	0	12	0.005	0.002	0.005	0.003	0.008	0.002	0.005
CADMIUM	370	Granola bar, with raisins	24	0	0	0.014	0.004	0.014	0.007	0.022	0.002	0.007
CADMIUM	371	Candy bar, chocolate, nougat, and nuts	24	1	0	0.022	0.008	0.023	0	0.037	0.002	0.007
CADMIUM	372	Popcorn, microwave, butter-flavored	24	0	22	0.006	0.002	0.005	0.003	0.012	0.003	0.010
CADMIUM	373	Sweet & sour sauce	24	3	16	0.003	0.002	0.003	0	0.007	0.002	0.005

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CADMIUM	374	Brown gravy, canned or bottled	24	15	9	0.001	0.001	0	0	0.004	0.002	0.007
CADMIUM	375	Salad dressing, creamy/buttermilk type, regular	24	19	5	0.001	0.002	0	0	0.007	0.004	0.012
CADMIUM	376	Salad dressing, creamy/buttermilk type, low-calorie	24	10	14	0.002	0.002	0.003	0	0.006	0.003	0.008
CADMIUM	377	Salad dressing, Italian, regular	24	14	10	0.002	0.003	0	0	0.009	0.004	0.012
CADMIUM	378	Olive oil	24	23	1	0	0.001	0	0	0.004	0.004	0.012
CADMIUM	379	Vegetable oil	24	24	0	0	0	0	0	0	0.004	0.012
CADMIUM	380	Bottled drinking water (mineral/spring), not carbonated or flavored	24	23	1	0	0	0	0	0.002	0.001	0.003
CADMIUM	381	Coffee, decaffeinated, from ground	24	21	3	0	0	0	0	0.001	0.001	0.003
CADMIUM	382	Tea, decaffeinated, from tea bag	24	21	3	0	0	0	0	0.002	0.001	0.003



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CALCIUM	1	Milk, whole, fluid	24	0	0	1085	65	1085	950	1200	3	10
CALCIUM	2	Milk, lowfat (2%), fluid	24	0	0	1116	87	1135	870	1240	3	10
CALCIUM	3	Milk, chocolate, lowfat, fluid	24	0	0	1148	105	1145	971	1350	3	10
CALCIUM	4	Milk, skim, fluid	24	0	0	1132	113	1160	786	1260	3	10
CALCIUM	7	Milk shake, chocolate, fast-food	24	0	0	1125	110	1155	847	1280	3	10
CALCIUM	10	Cheese, American, processed	24	0	0	7548	1802	7620	4520	10700	4	20
CALCIUM	12	Cheese, cheddar, natural (sharp/mild)	24	0	0	7179	434	7190	6350	8080	4	20
CALCIUM	13	Beef, ground, regular, pan-cooked	24	0	0	127	36	126	70	219	3	10
CALCIUM	14	Beef roast, chuck, oven-roasted	24	0	0	63	28	53	43	168	3	10
CALCIUM	17	Ham, cured (not canned), baked	24	0	0	67	23	64	33	137	3	10
CALCIUM	18	Pork chop, pan-cooked with oil	24	0	0	353	224	314	44	952	3	10
CALCIUM	19	Pork sausage (link/patty), oven-cooked	24	0	0	155	51	142	89	262	4	20
CALCIUM	20	Pork bacon, oven-cooked	24	0	0	104	21	104	76	170	4	20
CALCIUM	21	Pork roast, loin, oven-roasted	24	0	0	74	49	60	42	291	4	20
CALCIUM	22	Lamb chop, pan-cooked with oil	24	0	0	384	126	364	178	731	4	20
CALCIUM	26	Turkey breast, oven-roasted	24	0	0	68	25	60	42	139	3	10
CALCIUM	27	Liver (beef/calf), pan-cooked with oil	24	0	0	47	4	48	40	56	3	10
CALCIUM	28	Frankfurter (beef/pork), boiled	24	0	0	241	208	150	84	956	4	20
CALCIUM	29	Bologna (beef/pork)	24	0	0	972	429	864	298	1920	4	20
CALCIUM	30	Salami, luncheon-meat type (not hard)	24	0	0	671	261	624	183	1330	4	20
CALCIUM	34	Fish sticks or patty, frozen, oven-cooked	24	0	0	321	236	202	139	964	4	20
CALCIUM	35	Eggs, scrambled with oil	24	0	0	643	71	637	497	767	3	10
CALCIUM	37	Eggs, boiled	24	0	0	601	115	554	490	1010	3	10
CALCIUM	38	Pinto beans, dry, boiled	24	0	0	423	58	413	353	560	3	10
CALCIUM	39	Pork and beans, canned	24	0	0	418	71	406	334	619	3	10
CALCIUM	42	Lima beans, immature, frozen, boiled	24	0	0	260	42	269	181	374	3	10
CALCIUM	46	Peas, green, fresh/frozen, boiled	24	0	0	275	58	276	163	390	3	10

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CALCIUM	47	Peanut butter, smooth/creamy	24	0	0	491	43	490	409	590	4	20
CALCIUM	48	Peanuts, dry roasted, salted	24	0	0	529	59	525	418	663	4	20
CALCIUM	50	Rice, white, enriched, cooked	24	0	0	51	31	44	13	121	3	10
CALCIUM	51	Oatmeal, plain, cooked	24	0	0	158	113	106	71	491	3	10
CALCIUM	52	Cream of wheat (farina), enriched, cooked	24	0	0	1120	299	1035	689	1950	3	10
CALCIUM	53	Corn/hominy grits, enriched, cooked	24	1	15	113	178	5	0	652	3	10
CALCIUM	54	Corn, fresh/frozen, boiled	24	0	0	26	7	25	14	43	3	10
CALCIUM	55	Corn, canned	24	0	0	25	8	22	15	45	3	10
CALCIUM	58	Bread, white, enriched	24	0	0	2154	1037	2280	756	4190	4	20
CALCIUM	60	Cornbread, homemade	24	0	0	1359	342	1345	749	2080	3	10
CALCIUM	61	Biscuits, refrigerated-type, baked	24	0	0	336	84	317	226	519	3	10
CALCIUM	62	Bread, whole wheat	24	0	0	1605	668	1480	706	3790	3	10
CALCIUM	63	Tortilla, flour	24	0	0	1154	480	1085	426	2490	4	20
CALCIUM	64	Bread, rye	24	0	0	1028	301	1009	572	1890	3	10
CALCIUM	65	Muffin, blueberry	24	0	0	410	86	395	230	592	3	10
CALCIUM	66	Crackers, saltine	24	0	0	314	286	198	168	1350	3	10
CALCIUM	67	Corn/tortilla chips	24	0	0	995	156	953	754	1290	3	10
CALCIUM	69	Noodles, egg, enriched, boiled	24	0	0	136	28	134	90	199	4	20
CALCIUM	71	Corn flakes cereal	24	0	0	26	3	26	20	32	3	10
CALCIUM	72	Fruit-flavored cereal, presweetened	24	0	0	1424	1310	1160	65	4220	3	10
CALCIUM	73	Shredded wheat cereal	24	0	0	371	35	373	315	424	3	10
CALCIUM	74	Raisin bran cereal	24	0	0	447	33	451	374	522	3	10
CALCIUM	75	Crisped rice cereal	24	0	0	123	271	63	48	1390	3	10
CALCIUM	76	Granola with raisins	24	0	0	621	134	632	364	909	3	10
CALCIUM	77	Oat ring cereal	24	0	0	3954	441	4035	2460	4630	3	10
CALCIUM	78	Apple (red), raw (with peel)	24	0	0	42	8	41	31	64	3	10
CALCIUM	79	Orange (navel/Valencia), raw	24	0	0	342	69	350	157	453	3	8
CALCIUM	80	Banana, raw	24	0	0	51	7	50	39	67	3	8
CALCIUM	81	Watermelon, raw/frozen	24	0	0	69	16	68	39	102	3	8
CALCIUM	83	Peach, raw/frozen	24	0	0	43	8	41	32	68	3	8

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CALCIUM	84	Applesauce, bottled	24	0	0	29	3	29	22	34	3	8
CALCIUM	85	Pear, raw (with peel)	24	0	0	83	12	87	48	97	3	8
CALCIUM	86	Strawberries, raw/frozen	24	0	0	156	22	154	117	209	3	8
CALCIUM	87	Fruit cocktail, canned in light syrup	24	0	0	81	55	71	41	335	3	10
CALCIUM	88	Grapes (red/green), raw	24	0	0	94	18	90	65	141	3	8
CALCIUM	89	Cantaloupe, raw/frozen	24	0	0	91	30	82	52	157	3	8
CALCIUM	92	Grapefruit, raw	24	0	0	261	54	267	148	369	3	8
CALCIUM	93	Pineapple, canned in juice	24	0	0	110	23	113	77	156	3	10
CALCIUM	95	Raisins	24	0	0	538	53	542	449	661	4	20
CALCIUM	97	Avocado, raw	24	0	0	117	21	120	59	154	4	20
CALCIUM	98	Orange juice, frozen concentrate, reconstituted	24	0	0	306	316	116	84	1130	3	8
CALCIUM	99	Apple juice, bottled	24	0	0	94	78	65	42	319	3	8
CALCIUM	100	Grapefruit juice, bottled	23	0	0	313	169	310	100	780	3	8
CALCIUM	103	Prune juice, bottled	24	0	0	135	32	124	101	231	3	8
CALCIUM	105	Lemonade, frozen concentrate, reconstituted	24	0	0	22	4	22	15	32	3	8
CALCIUM	107	Spinach, fresh/frozen, boiled	24	0	0	968	281	937	499	1420	3	8
CALCIUM	108	Collards, fresh/frozen, boiled	24	0	0	1613	381	1515	999	2500	3	8
CALCIUM	109	Lettuce, iceberg, raw	24	0	0	156	48	149	92	254	3	8
CALCIUM	110	Cabbage, fresh, boiled	24	0	0	321	65	300	217	462	3	8
CALCIUM	113	Broccoli, fresh/frozen, boiled	24	0	0	320	57	313	205	426	3	10
CALCIUM	114	Celery, raw	24	0	0	359	116	372	141	544	3	10
CALCIUM	115	Asparagus, fresh/frozen, boiled	24	0	0	171	36	177	89	232	3	10
CALCIUM	116	Cauliflower, fresh/frozen, boiled	24	0	0	152	22	153	92	192	3	10
CALCIUM	117	Tomato, raw	24	0	0	80	20	75	47	133	3	10
CALCIUM	119	Tomato sauce, plain, bottled	24	0	0	155	32	152	100	247	3	10
CALCIUM	121	Green beans, fresh/frozen, boiled	24	0	0	464	97	467	264	624	3	10
CALCIUM	122	Green beans, canned	24	0	0	312	45	316	225	377	3	10
CALCIUM	123	Cucumber, peeled, raw	24	0	0	123	27	117	78	198	3	10

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CALCIUM	124	Summer squash, fresh/frozen, boiled	24	0	0	205	31	208	140	256	3	10
CALCIUM	125	Pepper, sweet, green, raw	24	0	0	72	35	75	21	155	3	10
CALCIUM	126	Squash, winter (Hubbard/acorn), fresh/frozen, boiled	23	0	0	206	29	203	151	264	3	10
CALCIUM	128	Onion, mature, raw	24	0	0	193	68	205	68	293	3	10
CALCIUM	131	Beets, canned	24	0	0	173	25	170	132	222	3	10
CALCIUM	136	Potato, boiled (without peel)	24	0	0	47	13	45	23	70	3	9
CALCIUM	137	Potato, baked (with peel)	24	0	0	115	36	106	59	194	3	9
CALCIUM	138	Potato chips	24	0	0	217	77	201	121	511	4	20
CALCIUM	142	Spaghetti with meat sauce, homemade	24	0	0	153	23	154	105	205	3	10
CALCIUM	145	Chili con carne with beans, canned	24	0	0	309	28	306	270	381	3	10
CALCIUM	146	Macaroni and cheese, prepared from box mix	24	0	0	719	187	665	432	1080	4	20
CALCIUM	147	Quarter-pound hamburger on bun, fast-food	24	0	0	907	171	917	544	1240	3	10
CALCIUM	148	Meatloaf, beef, homemade	24	0	0	207	40	203	147	331	3	10
CALCIUM	152	Chicken potpie, frozen, heated	24	0	0	232	60	222	137	317	3	9
CALCIUM	155	Soup, chicken noodle, canned, condensed, prepared with water	24	0	0	54	11	55	34	77	3	9
CALCIUM	156	Soup, tomato, canned, condensed, prepared with water	24	0	0	72	12	71	46	98	3	9
CALCIUM	157	Soup, vegetable beef, canned, condensed, prepared with water	24	0	0	93	12	90	72	117	3	9
CALCIUM	161	Dill cucumber pickles	24	0	0	665	140	668	483	1030	3	10
CALCIUM	162	Margarine, regular (not lowfat), salted	24	0	0	57	29	46	21	109	4	20
CALCIUM	164	Butter, regular (not lowfat), salted	24	0	0	233	25	234	177	280	4	20
CALCIUM	166	Mayonnaise, regular, bottled	24	0	0	82	9	82	65	99	4	20
CALCIUM	167	Cream, half & half	24	0	0	886	144	902	607	1120	3	10

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CALCIUM	168	Cream substitute, non-dairy, liquid/frozen	24	0	0	61	101	42	12	532	3	10
CALCIUM	169	Sugar, white, granulated	24	5	15	12	11	10	0	36	4	20
CALCIUM	170	Syrup, pancake	24	4	11	41	91	13	0	397	4	20
CALCIUM	172	Honey	24	0	0	52	11	49	37	90	4	20
CALCIUM	173	Tomato catsup	24	0	0	166	25	168	130	229	3	9
CALCIUM	177	Ice cream, light, vanilla	24	0	0	1430	230	1405	1070	1920	3	10
CALCIUM	178	Cake, chocolate with icing	24	0	0	394	97	379	250	629	4	20
CALCIUM	182	Sweet roll/Danish pastry	24	0	0	668	377	567	287	1740	4	20
CALCIUM	183	Chocolate chip cookies	24	0	0	279	68	265	210	463	4	20
CALCIUM	184	Sandwich cookies with creme filling	24	0	0	214	65	192	142	370	4	20
CALCIUM	185	Pie, apple, fresh/frozen	24	0	0	109	17	108	79	150	4	20
CALCIUM	186	Pie, pumpkin, fresh/frozen	24	0	0	665	187	620	388	1160	4	20
CALCIUM	187	Candy bar, milk chocolate, plain	24	0	0	1978	127	1975	1670	2200	4	20
CALCIUM	190	Gelatin dessert, any flavor	24	0	6	13	7	12	6	40	3	10
CALCIUM	191	Carbonated beverage, cola, regular	24	2	0	15	7	14	0	28	3	9
CALCIUM	193	Fruit drink, from powder	24	0	0	147	50	146	55	276	3	8
CALCIUM	194	Carbonated beverage, cola, low-calorie	24	1	0	18	8	19	0	40	3	8
CALCIUM	197	Tea, from tea bag	24	17	7	1	1	0	0	4	2	4
CALCIUM	198	Beer	24	0	0	38	10	35	23	59	2	7
CALCIUM	199	Wine, dry table, red/white	24	0	0	79	10	81	55	98	2	6
CALCIUM	202	BF, Infant formula, milk-based, iron fortified, RTF (formerly high iron)	24	0	0	555	101	545	420	813	3	10
CALCIUM	203	BF, Infant formula, milk-based, low iron, RTF	10	0	0	543	38	543	489	601	3	10
CALCIUM	205	BF, beef and broth/gravy	24	0	0	49	5	48	39	58	3	10
CALCIUM	207	BF, chicken and broth/gravy	24	0	0	737	189	727	338	1040	3	10
CALCIUM	211	BF, vegetables and beef	24	0	0	155	20	155	120	205	3	10
CALCIUM	212	BF, vegetables and chicken	24	0	0	253	35	251	189	314	3	10
CALCIUM	213	BF, vegetables and ham	4	0	0	166	12	171	149	175	3	10
CALCIUM	214	BF, chicken noodle dinner	24	0	0	313	128	286	214	814	3	10

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CALCIUM	215	BF, macaroni, tomato and beef	24	0	0	196	46	193	154	396	3	10
CALCIUM	216	BF, turkey and rice	24	0	0	158	30	161	96	232	3	10
CALCIUM	218	BF, carrots	24	0	0	231	26	229	186	290	3	10
CALCIUM	219	BF, green beans	24	0	0	404	55	417	281	486	3	10
CALCIUM	220	BF, mixed vegetables	24	0	0	196	36	193	110	242	3	10
CALCIUM	221	BF, sweet potatoes	24	0	0	177	16	173	151	218	3	10
CALCIUM	223	BF, peas	24	0	0	165	18	171	123	191	3	10
CALCIUM	225	BF, applesauce	24	0	0	38	5	38	30	48	3	10
CALCIUM	226	BF, peaches	24	0	0	77	14	75	60	121	3	10
CALCIUM	227	BF, pears	24	0	0	92	14	90	69	123	3	10
CALCIUM	230	BF, juice, apple	24	0	0	128	113	90	54	525	3	10
CALCIUM	232	BF, custard/pudding	23	0	0	399	141	331	223	794	3	10
CALCIUM	233	BF, fruit dessert/pudding	22	0	0	108	57	95	48	256	3	10
CALCIUM	235	Yogurt, lowfat, fruit-flavored	24	0	0	1229	181	1225	909	1770	3	10
CALCIUM	236	Cheese, Swiss, natural	24	0	0	8578	857	8655	6540	9960	4	20
CALCIUM	237	Cream cheese	24	0	0	982	149	950	717	1230	4	20
CALCIUM	239	Luncheon meat, ham	24	0	0	51	15	45	38	98	3	10
CALCIUM	240	Chicken breast, oven-roasted (skin removed)	24	0	0	71	30	63	41	154	3	10
CALCIUM	241	Chicken nuggets, fast-food	24	0	0	138	20	136	98	194	3	10
CALCIUM	244	Shrimp, boiled	24	0	0	464	131	471	238	687	4	20
CALCIUM	248	Bread, multigrain (formerly cracked wheat)	24	0	0	1438	626	1375	583	3260	3	10
CALCIUM	249	Bagel, plain, toasted	24	0	0	1284	334	1215	723	2370	4	20
CALCIUM	250	English muffin, plain, toasted	24	0	0	1757	412	1665	1170	3170	4	20
CALCIUM	251	Crackers, graham	24	0	0	1065	751	836	263	2990	3	10
CALCIUM	252	Crackers, butter-type	24	0	0	939	353	996	365	1460	3	10
CALCIUM	254	Peach, canned in light/medium syrup	24	0	0	31	5	30	24	41	3	10
CALCIUM	255	Pear, canned in light syrup	24	0	0	49	8	47	38	68	3	10
CALCIUM	256	Pineapple juice, frozen concentrate, reconstituted	24	0	0	155	35	158	79	203	3	8

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CALCIUM	257	Grape juice, frozen concentrate, reconstituted	24	0	0	83	29	75	45	140	3	8
CALCIUM	258	French fries, fast-food	24	0	0	175	35	171	120	240	4	20
CALCIUM	259	Carrot, fresh, peeled, boiled	24	0	0	283	41	278	216	354	3	10
CALCIUM	261	Tomato juice, bottled	24	0	0	115	12	118	93	134	3	10
CALCIUM	263	Brussels sprouts, fresh/frozen, boiled	24	0	0	268	35	270	200	324	3	10
CALCIUM	264	Mushrooms, raw	24	0	0	39	18	37	11	86	3	10
CALCIUM	265	Eggplant, fresh, peeled, boiled	24	0	0	66	13	65	37	91	3	10
CALCIUM	266	Turnip, fresh/frozen, boiled	24	0	0	359	55	364	215	488	3	10
CALCIUM	267	Okra, fresh/frozen, boiled	24	0	0	838	165	857	377	1150	3	10
CALCIUM	268	Mixed vegetables, frozen, boiled	24	0	0	228	29	232	175	293	3	10
CALCIUM	269	Beef stroganoff with noodles, homemade	24	0	0	188	33	187	131	278	3	10
CALCIUM	272	Tuna noodle casserole, homemade	24	0	0	1255	404	1240	599	2600	4	20
CALCIUM	275	Quarter-pound cheeseburger on bun, fast-food	24	0	0	1572	222	1560	1180	2060	3	10
CALCIUM	276	Fish sandwich on bun, fast-food	24	0	0	1099	222	1115	663	1450	4	20
CALCIUM	278	Egg, cheese, and ham on English muffin, fast-food	24	0	0	1983	307	1985	1350	2620	3	10
CALCIUM	279	Taco/tostada with beef and cheese, from Mexican carry-out	24	0	0	1216	261	1220	826	1730	3	10
CALCIUM	281	Pizza, cheese and pepperoni, regular crust, from pizza carry-out	24	0	0	2025	328	2035	1490	2660	4	20
CALCIUM	283	Soup, bean with bacon/pork, canned, condensed, prepared w/ water	24	0	0	300	63	288	214	444	3	10
CALCIUM	285	Clam chowder, New England, canned, condensed, prepared with whole milk	24	0	0	550	151	593	104	901	4	20
CALCIUM	286	Ice cream, regular (not lowfat), vanilla	24	0	0	1062	168	1080	773	1370	3	10
CALCIUM	287	Sherbet, fruit-flavored	24	0	0	368	77	385	231	514	3	10

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CALCIUM	288	Popsicle, fruit-flavored	24	0	0	109	163	52	30	637	3	10
CALCIUM	290	Doughnut, cake-type, any flavor, from donut store	24	0	0	441	220	382	181	1190	4	20
CALCIUM	291	Brownie	24	0	0	256	49	247	170	344	4	20
CALCIUM	292	Sugar cookies	24	0	0	204	63	199	113	378	4	20
CALCIUM	293	Candy, hard, any flavor	24	0	6	61	52	48	4	199	4	20
CALCIUM	294	Pretzels, hard, salted	24	0	0	280	55	272	194	400	4	20
CALCIUM	295	Syrup, chocolate	24	0	0	181	99	161	136	644	4	20
CALCIUM	296	Jelly, any flavor	24	0	0	68	11	68	55	108	4	20
CALCIUM	298	Mustard, yellow, plain	24	0	0	616	46	615	537	744	3	10
CALCIUM	299	Black olives	24	0	0	676	196	672	369	1000	3	10
CALCIUM	300	Sour cream	24	0	0	1073	136	1040	828	1430	3	10
CALCIUM	305	Coffee, from ground	24	1	10	8	4	8	0	16	3	8
CALCIUM	306	Carbonated beverage, fruit-flavored, regular	24	3	4	16	11	15	0	42	3	8
CALCIUM	307	Fruit drink (10% juice), canned or bottled	24	0	0	45	54	28	12	230	3	8
CALCIUM	309	BF, Infant formula, soy-based, RTF	24	0	0	752	94	751	446	918	3	10
CALCIUM	313	BF, bananas	24	0	0	47	7	47	31	64	3	10
CALCIUM	317	BF, teething biscuits	23	0	0	4343	2535	3510	692	8570	3	10
CALCIUM	318	Salmon, steaks/fillets, baked	24	0	0	159	79	137	68	443	4	12
CALCIUM	320	BF, squash	24	0	0	164	37	164	63	248	3	10
CALCIUM	323	BF, cereal, oatmeal, dry, prepared with water	24	0	0	1661	500	1600	881	3150	3	10
CALCIUM	324	BF, cereal, rice, dry, prepared with water	24	0	0	2000	727	1755	1100	4260	3	10
CALCIUM	325	BF, cereal, rice with apples, dry, prepared with water	13	0	0	1572	331	1520	1070	2110	3	10
CALCIUM	326	BF, veal and broth/gravy	17	0	0	52	6	52	42	64	3	10
CALCIUM	327	BF, lamb and broth/gravy	17	0	0	81	19	75	61	132	3	10
CALCIUM	328	BF, turkey and broth/gravy	24	0	0	424	171	386	137	776	3	10



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CALCIUM	331	Meal replacement, liquid RTD, any flavor	24	0	0	1386	325	1340	1140	2820	3	10
CALCIUM	332	Cottage cheese, creamed, lowfat (2% milk fat)	24	0	0	1072	249	1030	787	1640	3	10
CALCIUM	333	Sour cream dip, any flavor	24	0	0	960	179	981	643	1210	3	10
CALCIUM	334	Beef steak, loin/sirloin, broiled	24	0	0	59	18	52	44	108	3	10
CALCIUM	335	Luncheon meat (chicken/turkey)	24	0	0	109	69	99	47	387	3	10
CALCIUM	336	Chicken breast, fried, fast-food (with skin)	24	0	0	334	211	278	151	1000	3	10
CALCIUM	337	Chicken thigh, oven-roasted (skin removed)	24	0	0	554	1205	96	62	5820	3	10
CALCIUM	338	Chicken leg, fried, fast-food (with skin)	24	0	0	285	102	300	138	488	3	10
CALCIUM	339	Catfish, pan-cooked with oil	24	0	0	86	16	81	60	139	4	12
CALCIUM	340	Tuna, canned in water, drained	24	0	0	130	43	119	58	216	4	12
CALCIUM	341	Refried beans, canned	24	0	0	303	34	298	253	397	4	12
CALCIUM	342	White beans, dry, boiled	24	0	0	710	119	692	534	957	3	10
CALCIUM	343	Sunflower seeds (shelled), roasted, salted	24	0	0	855	72	843	756	1020	4	14
CALCIUM	344	Pancakes, frozen, heated	24	0	0	662	186	635	402	1290	3	10
CALCIUM	345	Breakfast tart/toaster pastry	24	0	0	190	144	155	116	849	4	12
CALCIUM	346	Macaroni salad, from grocery/deli	24	0	0	151	48	141	107	301	4	14
CALCIUM	347	Spaghetti, enriched, boiled	24	0	0	86	18	84	55	131	3	10
CALCIUM	348	Apricots, canned in heavy/light syrup	24	0	0	84	15	85	64	117	3	8
CALCIUM	350	canned/bottled	24	0	0	88	51	76	43	260	3	8
CALCIUM	351	Cranberry juice cocktail, canned/bottled	24	0	0	40	11	39	23	65	3	8
CALCIUM	352	Orange juice, bottled/carton	24	0	0	285	244	129	92	950	3	8
CALCIUM	353	Potato salad, mayonnaise-type, from grocery/deli	24	0	0	133	41	129	40	231	4	14

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CALCIUM	354	Potatoes, mashed, prepared from fresh	24	0	0	216	39	219	158	309	3	9
CALCIUM	355	Coleslaw, mayonnaise-type, from grocery/deli	24	0	0	343	41	342	275	430	4	14
CALCIUM	356	Carrot, baby, raw	24	0	0	386	83	395	150	503	3	10
CALCIUM	357	Lettuce, leaf, raw	24	0	0	365	61	366	230	485	3	8
CALCIUM	358	Sweet potatoes, canned	24	0	0	158	21	157	115	210	3	10
CALCIUM	359	Tomato salsa, bottled	24	0	0	376	66	373	271	579	3	9
CALCIUM	360	Stew, beef and vegetable, canned	23	0	0	98	21	98	60	137	3	10
CALCIUM	361	Lasagna with meat, frozen, heated	24	0	0	819	151	830	428	1130	3	10
CALCIUM	362	Beef with vegetables in sauce, from Chinese carry-out	24	0	0	205	28	206	155	246	3	10
CALCIUM	363	Chicken with vegetables in sauce, from Chinese carry-out	24	0	0	209	38	205	144	285	3	10
CALCIUM	364	Fried rice, meatless, from Chinese carry-out	24	0	0	132	34	129	70	222	3	10
CALCIUM	365	Burrito with beef, beans and cheese, from Mexican carry-out	24	0	0	1058	132	1050	818	1310	3	10
CALCIUM	366	Chicken filet (broiled) sandwich on bun, fast-food	24	0	0	448	182	405	215	988	3	10
CALCIUM	367	Soup, Oriental noodles (ramen noodles), prepared with water	24	0	0	61	25	53	32	133	3	10
CALCIUM	368	Pudding, ready-to-eat, flavor other than chocolate	24	0	0	748	296	771	288	1140	3	10
CALCIUM	369	Cake, white with icing (formerly yellow cake)	24	0	0	309	75	314	181	440	4	12
CALCIUM	370	Granola bar, with raisins	24	0	0	2281	1026	2420	446	4020	4	12
CALCIUM	371	Candy bar, chocolate, nougat, and nuts	24	0	0	817	97	833	622	979	4	12
CALCIUM	372	Popcorn, microwave, butter-flavored	24	0	0	167	25	169	101	201	4	14
CALCIUM	373	Sweet & sour sauce	24	0	0	78	36	69	43	215	3	10

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CALCIUM	374	Brown gravy, canned or bottled	24	0	0	80	12	82	50	96	3	10
CALCIUM	375	Salad dressing, creamy/buttermilk type, regular	24	0	0	307	46	309	221	395	4	12
CALCIUM	376	Salad dressing, creamy/buttermilk type, low-calorie	24	0	0	397	85	404	250	555	4	12
CALCIUM	377	Salad dressing, Italian, regular	24	0	0	136	52	114	87	251	4	12
CALCIUM	378	Olive oil	24	20	4	1	2	0	0	9	4	12
CALCIUM	379	Vegetable oil	24	21	3	1	2	0	0	9	4	12
CALCIUM	380	Bottled drinking water (mineral/spring), not carbonated or flavored	24	1	0	22	16	20	0	63	1	2
CALCIUM	381	Coffee, decaffeinated, from ground	24	0	4	8	3	8	2	16	2	4
CALCIUM	382	Tea, decaffeinated, from tea bag	24	18	4	1	2	0	0	8	2	4

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COPPER	1	Milk, whole, fluid	24	24	0	0	0	0	0	0	0.3	0.9
COPPER	2	Milk, lowfat (2%), fluid	24	24	0	0	0	0	0	0	0.3	0.9
COPPER	3	Milk, chocolate, lowfat, fluid	24	7	17	0.2	0.2	0.3	0	0.4	0.3	0.9
COPPER	4	Milk, skim, fluid	24	24	0	0	0	0	0	0	0.3	0.9
COPPER	7	Milk shake, chocolate, fast-food	24	5	18	0.4	0.2	0.4	0	1.0	0.3	0.9
COPPER	10	Cheese, American, processed	24	24	0	0	0	0	0	0	0.4	2.0
COPPER	12	Cheese, cheddar, natural (sharp/mild)	24	24	0	0	0	0	0	0	0.4	2.0
COPPER	13	Beef, ground, regular, pan-cooked	24	0	24	0.8	0.1	0.8	0.7	0.9	0.3	0.9
COPPER	14	Beef roast, chuck, oven-roasted	24	0	17	0.8	0.1	0.8	0.6	1.1	0.3	0.9
COPPER	17	Ham, cured (not canned), baked	24	0	24	0.6	0.1	0.6	0.4	0.8	0.3	0.9
COPPER	18	Pork chop, pan-cooked with oil	24	0	24	0.7	0.1	0.7	0.5	0.8	0.3	0.9
COPPER	19	Pork sausage (link/patty), oven-cooked	24	0	24	0.8	0.1	0.8	0.6	0.9	0.4	2.0
COPPER	20	Pork bacon, oven-cooked	24	0	24	1.0	0.2	1.0	0.7	1.4	0.4	2.0
COPPER	21	Pork roast, loin, oven-roasted	24	1	23	0.6	0.2	0.6	0	1.1	0.4	2.0
COPPER	22	Lamb chop, pan-cooked with oil	24	0	24	1.4	0.2	1.4	1.1	1.8	0.4	2.0
COPPER	26	Turkey breast, oven-roasted	24	2	22	0.4	0.1	0.4	0	0.5	0.3	0.9
COPPER	27	Liver (beef/calf), pan-cooked with oil	24	0	0	103.7	22.3	105.0	53.6	145.0	0.3	0.9
COPPER	28	Frankfurter (beef/pork), boiled	24	10	14	0.3	0.2	0.4	0	0.6	0.4	2.0
COPPER	29	Bologna (beef/pork)	24	17	7	0.1	0.2	0	0	0.5	0.4	2.0
COPPER	30	Salami, luncheon-meat type (not hard)	24	0	24	1.0	0.2	1.0	0.6	1.3	0.4	2.0
COPPER	34	Fish sticks or patty, frozen, oven-cooked	24	1	21	0.7	0.2	0.6	0	1.2	0.3	1.0
COPPER	35	Eggs, scrambled with oil	24	0	24	0.5	0.1	0.5	0.4	0.6	0.3	0.9
COPPER	37	Eggs, boiled	24	0	23	0.7	0.1	0.7	0.6	0.9	0.3	0.9
COPPER	38	Pinto beans, dry, boiled	24	0	0	2.7	0.3	2.7	2.2	3.2	0.3	0.9
COPPER	39	Pork and beans, canned	24	0	0	1.8	0.2	1.9	1.6	2.2	0.3	0.9
COPPER	42	Lima beans, immature, frozen, boiled	24	0	0	1.7	0.2	1.6	1.3	2.1	0.3	0.9
COPPER	46	Peas, green, fresh/frozen, boiled	24	0	7	1.0	0.2	1.0	0.8	1.4	0.3	0.9

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COPPER	47	Peanut butter, smooth/creamy	24	0	0	4.7	0.5	4.7	3.6	6.1	0.4	2.0
COPPER	48	Peanuts, dry roasted, salted	24	0	0	4.6	0.3	4.7	4.0	5.3	0.4	2.0
COPPER	50	Rice, white, enriched, cooked	24	0	23	0.8	0.1	0.8	0.6	1.0	0.3	0.9
COPPER	51	Oatmeal, plain, cooked	24	0	18	0.8	0.2	0.7	0.5	1.0	0.3	0.9
COPPER	52	Cream of wheat (farina), enriched, cooked	24	9	15	0.2	0.2	0.3	0	0.5	0.3	0.9
COPPER	53	Corn/hominy grits, enriched, cooked	24	24	0	0	0	0	0	0	0.3	0.9
COPPER	54	Corn, fresh/frozen, boiled	24	6	18	0.3	0.2	0.3	0	0.6	0.3	0.9
COPPER	55	Corn, canned	24	9	15	0.2	0.2	0.3	0	0.4	0.3	0.9
COPPER	58	Bread, white, enriched	24	0	24	1.2	0.1	1.2	0.8	1.5	0.4	2.0
COPPER	60	Cornbread, homemade	24	0	24	0.6	0.1	0.6	0.4	0.8	0.3	0.9
COPPER	61	Biscuits, refrigerated-type, baked	24	0	20	0.8	0.1	0.8	0.6	1.1	0.3	0.9
COPPER	62	Bread, whole wheat	24	0	0	2.7	0.3	2.7	2.2	3.0	0.3	0.9
COPPER	63	Tortilla, flour	24	0	3	1.1	0.1	1.1	0.9	1.3	0.3	1.0
COPPER	64	Bread, rye	24	0	0	1.5	0.2	1.5	1.3	2.1	0.3	0.9
COPPER	65	Muffin, blueberry	24	0	24	0.6	0.1	0.6	0.4	0.7	0.3	0.9
COPPER	66	Crackers, saltine	24	0	0	1.4	0.1	1.4	1.2	1.6	0.3	0.9
COPPER	67	Corn/tortilla chips	24	0	2	1.1	0.1	1.1	0.9	1.3	0.3	0.9
COPPER	69	Noodles, egg, enriched, boiled	24	0	23	1.3	0.3	1.3	0.9	2.0	0.4	2.0
COPPER	71	Corn flakes cereal	24	0	24	0.5	0.1	0.5	0.4	0.6	0.3	0.9
COPPER	72	Fruit-flavored cereal, presweetened	24	0	4	1.0	0.1	1.0	0.7	1.3	0.3	0.9
COPPER	73	Shredded wheat cereal	24	0	0	4.1	0.4	4.1	3.2	4.9	0.3	0.9
COPPER	74	Raisin bran cereal	24	0	0	4.3	0.4	4.3	3.3	5.0	0.3	0.9
COPPER	75	Crisped rice cereal	24	0	0	1.8	0.2	1.8	1.5	2.1	0.3	0.9
COPPER	76	Granola with raisins	24	0	0	2.9	0.3	2.9	2.3	3.6	0.3	0.9
COPPER	77	Oat ring cereal	24	0	0	3.3	0.3	3.3	2.7	3.9	0.3	0.9
COPPER	78	Apple (red), raw (with peel)	24	11	13	0.2	0.2	0.3	0	0.6	0.3	0.9
COPPER	79	Orange (navel/Valencia), raw	24	1	21	0.5	0.2	0.5	0	0.9	0.2	0.7
COPPER	80	Banana, raw	24	0	0	1.0	0.2	1.0	0.8	1.4	0.2	0.7
COPPER	81	Watermelon, raw/frozen	24	2	21	0.4	0.2	0.4	0	0.8	0.2	0.7
COPPER	83	Peach, raw/frozen	24	0	21	0.6	0.1	0.6	0.3	0.9	0.2	0.7

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COPPER	84	Applesauce, bottled	24	0	24	0.3	0.0	0.3	0.2	0.4	0.2	0.7
COPPER	85	Pear, raw (with peel)	24	0	6	0.8	0.2	0.8	0.4	1.1	0.2	0.7
COPPER	86	Strawberries, raw/frozen	24	2	21	0.3	0.2	0.3	0	0.8	0.2	0.7
COPPER	87	Fruit cocktail, canned in light syrup	24	0	23	0.5	0.2	0.4	0.4	1.5	0.3	0.9
COPPER	88	Grapes (red/green), raw	24	0	5	1.2	0.6	0.9	0.6	2.8	0.2	0.7
COPPER	89	Cantaloupe, raw/frozen	24	0	24	0.4	0.1	0.4	0.2	0.7	0.2	0.7
COPPER	92	Grapefruit, raw	24	1	22	0.4	0.1	0.4	0	0.8	0.2	0.7
COPPER	93	Pineapple, canned in juice	24	0	24	0.5	0.1	0.5	0.3	0.7	0.3	0.9
COPPER	95	Raisins	24	0	0	3.2	0.3	3.2	2.6	3.8	0.4	2.0
COPPER	97	Avocado, raw	24	0	6	2.6	0.6	2.6	1.6	3.6	0.4	2.0
COPPER	98	Orange juice, frozen concentrate, reconstituted	24	0	24	0.4	0.1	0.4	0.3	0.5	0.2	0.7
COPPER	99	Apple juice, bottled	24	22	2	0	0.1	0	0	0.3	0.2	0.7
COPPER	100	Grapefruit juice, bottled	23	0	23	0.4	0.1	0.4	0.2	0.6	0.2	0.7
COPPER	103	Prune juice, bottled	24	7	17	0.2	0.1	0.2	0	0.5	0.2	0.7
COPPER	105	Lemonade, frozen concentrate, reconstituted	24	24	0	0	0	0	0	0	0.2	0.7
COPPER	107	Spinach, fresh/frozen, boiled	24	0	10	0.9	0.7	0.8	0.4	3.6	0.2	0.7
COPPER	108	Collards, fresh/frozen, boiled	24	0	19	0.6	0.5	0.5	0.2	1.9	0.2	0.7
COPPER	109	Lettuce, iceberg, raw	24	10	14	0.2	0.2	0.3	0	0.6	0.2	0.7
COPPER	110	Cabbage, fresh, boiled	24	24	0	0	0	0	0	0	0.2	0.7
COPPER	113	Broccoli, fresh/frozen, boiled	24	11	13	0.2	0.2	0.3	0	0.4	0.3	0.9
COPPER	114	Celery, raw	24	21	3	0.1	0.1	0	0	0.5	0.3	0.9
COPPER	115	Asparagus, fresh/frozen, boiled	24	0	8	1.0	0.2	1.0	0.6	1.3	0.3	0.9
COPPER	116	Cauliflower, fresh/frozen, boiled	24	24	0	0	0	0	0	0	0.3	0.9
COPPER	117	Tomato, raw	24	5	19	0.3	0.2	0.4	0	0.6	0.3	0.9
COPPER	119	Tomato sauce, plain, bottled	24	0	6	1.2	0.5	1.1	0.7	3.3	0.3	0.9
COPPER	121	Green beans, fresh/frozen, boiled	24	0	23	0.6	0.3	0.6	0.3	2.2	0.3	0.9
COPPER	122	Green beans, canned	24	9	15	0.2	0.2	0.3	0	0.6	0.3	0.9
COPPER	123	Cucumber, peeled, raw	24	8	16	0.2	0.2	0.3	0	0.5	0.3	0.9

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COPPER	124	Summer squash, fresh/frozen, boiled	24	0	24	0.5	0.1	0.5	0.4	0.8	0.3	0.9
COPPER	125	Pepper, sweet, green, raw	24	1	22	0.6	0.2	0.6	0	1.2	0.3	0.9
COPPER	126	Squash, winter (Hubbard/acorn), fresh/frozen, boiled	23	1	18	0.7	0.3	0.6	0	1.3	0.3	0.9
COPPER	128	Onion, mature, raw	24	3	21	0.4	0.2	0.4	0	0.6	0.3	0.9
COPPER	131	Beets, canned	24	0	24	0.5	0.1	0.5	0.3	0.6	0.3	0.9
COPPER	136	Potato, boiled (without peel)	24	1	16	0.7	0.3	0.7	0	1.2	0.3	0.8
COPPER	137	Potato, baked (with peel)	24	0	6	1.0	0.3	1.0	0.5	1.6	0.3	0.8
COPPER	138	Potato chips	24	0	0	2.7	0.6	2.8	1.4	3.6	0.3	1.0
COPPER	142	Spaghetti with meat sauce, homemade	24	0	2	1.1	0.1	1.1	0.9	1.3	0.3	0.9
COPPER	145	Chili con carne with beans, canned	24	0	0	1.4	0.2	1.4	1.1	1.8	0.3	0.9
COPPER	146	Macaroni and cheese, prepared from box mix	24	0	24	0.7	0.1	0.7	0.4	0.9	0.3	1.0
COPPER	147	Quarter-pound hamburger on bun, fast-food	24	0	9	0.9	0.1	0.9	0.8	1.1	0.3	0.9
COPPER	148	Meatloaf, beef, homemade	24	0	24	0.6	0.1	0.6	0.5	0.8	0.3	0.9
COPPER	152	Chicken potpie, frozen, heated	24	0	24	0.5	0.1	0.5	0.3	0.7	0.3	0.8
COPPER	155	Soup, chicken noodle, canned, condensed, prepared with water	24	23	1	0	0.1	0	0	0.4	0.3	0.8
COPPER	156	Soup, tomato, canned, condensed, prepared with water	24	1	23	0.4	0.1	0.4	0	0.5	0.3	0.8
COPPER	157	Soup, vegetable beef, canned, condensed, prepared with water	24	7	17	0.3	0.2	0.3	0	0.6	0.3	0.8
COPPER	161	Dill cucumber pickles	24	11	13	0.2	0.2	0.3	0	0.5	0.3	0.9
COPPER	162	Margarine, regular (not lowfat), salted	24	23	1	0	0.1	0	0	0.3	0.3	1.0
COPPER	164	Butter, regular (not lowfat), salted	24	23	1	0	0.1	0	0	0.4	0.3	1.0
COPPER	166	Mayonnaise, regular, bottled	24	24	0	0	0	0	0	0	0.4	2.0
COPPER	167	Cream, half & half	24	24	0	0	0	0	0	0	0.3	0.9

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COPPER	168	Cream substitute, non-dairy, liquid/frozen	24	23	1	0	0.1	0	0	0.4	0.3	0.9
COPPER	169	Sugar, white, granulated	24	24	0	0	0	0	0	0	0.3	1.0
COPPER	170	Syrup, pancake	24	24	0	0	0	0	0	0	0.3	1.0
COPPER	172	Honey	24	22	2	0	0.2	0	0	0.8	0.3	1.0
COPPER	173	Tomato catsup	24	0	3	1.0	0.2	1.0	0.7	1.5	0.3	0.8
COPPER	177	Ice cream, light, vanilla	24	24	0	0	0	0	0	0	0.3	0.9
COPPER	178	Cake, chocolate with icing	24	0	5	2.4	0.5	2.3	1.6	3.8	0.4	2.0
COPPER	182	Sweet roll/Danish pastry	24	0	24	0.9	0.2	0.9	0.6	1.2	0.4	2.0
COPPER	183	Chocolate chip cookies	24	0	0	3.0	0.3	2.8	2.4	3.5	0.3	1.0
COPPER	184	Sandwich cookies with creme filling	24	0	1	2.4	0.8	2.5	0.7	4.1	0.3	1.0
COPPER	185	Pie, apple, fresh/frozen	24	0	24	0.5	0.1	0.5	0.4	0.6	0.3	1.0
COPPER	186	Pie, pumpkin, fresh/frozen	24	0	24	0.5	0.1	0.5	0.4	0.9	0.3	1.0
COPPER	187	Candy bar, milk chocolate, plain	24	0	0	3.9	0.2	3.9	3.5	4.3	0.3	1.0
COPPER	190	Gelatin dessert, any flavor	24	24	0	0	0	0	0	0	0.3	0.9
COPPER	191	Carbonated beverage, cola, regular	24	24	0	0	0	0	0	0	0.3	0.8
COPPER	193	Fruit drink, from powder	24	24	0	0	0	0	0	0	0.2	0.7
COPPER	194	Carbonated beverage, cola, low-calorie	24	24	0	0	0	0	0	0	0.2	0.7
COPPER	197	Tea, from tea bag	24	24	0	0	0	0	0	0	0.1	0.4
COPPER	198	Beer	24	24	0	0	0	0	0	0	0.2	0.6
COPPER	199	Wine, dry table, red/white	24	16	8	0.1	0.1	0	0	0.3	0.2	0.5
COPPER	202	BF, Infant formula, milk-based, iron fortified, RTF (formerly high iron)	24	0	24	0.6	0.1	0.6	0.5	0.8	0.3	0.9
COPPER	203	BF, Infant formula, milk-based, low iron, RTF	10	0	10	0.6	0.1	0.6	0.5	0.8	0.3	0.9
COPPER	205	BF, beef and broth/gravy	24	3	21	0.3	0.1	0.4	0	0.6	0.3	0.9
COPPER	207	BF, chicken and broth/gravy	24	1	23	0.4	0.1	0.4	0	0.5	0.3	0.9
COPPER	211	BF, vegetables and beef	24	1	23	0.6	0.2	0.6	0	0.9	0.3	0.9
COPPER	212	BF, vegetables and chicken	24	1	23	0.5	0.1	0.5	0	0.7	0.3	0.9
COPPER	213	BF, vegetables and ham	4	0	4	0.5	0.1	0.5	0.4	0.6	0.3	0.9
COPPER	214	BF, chicken noodle dinner	24	0	24	0.6	0.1	0.6	0.5	0.9	0.3	0.9



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COPPER	215	BF, macaroni, tomato and beef	24	0	21	0.7	0.2	0.7	0.5	1.0	0.3	0.9
COPPER	216	BF, turkey and rice	24	1	22	0.5	0.2	0.5	0	1.0	0.3	0.9
COPPER	218	BF, carrots	24	4	20	0.4	0.2	0.4	0	0.7	0.3	0.9
COPPER	219	BF, green beans	24	0	23	0.6	0.1	0.5	0.4	0.9	0.3	0.9
COPPER	220	BF, mixed vegetables	24	0	24	0.5	0.1	0.5	0.4	0.6	0.3	0.9
COPPER	221	BF, sweet potatoes	24	0	4	1.1	0.2	1.1	0.7	1.4	0.3	0.9
COPPER	223	BF, peas	24	0	16	0.8	0.1	0.9	0.6	1.0	0.3	0.9
COPPER	225	BF, applesauce	24	7	17	0.3	0.2	0.3	0	0.4	0.3	0.9
COPPER	226	BF, peaches	24	0	13	0.9	0.1	0.9	0.6	1.1	0.3	0.9
COPPER	227	BF, pears	24	0	21	0.8	0.1	0.8	0.7	1.0	0.3	0.9
COPPER	230	BF, juice, apple	24	24	0	0	0	0	0	0	0.3	0.9
COPPER	232	BF, custard/pudding	23	7	16	0.3	0.3	0.5	0	0.9	0.3	0.9
COPPER	233	BF, fruit dessert/pudding	22	3	18	0.4	0.2	0.4	0	1.0	0.3	0.9
COPPER	235	Yogurt, lowfat, fruit-flavored	24	23	1	0	0.1	0	0	0.4	0.3	0.9
COPPER	236	Cheese, Swiss, natural	24	21	2	0.2	0.8	0	0	3.9	0.4	1.2
COPPER	237	Cream cheese	24	24	0	0	0	0	0	0	0.4	1.2
COPPER	239	Luncheon meat, ham	24	0	24	0.5	0.1	0.5	0.4	0.6	0.3	0.9
COPPER	240	Chicken breast, oven-roasted (skin removed)	24	5	19	0.3	0.1	0.3	0	0.4	0.3	0.9
COPPER	241	Chicken nuggets, fast-food	24	0	24	0.5	0.1	0.5	0.4	0.7	0.3	0.9
COPPER	244	Shrimp, boiled	24	0	5	1.3	0.3	1.3	0.9	1.8	0.3	1.0
COPPER	248	Bread, multigrain (formerly cracked wheat)	24	0	0	2.3	0.4	2.2	1.6	3.1	0.3	0.9
COPPER	249	Bagel, plain, toasted	24	0	24	1.4	0.1	1.4	1.0	1.6	0.4	2.0
COPPER	250	English muffin, plain, toasted	24	0	0	1.3	0.2	1.3	1.0	2.0	0.3	1.0
COPPER	251	Crackers, graham	24	0	0	1.6	0.3	1.6	1.2	2.4	0.3	0.9
COPPER	252	Crackers, butter-type	24	0	3	1.0	0.1	1.0	0.8	1.3	0.3	0.9
COPPER	254	Peach, canned in light/medium syrup	24	7	17	0.2	0.2	0.3	0	0.5	0.3	0.9
COPPER	255	Pear, canned in light syrup	24	1	23	0.4	0.1	0.4	0	0.5	0.3	0.9
COPPER	256	Pineapple juice, frozen concentrate, reconstituted	24	0	24	0.5	0.1	0.5	0.4	0.6	0.2	0.7

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COPPER	257	Grape juice, frozen concentrate, reconstituted	24	19	5	0.1	0.1	0	0	0.3	0.2	0.7
COPPER	258	French fries, fast-food	24	0	3	1.4	0.4	1.4	0.9	2.3	0.3	1.0
COPPER	259	Carrot, fresh, peeled, boiled	24	5	19	0.3	0.2	0.3	0	0.6	0.3	0.9
COPPER	261	Tomato juice, bottled	24	0	24	0.5	0.1	0.5	0.5	0.7	0.3	0.9
COPPER	263	Brussels sprouts, fresh/frozen, boiled	24	2	22	0.4	0.1	0.4	0	0.5	0.3	0.9
COPPER	264	Mushrooms, raw	24	0	0	2.5	0.6	2.7	1.6	3.6	0.3	0.9
COPPER	265	Eggplant, fresh, peeled, boiled	24	1	23	0.5	0.2	0.5	0	0.8	0.3	0.9
COPPER	266	Turnip, fresh/frozen, boiled	24	16	8	0.1	0.2	0	0	0.5	0.3	0.9
COPPER	267	Okra, fresh/frozen, boiled	24	1	20	0.7	0.2	0.7	0	1.0	0.3	0.9
COPPER	268	Mixed vegetables, frozen, boiled	24	0	24	0.6	0.1	0.6	0.4	0.8	0.3	0.9
COPPER	269	Beef stroganoff with noodles, homemade	24	0	0	1.4	0.2	1.4	1.0	1.8	0.3	0.9
COPPER	272	Tuna noodle casserole, homemade	24	0	24	0.5	0.1	0.5	0.4	0.8	0.3	1.0
COPPER	275	Quarter-pound cheeseburger on bun, fast-food	24	0	21	0.8	0.1	0.8	0.7	0.9	0.3	0.9
COPPER	276	Fish sandwich on bun, fast-food	24	0	24	0.7	0.1	0.6	0.6	0.8	0.3	1.0
COPPER	278	Egg, cheese, and ham on English muffin, fast-food	24	0	22	0.8	0.1	0.8	0.7	1.0	0.3	0.9
COPPER	279	Taco/tostada with beef and cheese, from Mexican carry-out	24	0	20	0.8	0.1	0.8	0.7	1.0	0.3	0.9
COPPER	281	Pizza, cheese and pepperoni, regular crust, from pizza carry-out	24	0	2	1.1	0.1	1.1	1.0	1.2	0.3	1.0
COPPER	283	Soup, bean with bacon/pork, canned, condensed, prepared w/ water	24	0	1	1.3	0.2	1.2	0.8	1.8	0.3	0.9
COPPER	285	Clam chowder, New England, canned, condensed, prepared with whole milk	24	21	3	0	0.1	0	0	0.4	0.3	1.0
COPPER	286	Ice cream, regular (not lowfat), vanilla	24	23	1	0	0.1	0	0	0.4	0.3	0.9
COPPER	287	Sherbet, fruit-flavored	24	24	0	0	0	0	0	0	0.3	0.9

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COPPER	288	Popsicle, fruit-flavored	24	24	0	0	0	0	0	0	0.3	0.9
COPPER	290	Doughnut, cake-type, any flavor, from donut store	24	0	6	1.2	0.3	1.2	0.8	1.7	0.3	1.0
COPPER	291	Brownie	24	0	0	3.0	0.4	3.0	2.1	3.8	0.3	1.0
COPPER	292	Sugar cookies	24	0	24	0.7	0.1	0.7	0.6	0.8	0.3	1.0
COPPER	293	Candy, hard, any flavor	24	20	4	0.1	0.2	0	0	0.7	0.3	1.0
COPPER	294	Pretzels, hard, salted	24	0	0	1.6	0.2	1.6	1.4	2.2	0.3	1.0
COPPER	295	Syrup, chocolate	24	0	0	3.8	0.3	3.8	3.4	4.5	0.3	1.0
COPPER	296	Jelly, any flavor	24	24	0	0	0	0	0	0	0.3	1.0
COPPER	298	Mustard, yellow, plain	24	0	22	0.8	0.1	0.8	0.7	1.0	0.3	0.9
COPPER	299	Black olives	24	0	2	1.6	0.4	1.6	0.7	2.1	0.3	0.9
COPPER	300	Sour cream	24	24	0	0	0	0	0	0	0.3	0.9
COPPER	305	Coffee, from ground	24	24	0	0	0	0	0	0	0.2	0.7
COPPER	306	Carbonated beverage, fruit-flavored, regular	24	24	0	0	0	0	0	0	0.2	0.7
COPPER	307	Fruit drink (10% juice), canned or bottled	24	24	0	0	0	0	0	0	0.2	0.7
COPPER	309	BF, Infant formula, soy-based, RTF	24	0	17	0.8	0.1	0.8	0.6	1.1	0.3	0.9
COPPER	313	BF, bananas	24	0	9	0.9	0.1	0.9	0.6	1.2	0.3	0.9
COPPER	317	BF, teething biscuits	23	0	1	1.6	0.5	1.3	0.9	2.6	0.3	0.9
COPPER	318	Salmon, steaks/fillets, baked	24	0	24	0.5	0.1	0.5	0.4	0.8	0.3	1.0
COPPER	320	BF, squash	24	0	24	0.6	0.1	0.6	0.4	0.8	0.3	0.9
COPPER	323	BF, cereal, oatmeal, dry, prepared with water	24	0	20	0.8	0.1	0.8	0.5	1.0	0.3	0.9
COPPER	324	BF, cereal, rice, dry, prepared with water	24	0	23	0.5	0.1	0.5	0.3	1.0	0.3	0.9
COPPER	325	BF, cereal, rice with apples, dry, prepared with water	13	1	11	0.4	0.2	0.4	0	1.0	0.3	0.9
COPPER	326	BF, veal and broth/gravy	17	0	17	0.5	0.1	0.5	0.3	0.6	0.3	0.9
COPPER	327	BF, lamb and broth/gravy	17	0	17	0.5	0	0.5	0.5	0.6	0.3	0.9
COPPER	328	BF, turkey and broth/gravy	24	4	20	0.4	0.2	0.5	0	0.5	0.3	0.9

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COPPER	331	Meal replacement, liquid RTD, any flavor	24	1	0	2.2	0.7	2.4	0	3.0	0.3	0.9
COPPER	332	Cottage cheese, creamed, lowfat (2% milk fat)	24	24	0	0	0	0	0	0	0.3	0.9
COPPER	333	Sour cream dip, any flavor	24	24	0	0	0	0	0	0	0.3	0.9
COPPER	334	Beef steak, loin/sirloin, broiled	24	0	10	1.0	0.1	1.0	0.7	1.3	0.3	0.9
COPPER	335	Luncheon meat (chicken/turkey)	24	21	3	0	0	0	0	0.4	0.3	0.9
COPPER	336	Chicken breast, fried, fast-food (with skin)	24	0	24	0.5	0.1	0.5	0.4	0.8	0.3	0.9
COPPER	337	Chicken thigh, oven-roasted (skin removed)	24	0	23	0.7	0.1	0.7	0.6	0.9	0.3	0.9
COPPER	338	Chicken leg, fried, fast-food (with skin)	24	0	23	0.8	0.1	0.8	0.6	0.9	0.3	0.9
COPPER	339	Catfish, pan-cooked with oil	24	18	6	0.1	0.2	0	0	0.5	0.3	1.0
COPPER	340	Tuna, canned in water, drained	24	5	19	0.3	0.2	0.4	0	0.5	0.3	1.0
COPPER	341	Refried beans, canned	24	0	0	1.8	0.1	1.9	1.6	2.1	0.3	1.0
COPPER	342	White beans, dry, boiled	24	0	0	3.0	0.4	2.9	2.4	4.3	0.3	0.9
COPPER	343	Sunflower seeds (shelled), roasted, salted	24	0	0	17.7	1.0	17.7	15.6	19.6	0.4	1.2
COPPER	344	Pancakes, frozen, heated	24	0	20	0.8	0.2	0.8	0.6	1.5	0.3	0.9
COPPER	345	Breakfast tart/toaster pastry	24	0	20	0.8	0.2	0.8	0.6	1.6	0.3	1.0
COPPER	346	Macaroni salad, from grocery/deli	24	0	23	0.7	0.1	0.7	0.5	1.3	0.4	1.2
COPPER	347	Spaghetti, enriched, boiled	24	0	0	1.3	0.2	1.2	1.0	1.7	0.3	0.9
COPPER	348	Apricots, canned in heavy/light syrup	24	0	24	0.3	0	0.3	0.2	0.4	0.2	0.7
COPPER	350	canned/bottled	24	24	0	0	0	0	0	0	0.2	0.7
COPPER	351	Cranberry juice cocktail, canned/bottled	24	24	0	0	0	0	0	0	0.2	0.7
COPPER	352	Orange juice, bottled/carton	24	0	24	0.4	0	0.4	0.3	0.5	0.2	0.7
COPPER	353	Potato salad, mayonnaise-type, from grocery/deli	24	0	24	0.7	0.2	0.7	0.5	1.0	0.4	1.2

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COPPER	354	Potatoes, mashed, prepared from fresh	24	1	21	0.6	0.2	0.6	0	1.0	0.3	0.8
COPPER	355	Coleslaw, mayonnaise-type, from grocery/deli	24	24	0	0	0	0	0	0	0.4	1.2
COPPER	356	Carrot, baby, raw	24	3	20	0.4	0.3	0.4	0	1.9	0.3	0.9
COPPER	357	Lettuce, leaf, raw	24	2	20	0.4	0.2	0.3	0	0.8	0.2	0.7
COPPER	358	Sweet potatoes, canned	24	0	18	0.8	0.1	0.8	0.6	1.1	0.3	0.9
COPPER	359	Tomato salsa, bottled	24	0	8	0.9	0.1	0.9	0.7	1.1	0.3	0.8
COPPER	360	Stew, beef and vegetable, canned	23	1	22	0.4	0.1	0.4	0	0.6	0.3	0.9
COPPER	361	Lasagna with meat, frozen, heated	24	0	10	0.9	0.1	0.9	0.8	1.2	0.3	0.9
COPPER	362	Beef with vegetables in sauce, from Chinese carry-out	24	0	24	0.5	0.1	0.5	0.4	0.7	0.3	0.9
COPPER	363	Chicken with vegetables in sauce, from Chinese carry-out	24	1	22	0.5	0.2	0.4	0	1.0	0.3	0.9
COPPER	364	Fried rice, meatless, from Chinese carry-out	24	0	13	0.9	0.2	0.9	0.7	1.3	0.3	0.9
COPPER	365	Burrito with beef, beans and cheese, from Mexican carry-out	24	0	0	1.2	0.1	1.2	0.9	1.6	0.3	0.9
COPPER	366	Chicken filet (broiled) sandwich on bun, fast-food	24	0	23	0.8	0.1	0.8	0.5	0.9	0.3	0.9
COPPER	367	Soup, Oriental noodles (ramen noodles), prepared with water	24	11	13	0.2	0.2	0.3	0	0.5	0.3	0.9
COPPER	368	Pudding, ready-to-eat, flavor other than chocolate	24	22	2	0	0.1	0	0	0.5	0.3	0.9
COPPER	369	Cake, white with icing (formerly yellow cake)	24	18	5	0.2	0.3	0	0	1.2	0.3	1.0
COPPER	370	Granola bar, with raisins	24	0	0	2.1	0.5	2.0	1.6	3.6	0.3	1.0
COPPER	371	Candy bar, chocolate, nougat, and nuts	24	0	0	2.1	0.2	2.1	1.9	2.7	0.3	1.0
COPPER	372	Popcorn, microwave, butter-flavored	24	0	0	1.9	0.4	1.8	1.2	2.4	0.4	1.2
COPPER	373	Sweet & sour sauce	24	19	5	0.1	0.1	0	0	0.4	0.3	0.9

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COPPER	374	Brown gravy, canned or bottled	24	24	0	0	0	0	0	0	0.3	0.9
COPPER	375	Salad dressing, creamy/buttermilk type, regular	24	24	0	0	0	0	0	0	0.3	1.0
COPPER	376	Salad dressing, creamy/buttermilk type, low-calorie	24	24	0	0	0	0	0	0	0.3	1.0
COPPER	377	Salad dressing, Italian, regular	24	23	1	0	0.1	0	0	0.3	0.3	1.0
COPPER	378	Olive oil	24	24	0	0	0	0	0	0	0.3	1.0
COPPER	379	Vegetable oil	24	24	0	0	0	0	0	0	0.3	1.0
COPPER	380	Bottled drinking water (mineral/spring), not carbonated or flavored	24	24	0	0	0	0	0	0	0.1	0.2
COPPER	381	Coffee, decaffeinated, from ground	24	23	1	0	0	0	0	0.1	0.1	0.4
COPPER	382	Tea, decaffeinated, from tea bag	24	23	1	0	0	0	0	0.1	0.1	0.4

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IODINE	1	Milk, whole, fluid	24	0	3	0.398	0.078	0.407	0.256	0.536	0.030	0.300
IODINE	2	Milk, lowfat (2%), fluid	24	0	0	0.399	0.051	0.392	0.302	0.484	0.030	0.300
IODINE	3	Milk, chocolate, lowfat, fluid	24	0	1	0.392	0.073	0.384	0.234	0.529	0.030	0.300
IODINE	4	Milk, skim, fluid	24	0	2	0.416	0.108	0.417	0.134	0.709	0.030	0.300
IODINE	7	Milk shake, chocolate, fast-food	24	0	1	0.470	0.139	0.451	0.290	1.005	0.030	0.300
IODINE	10	Cheese, American, processed	24	0	1	0.496	0.114	0.469	0.289	0.711	0.030	0.300
IODINE	12	Cheese, cheddar, natural (sharp/mild)	24	1	4	0.458	0.169	0.487	0	0.715	0.040	0.400
IODINE	13	Beef, ground, regular, pan-cooked	24	2	22	0.050	0.021	0.052	0	0.089	0.030	0.300
IODINE	14	Beef roast, chuck, oven-roasted	24	12	12	0.024	0.026	0.015	0	0.074	0.030	0.300
IODINE	17	Ham, cured (not canned), baked	24	24	0	0	0	0	0	0	0.030	0.300
IODINE	18	Pork chop, pan-cooked with oil	24	24	0	0	0	0	0	0	0.030	0.300
IODINE	19	Pork sausage (link/patty), oven-cooked	24	15	9	0.029	0.047	0	0	0.176	0.030	0.300
IODINE	20	Pork bacon, oven-cooked	24	23	1	0.003	0.015	0	0	0.072	0.040	0.400
IODINE	21	Pork roast, loin, oven-roasted	23	23	0	0	0	0	0	0	0.030	0.300
IODINE	22	Lamb chop, pan-cooked with oil	24	23	1	0.002	0.012	0	0	0.057	0.030	0.300
IODINE	26	Turkey breast, oven-roasted	24	24	0	0	0	0	0	0	0.030	0.300
IODINE	27	Liver (beef/calf), pan-cooked with oil	24	0	24	0.105	0.028	0.101	0.064	0.159	0.030	0.300
IODINE	28	Frankfurter (beef/pork), boiled	24	7	17	0.063	0.065	0.045	0	0.223	0.030	0.300
IODINE	29	Bologna (beef/pork)	24	0	18	0.223	0.104	0.199	0.037	0.425	0.030	0.300
IODINE	30	Salami, luncheon-meat type (not hard)	24	1	22	0.158	0.068	0.158	0	0.318	0.030	0.300
IODINE	34	Fish sticks or patty, frozen, oven-cooked	24	0	4	0.498	0.204	0.500	0.085	0.868	0.030	0.300
IODINE	35	Eggs, scrambled with oil	24	0	2	0.607	0.481	0.457	0.174	2.527	0.030	0.300
IODINE	37	Eggs, boiled	24	0	2	0.548	0.458	0.387	0.257	2.326	0.030	0.300
IODINE	38	Pinto beans, dry, boiled	24	22	2	0.004	0.013	0	0	0.052	0.030	0.300
IODINE	39	Pork and beans, canned	24	22	2	0.010	0.038	0	0	0.181	0.030	0.300
IODINE	42	Lima beans, immature, frozen, boiled	24	21	3	0.006	0.015	0	0	0.048	0.030	0.300
IODINE	46	Peas, green, fresh/frozen, boiled	23	22	1	0.002	0.008	0	0	0.036	0.030	0.300

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IODINE	47	Peanut butter, smooth/creamy	24	1	23	0.055	0.017	0.055	0	0.099	0.030	0.300
IODINE	48	Peanuts, dry roasted, salted	24	2	22	0.057	0.022	0.059	0	0.092	0.040	0.400
IODINE	50	Rice, white, enriched, cooked	24	21	3	0.005	0.014	0	0	0.045	0.030	0.300
IODINE	51	Oatmeal, plain, cooked	24	15	9	0.014	0.018	0	0	0.044	0.030	0.300
IODINE	52	Cream of wheat (farina), enriched, cooked	24	24	0	0	0	0	0	0	0.030	0.300
IODINE	53	Corn/hominy grits, enriched, cooked	24	22	2	0.003	0.011	0	0	0.043	0.030	0.300
IODINE	54	Corn, fresh/frozen, boiled	24	23	1	0.002	0.009	0	0	0.044	0.030	0.300
IODINE	55	Corn, canned	24	22	1	0.028	0.125	0	0	0.611	0.030	0.300
IODINE	58	Bread, white, enriched	24	14	5	0.697	1.611	0	0	6.117	0.030	0.300
IODINE	60	Cornbread, homemade	24	0	14	0.308	0.142	0.286	0.123	0.758	0.030	0.300
IODINE	61	Biscuits, refrigerated-type, baked	24	0	24	0.078	0.041	0.068	0.036	0.229	0.030	0.300
IODINE	62	Bread, whole wheat	24	0	22	0.250	0.546	0.088	0.039	2.169	0.030	0.300
IODINE	63	Tortilla, flour	24	19	5	0.008	0.017	0	0	0.051	0.030	0.300
IODINE	64	Bread, rye	24	10	12	0.063	0.107	0.031	0	0.413	0.030	0.300
IODINE	65	Muffin, blueberry	24	0	24	0.141	0.036	0.145	0.079	0.224	0.030	0.300
IODINE	66	Crackers, saltine	24	15	9	0.019	0.033	0	0	0.144	0.030	0.300
IODINE	67	Corn/tortilla chips	24	20	4	0.007	0.016	0	0	0.051	0.030	0.300
IODINE	69	Noodles, egg, enriched, boiled	24	3	21	0.046	0.025	0.047	0	0.109	0.030	0.300
IODINE	71	Corn flakes cereal	24	24	0	0	0	0	0	0	0.030	0.300
IODINE	72	Fruit-flavored cereal, presweetened	24	19	5	0.009	0.020	0	0	0.074	0.030	0.300
IODINE	73	Shredded wheat cereal	24	0	24	0.086	0.030	0.082	0.050	0.193	0.030	0.300
IODINE	74	Raisin bran cereal	24	0	24	0.109	0.041	0.100	0.060	0.256	0.030	0.300
IODINE	75	Crisped rice cereal	24	6	18	0.038	0.032	0.039	0	0.141	0.030	0.300
IODINE	76	Granola with raisins	24	0	23	0.159	0.070	0.161	0.031	0.326	0.030	0.300
IODINE	77	Oat ring cereal	24	0	24	0.111	0.019	0.113	0.062	0.138	0.030	0.300
IODINE	78	Apple (red), raw (with peel)	24	24	0	0	0	0	0	0	0.030	0.300
IODINE	79	Orange (navel/Valencia), raw	24	23	1	0.002	0.008	0	0	0.039	0.030	0.300
IODINE	80	Banana, raw	24	24	0	0	0	0	0	0	0.030	0.300
IODINE	81	Watermelon, raw/frozen	24	24	0	0	0	0	0	0	0.030	0.300
IODINE	83	Peach, raw/frozen	24	24	0	0	0	0	0	0	0.030	0.300



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IODINE	84	Applesauce, bottled	24	24	0	0	0	0	0	0	0.030	0.300
IODINE	85	Pear, raw (with peel)	24	22	2	0.004	0.015	0	0	0.069	0.030	0.300
IODINE	86	Strawberries, raw/frozen	24	22	2	0.003	0.011	0	0	0.045	0.030	0.300
IODINE	87	Fruit cocktail, canned in light syrup	24	6	17	0.084	0.110	0.067	0	0.540	0.030	0.300
IODINE	88	Grapes (red/green), raw	24	24	0	0	0	0	0	0	0.030	0.300
IODINE	89	Cantaloupe, raw/frozen	24	23	1	0.001	0.007	0	0	0.032	0.030	0.300
IODINE	92	Grapefruit, raw	24	22	2	0.003	0.012	0	0	0.044	0.030	0.300
IODINE	93	Pineapple, canned in juice	24	4	20	0.044	0.025	0.045	0	0.086	0.030	0.300
IODINE	95	Raisins	24	24	0	0	0	0	0	0	0.060	0.600
IODINE	97	Avocado, raw	24	24	0	0	0	0	0	0	0.040	0.400
IODINE	98	Orange juice, frozen concentrate, reconstituted	24	24	0	0	0	0	0	0	0.030	0.300
IODINE	99	Apple juice, bottled	24	23	1	0.001	0.007	0	0	0.036	0.030	0.300
IODINE	100	Grapefruit juice, bottled	23	22	1	0.001	0.006	0	0	0.031	0.030	0.300
IODINE	103	Prune juice, bottled	24	17	7	0.015	0.025	0	0	0.077	0.030	0.300
IODINE	105	Lemonade, frozen concentrate, reconstituted	24	24	0	0	0	0	0	0	0.030	0.300
IODINE	107	Spinach, fresh/frozen, boiled	24	10	14	0.038	0.041	0.037	0	0.126	0.030	0.300
IODINE	108	Collards, fresh/frozen, boiled	24	12	12	0.023	0.026	0.015	0	0.087	0.030	0.300
IODINE	109	Lettuce, iceberg, raw	24	22	2	0.003	0.010	0	0	0.040	0.030	0.300
IODINE	110	Cabbage, fresh, boiled	24	23	1	0.003	0.014	0	0	0.067	0.030	0.300
IODINE	113	Broccoli, fresh/frozen, boiled	24	24	0	0	0	0	0	0	0.030	0.300
IODINE	114	Celery, raw	24	20	4	0.011	0.028	0	0	0.108	0.030	0.300
IODINE	115	Asparagus, fresh/frozen, boiled	24	23	1	0.003	0.013	0	0	0.063	0.030	0.300
IODINE	116	Cauliflower, fresh/frozen, boiled	24	24	0	0	0	0	0	0	0.030	0.300
IODINE	117	Tomato, raw	24	23	1	0.002	0.010	0	0	0.047	0.030	0.300
IODINE	119	Tomato sauce, plain, bottled	24	18	6	0.012	0.024	0	0	0.094	0.030	0.300
IODINE	121	Green beans, fresh/frozen, boiled	24	22	2	0.003	0.012	0	0	0.046	0.030	0.300
IODINE	122	Green beans, canned	24	23	1	0.005	0.026	0	0	0.125	0.030	0.300
IODINE	123	Cucumber, peeled, raw	24	24	0	0	0	0	0	0	0.030	0.300

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IODINE	124	Summer squash, fresh/frozen, boiled	24	22	2	0.009	0.032	0	0	0.144	0.030	0.300
IODINE	125	Pepper, sweet, green, raw	24	24	0	0	0	0	0	0	0.030	0.300
IODINE	126	Squash, winter (Hubbard/acorn), fresh/frozen, boiled	23	22	1	0.007	0.034	0	0	0.165	0.030	0.300
IODINE	128	Onion, mature, raw	24	23	1	0.008	0.039	0	0	0.192	0.030	0.300
IODINE	131	Beets, canned	24	24	0	0	0	0	0	0	0.030	0.300
IODINE	136	Potato, boiled (without peel)	24	24	0	0	0	0	0	0	0.030	0.300
IODINE	137	Potato, baked (with peel)	24	22	2	0.005	0.016	0	0	0.058	0.030	0.300
IODINE	138	Potato chips	24	16	8	0.019	0.030	0	0	0.113	0.030	0.300
IODINE	142	Spaghetti with meat sauce, homemade	24	17	7	0.015	0.029	0	0	0.126	0.030	0.300
IODINE	145	Chili con carne with beans, canned	24	20	4	0.007	0.015	0	0	0.050	0.030	0.300
IODINE	146	Macaroni and cheese, prepared from box mix	24	0	24	0.171	0.042	0.169	0.095	0.254	0.030	0.300
IODINE	147	Quarter-pound hamburger on bun, fast-food	24	5	18	0.069	0.131	0.043	0	0.655	0.030	0.300
IODINE	148	Meatloaf, beef, homemade	23	0	13	0.284	0.194	0.231	0.045	0.733	0.030	0.300
IODINE	152	Chicken potpie, frozen, heated	24	8	16	0.044	0.037	0.045	0	0.105	0.030	0.300
IODINE	155	Soup, chicken noodle, canned, condensed, prepared with water	23	19	4	0.010	0.023	0	0	0.078	0.030	0.300
IODINE	156	Soup, tomato, canned, condensed, prepared with water	24	17	7	0.013	0.022	0	0	0.062	0.030	0.300
IODINE	157	Soup, vegetable beef, canned, condensed, prepared with water	24	20	4	0.016	0.051	0	0	0.245	0.030	0.300
IODINE	161	Dill cucumber pickles	24	21	3	0.011	0.038	0	0	0.183	0.030	0.300
IODINE	162	Margarine, regular (not lowfat), salted	24	23	1	0.010	0.047	0	0	0.229	0.040	0.400
IODINE	164	Butter, regular (not lowfat), salted	24	8	16	0.058	0.048	0.064	0	0.141	0.050	0.500
IODINE	166	Mayonnaise, regular, bottled	24	18	6	0.023	0.049	0	0	0.210	0.050	0.500
IODINE	167	Cream, half & half	24	0	7	0.356	0.087	0.353	0.124	0.523	0.030	0.300

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IODINE	168	Cream substitute, non-dairy, liquid/frozen	24	23	1	0.003	0.014	0	0	0.067	0.030	0.300
IODINE	169	Sugar, white, granulated	24	23	1	0.003	0.016	0	0	0.078	0.030	0.300
IODINE	170	Syrup, pancake	24	21	3	0.011	0.038	0	0	0.183	0.030	0.300
IODINE	172	Honey	24	22	2	0.004	0.013	0	0	0.053	0.030	0.300
IODINE	173	Tomato catsup	24	22	2	0.003	0.009	0	0	0.033	0.030	0.300
IODINE	177	Ice cream, light, vanilla	24	0	0	0.580	0.138	0.579	0.325	0.881	0.030	0.300
IODINE	178	Cake, chocolate with icing	24	3	16	0.905	2.634	0.115	0	12.600	0.050	0.500
IODINE	182	Sweet roll/Danish pastry	24	2	22	0.060	0.031	0.060	0	0.109	0.030	0.300
IODINE	183	Chocolate chip cookies	24	7	17	0.036	0.028	0.039	0	0.087	0.030	0.300
IODINE	184	Sandwich cookies with creme filling	24	18	6	0.010	0.018	0	0	0.048	0.030	0.300
IODINE	185	Pie, apple, fresh/frozen	24	22	2	0.003	0.010	0	0	0.037	0.030	0.300
IODINE	186	Pie, pumpkin, fresh/frozen	24	0	17	0.258	0.080	0.228	0.130	0.397	0.030	0.300
IODINE	187	Candy bar, milk chocolate, plain	24	0	2	0.656	0.145	0.664	0.107	0.868	0.050	0.500
IODINE	190	Gelatin dessert, any flavor	24	24	0	0	0	0	0	0	0.030	0.300
IODINE	191	Carbonated beverage, cola, regular	24	24	0	0	0	0	0	0	0.030	0.300
IODINE	193	Fruit drink, from powder	24	23	1	0.003	0.014	0	0	0.071	0.030	0.300
IODINE	194	Carbonated beverage, cola, low-calorie	24	24	0	0	0	0	0	0	0.030	0.300
IODINE	197	Tea, from tea bag	24	24	0	0	0	0	0	0	0.030	0.300
IODINE	198	Beer	24	19	5	0.014	0.033	0	0	0.136	0.030	0.300
IODINE	199	Wine, dry table, red/white	24	20	4	0.005	0.012	0	0	0.037	0.030	0.300
IODINE	202	BF, Infant formula, milk-based, iron fortified, RTF (formerly high iron)	24	1	23	0.140	0.043	0.144	0	0.206	0.030	0.300
IODINE	203	BF, Infant formula, milk-based, low iron, RTF	10	0	10	0.137	0.014	0.139	0.115	0.158	0.030	0.300
IODINE	205	BF, beef and broth/gravy	24	23	1	0.002	0.010	0	0	0.050	0.030	0.300
IODINE	207	BF, chicken and broth/gravy	24	14	10	0.028	0.040	0	0	0.130	0.030	0.300
IODINE	211	BF, vegetables and beef	24	23	1	0.001	0.007	0	0	0.036	0.030	0.300
IODINE	212	BF, vegetables and chicken	24	23	1	0.002	0.008	0	0	0.040	0.030	0.300
IODINE	213	BF, vegetables and ham	4	4	0	0	0	0	0	0	0.030	0.300
IODINE	214	BF, chicken noodle dinner	24	16	7	0.036	0.082	0	0	0.323	0.030	0.300

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IODINE	215	BF, macaroni, tomato and beef	24	18	6	0.017	0.040	0	0	0.179	0.030	0.300
IODINE	216	BF, turkey and rice	24	23	1	0.003	0.013	0	0	0.062	0.030	0.300
IODINE	218	BF, carrots	24	23	1	0.001	0.007	0	0	0.032	0.030	0.300
IODINE	219	BF, green beans	24	24	0	0	0	0	0	0	0.030	0.300
IODINE	220	BF, mixed vegetables	24	23	1	0.002	0.008	0	0	0.040	0.030	0.300
IODINE	221	BF, sweet potatoes	24	22	2	0.003	0.009	0	0	0.035	0.030	0.300
IODINE	223	BF, peas	24	23	1	0.002	0.009	0	0	0.043	0.030	0.300
IODINE	225	BF, applesauce	24	24	0	0	0	0	0	0	0.030	0.300
IODINE	226	BF, peaches	24	24	0	0	0	0	0	0	0.030	0.300
IODINE	227	BF, pears	24	24	0	0	0	0	0	0	0.030	0.300
IODINE	230	BF, juice, apple	24	21	3	0.013	0.035	0	0	0.116	0.030	0.300
IODINE	232	BF, custard/pudding	23	0	23	0.188	0.044	0.189	0.109	0.284	0.030	0.300
IODINE	233	BF, fruit dessert/pudding	22	13	9	0.020	0.025	0	0	0.063	0.030	0.300
IODINE	235	Yogurt, lowfat, fruit-flavored	24	0	3	0.413	0.097	0.425	0.236	0.625	0.030	0.300
IODINE	236	Cheese, Swiss, natural	24	3	4	0.519	0.379	0.447	0	1.196	0.030	0.300
IODINE	237	Cream cheese	24	0	0	0.415	0.056	0.423	0.300	0.510	0.030	0.300
IODINE	239	Luncheon meat, ham	24	24	0	0	0	0	0	0	0.030	0.300
IODINE	240	Chicken breast, oven-roasted (skin removed)	24	22	2	0.005	0.018	0	0	0.080	0.030	0.300
IODINE	241	Chicken nuggets, fast-food	24	22	2	0.003	0.009	0	0	0.035	0.030	0.300
IODINE	244	Shrimp, boiled	24	1	23	0.102	0.054	0.087	0	0.204	0.030	0.300
IODINE	248	Bread, multigrain (formerly cracked wheat)	24	0	23	0.255	0.893	0.064	0.03	4.443	0.030	0.300
IODINE	249	Bagel, plain, toasted	24	8	9	0.485	1.042	0.044	0	4.130	0.030	0.300
IODINE	250	English muffin, plain, toasted	24	16	8	0.014	0.020	0	0	0.058	0.030	0.300
IODINE	251	Crackers, graham	24	9	15	0.029	0.024	0.039	0	0.070	0.030	0.300
IODINE	252	Crackers, butter-type	24	19	5	0.009	0.019	0	0	0.065	0.030	0.300
IODINE	254	Peach, canned in light/medium syrup	24	23	1	0.001	0.007	0	0	0.033	0.030	0.300
IODINE	255	Pear, canned in light syrup	23	21	2	0.003	0.011	0	0	0.042	0.030	0.300
IODINE	256	Pineapple juice, frozen concentrate, reconstituted	24	1	23	0.069	0.037	0.068	0	0.201	0.030	0.300

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IODINE	257	Grape juice, frozen concentrate, reconstituted	24	19	5	0.014	0.029	0	0	0.102	0.030	0.300
IODINE	258	French fries, fast-food	24	20	4	0.013	0.035	0	0	0.158	0.040	0.400
IODINE	259	Carrot, fresh, peeled, boiled	24	22	2	0.003	0.011	0	0	0.043	0.030	0.300
IODINE	261	Tomato juice, bottled	24	16	8	0.026	0.043	0	0	0.143	0.030	0.300
IODINE	263	Brussels sprouts, fresh/frozen, boiled	24	24	0	0	0	0	0	0	0.030	0.300
IODINE	264	Mushrooms, raw	24	23	1	0.003	0.017	0	0	0.081	0.030	0.300
IODINE	265	Eggplant, fresh, peeled, boiled	24	24	0	0	0	0	0	0	0.030	0.300
IODINE	266	Turnip, fresh/frozen, boiled	24	24	0	0	0	0	0	0	0.030	0.300
IODINE	267	Okra, fresh/frozen, boiled	24	20	4	0.006	0.014	0	0	0.042	0.030	0.300
IODINE	268	Mixed vegetables, frozen, boiled	24	23	0	0.017	0.085	0	0	0.417	0.030	0.300
IODINE	269	Beef stroganoff with noodles, homemade	24	0	23	0.139	0.123	0.101	0.051	0.655	0.030	0.300
IODINE	272	Tuna noodle casserole, homemade	24	0	23	0.182	0.097	0.162	0.077	0.582	0.030	0.300
IODINE	275	Quarter-pound cheeseburger on bun, fast-food	24	0	23	0.138	0.122	0.115	0.052	0.698	0.030	0.300
IODINE	276	Fish sandwich on bun, fast-food	24	0	5	0.349	0.080	0.334	0.226	0.543	0.030	0.300
IODINE	278	Egg, cheese, and ham on English muffin, fast-food	23	0	19	0.265	0.114	0.255	0.170	0.746	0.030	0.300
IODINE	279	Taco/tostada with beef and cheese, from Mexican carry-out	23	0	23	0.095	0.040	0.084	0.045	0.204	0.030	0.300
IODINE	281	Pizza, cheese and pepperoni, regular crust, from pizza carry-out	23	0	10	0.404	0.287	0.339	0.117	1.190	0.030	0.300
IODINE	283	Soup, bean with bacon/pork, canned, condensed, prepared w/ water	23	18	5	0.011	0.026	0	0	0.113	0.030	0.300
IODINE	285	Clam chowder, New England, canned, condensed, prepared with whole milk	23	0	15	0.268	0.066	0.266	0.115	0.403	0.030	0.300
IODINE	286	Ice cream, regular (not lowfat), vanilla	24	0	2	0.486	0.135	0.483	0.231	0.948	0.030	0.300
IODINE	287	Sherbet, fruit-flavored	24	0	19	1.283	3.325	0.143	0.057	14.800	0.030	0.300

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IODINE	288	Popsicle, fruit-flavored	24	18	0	0.468	0.889	0	0	2.946	0.030	0.300
IODINE	290	Doughnut, cake-type, any flavor, from donut store	23	4	12	0.319	0.446	0.095	0	1.460	0.030	0.300
IODINE	291	Brownie	23	7	14	0.099	0.163	0.053	0	0.688	0.040	0.400
IODINE	292	Sugar cookies	24	2	17	0.619	1.718	0.061	0	7.539	0.030	0.300
IODINE	293	Candy, hard, any flavor	24	19	4	0.335	1.390	0	0	6.828	0.060	0.600
IODINE	294	Pretzels, hard, salted	23	15	8	0.014	0.021	0	0	0.055	0.030	0.300
IODINE	295	Syrup, chocolate	24	23	1	0.004	0.018	0	0	0.086	0.050	0.500
IODINE	296	Jelly, any flavor	23	20	3	0.006	0.016	0	0	0.052	0.030	0.300
IODINE	298	Mustard, yellow, plain	23	23	0	0	0	0	0	0	0.030	0.300
IODINE	299	Black olives	23	20	3	0.004	0.011	0	0	0.034	0.030	0.300
IODINE	300	Sour cream	23	0	2	0.385	0.051	0.386	0.267	0.465	0.030	0.300
IODINE	305	Coffee, from ground	23	23	0	0	0	0	0	0	0.030	0.300
IODINE	306	Carbonated beverage, fruit-flavored, regular	23	23	0	0	0	0	0	0	0.030	0.300
IODINE	307	Fruit drink (10% juice), canned or bottled	24	23	1	0.003	0.016	0	0	0.079	0.030	0.300
IODINE	309	BF, Infant formula, soy-based, RTF	24	2	22	0.102	0.045	0.115	0	0.216	0.030	0.300
IODINE	313	BF, bananas	24	24	0	0	0	0	0	0	0.030	0.300
IODINE	317	BF, teething biscuits	23	0	9	0.327	0.153	0.326	0.089	0.608	0.030	0.300
IODINE	318	Salmon, steaks/fillets, baked	23	0	22	0.162	0.064	0.151	0.068	0.318	0.030	0.300
IODINE	320	BF, squash	24	24	0	0	0	0	0	0	0.030	0.300
IODINE	323	BF, cereal, oatmeal, dry, prepared with water	24	15	9	0.014	0.018	0	0	0.048	0.030	0.300
IODINE	324	BF, cereal, rice, dry, prepared with water	24	21	3	0.005	0.014	0	0	0.054	0.030	0.300
IODINE	325	BF, cereal, rice with apples, dry, prepared with water	13	12	1	0.016	0.056	0	0	0.203	0.030	0.300
IODINE	326	BF, veal and broth/gravy	17	16	1	0.004	0.016	0	0	0.068	0.030	0.300
IODINE	327	BF, lamb and broth/gravy	17	17	0	0	0	0	0	0	0.030	0.300
IODINE	328	BF, turkey and broth/gravy	24	22	2	0.003	0.010	0	0	0.040	0.030	0.300

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IODINE	331	Meal replacement, liquid RTD, any flavor	24	0	11	1.114	1.304	0.323	0.170	4.903	0.030	0.300
IODINE	332	Cottage cheese, creamed, lowfat (2% milk fat)	24	1	2	0.373	0.129	0.363	0	0.718	0.030	0.300
IODINE	333	Sour cream dip, any flavor	24	0	8	0.359	0.118	0.368	0.170	0.582	0.030	0.300
IODINE	334	Beef steak, loin/sirloin, broiled	24	14	10	0.019	0.025	0	0	0.068	0.030	0.300
IODINE	335	Luncheon meat (chicken/turkey)	24	10	14	0.038	0.040	0.038	0	0.155	0.030	0.300
IODINE	336	Chicken breast, fried, fast-food (with skin)	24	10	14	0.022	0.022	0.030	0	0.079	0.030	0.300
IODINE	337	Chicken thigh, oven-roasted (skin removed)	24	22	2	0.007	0.024	0	0	0.089	0.030	0.300
IODINE	338	Chicken leg, fried, fast-food (with skin)	24	20	4	0.006	0.015	0	0	0.045	0.030	0.300
IODINE	339	Catfish, pan-cooked with oil	24	16	8	0.018	0.030	0	0	0.088	0.030	0.300
IODINE	340	Tuna, canned in water, drained	24	1	21	0.119	0.122	0.071	0	0.539	0.030	0.300
IODINE	341	Refried beans, canned	24	20	3	0.036	0.118	0	0	0.538	0.030	0.300
IODINE	342	White beans, dry, boiled	24	21	3	0.005	0.013	0	0	0.048	0.030	0.300
IODINE	343	Sunflower seeds (shelled), roasted, salted	24	6	18	0.076	0.079	0.068	0	0.390	0.040	0.400
IODINE	344	Pancakes, frozen, heated	24	0	24	0.121	0.064	0.099	0.047	0.271	0.030	0.300
IODINE	345	Breakfast tart/toaster pastry	24	7	12	0.262	0.433	0.067	0	1.681	0.030	0.300
IODINE	346	Macaroni salad, from grocery/deli	24	12	12	0.037	0.067	0.015	0	0.253	0.030	0.300
IODINE	347	Spaghetti, enriched, boiled	24	23	1	0.001	0.007	0	0	0.034	0.030	0.300
IODINE	348	Apricots, canned in heavy/light syrup	24	10	14	0.041	0.040	0.039	0	0.115	0.030	0.300
IODINE	350	canned/bottled	24	22	2	0.003	0.010	0	0	0.037	0.030	0.300
IODINE	351	Cranberry juice cocktail, canned/bottled	24	24	0	0	0	0	0	0	0.030	0.300
IODINE	352	Orange juice, bottled/carton	24	15	9	0.038	0.066	0	0	0.246	0.030	0.300
IODINE	353	Potato salad, mayonnaise-type, from grocery/deli	24	20	4	0.012	0.027	0	0	0.081	0.050	0.500

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IODINE	354	Potatoes, mashed, prepared from fresh	24	1	23	0.097	0.042	0.101	0	0.190	0.030	0.300
IODINE	355	Coleslaw, mayonnaise-type, from grocery/deli	24	19	5	0.014	0.028	0	0	0.074	0.030	0.300
IODINE	356	Carrot, baby, raw	24	22	2	0.003	0.012	0	0	0.052	0.030	0.300
IODINE	357	Lettuce, leaf, raw	24	22	2	0.004	0.013	0	0	0.051	0.030	0.300
IODINE	358	Sweet potatoes, canned	24	24	0	0	0	0	0	0	0.030	0.300
IODINE	359	Tomato salsa, bottled	24	17	7	0.017	0.031	0	0	0.123	0.030	0.300
IODINE	360	Stew, beef and vegetable, canned	23	19	4	0.008	0.017	0	0	0.055	0.030	0.300
IODINE	361	Lasagna with meat, frozen, heated	24	1	23	0.105	0.033	0.106	0	0.155	0.030	0.300
IODINE	362	Beef with vegetables in sauce, from Chinese carry-out	24	15	7	0.108	0.271	0	0	0.983	0.030	0.300
IODINE	363	Chicken with vegetables in sauce, from Chinese carry-out	24	14	10	0.032	0.052	0	0	0.180	0.030	0.300
IODINE	364	Fried rice, meatless, from Chinese carry-out	24	8	13	0.104	0.111	0.078	0	0.347	0.030	0.300
IODINE	365	Burrito with beef, beans and cheese, from Mexican carry-out	24	2	22	0.069	0.042	0.060	0	0.188	0.030	0.300
IODINE	366	Chicken filet (broiled) sandwich on bun, fast-food	24	19	4	0.024	0.081	0	0	0.393	0.030	0.300
IODINE	367	Soup, Oriental noodles (ramen noodles), prepared with water	24	24	0	0	0	0	0	0	0.030	0.300
IODINE	368	Pudding, ready-to-eat, flavor other than chocolate	24	0	24	0.113	0.026	0.115	0.052	0.161	0.030	0.300
IODINE	369	Cake, white with icing (formerly yellow cake)	24	0	9	1.616	2.992	0.534	0.110	13.000	0.040	0.400
IODINE	370	Granola bar, with raisins	24	3	21	0.069	0.040	0.067	0	0.147	0.030	0.300
IODINE	371	Candy bar, chocolate, nougat, and nuts	24	0	24	0.189	0.046	0.192	0.072	0.269	0.050	0.500
IODINE	372	Popcorn, microwave, butter-flavored	24	21	3	0.007	0.018	0	0	0.063	0.040	0.400
IODINE	373	Sweet & sour sauce	24	23	1	0.002	0.011	0	0	0.053	0.030	0.300



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IODINE	374	Brown gravy, canned or bottled	24	20	4	0.007	0.015	0	0	0.050	0.030	0.300
IODINE	375	Salad dressing, creamy/buttermilk type, regular	24	3	21	0.104	0.055	0.108	0	0.189	0.050	0.500
IODINE	376	Salad dressing, creamy/buttermilk type, low-calorie	24	2	22	0.122	0.064	0.122	0	0.252	0.050	0.500
IODINE	377	Salad dressing, Italian, regular	24	22	2	0.006	0.022	0	0	0.095	0.030	0.300
IODINE	378	Olive oil	24	23	1	0.005	0.023	0	0	0.115	0.050	0.500
IODINE	379	Vegetable oil	24	24	0	0	0	0	0	0	0.050	0.500
IODINE	380	Bottled drinking water (mineral/spring), not carbonated or flavored	24	24	0	0	0	0	0	0	0.030	0.300
IODINE	381	Coffee, decaffeinated, from ground	24	23	0	0.022	0.109	0	0	0.534	0.030	0.300
IODINE	382	Tea, decaffeinated, from tea bag	24	23	1	0.003	0.016	0	0	0.076	0.030	0.300
IODINE	700	BF, cereal, barley, dry, prepared with water	24	23	1	0.002	0.008	0	0	0.039	0.030	0.300
IODINE	701	BF, cereal, mixed, dry, prepared with water	24	23	1	0.001	0.006	0	0	0.031	0.030	0.300
IODINE	703	BF, juice, apple-banana	16	15	1	0.003	0.014	0	0	0.054	0.030	0.300
IODINE	704	BF, juice, apple-cherry	16	16	0	0	0	0	0	0	0.030	0.300
IODINE	705	BF, juice, apple-grape	16	15	1	0.004	0.016	0	0	0.064	0.030	0.300
IODINE	710	BF, juice, mixed fruit	16	14	2	0.004	0.012	0	0	0.035	0.030	0.300
IODINE	711	BF, juice, pear	24	24	0	0	0	0	0	0	0.030	0.300
IODINE	712	BF, juice, grape	24	23	1	0.001	0.006	0	0	0.030	0.030	0.300
IODINE	713	BF, pears and pineapple	24	23	1	0.002	0.010	0	0	0.048	0.030	0.300
IODINE	714	BF, plums/prunes with apples or pears	24	24	0	0	0	0	0	0	0.030	0.300
IODINE	717	BF, apricots with mixed fruit	24	23	1	0.002	0.012	0	0	0.058	0.030	0.300
IODINE	719	BF, banana dessert	15	12	3	0.009	0.019	0	0	0.050	0.030	0.300
IODINE	720	BF, peach cobbler/dessert	24	21	3	0.010	0.037	0	0	0.178	0.030	0.300
IODINE	721	BF, fruit yogurt dessert	24	1	19	0.170	0.103	0.124	0	0.375	0.030	0.300
IODINE	722	BF, Dutch apple/apple cobbler	10	9	1	0.006	0.018	0	0	0.056	0.030	0.300

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IODINE	723	BF, arrowroot cookies	24	4	20	0.084	0.049	0.091	0	0.154	0.030	0.300
IODINE	724	BF, zweiback toast	14	10	4	0.012	0.021	0	0	0.058	0.030	0.300
IODINE	725	BF, cereal, oatmeal with fruit, prepared with water	24	22	2	0.003	0.010	0	0	0.040	0.030	0.300
IODINE	726	BF, chicken with rice	24	21	3	0.004	0.012	0	0	0.040	0.030	0.300
IODINE	728	BF, vegetables and turkey	24	21	2	0.027	0.081	0	0	0.346	0.030	0.300
IODINE	729	BF, macaroni and cheese	24	0	24	0.099	0.055	0.077	0.050	0.275	0.030	0.300
IODINE	730	BF, apples with berries	24	23	1	0.003	0.014	0	0	0.070	0.030	0.300
IODINE	731	BF, apples with fruit other than berries	23	22	1	0.002	0.008	0	0	0.036	0.030	0.300

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IRON	1	Milk, whole, fluid	24	24	0	0	0	0	0	0	0.7	3.0
IRON	2	Milk, lowfat (2%), fluid	24	24	0	0	0	0	0	0	0.7	3.0
IRON	3	Milk, chocolate, lowfat, fluid	24	0	9	3.2	0.7	3.2	2.1	5.2	0.7	3.0
IRON	4	Milk, skim, fluid	24	24	0	0	0	0	0	0	0.7	3.0
IRON	7	Milk shake, chocolate, fast-food	24	0	2	4.7	1.6	4.3	1.9	8.9	0.7	3.0
IRON	10	Cheese, American, processed	24	0	9	4.2	2.9	3.8	1.1	13.6	0.9	3.0
IRON	12	Cheese, cheddar, natural (sharp/mild)	24	0	24	1.4	0.4	1.3	1.0	2.8	0.9	3.0
IRON	13	Beef, ground, regular, pan-cooked	24	0	0	25.9	3.1	25.3	20.2	33.2	0.7	3.0
IRON	14	Beef roast, chuck, oven-roasted	24	0	0	25.0	2.8	25.1	19.8	31.0	0.7	3.0
IRON	17	Ham, cured (not canned), baked	24	0	0	7.4	1.4	7.2	5.3	10.6	0.7	3.0
IRON	18	Pork chop, pan-cooked with oil	24	0	0	7.9	1.2	8.1	4.6	9.8	0.7	3.0
IRON	19	Pork sausage (link/patty), oven-cooked	24	0	0	14.1	2.1	14.1	10.8	18.7	0.9	3.0
IRON	20	Pork bacon, oven-cooked	24	0	0	9.5	1.0	9.4	7.8	11.2	0.9	3.0
IRON	21	Pork roast, loin, oven-roasted	24	0	0	7.4	1.2	7.3	5.3	11.2	0.9	3.0
IRON	22	Lamb chop, pan-cooked with oil	24	0	0	24.7	2.7	24.8	18.6	30.7	0.9	3.0
IRON	26	Turkey breast, oven-roasted	24	0	0	4.3	0.3	4.4	3.8	5.1	0.7	3.0
IRON	27	Liver (beef/calf), pan-cooked with oil	24	0	0	65.9	11.9	61.4	48.8	100.0	0.7	3.0
IRON	28	Frankfurter (beef/pork), boiled	24	0	0	12.8	2.3	12.4	6.1	17.5	0.9	3.0
IRON	29	Bologna (beef/pork)	24	0	0	11.8	1.7	12.1	7.7	15.3	0.9	3.0
IRON	30	Salami, luncheon-meat type (not hard)	24	0	0	17.8	3.2	17.9	11.7	21.9	0.9	3.0
IRON	34	Fish sticks or patty, frozen, oven-cooked	24	0	0	10.4	4.3	9.3	5.3	20.6	0.8	3.0
IRON	35	Eggs, scrambled with oil	24	0	0	14.3	1.5	14.1	11.8	16.9	0.7	3.0
IRON	37	Eggs, boiled	24	0	0	18.0	1.8	17.9	15.4	22.9	0.7	3.0
IRON	38	Pinto beans, dry, boiled	24	0	0	19.1	1.8	19.0	16.1	24.0	0.7	3.0
IRON	39	Pork and beans, canned	24	0	0	13.2	1.5	13.4	9.1	17.3	0.7	3.0
IRON	42	Lima beans, immature, frozen, boiled	24	0	0	17.9	1.9	18.0	14.5	22.4	0.7	3.0

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IRON	46	Peas, green, fresh/frozen, boiled	24	0	0	13.6	2.8	13.4	8.9	19.4	0.7	3.0
IRON	47	Peanut butter, smooth/creamy	24	0	0	17.7	1.3	17.9	14.7	19.9	0.9	3.0
IRON	48	Peanuts, dry roasted, salted	24	0	0	16.6	1.1	16.8	14.8	19.1	0.9	3.0
IRON	50	Rice, white, enriched, cooked	24	0	2	11.3	5.3	10.5	1.8	22.9	0.7	3.0
IRON	51	Oatmeal, plain, cooked	24	0	0	11.8	7.5	9.6	5.8	38.8	0.7	3.0
IRON	52	Cream of wheat (farina), enriched, cooked	24	0	0	48.5	12.0	46.4	29.7	75.5	0.7	3.0
IRON	53	Corn/hominy grits, enriched, cooked	24	0	0	17.0	15.5	8.5	3.4	63.7	0.7	3.0
IRON	54	Corn, fresh/frozen, boiled	24	0	11	3.2	0.8	3.2	1.8	5.6	0.7	3.0
IRON	55	Corn, canned	24	0	14	2.9	0.6	2.7	2.1	4.1	0.7	3.0
IRON	58	Bread, white, enriched	24	0	0	32.9	6.6	32.3	20.6	53.6	0.9	3.0
IRON	60	Cornbread, homemade	24	0	2	14.5	8.6	13.8	1.5	31.7	0.7	3.0
IRON	61	Biscuits, refrigerated-type, baked	24	0	1	18.0	7.6	20.7	2.6	30.5	0.7	3.0
IRON	62	Bread, whole wheat	24	0	0	28.4	4.9	26.2	23.6	39.5	0.7	3.0
IRON	63	Tortilla, flour	24	0	0	26.7	8.4	27.2	8.1	39.1	0.8	3.0
IRON	64	Bread, rye	24	0	0	30.4	4.0	30.5	19.9	38.3	0.7	3.0
IRON	65	Muffin, blueberry	24	0	1	10.4	3.4	11.4	2.3	16.7	0.7	3.0
IRON	66	Crackers, saltine	24	0	0	54.6	6.0	54.7	44.3	74.1	0.7	3.0
IRON	67	Corn/tortilla chips	24	0	0	13.8	1.7	13.5	11.5	19.6	0.7	3.0
IRON	69	Noodles, egg, enriched, boiled	24	0	0	18.8	4.6	17.3	13.0	31.8	0.9	3.0
IRON	71	Corn flakes cereal	24	0	0	331.6	39.8	333.0	212.0	399.0	0.7	3.0
IRON	72	Fruit-flavored cereal, presweetened	24	0	0	199.6	54.5	201.5	107.0	307.0	0.7	3.0
IRON	73	Shredded wheat cereal	24	0	0	57.9	57.0	35.6	24.0	265.0	0.7	3.0
IRON	74	Raisin bran cereal	24	0	0	174.1	50.3	161.0	108.0	293.0	0.7	3.0
IRON	75	Crisped rice cereal	24	0	0	283.0	71.0	300.0	65.3	373.0	0.7	3.0
IRON	76	Granola with raisins	24	0	0	40.5	28.7	28.2	22.4	140.0	0.7	3.0
IRON	77	Oat ring cereal	24	0	0	309.9	35.0	325.5	214.0	348.0	0.7	3.0
IRON	78	Apple (red), raw (with peel)	24	6	18	0.7	0.5	0.8	0	1.5	0.7	3.0
IRON	79	Orange (navel/Valencia), raw	24	0	24	1.2	0.3	1.2	0.7	1.9	0.5	2.0
IRON	80	Banana, raw	24	0	0	2.7	0.3	2.6	2.2	3.3	0.5	2.0
IRON	81	Watermelon, raw/frozen	24	0	9	2.2	0.4	2.2	1.4	2.8	0.5	2.0

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IRON	83	Peach, raw/frozen	24	0	22	1.5	0.4	1.4	1.1	2.9	0.5	2.0
IRON	84	Applesauce, bottled	24	1	22	1.0	0.6	0.8	0	3.5	0.5	2.0
IRON	85	Pear, raw (with peel)	24	1	23	1.0	0.3	1.1	0	1.6	0.5	2.0
IRON	86	Strawberries, raw/frozen	24	0	0	3.8	0.9	3.5	2.6	6.1	0.5	2.0
IRON	87	Fruit cocktail, canned in light syrup	24	0	24	1.6	0.3	1.6	1.2	2.4	0.7	3.0
IRON	88	Grapes (red/green), raw	24	0	3	3.4	1.3	3.0	1.7	5.8	0.5	2.0
IRON	89	Cantaloupe, raw/frozen	24	0	17	1.9	0.3	1.8	1.4	2.5	0.5	2.0
IRON	92	Grapefruit, raw	24	0	24	1.0	0.3	0.9	0.5	1.7	0.5	2.0
IRON	93	Pineapple, canned in juice	24	0	22	2.5	1.2	2.3	1.8	7.8	0.7	3.0
IRON	95	Raisins	24	0	0	18.7	3.0	17.9	14.3	24.1	0.9	3.0
IRON	97	Avocado, raw	24	0	1	5.8	1.7	5.8	2.3	8.6	0.9	3.0
IRON	98	Orange juice, frozen concentrate, reconstituted	24	0	24	0.9	0.1	0.9	0.7	1.2	0.5	2.0
IRON	99	Apple juice, bottled	24	21	3	0.1	0.2	0	0	0.8	0.5	2.0
IRON	100	Grapefruit juice, bottled	23	0	23	0.9	0.2	0.9	0.5	1.2	0.5	2.0
IRON	103	Prune juice, bottled	24	0	0	5.6	4.6	4.2	2.3	21.2	0.5	2.0
IRON	105	Lemonade, frozen concentrate, reconstituted	24	24	0	0	0	0	0	0	0.5	2.0
IRON	107	Spinach, fresh/frozen, boiled	24	0	0	17.9	13.0	13.7	7.0	54.0	0.5	2.0
IRON	108	Collards, fresh/frozen, boiled	24	0	0	7.2	2.4	7.0	3.0	13.3	0.5	2.0
IRON	109	Lettuce, iceberg, raw	24	0	7	2.6	0.8	2.5	1.7	4.9	0.5	2.0
IRON	110	Cabbage, fresh, boiled	24	0	19	1.7	0.4	1.6	1.0	2.7	0.5	2.0
IRON	113	Broccoli, fresh/frozen, boiled	24	0	1	4.4	0.9	4.2	3.0	6.6	0.7	3.0
IRON	114	Celery, raw	24	7	17	0.8	0.7	0.9	0	2.3	0.7	3.0
IRON	115	Asparagus, fresh/frozen, boiled	24	0	3	4.6	1.6	4.3	2.8	8.1	0.7	3.0
IRON	116	Cauliflower, fresh/frozen, boiled	24	0	20	2.6	0.6	2.5	1.3	4.4	0.7	3.0
IRON	117	Tomato, raw	24	0	24	1.8	0.3	1.8	1.3	2.3	0.7	3.0
IRON	119	Tomato sauce, plain, bottled	24	0	0	6.7	2.0	6.3	4.6	11.7	0.7	3.0
IRON	121	Green beans, fresh/frozen, boiled	24	0	1	5.8	1.4	5.6	2.9	8.3	0.7	3.0
IRON	122	Green beans, canned	24	0	0	7.0	3.3	5.6	3.4	14.2	0.7	3.0
IRON	123	Cucumber, peeled, raw	24	0	24	1.5	0.4	1.4	1.0	2.3	0.7	3.0

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IRON	124	Summer squash, fresh/frozen, boiled	24	0	18	2.7	0.6	2.7	1.9	4.3	0.7	3.0
IRON	125	Pepper, sweet, green, raw	24	0	22	2.3	0.5	2.3	1.5	3.3	0.7	3.0
IRON	126	Squash, winter (Hubbard/acorn), fresh/frozen, boiled	23	0	15	3.0	1.5	2.7	1.4	8.0	0.7	3.0
IRON	128	Onion, mature, raw	24	1	22	1.5	0.7	1.4	0	3.5	0.7	3.0
IRON	131	Beets, canned	24	0	0	6.2	2.1	5.5	3.6	11.2	0.7	3.0
IRON	136	Potato, boiled (without peel)	24	0	1	2.9	0.5	2.8	1.9	4.0	0.6	2.0
IRON	137	Potato, baked (with peel)	24	0	0	8.1	1.9	7.6	4.6	12.8	0.6	2.0
IRON	138	Potato chips	24	0	0	13.0	2.2	12.6	9.6	18.0	0.8	3.0
IRON	142	Spaghetti with meat sauce, homemade	24	0	0	14.5	2.0	15.1	11.0	17.6	0.7	3.0
IRON	145	Chili con carne with beans, canned	24	0	0	14.1	2.0	13.9	10.5	19.2	0.7	3.0
IRON	146	Macaroni and cheese, prepared from box mix	24	0	0	10.8	1.9	10.7	6.7	14.8	0.8	3.0
IRON	147	Quarter-pound hamburger on bun, fast-food	24	0	0	24.9	2.4	25.2	19.7	29.1	0.7	3.0
IRON	148	Meatloaf, beef, homemade	24	0	0	20.3	2.1	20.1	16.7	24.7	0.7	3.0
IRON	152	Chicken potpie, frozen, heated	24	0	0	11.9	4.4	11.5	4.9	23.3	0.6	2.0
IRON	155	Soup, chicken noodle, canned, condensed, prepared with water	24	0	9	2.6	1.1	3.0	0.9	5.1	0.6	2.0
IRON	156	Soup, tomato, canned, condensed, prepared with water	24	0	1	4.0	1.9	3.8	1.9	11.1	0.6	2.0
IRON	157	Soup, vegetable beef, canned, condensed, prepared with water	24	0	0	3.2	0.5	3.2	2.4	4.5	0.6	2.0
IRON	161	Dill cucumber pickles	24	0	21	2.4	0.7	2.5	1.0	3.9	0.7	3.0
IRON	162	Margarine, regular (not lowfat), salted	24	22	2	0.1	0.3	0	0	1.2	0.8	3.0
IRON	164	Butter, regular (not lowfat), salted	24	20	4	0.2	0.4	0	0	1.3	0.8	3.0
IRON	166	Mayonnaise, regular, bottled	24	0	23	2.3	0.3	2.3	1.9	3.3	0.9	3.0
IRON	167	Cream, half & half	24	23	1	0.0	0.2	0	0	0.8	0.7	3.0

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IRON	168	Cream substitute, non-dairy, liquid/frozen	24	22	2	0.1	0.3	0	0	1.0	0.7	3.0
IRON	169	Sugar, white, granulated	24	24	0	0	0	0	0	0	0.8	3.0
IRON	170	Syrup, pancake	24	22	2	0.2	0.6	0	0	2.5	0.8	3.0
IRON	172	Honey	24	0	21	2.4	1.8	1.8	1.4	7.7	0.8	3.0
IRON	173	Tomato catsup	24	0	0	3.4	0.6	3.3	2.4	5.0	0.6	2.0
IRON	177	Ice cream, light, vanilla	24	17	7	0.4	0.6	0	0	1.7	0.7	3.0
IRON	178	Cake, chocolate with icing	24	0	0	30.4	8.6	29.1	19.2	58.6	0.9	3.0
IRON	182	Sweet roll/Danish pastry	24	0	0	20.3	2.9	20.1	15.4	27.5	0.9	3.0
IRON	183	Chocolate chip cookies	24	0	0	41.9	7.2	41.6	24.7	57.3	0.8	3.0
IRON	184	Sandwich cookies with creme filling	24	0	0	75.0	44.2	65.8	10.8	187.0	0.8	3.0
IRON	185	Pie, apple, fresh/frozen	24	0	1	7.6	3.2	7.6	2.4	14.5	0.8	3.0
IRON	186	Pie, pumpkin, fresh/frozen	24	0	0	10.7	2.6	10.7	5.7	15.6	0.8	3.0
IRON	187	Candy bar, milk chocolate, plain	24	0	0	30.8	9.8	33.5	15.1	45.2	0.8	3.0
IRON	190	Gelatin dessert, any flavor	24	21	3	0.2	0.5	0	0	2.3	0.7	3.0
IRON	191	Carbonated beverage, cola, regular	24	24	0	0	0	0	0	0	0.6	2.0
IRON	193	Fruit drink, from powder	24	23	1	0	0.1	0	0	0.6	0.5	2.0
IRON	194	Carbonated beverage, cola, low-calorie	24	24	0	0	0	0	0	0	0.5	2.0
IRON	197	Tea, from tea bag	24	24	0	0	0	0	0	0	0.3	0.9
IRON	198	Beer	24	24	0	0	0	0	0	0	0.5	2.0
IRON	199	Wine, dry table, red/white	24	0	10	2.1	0.5	2.1	1.2	3.1	0.4	2.0
IRON	202	BF, Infant formula, milk-based, iron fortified, RTF (formerly high iron)	24	0	0	12.5	1.6	12.9	8.8	15.3	0.7	3.0
IRON	203	BF, Infant formula, milk-based, low iron, RTF	10	0	0	5.0	0.7	4.7	4.1	6.5	0.7	3.0
IRON	205	BF, beef and broth/gravy	24	0	0	11.3	1.3	11.1	9.1	13.8	0.7	3.0
IRON	207	BF, chicken and broth/gravy	24	0	0	10.1	1.3	10.0	7.9	13.2	0.7	3.0
IRON	211	BF, vegetables and beef	24	0	2	4.2	0.9	4.3	2.0	5.6	0.7	3.0
IRON	212	BF, vegetables and chicken	24	0	1	3.8	0.5	3.8	2.8	4.8	0.7	3.0
IRON	213	BF, vegetables and ham	4	0	0	3.4	0.4	3.3	3.0	3.9	0.7	3.0
IRON	214	BF, chicken noodle dinner	24	0	1	4.7	0.8	4.7	2.4	6.5	0.7	3.0

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IRON	215	BF, macaroni, tomato and beef	24	0	1	4.8	1.4	4.3	3.0	8.0	0.7	3.0
IRON	216	BF, turkey and rice	24	0	13	2.9	0.6	3.0	1.5	4.0	0.7	3.0
IRON	218	BF, carrots	24	0	21	2.0	0.6	1.9	1.0	3.4	0.7	3.0
IRON	219	BF, green beans	24	0	0	6.2	1.2	6.3	4.1	9.3	0.7	3.0
IRON	220	BF, mixed vegetables	24	0	4	3.7	0.8	3.4	2.2	5.5	0.7	3.0
IRON	221	BF, sweet potatoes	24	0	19	2.8	0.3	2.8	2.2	3.4	0.7	3.0
IRON	223	BF, peas	24	0	0	9.5	2.0	8.8	7.2	14.3	0.7	3.0
IRON	225	BF, applesauce	24	2	22	0.8	0.3	0.8	0	1.2	0.7	3.0
IRON	226	BF, peaches	24	0	15	2.9	0.8	2.8	2.0	5.2	0.7	3.0
IRON	227	BF, pears	24	0	24	1.4	0.3	1.3	0.9	2.2	0.7	3.0
IRON	230	BF, juice, apple	24	8	14	1.0	1.0	0.9	0	3.5	0.7	3.0
IRON	232	BF, custard/pudding	23	0	19	2.5	0.6	2.4	1.3	3.7	0.7	3.0
IRON	233	BF, fruit dessert/pudding	22	0	20	3.4	5.9	1.6	0.8	25.1	0.7	3.0
IRON	235	Yogurt, lowfat, fruit-flavored	24	15	9	0.3	0.5	0	0	1.2	0.7	3.0
IRON	236	Cheese, Swiss, natural	24	0	24	1.5	0.4	1.4	1.0	2.9	0.9	3.0
IRON	237	Cream cheese	24	22	1	0.2	0.8	0	0	3.8	0.9	3.0
IRON	239	Luncheon meat, ham	24	0	0	6.6	0.9	6.4	5.2	8.6	0.7	3.0
IRON	240	Chicken breast, oven-roasted (skin removed)	24	0	0	4.2	0.4	4.3	3.4	4.8	0.7	3.0
IRON	241	Chicken nuggets, fast-food	24	0	0	8.1	1.8	7.6	5.4	12.2	0.7	3.0
IRON	244	Shrimp, boiled	24	0	13	3.7	3.6	2.1	1.2	16.5	0.8	3.0
IRON	248	Bread, multigrain (formerly cracked wheat)	24	0	0	31.1	8.9	29.4	20.0	65.9	0.7	3.0
IRON	249	Bagel, plain, toasted	24	0	0	34.2	4.7	35.8	23.6	39.9	0.9	3.0
IRON	250	English muffin, plain, toasted	24	0	0	30.9	5.6	30.6	17.6	44.6	0.8	3.0
IRON	251	Crackers, graham	24	0	0	37.8	4.0	38.1	30.2	45.0	0.7	3.0
IRON	252	Crackers, butter-type	24	0	0	35.9	4.8	36.1	27.4	44.8	0.7	3.0
IRON	254	Peach, canned in light/medium syrup	24	0	23	1.8	1.5	1.4	1.0	8.8	0.7	3.0
IRON	255	Pear, canned in light syrup	24	0	22	1.7	1.2	1.3	0.9	5.2	0.7	3.0
IRON	256	Pineapple juice, frozen concentrate, reconstituted	24	0	17	1.7	0.4	1.7	0.9	2.3	0.5	2.0



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IRON	257	Grape juice, frozen concentrate, reconstituted	24	4	13	1.4	1.0	1.3	0	3.8	0.5	2.0
IRON	258	French fries, fast-food	24	0	0	8.3	1.0	8.0	6.0	10.5	0.8	3.0
IRON	259	Carrot, fresh, peeled, boiled	24	0	24	2.0	0.5	1.9	1.3	2.9	0.7	3.0
IRON	261	Tomato juice, bottled	24	0	19	2.6	0.5	2.5	2.0	3.9	0.7	3.0
IRON	263	Brussels sprouts, fresh/frozen, boiled	24	0	0	5.0	0.7	5.0	3.4	6.3	0.7	3.0
IRON	264	Mushrooms, raw	24	0	23	1.9	0.6	1.8	1.2	4.3	0.7	3.0
IRON	265	Eggplant, fresh, peeled, boiled	24	0	23	1.9	0.4	1.9	1.1	3.1	0.7	3.0
IRON	266	Turnip, fresh/frozen, boiled	24	0	22	2.0	0.5	1.9	1.2	3.3	0.7	3.0
IRON	267	Okra, fresh/frozen, boiled	24	0	19	2.6	0.7	2.7	1.4	5.0	0.7	3.0
IRON	268	Mixed vegetables, frozen, boiled	24	0	0	7.3	1.1	7.0	5.5	10.1	0.7	3.0
IRON	269	Beef stroganoff w/ noodles, homemade	24	0	0	17.6	3.0	17.9	13.4	23.7	0.7	3.0
IRON	272	Tuna noodle casserole, homemade	24	0	0	7.1	0.9	7.3	5.0	9.0	0.8	3.0
IRON	275	Quarter-pound cheeseburger on bun, fast-food	24	0	0	21.6	1.7	21.5	18.0	25.0	0.7	3.0
IRON	276	Fish sandwich on bun, fast-food	24	0	0	15.7	1.5	15.5	12.9	18.3	0.8	3.0
IRON	278	Egg, cheese, and ham on English muffin, fast-food	24	0	0	23.1	2.1	23.0	18.6	27.5	0.7	3.0
IRON	279	Taco/tostada with beef and cheese, from Mexican carry-out	24	0	0	15.5	3.3	15.5	10.8	22.6	0.7	3.0
IRON	281	Pizza, cheese and pepperoni, regular crust, from pizza carry-out	24	0	0	22.5	2.9	23.0	15.4	26.8	0.8	3.0
IRON	283	Soup, bean with bacon/pork, canned, condensed, prepared w/ water	24	0	0	8.9	1.1	9.1	6.2	10.9	0.7	3.0
IRON	285	Clam chowder, New England, canned, condensed, prepared with whole milk	24	0	9	3.2	1.0	3.2	1.3	6.3	0.8	3.0
IRON	286	Ice cream, regular (not lowfat), vanilla	24	19	5	0.2	0.4	0	0	1.2	0.7	3.0
IRON	287	Sherbet, fruit-flavored	24	23	1	0	0.2	0	0	1.0	0.7	3.0

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IRON	288	Popsicle, fruit-flavored	24	18	5	0.5	1.0	0	0	4.2	0.7	3.0
IRON	290	Doughnut, cake-type, any flavor, from donut store	24	0	0	21.7	2.8	21.4	17.3	29.2	0.8	3.0
IRON	291	Brownie	24	0	0	34.1	6.0	32.9	21.6	44.1	0.8	3.0
IRON	292	Sugar cookies	24	0	0	21.3	4.7	21.9	11.8	29.5	0.8	3.0
IRON	293	Candy, hard, any flavor	24	14	10	0.6	0.8	0	0	2.7	0.8	3.0
IRON	294	Pretzels, hard, salted	24	0	0	34.1	14.7	33.9	10.7	64.5	0.8	3.0
IRON	295	Syrup, chocolate	24	0	0	39.6	8.2	38.0	29.2	61.5	0.8	3.0
IRON	296	Jelly, any flavor	24	5	17	1.2	1.0	1.1	0	4.0	0.8	3.0
IRON	298	Mustard, yellow, plain	24	0	0	16.0	1.8	16.2	12.9	18.7	0.7	3.0
IRON	299	Black olives	24	0	0	53.3	17.6	54.9	26.4	79.6	0.7	3.0
IRON	300	Sour cream	24	21	3	0.1	0.4	0	0	1.6	0.7	3.0
IRON	305	Coffee, from ground	24	23	1	0	0.2	0	0	0.8	0.5	2.0
IRON	306	Carbonated beverage, fruit-flavored, regular	24	24	0	0	0	0	0	0	0.5	2.0
IRON	307	Fruit drink (10% juice), canned or bottled	24	23	1	0	0.1	0	0	0.6	0.5	2.0
IRON	309	BF, Infant formula, soy-based, RTF	24	0	0	12.8	1.5	13.2	7.8	15.2	0.7	3.0
IRON	313	BF, bananas	24	0	23	2.5	0.2	2.5	2.0	3.1	0.7	3.0
IRON	317	BF, teething biscuits	23	0	0	67.6	74.6	30.6	21.9	334.0	0.7	3.0
IRON	318	Salmon, steaks/fillets, baked	24	0	2	3.8	0.7	3.7	2.6	5.6	0.8	3.0
IRON	320	BF, squash	24	0	16	2.7	0.7	2.4	1.9	4.0	0.7	3.0
IRON	323	BF, cereal, oatmeal, dry, prepared with water	24	0	0	128.2	18.1	128.0	88.9	158.0	0.7	3.0
IRON	324	BF, cereal, rice, dry, prepared with water	24	0	0	135.9	31.7	132.0	52.4	195.0	0.7	3.0
IRON	325	BF, cereal, rice with apples, dry, prepared with water	13	0	0	129.4	29.4	120.0	92.0	192.0	0.7	3.0
IRON	326	BF, veal and broth/gravy	17	0	0	7.3	0.9	7.0	6.5	9.2	0.7	3.0
IRON	327	BF, lamb and broth/gravy	17	0	0	8.8	1.2	8.8	6.4	11.2	0.7	3.0
IRON	328	BF, turkey and broth/gravy	24	0	0	7.8	1.9	7.8	4.1	12.5	0.7	3.0

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IRON	331	Meal replacement, liquid RTD, any flavor	24	0	0	20.0	4.7	21.0	7.8	30.2	0.7	3.0
IRON	332	Cottage cheese, creamed, lowfat (2% milk fat)	24	19	5	0.2	0.5	0	0	1.6	0.7	3.0
IRON	333	Sour cream dip, any flavor	24	1	20	1.6	1.0	1.5	0	5.0	0.7	3.0
IRON	334	Beef steak, loin/sirloin, broiled	24	0	0	26.6	3.4	26.0	21.4	32.3	0.7	3.0
IRON	335	Luncheon meat (chicken/turkey)	24	0	1	3.9	0.7	3.8	3.0	5.4	0.7	3.0
IRON	336	Chicken breast, fried, fast-food (with skin)	24	0	0	6.5	2.5	5.9	4.4	17.1	0.7	3.0
IRON	337	Chicken thigh, oven-roasted (skin removed)	24	0	0	10.2	1.6	10.1	8.2	15.1	0.7	3.0
IRON	338	Chicken leg, fried, fast-food (with skin)	24	0	0	9.7	1.3	9.5	7.3	13.3	0.7	3.0
IRON	339	Catfish, pan-cooked with oil	24	0	23	2.2	0.3	2.1	1.6	3.0	0.8	3.0
IRON	340	Tuna, canned in water, drained	24	0	0	9.4	3.5	8.7	4.3	17.9	0.8	3.0
IRON	341	Refried beans, canned	24	0	0	14.6	1.6	14.4	12.1	18.3	0.8	3.0
IRON	342	White beans, dry, boiled	24	0	0	20.7	3.4	19.8	16.4	29.8	0.7	3.0
IRON	343	Sunflower seeds (shelled), roasted, salted	24	0	0	41.9	2.8	41.4	37.5	47.7	0.9	3.0
IRON	344	Pancakes, frozen, heated	24	0	0	22.7	10.5	24.4	4.0	42.4	0.7	3.0
IRON	345	Breakfast tart/toaster pastry	24	0	0	41.0	9.3	39.6	25.6	68.3	0.8	3.0
IRON	346	Macaroni salad, from grocery/deli	24	0	0	7.6	1.0	7.3	6.0	9.6	0.9	3.0
IRON	347	Spaghetti, enriched, boiled	24	0	0	14.6	2.1	14.6	10.8	19.0	0.7	3.0
IRON	348	Apricots, canned in heavy/light syrup	24	0	20	1.7	0.4	1.6	1.2	3.1	0.5	2.0
IRON	350	canned/bottled	24	4	20	0.8	0.5	0.8	0	1.8	0.5	2.0
IRON	351	Cranberry juice cocktail, canned/bottled	24	11	13	0.5	0.5	0.6	0	1.8	0.5	2.0
IRON	352	Orange juice, bottled/carton	24	0	24	0.9	0.2	0.9	0.7	1.5	0.5	2.0
IRON	353	Potato salad, mayonnaise-type, from grocery/deli	24	0	2	3.5	0.5	3.6	1.7	4.7	0.9	3.0

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IRON	354	Potatoes, mashed, prepared from fresh	24	0	5	2.3	0.3	2.3	1.7	3.0	0.6	2.0
IRON	355	Coleslaw, mayonnaise-type, from grocery/deli	24	0	22	2.5	0.4	2.5	1.9	3.6	0.9	3.0
IRON	356	Carrot, baby, raw	24	0	24	1.6	0.4	1.5	1.1	2.7	0.7	3.0
IRON	357	Lettuce, leaf, raw	24	0	0	13.6	10.0	11.2	2.2	46.0	0.5	2.0
IRON	358	Sweet potatoes, canned	24	0	1	6.2	3.0	5.4	2.9	17.5	0.7	3.0
IRON	359	Tomato salsa, bottled	24	0	0	5.0	1.6	4.4	3.1	9.4	0.6	2.0
IRON	360	Stew, beef and vegetable, canned	23	0	0	6.1	1.5	5.8	4.3	9.7	0.7	3.0
IRON	361	Lasagna with meat, frozen, heated	24	0	0	7.8	1.2	7.8	6.2	11.1	0.7	3.0
IRON	362	Beef with vegetables in sauce, from Chinese carry-out	24	0	0	9.6	2.2	9.2	6.8	14.8	0.7	3.0
IRON	363	Chicken with vegetables in sauce, from Chinese carry-out	24	0	0	5.9	1.5	5.6	3.2	10.5	0.7	3.0
IRON	364	Fried rice, meatless, from Chinese carry-out	24	0	2	7.3	2.9	6.9	2.0	12.8	0.7	3.0
IRON	365	Burrito with beef, beans and cheese, from Mexican carry-out	24	0	0	20.4	2.1	20.1	15.6	24.6	0.7	3.0
IRON	366	Chicken filet (broiled) sandwich on bun, fast-food	24	0	0	15.4	4.4	14.5	6.7	29.3	0.7	3.0
IRON	367	Soup, Oriental noodles (ramen noodles), prepared with water	24	0	0	9.8	4.2	8.3	5.0	19.2	0.7	3.0
IRON	368	Pudding, ready-to-eat, flavor other than chocolate	24	6	15	1.1	1.1	0.9	0	4.3	0.7	3.0
IRON	369	Cake, white with icing (formerly yellow cake)	24	0	2	7.0	2.2	7.1	1.8	12.1	0.8	3.0
IRON	370	Granola bar, with raisins	24	0	0	17.2	6.7	15.6	12.1	47.8	0.8	3.0
IRON	371	Candy bar, chocolate, nougat, and nuts	24	0	0	10.2	1.6	10.1	7.7	13.1	0.8	3.0
IRON	372	Popcorn, microwave, butter-flavored	24	0	0	19.2	2.9	19.8	12.6	24.1	0.9	3.0
IRON	373	Sweet & sour sauce	24	0	21	2.2	1.3	1.8	1.1	7.2	0.7	3.0
IRON	374	Brown gravy, canned or bottled	24	0	24	1.4	0.3	1.4	0.8	1.9	0.7	3.0

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IRON	375	Salad dressing, creamy/buttermilk type, regular	24	0	21	2.5	0.5	2.5	1.4	3.5	0.8	3.0
IRON	376	Salad dressing, creamy/buttermilk type, low-calorie	24	1	20	2.1	0.8	2.0	0	3.5	0.8	3.0
IRON	377	Salad dressing, Italian, regular	24	0	24	1.8	0.5	1.6	1.0	2.7	0.8	3.0
IRON	378	Olive oil	24	17	6	0.6	1.0	0	0	3.5	0.8	3.0
IRON	379	Vegetable oil	24	21	3	0.1	0.3	0	0	1.2	0.8	3.0
IRON	380	Bottled drinking water (mineral/spring), not carbonated or flavored	24	24	0	0	0	0	0	0	0.2	1.0
IRON	381	Coffee, decaffeinated, from ground	24	24	0	0	0	0	0	0	0.3	1.0
IRON	382	Tea, decaffeinated, from tea bag	24	24	0	0	0	0	0	0	0.3	1.0

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LEAD	1	Milk, whole, fluid	24	23	1	0	0.002	0	0	0.008	0.007	0.030
LEAD	2	Milk, lowfat (2%), fluid	24	23	1	0	0.002	0	0	0.008	0.007	0.030
LEAD	3	Milk, chocolate, lowfat, fluid	24	23	1	0	0.002	0	0	0.008	0.007	0.030
LEAD	4	Milk, skim, fluid	24	24	0	0	0	0	0	0	0.005	0.020
LEAD	7	Milk shake, chocolate, fast-food	24	24	0	0	0	0	0	0	0.007	0.030
LEAD	10	Cheese, American, processed	24	24	0	0	0	0	0	0	0.020	0.050
LEAD	12	Cheese, cheddar, natural (sharp/mild)	24	24	0	0	0	0	0	0	0.020	0.050
LEAD	13	Beef, ground, regular, pan-cooked	24	24	0	0	0	0	0	0	0.010	0.040
LEAD	14	Beef roast, chuck, oven-roasted	24	23	1	0	0.002	0	0	0.011	0.010	0.040
LEAD	17	Ham, cured (not canned), baked	24	23	1	0.001	0.005	0	0	0.023	0.020	0.050
LEAD	18	Pork chop, pan-cooked with oil	24	23	1	0.001	0.003	0	0	0.013	0.010	0.040
LEAD	19	Pork sausage (link/patty), oven-cooked	24	24	0	0	0	0	0	0	0.020	0.050
LEAD	20	Pork bacon, oven-cooked	24	23	1	0.001	0.004	0	0	0.021	0.020	0.050
LEAD	21	Pork roast, loin, oven-roasted	24	24	0	0	0	0	0	0	0.010	0.040
LEAD	22	Lamb chop, pan-cooked with oil	24	23	1	0.001	0.003	0	0	0.015	0.010	0.040
LEAD	26	Turkey breast, oven-roasted	24	24	0	0	0	0	0	0	0.007	0.030
LEAD	27	Liver (beef/calf), pan-cooked with oil	24	23	1	0.001	0.005	0	0	0.023	0.020	0.050
LEAD	28	Frankfurter (beef/pork), boiled	24	24	0	0	0	0	0	0	0.020	0.050
LEAD	29	Bologna (beef/pork)	24	24	0	0	0	0	0	0	0.020	0.050
LEAD	30	Salami, luncheon-meat type (not hard)	24	24	0	0	0	0	0	0	0.020	0.050
LEAD	34	Fish sticks or patty, frozen, oven-cooked	24	24	0	0	0	0	0	0	0.010	0.040
LEAD	35	Eggs, scrambled with oil	24	24	0	0	0	0	0	0	0.007	0.030
LEAD	37	Eggs, boiled	24	24	0	0	0	0	0	0	0.007	0.030
LEAD	38	Pinto beans, dry, boiled	24	23	1	0	0.002	0	0	0.011	0.007	0.030
LEAD	39	Pork and beans, canned	24	23	1	0	0.002	0	0	0.011	0.007	0.030
LEAD	42	Lima beans, immature, frozen, boiled	24	24	0	0	0	0	0	0	0.007	0.030
LEAD	46	Peas, green, fresh/frozen, boiled	24	24	0	0	0	0	0	0	0.007	0.030

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LEAD	47	Peanut butter, smooth/creamy	24	24	0	0	0	0	0	0	0.020	0.050
LEAD	48	Peanuts, dry roasted, salted	24	24	0	0	0	0	0	0	0.020	0.050
LEAD	50	Rice, white, enriched, cooked	24	24	0	0	0	0	0	0	0.007	0.030
LEAD	51	Oatmeal, plain, cooked	24	24	0	0	0	0	0	0	0.007	0.030
LEAD	52	Cream of wheat (farina), enriched, cooked	24	24	0	0	0	0	0	0	0.007	0.030
LEAD	53	Corn/hominy grits, enriched, cooked	24	24	0	0	0	0	0	0	0.007	0.030
LEAD	54	Corn, fresh/frozen, boiled	24	24	0	0	0	0	0	0	0.007	0.030
LEAD	55	Corn, canned	24	24	0	0	0	0	0	0	0.007	0.030
LEAD	58	Bread, white, enriched	24	23	1	0	0.002	0	0	0.011	0.010	0.040
LEAD	60	Cornbread, homemade	24	23	1	0.001	0.004	0	0	0.018	0.010	0.040
LEAD	61	Biscuits, refrigerated-type, baked	24	23	1	0.001	0.003	0	0	0.014	0.010	0.040
LEAD	62	Bread, whole wheat	24	22	2	0.001	0.003	0	0	0.011	0.010	0.040
LEAD	63	Tortilla, flour	24	24	0	0	0	0	0	0	0.010	0.040
LEAD	64	Bread, rye	24	23	1	0	0.002	0	0	0.012	0.010	0.040
LEAD	65	Muffin, blueberry	24	24	0	0	0	0	0	0	0.010	0.040
LEAD	66	Crackers, saltine	24	24	0	0	0	0	0	0	0.020	0.050
LEAD	67	Corn/tortilla chips	24	24	0	0	0	0	0	0	0.020	0.050
LEAD	69	Noodles, egg, enriched, boiled	24	21	3	0.001	0.003	0	0	0.013	0.007	0.030
LEAD	71	Corn flakes cereal	24	22	2	0.001	0.004	0	0	0.018	0.010	0.040
LEAD	72	Fruit-flavored cereal, presweetened	24	23	1	0	0.002	0	0	0.010	0.010	0.040
LEAD	73	Shredded wheat cereal	24	23	1	0	0.002	0	0	0.011	0.010	0.040
LEAD	74	Raisin bran cereal	24	20	4	0.002	0.005	0	0	0.014	0.010	0.040
LEAD	75	Crisped rice cereal	24	22	2	0.001	0.003	0	0	0.013	0.010	0.040
LEAD	76	Granola with raisins	24	24	0	0	0	0	0	0	0.010	0.040
LEAD	77	Oat ring cereal	24	23	1	0.001	0.005	0	0	0.023	0.010	0.040
LEAD	78	Apple (red), raw (with peel)	24	24	0	0	0	0	0	0	0.007	0.030
LEAD	79	Orange (navel/Valencia), raw	24	22	2	0.001	0.004	0	0	0.021	0.007	0.030
LEAD	80	Banana, raw	24	24	0	0	0	0	0	0	0.007	0.030
LEAD	81	Watermelon, raw/frozen	24	24	0	0	0	0	0	0	0.005	0.020
LEAD	83	Peach, raw/frozen	24	23	1	0	0.001	0	0	0.007	0.007	0.030

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LEAD	84	Applesauce, bottled	24	21	3	0.001	0.003	0	0	0.011	0.007	0.030
LEAD	85	Pear, raw (with peel)	24	22	2	0.001	0.002	0	0	0.009	0.007	0.030
LEAD	86	Strawberries, raw/frozen	24	21	3	0.002	0.004	0	0	0.015	0.005	0.020
LEAD	87	Fruit cocktail, canned in light syrup	24	4	20	0.011	0.007	0.011	0	0.025	0.007	0.030
LEAD	88	Grapes (red/green), raw	24	20	4	0.001	0.004	0	0	0.019	0.005	0.020
LEAD	89	Cantaloupe, raw/frozen	24	23	1	0	0.002	0	0	0.010	0.005	0.020
LEAD	92	Grapefruit, raw	24	22	1	0.001	0.004	0	0	0.021	0.005	0.020
LEAD	93	Pineapple, canned in juice	24	4	19	0.009	0.009	0.008	0	0.046	0.005	0.020
LEAD	95	Raisins	24	16	8	0.005	0.008	0	0	0.023	0.010	0.040
LEAD	97	Avocado, raw	24	23	1	0.001	0.006	0	0	0.030	0.020	0.050
LEAD	98	Orange juice, frozen concentrate, reconstituted	24	24	0	0	0	0	0	0	0.004	0.020
LEAD	99	Apple juice, bottled	24	20	4	0.001	0.002	0	0	0.007	0.004	0.020
LEAD	100	Grapefruit juice, bottled	23	22	1	0	0.001	0	0	0.006	0.004	0.020
LEAD	103	Prune juice, bottled	24	14	10	0.003	0.005	0	0	0.014	0.005	0.020
LEAD	105	Lemonade, frozen concentrate, reconstituted	24	24	0	0	0	0	0	0	0.004	0.020
LEAD	107	Spinach, fresh/frozen, boiled	24	14	10	0.004	0.006	0	0	0.018	0.007	0.030
LEAD	108	Collards, fresh/frozen, boiled	24	21	3	0.002	0.006	0	0	0.025	0.007	0.030
LEAD	109	Lettuce, iceberg, raw	24	23	1	0.001	0.003	0	0	0.017	0.005	0.020
LEAD	110	Cabbage, fresh, boiled	24	24	0	0	0	0	0	0	0.005	0.020
LEAD	113	Broccoli, fresh/frozen, boiled	24	24	0	0	0	0	0	0	0.007	0.030
LEAD	114	Celery, raw	24	23	1	0	0.001	0	0	0.005	0.005	0.020
LEAD	115	Asparagus, fresh/frozen, boiled	24	23	1	0	0.002	0	0	0.009	0.007	0.030
LEAD	116	Cauliflower, fresh/frozen, boiled	24	24	0	0	0	0	0	0	0.007	0.030
LEAD	117	Tomato, raw	24	24	0	0	0	0	0	0	0.005	0.020
LEAD	119	Tomato sauce, plain, bottled	24	22	2	0.001	0.004	0	0	0.019	0.010	0.040
LEAD	121	Green beans, fresh/frozen, boiled	24	24	0	0	0	0	0	0	0.007	0.030
LEAD	122	Green beans, canned	24	23	1	0	0.002	0	0	0.010	0.007	0.030
LEAD	123	Cucumber, peeled, raw	24	24	0	0	0	0	0	0	0.005	0.020



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LEAD	124	Summer squash, fresh/frozen, boiled	24	23	1	0.001	0.004	0	0	0.018	0.007	0.030
LEAD	125	Pepper, sweet, green, raw	24	24	0	0	0	0	0	0	0.007	0.030
LEAD	126	Squash, winter (Hubbard/acorn), fresh/frozen, boiled	23	21	2	0.001	0.003	0	0	0.012	0.007	0.030
LEAD	128	Onion, mature, raw	24	21	3	0.001	0.004	0	0	0.014	0.007	0.030
LEAD	131	Beets, canned	24	22	2	0.001	0.004	0	0	0.016	0.007	0.030
LEAD	136	Potato, boiled (without peel)	24	24	0	0	0	0	0	0	0.007	0.030
LEAD	137	Potato, baked (with peel)	24	23	1	0	0.002	0	0	0.012	0.007	0.030
LEAD	138	Potato chips	24	24	0	0	0	0	0	0	0.020	0.050
LEAD	142	Spaghetti with meat sauce, homemade	24	23	1	0.001	0.004	0	0	0.021	0.007	0.030
LEAD	145	Chili con carne with beans, canned	24	21	3	0.002	0.005	0	0	0.016	0.010	0.040
LEAD	146	Macaroni and cheese, prepared from box mix	24	23	0	0.002	0.009	0	0	0.046	0.010	0.040
LEAD	147	Quarter-pound hamburger on bun, fast-food	24	23	1	0.001	0.005	0	0	0.024	0.010	0.040
LEAD	148	Meatloaf, beef, homemade	24	23	1	0.001	0.005	0	0	0.024	0.010	0.040
LEAD	152	Chicken potpie, frozen, heated	24	23	1	0.001	0.005	0	0	0.024	0.010	0.040
LEAD	155	Soup, chicken noodle, canned, condensed, prepared with water	24	22	2	0.001	0.004	0	0	0.020	0.007	0.030
LEAD	156	Soup, tomato, canned, condensed, prepared with water	24	24	0	0	0	0	0	0	0.007	0.030
LEAD	157	Soup, vegetable beef, canned, condensed, prepared with water	24	24	0	0	0	0	0	0	0.007	0.030
LEAD	161	Dill cucumber pickles	24	13	10	0.009	0.012	0	0	0.049	0.010	0.040
LEAD	162	Margarine, regular (not lowfat), salted	24	23	1	0.001	0.007	0	0	0.033	0.020	0.060
LEAD	164	Butter, regular (not lowfat), salted	24	22	2	0.002	0.008	0	0	0.031	0.020	0.060
LEAD	166	Mayonnaise, regular, bottled	24	23	1	0.001	0.006	0	0	0.031	0.020	0.060
LEAD	167	Cream, half & half	24	23	1	0.001	0.005	0	0	0.024	0.020	0.050

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LEAD	168	Cream substitute, non-dairy, liquid/frozen	24	20	4	0.002	0.005	0	0	0.016	0.010	0.040
LEAD	169	Sugar, white, granulated	24	23	1	0.001	0.004	0	0	0.022	0.020	0.060
LEAD	170	Syrup, pancake	24	24	0	0	0	0	0	0	0.010	0.040
LEAD	172	Honey	24	17	7	0.004	0.007	0	0	0.018	0.010	0.040
LEAD	173	Tomato catsup	24	20	4	0.003	0.009	0	0	0.038	0.010	0.040
LEAD	177	Ice cream, light, vanilla	24	22	2	0.001	0.003	0	0	0.010	0.007	0.030
LEAD	178	Cake, chocolate with icing	24	12	12	0.007	0.007	0.004	0	0.021	0.007	0.030
LEAD	182	Sweet roll/Danish pastry	24	16	8	0.004	0.006	0	0	0.019	0.007	0.030
LEAD	183	Chocolate chip cookies	24	9	15	0.007	0.006	0.009	0	0.018	0.007	0.030
LEAD	184	Sandwich cookies with creme filling	24	15	9	0.004	0.006	0	0	0.019	0.007	0.030
LEAD	185	Pie, apple, fresh/frozen	24	21	3	0.001	0.004	0	0	0.013	0.010	0.040
LEAD	186	Pie, pumpkin, fresh/frozen	24	19	5	0.002	0.005	0	0	0.015	0.010	0.040
LEAD	187	Candy bar, milk chocolate, plain	24	5	19	0.013	0.007	0.015	0	0.027	0.010	0.040
LEAD	190	Gelatin dessert, any flavor	24	22	2	0.001	0.003	0	0	0.010	0.007	0.030
LEAD	191	Carbonated beverage, cola, regular	24	24	0	0	0	0	0	0	0.004	0.020
LEAD	193	Fruit drink, from powder	24	24	0	0	0	0	0	0	0.004	0.020
LEAD	194	Carbonated beverage, cola, low-calorie	24	21	3	0.001	0.003	0	0	0.013	0.004	0.020
LEAD	197	Tea, from tea bag	24	24	0	0	0	0	0	0	0.004	0.020
LEAD	198	Beer	24	22	2	0	0.001	0	0	0.006	0.004	0.020
LEAD	199	Wine, dry table, red/white	24	3	20	0.007	0.006	0.008	0	0.029	0.004	0.020
LEAD	202	BF, Infant formula, milk-based, iron fortified, RTF (formerly high iron)	24	24	0	0	0	0	0	0	0.005	0.020
LEAD	203	BF, Infant formula, milk-based, low iron, RTF	10	10	0	0	0	0	0	0	0.005	0.020
LEAD	205	BF, beef and broth/gravy	24	22	2	0.001	0.004	0	0	0.015	0.007	0.030
LEAD	207	BF, chicken and broth/gravy	24	23	1	0.001	0.004	0	0	0.018	0.007	0.030
LEAD	211	BF, vegetables and beef	24	23	1	0	0.001	0	0	0.007	0.007	0.030
LEAD	212	BF, vegetables and chicken	24	21	3	0.001	0.003	0	0	0.011	0.007	0.030
LEAD	213	BF, vegetables and ham	4	4	0	0	0	0	0	0	0.007	0.030
LEAD	214	BF, chicken noodle dinner	24	21	3	0.001	0.003	0	0	0.010	0.007	0.030

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LEAD	215	BF, macaroni, tomato and beef	24	21	3	0.001	0.003	0	0	0.011	0.007	0.030
LEAD	216	BF, turkey and rice	24	15	8	0.004	0.008	0	0	0.035	0.007	0.030
LEAD	218	BF, carrots	24	15	9	0.005	0.007	0	0	0.018	0.007	0.030
LEAD	219	BF, green beans	24	21	3	0.002	0.005	0	0	0.021	0.007	0.030
LEAD	220	BF, mixed vegetables	24	21	3	0.002	0.005	0	0	0.020	0.007	0.030
LEAD	221	BF, sweet potatoes	24	5	18	0.013	0.009	0.015	0	0.034	0.007	0.030
LEAD	223	BF, peas	24	23	1	0	0.001	0	0	0.007	0.007	0.030
LEAD	225	BF, applesauce	24	22	2	0.001	0.002	0	0	0.009	0.007	0.030
LEAD	226	BF, peaches	24	23	1	0	0.002	0	0	0.008	0.007	0.030
LEAD	227	BF, pears	24	23	1	0	0.002	0	0	0.008	0.007	0.030
LEAD	230	BF, juice, apple	24	13	9	0.006	0.008	0	0	0.029	0.004	0.020
LEAD	232	BF, custard/pudding	23	21	2	0.001	0.003	0	0	0.010	0.007	0.030
LEAD	233	BF, fruit dessert/pudding	22	20	2	0.001	0.003	0	0	0.012	0.007	0.030
LEAD	235	Yogurt, lowfat, fruit-flavored	24	20	4	0.002	0.004	0	0	0.018	0.007	0.030
LEAD	236	Cheese, Swiss, natural	24	23	1	0.001	0.003	0	0	0.016	0.010	0.040
LEAD	237	Cream cheese	24	23	1	0.001	0.007	0	0	0.033	0.010	0.040
LEAD	239	Luncheon meat, ham	24	24	0	0	0	0	0	0	0.014	0.050
LEAD	240	Chicken breast, oven-roasted (skin removed)	24	24	0	0	0	0	0	0	0.010	0.040
LEAD	241	Chicken nuggets, fast-food	24	24	0	0	0	0	0	0	0.010	0.040
LEAD	244	Shrimp, boiled	24	18	4	0.012	0.037	0	0	0.180	0.010	0.040
LEAD	248	Bread, multigrain (formerly cracked wheat)	24	20	4	0.002	0.005	0	0	0.014	0.010	0.040
LEAD	249	Bagel, plain, toasted	24	23	1	0	0.002	0	0	0.010	0.010	0.040
LEAD	250	English muffin, plain, toasted	24	21	3	0.003	0.007	0	0	0.024	0.010	0.040
LEAD	251	Crackers, graham	24	18	6	0.004	0.007	0	0	0.020	0.010	0.040
LEAD	252	Crackers, butter-type	24	23	1	0.001	0.004	0	0	0.019	0.010	0.040
LEAD	254	Peach, canned in light/medium syrup	24	2	20	0.013	0.009	0.011	0	0.038	0.007	0.030
LEAD	255	Pear, canned in light syrup	24	9	14	0.008	0.008	0.008	0	0.030	0.007	0.030
LEAD	256	Pineapple juice, frozen concentrate, reconstituted	24	23	1	0	0.001	0	0	0.004	0.004	0.020

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LEAD	257	Grape juice, frozen concentrate, reconstituted	24	9	15	0.006	0.005	0.006	0	0.015	0.004	0.020
LEAD	258	French fries, fast-food	24	24	0	0	0	0	0	0	0.020	0.050
LEAD	259	Carrot, fresh, peeled, boiled	24	20	4	0.002	0.005	0	0	0.019	0.007	0.030
LEAD	261	Tomato juice, bottled	24	20	4	0.001	0.003	0	0	0.009	0.005	0.020
LEAD	263	Brussels sprouts, fresh/frozen, boiled	24	24	0	0	0	0	0	0	0.007	0.030
LEAD	264	Mushrooms, raw	24	22	2	0.001	0.002	0	0	0.008	0.007	0.030
LEAD	265	Eggplant, fresh, peeled, boiled	24	24	0	0	0	0	0	0	0.007	0.030
LEAD	266	Turnip, fresh/frozen, boiled	24	22	2	0.001	0.002	0	0	0.009	0.007	0.030
LEAD	267	Okra, fresh/frozen, boiled	24	22	2	0.001	0.002	0	0	0.007	0.007	0.030
LEAD	268	Mixed vegetables, frozen, boiled	24	24	0	0	0	0	0	0	0.007	0.030
LEAD	269	Beef stroganoff with noodles, homemade	24	20	4	0.002	0.004	0	0	0.012	0.007	0.030
LEAD	272	Tuna noodle casserole, homemade	24	22	2	0.001	0.003	0	0	0.014	0.007	0.030
LEAD	275	Quarter-pound cheeseburger on bun, fast-food	24	21	3	0.002	0.005	0	0	0.019	0.010	0.040
LEAD	276	Fish sandwich on bun, fast-food	24	22	2	0.001	0.005	0	0	0.021	0.010	0.040
LEAD	278	Egg, cheese, and ham on English muffin, fast-food	24	21	3	0.002	0.007	0	0	0.030	0.010	0.040
LEAD	279	Taco/tostada with beef and cheese, from Mexican carry-out	24	22	2	0.001	0.003	0	0	0.011	0.010	0.040
LEAD	281	Pizza, cheese and pepperoni, regular crust, from pizza carry-out	24	23	1	0	0.002	0	0	0.011	0.010	0.040
LEAD	283	Soup, bean with bacon/pork, canned, condensed, prepared w/ water	24	23	1	0	0.002	0	0	0.008	0.007	0.030
LEAD	285	Clam chowder, New England, canned, condensed, prepared with whole milk	24	8	16	0.007	0.005	0.008	0	0.016	0.007	0.030
LEAD	286	Ice cream, regular (not lowfat), vanilla	24	23	1	0	0.002	0	0	0.009	0.007	0.030
LEAD	287	Sherbet, fruit-flavored	24	23	1	0	0.002	0	0	0.010	0.005	0.020

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LEAD	288	Popsicle, fruit-flavored	24	24	0	0	0	0	0	0	0.010	0.040
LEAD	290	Doughnut, cake-type, any flavor, from donut store	24	21	3	0.002	0.006	0	0	0.027	0.007	0.030
LEAD	291	Brownie	24	5	18	0.010	0.007	0.010	0	0.032	0.007	0.030
LEAD	292	Sugar cookies	24	22	2	0.001	0.003	0	0	0.011	0.007	0.030
LEAD	293	Candy, hard, any flavor	24	22	0	0.005	0.017	0	0	0.065	0.020	0.050
LEAD	294	Pretzels, hard, salted	24	23	1	0.001	0.005	0	0	0.023	0.020	0.050
LEAD	295	Syrup, chocolate	24	1	23	0.016	0.006	0.017	0	0.027	0.007	0.030
LEAD	296	Jelly, any flavor	24	21	3	0.001	0.003	0	0	0.010	0.007	0.030
LEAD	298	Mustard, yellow, plain	24	16	8	0.003	0.004	0	0	0.012	0.007	0.030
LEAD	299	Black olives	24	17	7	0.003	0.005	0	0	0.014	0.007	0.030
LEAD	300	Sour cream	24	23	1	0.001	0.007	0	0	0.034	0.010	0.040
LEAD	305	Coffee, from ground	24	24	0	0	0	0	0	0	0.004	0.020
LEAD	306	Carbonated beverage, fruit-flavored, regular	24	24	0	0	0	0	0	0	0.004	0.020
LEAD	307	Fruit drink (10% juice), canned or bottled	24	23	1	0	0.001	0	0	0.005	0.004	0.020
LEAD	309	BF, Infant formula, soy-based, RTF	24	21	3	0.001	0.003	0	0	0.011	0.004	0.020
LEAD	313	BF, bananas	24	24	0	0	0	0	0	0	0.007	0.030
LEAD	317	BF, teething biscuits	23	13	10	0.008	0.010	0	0	0.033	0.010	0.040
LEAD	318	Salmon, steaks/fillets, baked	24	24	0	0	0	0	0	0	0.010	0.040
LEAD	320	BF, squash	24	21	3	0.002	0.006	0	0	0.022	0.007	0.030
LEAD	323	BF, cereal, oatmeal, dry, prepared with water	24	24	0	0	0	0	0	0	0.010	0.040
LEAD	324	BF, cereal, rice, dry, prepared with water	24	23	0	0.002	0.008	0	0	0.040	0.010	0.040
LEAD	325	BF, cereal, rice with apples, dry, prepared with water	13	13	0	0	0	0	0	0	0.010	0.040
LEAD	326	BF, veal and broth/gravy	17	17	0	0	0	0	0	0	0.007	0.030
LEAD	327	BF, lamb and broth/gravy	17	17	0	0	0	0	0	0	0.007	0.030
LEAD	328	BF, turkey and broth/gravy	24	24	0	0	0	0	0	0	0.007	0.030

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LEAD	331	Meal replacement, liquid RTD, any flavor	24	21	3	0.001	0.002	0	0	0.007	0.004	0.020
LEAD	332	Cottage cheese, creamed, lowfat (2% milk fat)	24	23	1	0	0.002	0	0	0.009	0.007	0.030
LEAD	333	Sour cream dip, any flavor	24	23	1	0	0.002	0	0	0.011	0.010	0.040
LEAD	334	Beef steak, loin/sirloin, broiled	24	22	2	0.001	0.004	0	0	0.018	0.010	0.040
LEAD	335	Luncheon meat (chicken/turkey)	24	22	2	0.001	0.003	0	0	0.015	0.007	0.030
LEAD	336	Chicken breast, fried, fast-food (with skin)	24	24	0	0	0	0	0	0	0.010	0.040
LEAD	337	Chicken thigh, oven-roasted (skin removed)	24	23	1	0.001	0.003	0	0	0.014	0.007	0.030
LEAD	338	Chicken leg, fried, fast-food (with skin)	24	23	1	0	0.002	0	0	0.010	0.010	0.040
LEAD	339	Catfish, pan-cooked with oil	24	23	1	0.001	0.003	0	0	0.013	0.010	0.040
LEAD	340	Tuna, canned in water, drained	24	21	3	0.002	0.005	0	0	0.019	0.010	0.040
LEAD	341	Refried beans, canned	24	24	0	0	0	0	0	0	0.010	0.040
LEAD	342	White beans, dry, boiled	24	24	0	0	0	0	0	0	0.007	0.030
LEAD	343	Sunflower seeds (shelled), roasted, salted	24	24	0	0	0	0	0	0	0.014	0.050
LEAD	344	Pancakes, frozen, heated	24	23	1	0.001	0.003	0	0	0.016	0.010	0.040
LEAD	345	Breakfast tart/toaster pastry	24	19	5	0.002	0.004	0	0	0.012	0.007	0.030
LEAD	346	Macaroni salad, from grocery/deli	24	20	4	0.002	0.005	0	0	0.016	0.010	0.040
LEAD	347	Spaghetti, enriched, boiled	24	22	2	0.001	0.006	0	0	0.027	0.007	0.030
LEAD	348	Apricots, canned in heavy/light syrup	24	1	22	0.015	0.007	0.015	0	0.036	0.007	0.030
LEAD	350	canned/bottled	24	12	12	0.003	0.004	0.002	0	0.014	0.004	0.020
LEAD	351	Cranberry juice cocktail, canned/bottled	24	19	5	0.001	0.003	0	0	0.010	0.004	0.020
LEAD	352	Orange juice, bottled/carton	24	22	2	0	0.001	0	0	0.006	0.004	0.020
LEAD	353	Potato salad, mayonnaise-type, from grocery/deli	24	23	1	0	0.002	0	0	0.010	0.010	0.040

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LEAD	354	Potatoes, mashed, prepared from fresh	24	23	1	0	0.001	0	0	0.007	0.007	0.030
LEAD	355	Coleslaw, mayonnaise-type, from grocery/deli	24	24	0	0	0	0	0	0	0.010	0.040
LEAD	356	Carrot, baby, raw	24	23	1	0	0.002	0	0	0.008	0.007	0.030
LEAD	357	Lettuce, leaf, raw	24	13	11	0.004	0.005	0	0	0.014	0.005	0.020
LEAD	358	Sweet potatoes, canned	24	2	22	0.012	0.005	0.012	0	0.018	0.007	0.030
LEAD	359	Tomato salsa, bottled	24	22	2	0.001	0.002	0	0	0.009	0.007	0.030
LEAD	360	Stew, beef and vegetable, canned	23	22	1	0	0.002	0	0	0.009	0.007	0.030
LEAD	361	Lasagna with meat, frozen, heated	24	22	2	0.001	0.004	0	0	0.013	0.010	0.040
LEAD	362	Beef with vegetables in sauce, from Chinese carry-out	24	21	3	0.001	0.003	0	0	0.012	0.007	0.030
LEAD	363	Chicken with vegetables in sauce, from Chinese carry-out	24	23	1	0	0.002	0	0	0.008	0.007	0.030
LEAD	364	Fried rice, meatless, from Chinese carry-out	24	24	0	0	0	0	0	0	0.010	0.040
LEAD	365	Burrito with beef, beans and cheese, from Mexican carry-out	24	24	0	0	0	0	0	0	0.010	0.040
LEAD	366	Chicken filet (broiled) sandwich on bun, fast-food	24	23	1	0	0.002	0	0	0.012	0.010	0.040
LEAD	367	Soup, Oriental noodles (ramen noodles), prepared with water	24	22	2	0.001	0.004	0	0	0.016	0.007	0.030
LEAD	368	Pudding, ready-to-eat, flavor other than chocolate	24	24	0	0	0	0	0	0	0.007	0.030
LEAD	369	Cake, white with icing (formerly yellow cake)	24	20	4	0.001	0.003	0	0	0.009	0.007	0.030
LEAD	370	Granola bar, with raisins	24	22	2	0.001	0.003	0	0	0.014	0.010	0.040
LEAD	371	Candy bar, chocolate, nougat, and nuts	24	23	1	0.001	0.003	0	0	0.014	0.010	0.040
LEAD	372	Popcorn, microwave, butter-flavored	24	23	1	0.001	0.006	0	0	0.028	0.014	0.050
LEAD	373	Sweet & sour sauce	24	23	1	0	0.002	0	0	0.011	0.007	0.030

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LEAD	374	Brown gravy, canned or bottled	24	23	1	0	0.002	0	0	0.010	0.010	0.040
LEAD	375	Salad dressing, creamy/buttermilk type, regular	24	24	0	0	0	0	0	0	0.018	0.060
LEAD	376	Salad dressing, creamy/buttermilk type, low-calorie	24	17	7	0.004	0.007	0	0	0.018	0.012	0.040
LEAD	377	Salad dressing, Italian, regular	24	22	2	0.002	0.006	0	0	0.021	0.018	0.060
LEAD	378	Olive oil	24	23	1	0.001	0.004	0	0	0.020	0.018	0.060
LEAD	379	Vegetable oil	24	24	0	0	0	0	0	0	0.018	0.060
LEAD	380	Bottled drinking water (mineral/spring), not carbonated or flavored	24	24	0	0	0	0	0	0	0.004	0.020
LEAD	381	Coffee, decaffeinated, from ground	24	24	0	0	0	0	0	0	0.004	0.020
LEAD	382	Tea, decaffeinated, from tea bag	24	23	1	0	0.002	0	0	0.010	0.004	0.020
LEAD	700	BF, cereal, barley, dry, prepared with water	24	24	0	0	0	0	0	0	0.010	0.040
LEAD	701	BF, cereal, mixed, dry, prepared with water	24	24	0	0	0	0	0	0	0.010	0.040
LEAD	703	BF, juice, apple-banana	15	6	8	0.005	0.007	0.004	0	0.022	0.004	0.020
LEAD	704	BF, juice, apple-cherry	16	3	10	0.008	0.008	0.006	0	0.023	0.004	0.020
LEAD	705	BF, juice, apple-grape	16	7	9	0.005	0.006	0.005	0	0.019	0.004	0.020
LEAD	710	BF, juice, mixed fruit	16	10	6	0.003	0.003	0	0	0.008	0.004	0.020
LEAD	711	BF, juice, pear	24	10	14	0.005	0.005	0.006	0	0.015	0.004	0.020
LEAD	712	BF, juice, grape	24	1	21	0.011	0.004	0.011	0	0.020	0.004	0.020
LEAD	713	BF, pears and pineapple	24	22	2	0.001	0.002	0	0	0.009	0.007	0.030
LEAD	714	BF, plums/prunes with apples or pears	24	19	5	0.002	0.004	0	0	0.010	0.007	0.030
LEAD	717	BF, apricots with mixed fruit	24	23	1	0	0.001	0	0	0.007	0.007	0.030
LEAD	719	BF, banana dessert	15	13	2	0.001	0.003	0	0	0.009	0.007	0.030
LEAD	720	BF, peach cobbler/dessert	24	17	7	0.003	0.005	0	0	0.012	0.007	0.030
LEAD	721	BF, fruit yogurt dessert	24	19	5	0.002	0.004	0	0	0.010	0.007	0.030
LEAD	722	BF, Dutch apple/apple cobbler	10	9	1	0.001	0.003	0	0	0.008	0.007	0.030



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LEAD	723	BF, arrowroot cookies	24	9	15	0.012	0.011	0.015	0	0.031	0.010	0.040
LEAD	724	BF, zweiback toast	14	11	3	0.002	0.005	0	0	0.012	0.010	0.040
LEAD	725	BF, cereal, oatmeal with fruit, prepared with water	24	21	3	0.002	0.006	0	0	0.025	0.010	0.040
LEAD	726	BF, chicken with rice	24	20	4	0.002	0.004	0	0	0.011	0.007	0.030
LEAD	728	BF, vegetables and turkey	24	17	7	0.004	0.006	0	0	0.020	0.007	0.030
LEAD	729	BF, macaroni and cheese	24	22	2	0.001	0.003	0	0	0.012	0.007	0.030
LEAD	730	BF, apples with berries	24	22	2	0.001	0.004	0	0	0.021	0.007	0.030
LEAD	731	BF, apples with fruit other than berries	24	22	2	0.001	0.003	0	0	0.014	0.007	0.030

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MAGNESIUM	1	Milk, whole, fluid	24	0	0	109	5	109	101	119	3	10
MAGNESIUM	2	Milk, lowfat (2%), fluid	24	0	0	112	6	111	101	124	3	10
MAGNESIUM	3	Milk, chocolate, lowfat, fluid	24	0	0	143	11	144	120	159	3	10
MAGNESIUM	4	Milk, skim, fluid	24	0	0	112	7	113	99	127	3	10
MAGNESIUM	7	Milk shake, chocolate, fast-food	24	0	0	161	21	158	134	228	3	10
MAGNESIUM	10	Cheese, American, processed	24	0	0	303	33	295	250	375	4	20
MAGNESIUM	12	Cheese, cheddar, natural (sharp/mild)	24	0	0	287	18	286	245	331	4	20
MAGNESIUM	13	Beef, ground, regular, pan-cooked	24	0	0	223	26	220	171	287	3	10
MAGNESIUM	14	Beef roast, chuck, oven-roasted	24	0	0	214	20	217	174	253	3	10
MAGNESIUM	17	Ham, cured (not canned), baked	24	0	0	199	26	194	146	260	3	10
MAGNESIUM	18	Pork chop, pan-cooked with oil	24	0	0	293	30	296	222	348	3	10
MAGNESIUM	19	Pork sausage (link/patty), oven-cooked	24	0	0	197	19	199	162	244	4	20
MAGNESIUM	20	Pork bacon, oven-cooked	24	0	0	283	28	280	235	334	4	20
MAGNESIUM	21	Pork roast, loin, oven-roasted	24	0	0	251	23	255	191	295	4	20
MAGNESIUM	22	Lamb chop, pan-cooked with oil	24	0	0	261	22	260	222	307	4	20
MAGNESIUM	26	Turkey breast, oven-roasted	24	0	0	292	32	295	235	342	3	10
MAGNESIUM	27	Liver (beef/calf), pan-cooked with oil	24	0	0	211	10	210	195	233	3	10
MAGNESIUM	28	Frankfurter (beef/pork), boiled	24	0	0	122	16	120	94	156	4	20
MAGNESIUM	29	Bologna (beef/pork)	24	0	0	151	16	153	118	175	4	20
MAGNESIUM	30	Salami, luncheon-meat type (not hard)	24	0	0	187	22	184	162	246	4	20
MAGNESIUM	34	Fish sticks or patty, frozen, oven-cooked	24	0	0	306	43	304	228	379	4	20
MAGNESIUM	35	Eggs, scrambled with oil	24	0	0	119	8	120	105	134	3	10
MAGNESIUM	37	Eggs, boiled	24	0	0	128	7	127	117	144	3	10
MAGNESIUM	38	Pinto beans, dry, boiled	24	0	0	543	53	538	438	690	3	10
MAGNESIUM	39	Pork and beans, canned	24	0	0	308	25	306	278	370	3	10
MAGNESIUM	42	Lima beans, immature, frozen, boiled	24	0	0	400	37	397	330	487	3	10

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MAGNESIUM	46	Peas, green, fresh/frozen, boiled	24	0	0	224	32	223	157	296	3	10
MAGNESIUM	47	Peanut butter, smooth/creamy	24	0	0	1792	123	1815	1540	2020	4	20
MAGNESIUM	48	Peanuts, dry roasted, salted	24	0	0	1908	80	1895	1780	2130	4	20
MAGNESIUM	50	Rice, white, enriched, cooked	24	0	0	95	16	95	65	145	3	10
MAGNESIUM	51	Oatmeal, plain, cooked	24	0	0	292	59	283	191	447	3	10
MAGNESIUM	52	Cream of wheat (farina), enriched, cooked	24	0	0	82	24	75	56	142	3	10
MAGNESIUM	53	Corn/hominy grits, enriched, cooked	24	0	0	81	21	81	48	123	3	10
MAGNESIUM	54	Corn, fresh/frozen, boiled	24	0	0	195	38	193	141	310	3	10
MAGNESIUM	55	Corn, canned	24	0	0	137	23	134	97	230	3	10
MAGNESIUM	58	Bread, white, enriched	24	0	0	252	45	242	193	431	4	20
MAGNESIUM	60	Cornbread, homemade	24	0	0	180	52	170	83	319	3	10
MAGNESIUM	61	Biscuits, refrigerated-type, baked	24	0	0	163	23	163	126	206	3	10
MAGNESIUM	62	Bread, whole wheat	24	0	0	807	103	823	624	985	3	10
MAGNESIUM	63	Tortilla, flour	24	0	0	222	46	211	162	382	4	20
MAGNESIUM	64	Bread, rye	24	0	0	345	45	340	256	461	3	10
MAGNESIUM	65	Muffin, blueberry	24	0	0	99	13	98	75	124	3	10
MAGNESIUM	66	Crackers, saltine	24	0	0	233	25	233	190	276	3	10
MAGNESIUM	67	Corn/tortilla chips	24	0	0	811	62	817	657	917	3	10
MAGNESIUM	69	Noodles, egg, enriched, boiled	24	0	0	282	56	268	200	405	4	20
MAGNESIUM	71	Corn flakes cereal	24	0	0	118	37	100	75	198	3	10
MAGNESIUM	72	Fruit-flavored cereal, presweetened	24	0	0	313	73	305	182	471	3	10
MAGNESIUM	73	Shredded wheat cereal	24	0	0	1185	85	1195	1030	1340	3	10
MAGNESIUM	74	Raisin bran cereal	24	0	0	1291	172	1275	939	1650	3	10
MAGNESIUM	75	Crisped rice cereal	24	0	0	293	56	272	236	481	3	10
MAGNESIUM	76	Granola with raisins	24	0	0	946	74	954	810	1080	3	10
MAGNESIUM	77	Oat ring cereal	24	0	0	1230	68	1230	1070	1370	3	10
MAGNESIUM	78	Apple (red), raw (with peel)	24	0	0	48	6	48	38	62	3	10
MAGNESIUM	79	Orange (navel/Valencia), raw	24	0	0	110	14	110	86	143	3	8
MAGNESIUM	80	Banana, raw	24	0	0	293	22	294	262	337	3	8
MAGNESIUM	81	Watermelon, raw/frozen	24	0	0	118	15	118	87	145	3	8

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MAGNESIUM	83	Peach, raw/frozen	24	0	0	78	8	78	64	96	3	8
MAGNESIUM	84	Applesauce, bottled	24	0	0	30	3	30	25	37	3	8
MAGNESIUM	85	Pear, raw (with peel)	24	0	0	64	6	64	52	77	3	8
MAGNESIUM	86	Strawberries, raw/frozen	24	0	0	127	13	126	105	150	3	8
MAGNESIUM	87	Fruit cocktail, canned in light syrup	24	0	0	56	8	56	41	78	3	10
MAGNESIUM	88	Grapes (red/green), raw	24	0	0	71	6	69	63	86	3	8
MAGNESIUM	89	Cantaloupe, raw/frozen	24	0	0	125	16	124	104	165	3	8
MAGNESIUM	92	Grapefruit, raw	24	0	0	91	11	91	76	129	3	8
MAGNESIUM	93	Pineapple, canned in juice	24	0	0	143	20	142	114	182	3	10
MAGNESIUM	95	Raisins	24	0	0	324	24	327	273	393	4	20
MAGNESIUM	97	Avocado, raw	24	0	0	307	45	307	152	375	4	20
MAGNESIUM	98	Orange juice, frozen concentrate, reconstituted	24	0	0	109	10	108	86	129	3	8
MAGNESIUM	99	Apple juice, bottled	24	0	0	46	5	46	39	61	3	8
MAGNESIUM	100	Grapefruit juice, bottled	23	0	0	98	13	99	64	120	3	8
MAGNESIUM	103	Prune juice, bottled	24	0	0	141	11	141	119	168	3	8
MAGNESIUM	105	Lemonade, frozen concentrate, reconstituted	24	0	0	17	2	17	12	20	3	8
MAGNESIUM	107	Spinach, fresh/frozen, boiled	24	0	0	470	128	490	206	736	3	8
MAGNESIUM	108	Collards, fresh/frozen, boiled	24	0	0	212	40	213	102	300	3	8
MAGNESIUM	109	Lettuce, iceberg, raw	24	0	0	72	14	70	52	102	3	8
MAGNESIUM	110	Cabbage, fresh, boiled	24	0	0	81	11	82	60	106	3	8
MAGNESIUM	113	Broccoli, fresh/frozen, boiled	24	0	0	118	17	118	73	151	3	10
MAGNESIUM	114	Celery, raw	24	0	0	96	10	96	80	113	3	10
MAGNESIUM	115	Asparagus, fresh/frozen, boiled	24	0	0	103	13	103	71	125	3	10
MAGNESIUM	116	Cauliflower, fresh/frozen, boiled	24	0	0	95	14	96	57	133	3	10
MAGNESIUM	117	Tomato, raw	24	0	0	86	14	84	58	112	3	10
MAGNESIUM	119	Tomato sauce, plain, bottled	24	0	0	158	14	161	134	196	3	10
MAGNESIUM	121	Green beans, fresh/frozen, boiled	24	0	0	212	42	213	117	297	3	10
MAGNESIUM	122	Green beans, canned	24	0	0	128	17	129	80	161	3	10
MAGNESIUM	123	Cucumber, peeled, raw	24	0	0	105	9	106	86	122	3	10

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MAGNESIUM	124	Summer squash, fresh/frozen, boiled	24	0	0	141	20	144	106	191	3	10
MAGNESIUM	125	Pepper, sweet, green, raw	24	0	0	88	20	86	57	136	3	10
MAGNESIUM	126	Squash, winter (Hubbard/acorn), fresh/frozen, boiled	23	0	0	185	39	175	133	283	3	10
MAGNESIUM	128	Onion, mature, raw	24	0	0	89	20	89	54	126	3	10
MAGNESIUM	131	Beets, canned	24	0	0	177	28	172	119	241	3	10
MAGNESIUM	136	Potato, boiled (without peel)	24	0	0	150	17	152	116	180	3	9
MAGNESIUM	137	Potato, baked (with peel)	24	0	0	233	33	234	140	296	3	9
MAGNESIUM	138	Potato chips	24	0	0	649	76	649	506	788	4	20
MAGNESIUM	142	Spaghetti with meat sauce, homemade	24	0	0	180	21	182	141	223	3	10
MAGNESIUM	145	Chili con carne with beans, canned	24	0	0	282	37	285	201	363	3	10
MAGNESIUM	146	Macaroni and cheese, prepared from box mix	24	0	0	175	31	171	112	242	4	20
MAGNESIUM	147	Quarter-pound hamburger on bun, fast-food	24	0	0	219	17	221	176	240	3	10
MAGNESIUM	148	Meatloaf, beef, homemade	24	0	0	178	15	177	152	207	3	10
MAGNESIUM	152	Chicken potpie, frozen, heated	24	0	0	131	18	130	105	198	3	9
MAGNESIUM	155	Soup, chicken noodle, canned, condensed, prepared with water	24	0	0	54	21	48	31	122	3	9
MAGNESIUM	156	Soup, tomato, canned, condensed, prepared with water	24	0	0	77	14	74	58	121	3	9
MAGNESIUM	157	Soup, vegetable beef, canned, condensed, prepared with water	24	0	0	76	7	76	64	86	3	9
MAGNESIUM	161	Dill cucumber pickles	24	0	0	73	20	73	49	144	3	10
MAGNESIUM	162	Margarine, regular (not lowfat), salted	24	0	24	12	3	12	6	18	4	20
MAGNESIUM	164	Butter, regular (not lowfat), salted	24	0	23	18	1	18	16	20	4	20
MAGNESIUM	166	Mayonnaise, regular, bottled	24	0	23	12	4	11	8	29	4	20
MAGNESIUM	167	Cream, half & half	24	0	0	97	6	96	85	115	3	10

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MAGNESIUM	168	Cream substitute, non-dairy, liquid/frozen	24	3	7	14	16	11	0	83	3	10
MAGNESIUM	169	Sugar, white, granulated	24	24	0	0	0	0	0	0	4	20
MAGNESIUM	170	Syrup, pancake	24	12	10	8	18	3	0	86	4	20
MAGNESIUM	172	Honey	24	0	20	18	5	18	13	34	4	20
MAGNESIUM	173	Tomato catsup	24	0	0	141	10	143	123	169	3	9
MAGNESIUM	177	Ice cream, light, vanilla	24	0	0	148	11	148	128	167	3	10
MAGNESIUM	178	Cake, chocolate with icing	24	0	0	318	56	316	224	496	4	20
MAGNESIUM	182	Sweet roll/Danish pastry	24	0	0	187	34	179	143	276	4	20
MAGNESIUM	183	Chocolate chip cookies	24	0	0	396	41	388	315	466	4	20
MAGNESIUM	184	Sandwich cookies with creme filling	24	0	0	327	96	329	146	520	4	20
MAGNESIUM	185	Pie, apple, fresh/frozen	24	0	0	74	7	73	63	88	4	20
MAGNESIUM	186	Pie, pumpkin, fresh/frozen	24	0	0	156	16	153	132	195	4	20
MAGNESIUM	187	Candy bar, milk chocolate, plain	24	0	0	661	22	663	617	702	4	20
MAGNESIUM	190	Gelatin dessert, any flavor	24	22	2	1	2	0	0	8	3	10
MAGNESIUM	191	Carbonated beverage, cola, regular	24	13	10	3	4	0	0	15	3	9
MAGNESIUM	193	Fruit drink, from powder	24	18	2	9	21	0	0	84	3	8
MAGNESIUM	194	Carbonated beverage, cola, low-calorie	24	9	13	3	3	4	0	10	3	8
MAGNESIUM	197	Tea, from tea bag	24	0	6	6	2	5	3	10	2	4
MAGNESIUM	198	Beer	24	0	0	62	12	60	46	100	2	7
MAGNESIUM	199	Wine, dry table, red/white	24	0	0	105	16	108	70	139	2	6
MAGNESIUM	202	BF, Infant formula, milk-based, iron fortified, RTF (formerly high iron)	24	0	0	59	7	58	51	84	3	10
MAGNESIUM	203	BF, Infant formula, milk-based, low iron, RTF	10	0	0	58	4	57	52	65	3	10
MAGNESIUM	205	BF, beef and broth/gravy	24	0	0	109	7	110	88	119	3	10
MAGNESIUM	207	BF, chicken and broth/gravy	24	0	0	129	9	127	114	157	3	10
MAGNESIUM	211	BF, vegetables and beef	24	0	0	113	19	115	73	139	3	10
MAGNESIUM	212	BF, vegetables and chicken	24	0	0	115	11	116	87	134	3	10
MAGNESIUM	213	BF, vegetables and ham	4	0	0	106	11	104	95	120	3	10
MAGNESIUM	214	BF, chicken noodle dinner	24	0	0	123	22	125	56	154	3	10

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MAGNESIUM	215	BF, macaroni, tomato and beef	24	0	0	124	19	129	81	164	3	10
MAGNESIUM	216	BF, turkey and rice	24	0	0	92	15	93	58	121	3	10
MAGNESIUM	218	BF, carrots	24	0	0	89	18	88	65	137	3	10
MAGNESIUM	219	BF, green beans	24	0	0	210	29	210	126	258	3	10
MAGNESIUM	220	BF, mixed vegetables	24	0	0	121	22	119	94	192	3	10
MAGNESIUM	221	BF, sweet potatoes	24	0	0	147	15	153	107	171	3	10
MAGNESIUM	223	BF, peas	24	0	0	184	14	184	156	224	3	10
MAGNESIUM	225	BF, applesauce	24	0	0	39	3	39	32	44	3	10
MAGNESIUM	226	BF, peaches	24	0	0	114	12	115	95	140	3	10
MAGNESIUM	227	BF, pears	24	0	0	76	8	75	61	94	3	10
MAGNESIUM	230	BF, juice, apple	24	0	0	59	10	57	43	84	3	10
MAGNESIUM	232	BF, custard/pudding	23	0	0	124	47	150	51	194	3	10
MAGNESIUM	233	BF, fruit dessert/pudding	22	0	0	105	50	98	34	260	3	10
MAGNESIUM	235	Yogurt, lowfat, fruit-flavored	24	0	0	120	11	118	96	144	3	10
MAGNESIUM	236	Cheese, Swiss, natural	24	0	0	355	21	358	323	394	4	20
MAGNESIUM	237	Cream cheese	24	0	0	100	12	96	84	122	4	20
MAGNESIUM	239	Luncheon meat, ham	24	0	0	193	13	193	171	232	3	10
MAGNESIUM	240	Chicken breast, oven-roasted (skin removed)	24	0	0	325	27	325	267	381	3	10
MAGNESIUM	241	Chicken nuggets, fast-food	24	0	0	243	17	241	215	280	3	10
MAGNESIUM	244	Shrimp, boiled	24	0	0	151	38	148	74	227	4	20
MAGNESIUM	248	Bread, multigrain (formerly cracked wheat)	24	0	0	634	149	620	389	903	3	10
MAGNESIUM	249	Bagel, plain, toasted	24	0	0	288	21	292	231	318	4	20
MAGNESIUM	250	English muffin, plain, toasted	24	0	0	265	30	260	227	343	4	20
MAGNESIUM	251	Crackers, graham	24	0	0	340	45	338	261	442	3	10
MAGNESIUM	252	Crackers, butter-type	24	0	0	174	12	171	152	201	3	10
MAGNESIUM	254	Peach, canned in light/medium syrup	24	0	0	51	5	50	44	62	3	10
MAGNESIUM	255	Pear, canned in light syrup	24	0	0	44	7	42	36	61	3	10
MAGNESIUM	256	Pineapple juice, frozen concentrate, reconstituted	24	0	0	157	24	157	121	212	3	8

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MAGNESIUM	257	Grape juice, frozen concentrate, reconstituted	24	0	0	69	26	64	34	123	3	8
MAGNESIUM	258	French fries, fast-food	24	0	0	350	37	348	252	412	4	20
MAGNESIUM	259	Carrot, fresh, peeled, boiled	24	0	0	88	19	86	54	137	3	10
MAGNESIUM	261	Tomato juice, bottled	24	0	0	105	11	105	87	131	3	10
MAGNESIUM	263	Brussels sprouts, fresh/frozen, boiled	24	0	0	171	15	175	140	190	3	10
MAGNESIUM	264	Mushrooms, raw	24	0	0	91	12	91	59	113	3	10
MAGNESIUM	265	Eggplant, fresh, peeled, boiled	24	0	0	103	12	103	79	123	3	10
MAGNESIUM	266	Turnip, fresh/frozen, boiled	24	0	0	94	17	93	69	126	3	10
MAGNESIUM	267	Okra, fresh/frozen, boiled	24	0	0	347	70	342	143	522	3	10
MAGNESIUM	268	Mixed vegetables, frozen, boiled	24	0	0	180	16	182	148	215	3	10
MAGNESIUM	269	Beef stroganoff with noodles, homemade	24	0	0	210	38	210	142	333	3	10
MAGNESIUM	272	Tuna noodle casserole, homemade	24	0	0	170	19	171	123	211	4	20
MAGNESIUM	275	Quarter-pound cheeseburger on bun, fast-food	24	0	0	225	12	226	196	248	3	10
MAGNESIUM	276	Fish sandwich on bun, fast-food	24	0	0	267	17	268	230	295	4	20
MAGNESIUM	278	Egg, cheese, and ham on English muffin, fast-food	24	0	0	210	9	212	190	227	3	10
MAGNESIUM	279	Taco/tostada with beef and cheese, from Mexican carry-out	24	0	0	327	41	325	257	423	3	10
MAGNESIUM	281	Pizza, cheese and pepperoni, regular crust, from pizza carry-out	24	0	0	278	22	274	236	321	4	20
MAGNESIUM	283	Soup, bean with bacon/pork, canned, condensed, prepared w/ water	24	0	0	206	23	208	151	252	3	10
MAGNESIUM	285	Clam chowder, New England, canned, condensed, prepared with whole milk	24	0	0	111	13	110	81	134	4	20
MAGNESIUM	286	Ice cream, regular (not lowfat), vanilla	24	0	0	124	12	123	103	157	3	10
MAGNESIUM	287	Sherbet, fruit-flavored	24	0	0	55	10	53	36	73	3	10



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MAGNESIUM	288	Popsicle, fruit-flavored	24	0	1	22	10	19	7	46	3	10
MAGNESIUM	290	Doughnut, cake-type, any flavor, from donut store	24	0	0	208	32	205	163	262	4	20
MAGNESIUM	291	Brownie	24	0	0	386	44	380	318	483	4	20
MAGNESIUM	292	Sugar cookies	24	0	0	123	14	124	90	149	4	20
MAGNESIUM	293	Candy, hard, any flavor	24	10	12	8	10	5	0	36	4	20
MAGNESIUM	294	Pretzels, hard, salted	24	0	0	272	33	270	206	351	4	20
MAGNESIUM	295	Syrup, chocolate	24	0	0	487	32	487	435	584	4	20
MAGNESIUM	296	Jelly, any flavor	24	0	0	59	9	61	40	76	4	20
MAGNESIUM	298	Mustard, yellow, plain	24	0	0	495	17	498	463	526	3	10
MAGNESIUM	299	Black olives	24	0	0	55	9	57	37	74	3	10
MAGNESIUM	300	Sour cream	24	0	0	107	9	104	92	125	3	10
MAGNESIUM	305	Coffee, from ground	24	0	0	22	8	21	8	36	3	8
MAGNESIUM	306	Carbonated beverage, fruit-flavored, regular	24	12	6	4	5	2	0	22	3	8
MAGNESIUM	307	Fruit drink (10% juice), canned or bottled	24	0	2	14	5	13	6	25	3	8
MAGNESIUM	309	BF, Infant formula, soy-based, RTF	24	0	0	72	9	73	59	100	3	10
MAGNESIUM	313	BF, bananas	24	0	0	252	19	252	207	289	3	10
MAGNESIUM	317	BF, teething biscuits	23	0	0	430	123	413	275	687	3	10
MAGNESIUM	318	Salmon, steaks/fillets, baked	24	0	0	298	50	295	169	389	4	20
MAGNESIUM	320	BF, squash	24	0	0	152	25	153	78	186	3	10
MAGNESIUM	323	BF, cereal, oatmeal, dry, prepared with water	24	0	0	254	37	249	210	350	3	10
MAGNESIUM	324	BF, cereal, rice, dry, prepared with water	24	0	0	109	26	108	68	192	3	10
MAGNESIUM	325	BF, cereal, rice with apples, dry, prepared with water	13	0	0	107	41	89	71	193	3	10
MAGNESIUM	326	BF, veal and broth/gravy	17	0	0	96	14	98	74	116	3	10
MAGNESIUM	327	BF, lamb and broth/gravy	17	0	0	90	11	92	68	106	3	10
MAGNESIUM	328	BF, turkey and broth/gravy	24	0	0	115	9	115	95	131	3	10

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MAGNESIUM	331	Meal replacement, liquid RTD, any flavor	24	0	0	465	38	460	398	551	3	10
MAGNESIUM	332	Cottage cheese, creamed, lowfat (2% milk fat)	24	0	0	86	8	85	72	102	3	10
MAGNESIUM	333	Sour cream dip, any flavor	24	0	0	123	17	120	100	164	3	10
MAGNESIUM	334	Beef steak, loin/sirloin, broiled	24	0	0	241	27	239	198	316	3	10
MAGNESIUM	335	Luncheon meat (chicken/turkey)	24	0	0	183	21	180	152	218	3	10
MAGNESIUM	336	Chicken breast, fried, fast-food (with skin)	24	0	0	282	23	279	236	333	3	10
MAGNESIUM	337	Chicken thigh, oven-roasted (skin removed)	24	0	0	262	27	255	227	318	3	10
MAGNESIUM	338	Chicken leg, fried, fast-food (with skin)	24	0	0	235	18	231	202	271	3	10
MAGNESIUM	339	Catfish, pan-cooked with oil	24	0	0	243	17	241	213	274	4	12
MAGNESIUM	340	Tuna, canned in water, drained	24	0	0	231	27	235	179	297	4	12
MAGNESIUM	341	Refried beans, canned	24	0	0	372	25	371	317	428	4	12
MAGNESIUM	342	White beans, dry, boiled	24	0	0	529	57	517	425	650	3	10
MAGNESIUM	343	Sunflower seeds (shelled), roasted, salted	24	0	0	3431	222	3400	3060	3940	4	14
MAGNESIUM	344	Pancakes, frozen, heated	24	0	0	176	44	164	120	298	3	10
MAGNESIUM	345	Breakfast tart/toaster pastry	24	0	0	140	34	129	105	248	4	12
MAGNESIUM	346	Macaroni salad, from grocery/deli	24	0	0	125	14	124	101	152	4	14
MAGNESIUM	347	Spaghetti, enriched, boiled	24	0	0	216	37	208	159	303	3	10
MAGNESIUM	348	Apricots, canned in heavy/light syrup	24	0	0	61	7	58	51	75	3	8
MAGNESIUM	350	canned/bottled	24	0	0	52	14	48	35	82	3	8
MAGNESIUM	351	Cranberry juice cocktail, canned/bottled	24	0	0	18	6	17	11	32	3	8
MAGNESIUM	352	Orange juice, bottled/carton	24	0	0	111	7	110	99	124	3	8
MAGNESIUM	353	Potato salad, mayonnaise-type, from grocery/deli	24	0	0	151	17	154	109	179	4	14

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MAGNESIUM	354	Potatoes, mashed, prepared from fresh	24	0	0	144	15	142	118	185	3	9
MAGNESIUM	355	Coleslaw, mayonnaise-type, from grocery/deli	24	0	0	101	9	101	86	120	4	14
MAGNESIUM	356	Carrot, baby, raw	24	0	0	91	13	91	65	120	3	10
MAGNESIUM	357	Lettuce, leaf, raw	24	0	0	124	26	120	80	195	3	8
MAGNESIUM	358	Sweet potatoes, canned	24	0	0	107	15	106	76	136	3	10
MAGNESIUM	359	Tomato salsa, bottled	24	0	0	154	12	155	131	184	3	9
MAGNESIUM	360	Stew, beef and vegetable, canned	23	0	0	94	15	95	54	118	3	10
MAGNESIUM	361	Lasagna with meat, frozen, heated	24	0	0	184	15	185	144	207	3	10
MAGNESIUM	362	Beef with vegetables in sauce, from Chinese carry-out	24	0	0	145	19	152	94	172	3	10
MAGNESIUM	363	Chicken with vegetables in sauce, from Chinese carry-out	24	0	0	162	32	155	117	258	3	10
MAGNESIUM	364	Fried rice, meatless, from Chinese carry-out	24	0	0	102	18	101	69	141	3	10
MAGNESIUM	365	Burrito with beef, beans and cheese, from Mexican carry-out	24	0	0	287	31	283	208	341	3	10
MAGNESIUM	366	Chicken filet (broiled) sandwich on bun, fast-food	24	0	0	277	22	283	218	304	3	10
MAGNESIUM	367	Soup, Oriental noodles (ramen noodles), prepared with water	24	0	0	61	26	51	22	120	3	10
MAGNESIUM	368	Pudding, ready-to-eat, flavor other than chocolate	24	0	0	52	19	46	32	101	3	10
MAGNESIUM	369	Cake, white with icing (formerly yellow cake)	24	0	0	62	27	54	36	157	4	12
MAGNESIUM	370	Granola bar, with raisins	24	0	0	591	117	589	446	905	4	12
MAGNESIUM	371	Candy bar, chocolate, nougat, and nuts	24	0	0	620	45	621	501	734	4	12
MAGNESIUM	372	Popcorn, microwave, butter-flavored	24	0	0	900	224	919	497	1220	4	14
MAGNESIUM	373	Sweet & sour sauce	24	0	0	68	28	66	21	141	3	10

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MAGNESIUM	374	Brown gravy, canned or bottled	24	0	0	35	9	33	22	53	3	10
MAGNESIUM	375	Salad dressing, creamy/buttermilk type, regular	24	0	0	51	10	50	32	70	4	12
MAGNESIUM	376	Salad dressing, creamy/buttermilk type, low-calorie	24	0	0	57	11	59	38	75	4	12
MAGNESIUM	377	Salad dressing, Italian, regular	24	0	0	39	7	40	28	55	4	12
MAGNESIUM	378	Olive oil	24	24	0	0	0	0	0	0	4	12
MAGNESIUM	379	Vegetable oil	24	24	0	0	0	0	0	0	4	12
MAGNESIUM	380	Bottled drinking water (mineral/spring), not carbonated or flavored	24	0	2	9	6	7	1	21	1	2
MAGNESIUM	381	Coffee, decaffeinated, from ground	24	0	0	24	10	24	8	50	2	4
MAGNESIUM	382	Tea, decaffeinated, from tea bag	24	0	4	7	3	6	2	13	2	4

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MANGANESE	1	Milk, whole, fluid	24	24	0	0	0	0	0	0	0.30	0.90
MANGANESE	2	Milk, lowfat (2%), fluid	24	24	0	0	0	0	0	0	0.30	0.90
MANGANESE	3	Milk, chocolate, lowfat, fluid	24	5	19	0.30	0.16	0.35	0	0.46	0.30	0.90
MANGANESE	4	Milk, skim, fluid	24	24	0	0	0	0	0	0	0.30	0.90
MANGANESE	7	Milk shake, chocolate, fast-food	24	4	19	0.40	0.24	0.41	0	1.06	0.30	0.90
MANGANESE	10	Cheese, American, processed	24	19	5	0.11	0.22	0	0	0.77	0.40	2.00
MANGANESE	12	Cheese, cheddar, natural (sharp/mild)	24	21	3	0.10	0.29	0	0	1.05	0.40	2.00
MANGANESE	13	Beef, ground, regular, pan-cooked	24	24	0	0	0	0	0	0	0.30	0.90
MANGANESE	14	Beef roast, chuck, oven-roasted	24	24	0	0	0	0	0	0	0.30	0.90
MANGANESE	17	Ham, cured (not canned), baked	24	24	0	0	0	0	0	0	0.30	0.90
MANGANESE	18	Pork chop, pan-cooked with oil	24	24	0	0	0	0	0	0	0.30	0.90
MANGANESE	19	Pork sausage (link/patty), oven-cooked	24	9	15	0.36	0.31	0.46	0	1.06	0.40	2.00
MANGANESE	20	Pork bacon, oven-cooked	24	23	0	0.37	1.80	0	0	8.84	0.40	2.00
MANGANESE	21	Pork roast, loin, oven-roasted	24	24	0	0	0	0	0	0	0.40	2.00
MANGANESE	22	Lamb chop, pan-cooked with oil	24	24	0	0	0	0	0	0	0.40	2.00
MANGANESE	26	Turkey breast, oven-roasted	24	24	0	0	0	0	0	0	0.30	0.90
MANGANESE	27	Liver (beef/calf), pan-cooked with oil	24	0	0	3.36	0.29	3.36	2.92	4.03	0.30	0.90
MANGANESE	28	Frankfurter (beef/pork), boiled	24	19	5	0.11	0.22	0	0	0.62	0.40	2.00
MANGANESE	29	Bologna (beef/pork)	24	16	8	0.16	0.23	0	0	0.56	0.40	2.00
MANGANESE	30	Salami, luncheon-meat type (not hard)	24	0	12	2.37	1.97	2.06	0.45	6.66	0.40	2.00
MANGANESE	34	Fish sticks or patty, frozen, oven-cooked	24	0	0	2.25	0.75	2.19	1.23	3.90	0.30	1.00
MANGANESE	35	Eggs, scrambled with oil	24	24	0	0	0	0	0	0	0.30	0.90
MANGANESE	37	Eggs, boiled	24	17	7	0.10	0.16	0	0	0.42	0.30	0.90
MANGANESE	38	Pinto beans, dry, boiled	24	0	0	5.24	0.56	5.10	4.57	6.98	0.30	0.90
MANGANESE	39	Pork and beans, canned	24	0	0	3.33	0.27	3.37	2.93	4.20	0.30	0.90
MANGANESE	42	Lima beans, immature, frozen, boiled	24	0	0	6.20	0.59	6.22	4.78	7.16	0.30	0.90
MANGANESE	46	Peas, green, fresh/frozen, boiled	24	0	0	2.88	0.50	2.91	1.67	3.82	0.30	0.90

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MANGANESE	47	Peanut butter, smooth/creamy	24	0	0	17.40	1.86	17.85	12.60	21.20	0.40	2.00
MANGANESE	48	Peanuts, dry roasted, salted	24	0	0	18.47	2.44	19.40	12.40	22.50	0.40	2.00
MANGANESE	50	Rice, white, enriched, cooked	24	0	0	4.49	0.52	4.40	3.61	5.47	0.30	0.90
MANGANESE	51	Oatmeal, plain, cooked	24	0	0	7.88	1.35	7.60	5.78	11.20	0.30	0.90
MANGANESE	52	Cream of wheat (farina), enriched, cooked	24	0	0	2.17	0.74	1.99	1.22	4.34	0.30	0.90
MANGANESE	53	Corn/hominy grits, enriched, cooked	24	7	17	0.33	0.24	0.38	0	0.72	0.30	0.90
MANGANESE	54	Corn, fresh/frozen, boiled	24	0	5	1.10	0.27	1.06	0.65	1.94	0.30	0.90
MANGANESE	55	Corn, canned	24	0	22	0.68	0.16	0.63	0.40	1.18	0.30	0.90
MANGANESE	58	Bread, white, enriched	24	0	0	5.26	1.15	5.12	3.76	9.66	0.40	2.00
MANGANESE	60	Cornbread, homemade	24	0	0	2.16	0.43	2.18	1.43	2.93	0.30	0.90
MANGANESE	61	Biscuits, refrigerated-type, baked	24	0	0	4.14	0.49	4.07	3.29	5.20	0.30	0.90
MANGANESE	62	Bread, whole wheat	24	0	0	21.69	2.70	22.25	17.10	26.20	0.30	0.90
MANGANESE	63	Tortilla, flour	24	0	0	4.86	0.79	4.76	3.92	7.64	0.30	1.00
MANGANESE	64	Bread, rye	24	0	0	7.50	1.44	7.36	4.97	11.20	0.30	0.90
MANGANESE	65	Muffin, blueberry	24	0	0	4.39	0.78	4.60	3.13	6.05	0.30	0.90
MANGANESE	66	Crackers, saltine	24	0	0	7.20	1.07	7.03	4.91	9.79	0.30	0.90
MANGANESE	67	Corn/tortilla chips	24	0	0	3.55	0.48	3.62	2.74	4.69	0.30	0.90
MANGANESE	69	Noodles, egg, enriched, boiled	24	0	0	4.42	1.08	4.07	2.91	6.89	0.40	1.20
MANGANESE	71	Corn flakes cereal	24	0	6	1.08	0.25	1.10	0.71	1.56	0.30	0.90
MANGANESE	72	Fruit-flavored cereal, presweetened	24	0	0	6.44	1.52	6.28	3.33	10.00	0.30	0.90
MANGANESE	73	Shredded wheat cereal	24	0	0	23.01	2.94	22.60	17.00	28.00	0.30	0.90
MANGANESE	74	Raisin bran cereal	24	0	0	27.27	5.12	26.90	16.50	36.50	0.30	0.90
MANGANESE	75	Crisped rice cereal	24	0	0	13.49	2.07	13.50	9.66	18.00	0.30	0.90
MANGANESE	76	Granola with raisins	24	0	0	22.87	3.23	22.45	18.00	31.10	0.30	0.90
MANGANESE	77	Oat ring cereal	24	0	0	32.78	1.87	33.15	29.20	36.60	0.30	0.90
MANGANESE	78	Apple (red), raw (with peel)	24	18	6	0.09	0.16	0	0	0.45	0.30	0.90
MANGANESE	79	Orange (navel/Valencia), raw	24	4	20	0.22	0.11	0.23	0	0.37	0.20	0.70
MANGANESE	80	Banana, raw	24	0	0	2.31	0.57	2.32	1.32	3.40	0.20	0.70
MANGANESE	81	Watermelon, raw/frozen	24	0	22	0.50	0.16	0.47	0.27	1.00	0.20	0.70
MANGANESE	83	Peach, raw/frozen	24	0	24	0.46	0.08	0.45	0.34	0.61	0.20	0.70

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MANGANESE	84	Applesauce, bottled	24	7	17	0.17	0.12	0.21	0	0.39	0.20	0.70
MANGANESE	85	Pear, raw (with peel)	24	0	24	0.43	0.07	0.44	0.29	0.54	0.20	0.70
MANGANESE	86	Strawberries, raw/frozen	24	0	0	3.84	1.05	3.56	2.33	6.25	0.20	0.70
MANGANESE	87	Fruit cocktail, canned in light syrup	24	0	19	0.83	0.44	0.76	0.35	2.36	0.30	0.90
MANGANESE	88	Grapes (red/green), raw	24	0	12	0.74	0.21	0.70	0.43	1.27	0.20	0.70
MANGANESE	89	Cantaloupe, raw/frozen	24	0	23	0.44	0.12	0.40	0.28	0.89	0.20	0.70
MANGANESE	92	Grapefruit, raw	24	10	14	0.14	0.12	0.21	0	0.33	0.20	0.70
MANGANESE	93	Pineapple, canned in juice	24	0	0	11.19	4.99	11.45	2.74	29.60	0.30	0.90
MANGANESE	95	Raisins	24	0	0	2.91	0.27	2.98	2.44	3.29	0.40	2.00
MANGANESE	97	Avocado, raw	24	0	18	1.77	0.35	1.80	0.54	2.24	0.40	2.00
MANGANESE	98	Orange juice, frozen concentrate, reconstituted	24	6	18	0.18	0.11	0.23	0	0.30	0.20	0.70
MANGANESE	99	Apple juice, bottled	24	2	21	0.32	0.21	0.28	0	1.07	0.20	0.70
MANGANESE	100	Grapefruit juice, bottled	23	22	1	0.01	0.05	0	0	0.24	0.20	0.70
MANGANESE	103	Prune juice, bottled	24	0	0	1.17	0.31	1.10	0.78	2.09	0.20	0.70
MANGANESE	105	Lemonade, frozen concentrate, reconstituted	24	24	0	0	0	0	0	0	0.20	0.70
MANGANESE	107	Spinach, fresh/frozen, boiled	24	0	0	4.59	2.74	4.32	1.26	13.40	0.20	0.70
MANGANESE	108	Collards, fresh/frozen, boiled	24	0	0	4.84	1.95	4.46	2.05	9.08	0.20	0.70
MANGANESE	109	Lettuce, iceberg, raw	24	0	0	1.16	0.33	1.09	0.72	2.28	0.20	0.70
MANGANESE	110	Cabbage, fresh, boiled	24	0	1	1.16	0.48	1.04	0.50	2.88	0.20	0.70
MANGANESE	113	Broccoli, fresh/frozen, boiled	24	0	0	1.66	0.29	1.63	1.12	2.37	0.30	0.90
MANGANESE	114	Celery, raw	24	0	17	0.77	0.20	0.81	0.31	1.15	0.30	0.90
MANGANESE	115	Asparagus, fresh/frozen, boiled	24	0	5	1.18	0.31	1.15	0.67	1.95	0.30	0.90
MANGANESE	116	Cauliflower, fresh/frozen, boiled	24	0	1	1.24	0.19	1.24	0.76	1.59	0.30	0.90
MANGANESE	117	Tomato, raw	24	0	14	0.94	0.23	0.86	0.63	1.70	0.30	0.90
MANGANESE	119	Tomato sauce, plain, bottled	24	0	1	1.06	0.10	1.06	0.87	1.30	0.30	0.90
MANGANESE	121	Green beans, fresh/frozen, boiled	24	0	0	2.97	0.86	2.72	1.84	4.75	0.30	0.90
MANGANESE	122	Green beans, canned	24	0	2	1.60	0.66	1.55	0.84	3.94	0.30	0.90
MANGANESE	123	Cucumber, peeled, raw	24	0	19	0.77	0.17	0.79	0.38	1.15	0.30	0.90

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MANGANESE	124	Summer squash, fresh/frozen, boiled	24	0	0	1.59	0.59	1.49	0.91	3.51	0.30	0.90
MANGANESE	125	Pepper, sweet, green, raw	24	0	13	0.93	0.33	0.89	0.44	1.54	0.30	0.90
MANGANESE	126	Squash, winter (Hubbard/acorn), fresh/frozen, boiled	23	0	8	1.07	0.38	1.07	0.48	1.95	0.30	0.90
MANGANESE	128	Onion, mature, raw	24	0	12	0.97	0.38	0.89	0.44	1.68	0.30	0.90
MANGANESE	131	Beets, canned	24	0	0	3.47	0.92	3.23	2.28	5.65	0.30	0.90
MANGANESE	136	Potato, boiled (without peel)	24	0	0	1.17	0.23	1.13	0.83	1.96	0.30	0.80
MANGANESE	137	Potato, baked (with peel)	24	0	0	1.76	0.41	1.72	0.92	2.66	0.30	0.80
MANGANESE	138	Potato chips	24	0	0	4.12	0.58	3.89	3.28	5.46	0.30	1.00
MANGANESE	142	Spaghetti with meat sauce, homemade	24	0	0	2.09	0.43	2.13	1.29	2.97	0.30	0.90
MANGANESE	145	Chili con carne with beans, canned	24	0	0	2.37	0.47	2.25	1.74	3.39	0.30	0.90
MANGANESE	146	Macaroni and cheese, prepared from box mix	24	0	0	2.25	0.38	2.18	1.47	3.15	0.30	1.00
MANGANESE	147	Quarter-pound hamburger on bun, fast-food	24	0	0	2.10	0.26	2.09	1.67	2.70	0.30	0.90
MANGANESE	148	Meatloaf, beef, homemade	24	5	19	0.32	0.18	0.35	0	0.54	0.30	0.90
MANGANESE	152	Chicken potpie, frozen, heated	24	0	0	1.82	0.52	1.74	1.00	3.78	0.30	0.80
MANGANESE	155	Soup, chicken noodle, canned, condensed, prepared with water	24	2	21	0.49	0.21	0.51	0	0.96	0.30	0.80
MANGANESE	156	Soup, tomato, canned, condensed, prepared with water	24	0	20	0.72	0.09	0.72	0.61	0.93	0.30	0.80
MANGANESE	157	Soup, vegetable beef, canned, condensed, prepared with water	24	0	23	0.62	0.08	0.63	0.48	0.84	0.30	0.80
MANGANESE	161	Dill cucumber pickles	24	4	20	0.39	0.21	0.40	0	0.70	0.30	0.90
MANGANESE	162	Margarine, regular (not lowfat), salted	24	24	0	0	0	0	0	0	0.30	1.00
MANGANESE	164	Butter, regular (not lowfat), salted	24	24	0	0	0	0	0	0	0.30	1.00
MANGANESE	166	Mayonnaise, regular, bottled	24	24	0	0	0	0	0	0	0.40	2.00
MANGANESE	167	Cream, half & half	24	24	0	0	0	0	0	0	0.30	0.90



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MANGANESE	168	Cream substitute, non-dairy, liquid/frozen	24	24	0	0	0	0	0	0	0.30	0.90
MANGANESE	169	Sugar, white, granulated	24	24	0	0	0	0	0	0	0.30	1.00
MANGANESE	170	Syrup, pancake	24	14	6	1.27	3.47	0	0	16.60	0.30	1.00
MANGANESE	172	Honey	24	2	20	0.63	0.47	0.51	0	2.44	0.30	1.00
MANGANESE	173	Tomato catsup	24	0	3	0.89	0.09	0.87	0.74	1.10	0.30	0.80
MANGANESE	177	Ice cream, light, vanilla	24	24	0	0	0	0	0	0	0.30	0.90
MANGANESE	178	Cake, chocolate with icing	24	0	0	3.17	0.49	3.12	2.32	4.74	0.40	2.00
MANGANESE	182	Sweet roll/Danish pastry	24	0	0	3.89	0.96	3.65	2.25	6.39	0.40	2.00
MANGANESE	183	Chocolate chip cookies	24	0	0	5.32	0.39	5.36	4.42	6.05	0.30	1.00
MANGANESE	184	Sandwich cookies with creme filling	24	0	0	5.07	0.98	4.78	3.48	6.93	0.30	1.00
MANGANESE	185	Pie, apple, fresh/frozen	24	0	0	2.18	0.29	2.18	1.68	2.78	0.30	1.00
MANGANESE	186	Pie, pumpkin, fresh/frozen	24	0	0	2.55	0.27	2.50	1.98	3.13	0.30	1.00
MANGANESE	187	Candy bar, milk chocolate, plain	24	0	0	4.54	0.23	4.50	4.07	4.90	0.30	1.00
MANGANESE	190	Gelatin dessert, any flavor	24	24	0	0	0	0	0	0	0.30	0.90
MANGANESE	191	Carbonated beverage, cola, regular	24	24	0	0	0	0	0	0	0.30	0.80
MANGANESE	193	Fruit drink, from powder	24	24	0	0	0	0	0	0	0.20	0.70
MANGANESE	194	Carbonated beverage, cola, low-calorie	24	24	0	0	0	0	0	0	0.20	0.70
MANGANESE	197	Tea, from tea bag	24	1	0	1.64	0.75	1.49	0	3.03	0.10	0.40
MANGANESE	198	Beer	24	23	1	0.01	0.05	0	0	0.22	0.20	0.60
MANGANESE	199	Wine, dry table, red/white	24	0	0	1.45	0.45	1.33	0.80	3.26	0.20	0.50
MANGANESE	202	BF, Infant formula, milk-based, iron fortified, RTF (formerly high iron)	24	24	0	0	0	0	0	0	0.30	0.90
MANGANESE	203	BF, Infant formula, milk-based, low iron, RTF	10	10	0	0	0	0	0	0	0.30	0.90
MANGANESE	205	BF, beef and broth/gravy	24	24	0	0	0	0	0	0	0.30	0.90
MANGANESE	207	BF, chicken and broth/gravy	24	24	0	0	0	0	0	0	0.30	0.90
MANGANESE	211	BF, vegetables and beef	24	1	3	1.21	0.39	1.27	0	1.77	0.30	0.90
MANGANESE	212	BF, vegetables and chicken	24	1	4	1.05	0.34	1.05	0	1.64	0.30	0.90
MANGANESE	213	BF, vegetables and ham	4	0	2	0.94	0.08	0.94	0.86	1.01	0.30	0.90
MANGANESE	214	BF, chicken noodle dinner	24	0	2	1.58	0.45	1.52	0.51	2.74	0.30	0.90

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MANGANESE	215	BF, macaroni, tomato and beef	24	0	1	1.52	0.24	1.49	0.80	1.91	0.30	0.90
MANGANESE	216	BF, turkey and rice	24	0	1	1.22	0.27	1.21	0.61	1.81	0.30	0.90
MANGANESE	218	BF, carrots	24	0	6	1.17	0.35	1.11	0.48	1.87	0.30	0.90
MANGANESE	219	BF, green beans	24	0	0	2.93	0.82	2.87	1.62	4.93	0.30	0.90
MANGANESE	220	BF, mixed vegetables	24	0	1	1.38	0.46	1.32	0.80	3.16	0.30	0.90
MANGANESE	221	BF, sweet potatoes	24	0	0	2.93	1.43	2.44	1.20	5.97	0.30	0.90
MANGANESE	223	BF, peas	24	0	0	2.12	0.38	2.14	1.39	3.00	0.30	0.90
MANGANESE	225	BF, applesauce	24	5	19	0.29	0.16	0.34	0	0.52	0.30	0.90
MANGANESE	226	BF, peaches	24	1	22	0.66	0.16	0.67	0	0.92	0.30	0.90
MANGANESE	227	BF, pears	24	1	23	0.44	0.12	0.43	0	0.63	0.30	0.90
MANGANESE	230	BF, juice, apple	24	16	5	0.24	0.44	0	0	1.57	0.30	0.90
MANGANESE	232	BF, custard/pudding	23	3	4	1.10	0.65	1.21	0	2.38	0.30	0.90
MANGANESE	233	BF, fruit dessert/pudding	22	1	1	2.82	1.88	2.71	0	9.51	0.30	0.90
MANGANESE	235	Yogurt, lowfat, fruit-flavored	24	18	6	0.11	0.20	0	0	0.75	0.30	0.90
MANGANESE	236	Cheese, Swiss, natural	24	22	2	0.04	0.12	0	0	0.43	0.40	2.00
MANGANESE	237	Cream cheese	24	24	0	0	0	0	0	0	0.40	2.00
MANGANESE	239	Luncheon meat, ham	24	24	0	0	0	0	0	0	0.30	0.90
MANGANESE	240	Chicken breast, oven-roasted (skin removed)	24	24	0	0	0	0	0	0	0.30	0.90
MANGANESE	241	Chicken nuggets, fast-food	24	0	0	1.47	0.36	1.34	1.07	2.46	0.30	0.90
MANGANESE	244	Shrimp, boiled	24	19	5	0.10	0.21	0	0	0.66	0.30	1.00
MANGANESE	248	Bread, multigrain (formerly cracked wheat)	24	0	0	15.46	3.94	15.20	8.63	21.90	0.30	0.90
MANGANESE	249	Bagel, plain, toasted	24	0	0	5.33	0.68	5.22	4.62	7.93	0.40	2.00
MANGANESE	250	English muffin, plain, toasted	24	0	0	5.25	0.83	5.02	4.24	7.66	0.30	1.00
MANGANESE	251	Crackers, graham	24	0	0	8.98	0.74	8.93	7.43	10.60	0.30	0.90
MANGANESE	252	Crackers, butter-type	24	0	0	4.90	0.60	4.88	3.10	5.93	0.30	0.90
MANGANESE	254	Peach, canned in light/medium syrup	24	21	3	0.04	0.10	0	0	0.31	0.30	0.90
MANGANESE	255	Pear, canned in light syrup	24	20	4	0.05	0.12	0	0	0.33	0.30	0.90
MANGANESE	256	Pineapple juice, frozen concentrate, reconstituted	24	0	0	16.49	4.94	15.95	8.27	26.80	0.20	0.70

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MANGANESE	257	Grape juice, frozen concentrate, reconstituted	24	0	5	1.28	0.82	0.99	0.45	3.51	0.20	0.70
MANGANESE	258	French fries, fast-food	24	0	0	2.49	0.47	2.45	1.83	3.78	0.30	1.00
MANGANESE	259	Carrot, fresh, peeled, boiled	24	0	3	1.27	0.46	1.21	0.82	3.03	0.30	0.90
MANGANESE	261	Tomato juice, bottled	24	0	24	0.64	0.06	0.64	0.52	0.77	0.30	0.90
MANGANESE	263	Brussels sprouts, fresh/frozen, boiled	24	0	0	1.89	0.24	1.92	1.42	2.30	0.30	0.90
MANGANESE	264	Mushrooms, raw	24	2	22	0.40	0.14	0.42	0	0.57	0.30	0.90
MANGANESE	265	Eggplant, fresh, peeled, boiled	24	0	8	1.00	0.25	0.95	0.55	1.57	0.30	0.90
MANGANESE	266	Turnip, fresh/frozen, boiled	24	0	18	0.91	0.56	0.68	0.49	2.50	0.30	0.90
MANGANESE	267	Okra, fresh/frozen, boiled	24	0	0	2.86	0.88	2.78	1.77	4.77	0.30	0.90
MANGANESE	268	Mixed vegetables, frozen, boiled	24	0	0	2.07	0.32	2.12	1.51	2.82	0.30	0.90
MANGANESE	269	Beef stroganoff with noodles, homemade	24	0	0	2.21	0.62	2.09	1.42	4.10	0.30	0.90
MANGANESE	272	Tuna noodle casserole, homemade	24	0	1	1.37	0.30	1.32	1.00	2.42	0.30	1.00
MANGANESE	275	Quarter-pound cheeseburger on bun, fast-food	24	0	0	1.86	0.22	1.87	1.43	2.50	0.30	0.90
MANGANESE	276	Fish sandwich on bun, fast-food	24	0	0	2.48	0.47	2.50	1.94	4.26	0.30	1.00
MANGANESE	278	Egg, cheese, and ham on English muffin, fast-food	24	0	0	2.31	0.32	2.29	1.68	2.87	0.30	0.90
MANGANESE	279	Taco/tostada with beef and cheese, from Mexican carry-out	24	0	0	2.52	0.58	2.49	1.66	3.89	0.30	0.90
MANGANESE	281	Pizza, cheese and pepperoni, regular crust, from pizza carry-out	24	0	0	3.95	0.46	3.98	2.85	4.68	0.30	1.00
MANGANESE	283	Soup, bean with bacon/pork, canned, condensed, prepared w/ water	24	0	0	2.14	0.36	2.01	1.43	3.14	0.30	0.90
MANGANESE	285	Clam chowder, New England, canned, condensed, prepared with whole milk	24	1	23	0.44	0.13	0.45	0	0.68	0.30	1.00
MANGANESE	286	Ice cream, regular (not lowfat), vanilla	24	24	0	0	0	0	0	0	0.30	0.90
MANGANESE	287	Sherbet, fruit-flavored	24	19	5	0.09	0.18	0	0	0.68	0.30	0.90

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MANGANESE	288	Popsicle, fruit-flavored	24	16	8	0.15	0.24	0	0	0.75	0.30	0.90
MANGANESE	290	Doughnut, cake-type, any flavor, from donut store	24	0	0	3.17	0.34	3.05	2.73	3.92	0.30	1.00
MANGANESE	291	Brownie	24	0	0	4.29	0.42	4.38	3.48	4.83	0.30	1.00
MANGANESE	292	Sugar cookies	24	0	0	3.26	0.54	3.23	2.40	4.24	0.30	1.00
MANGANESE	293	Candy, hard, any flavor	24	23	1	0.01	0.07	0	0	0.33	0.30	1.00
MANGANESE	294	Pretzels, hard, salted	24	0	0	8.84	1.38	8.70	6.11	12.00	0.30	1.00
MANGANESE	295	Syrup, chocolate	24	0	0	4.57	0.44	4.41	3.87	5.38	0.30	1.00
MANGANESE	296	Jelly, any flavor	24	0	8	1.25	0.51	1.20	0.39	2.12	0.30	1.00
MANGANESE	298	Mustard, yellow, plain	24	0	0	5.08	0.61	5.14	3.92	5.94	0.30	0.90
MANGANESE	299	Black olives	24	0	19	0.73	0.19	0.70	0.41	1.04	0.30	0.90
MANGANESE	300	Sour cream	24	24	0	0	0	0	0	0	0.30	0.90
MANGANESE	305	Coffee, from ground	24	17	7	0.07	0.12	0	0	0.36	0.20	0.70
MANGANESE	306	Carbonated beverage, fruit-flavored, regular	24	24	0	0	0	0	0	0	0.20	0.70
MANGANESE	307	Fruit drink (10% juice), canned or bottled	24	18	6	0.09	0.15	0	0	0.48	0.20	0.70
MANGANESE	309	BF, Infant formula, soy-based, RTF	24	24	0	0	0	0	0	0	0.30	0.90
MANGANESE	313	BF, bananas	24	0	0	2.28	0.48	2.38	1.15	2.91	0.30	0.90
MANGANESE	317	BF, teething biscuits	23	0	0	7.99	3.07	7.40	4.52	14.60	0.30	0.90
MANGANESE	318	Salmon, steaks/fillets, baked	24	24	0	0	0	0	0	0	0.30	1.00
MANGANESE	320	BF, squash	24	2	12	0.80	0.33	0.83	0	1.24	0.30	0.90
MANGANESE	323	BF, cereal, oatmeal, dry, prepared with water	24	0	0	7.90	1.13	7.70	6.26	10.70	0.30	0.90
MANGANESE	324	BF, cereal, rice, dry, prepared with water	24	0	0	3.86	0.80	3.91	2.36	5.43	0.30	0.90
MANGANESE	325	BF, cereal, rice with apples, dry, prepared with water	13	0	0	3.80	1.11	3.70	2.38	6.42	0.30	0.90
MANGANESE	326	BF, veal and broth/gravy	17	17	0	0	0	0	0	0	0.30	0.90
MANGANESE	327	BF, lamb and broth/gravy	17	17	0	0	0	0	0	0	0.30	0.90
MANGANESE	328	BF, turkey and broth/gravy	24	24	0	0	0	0	0	0	0.30	0.90

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MANGANESE	331	Meal replacement, liquid RTD, any flavor	24	0	0	4.92	1.54	4.78	2.21	8.97	0.30	0.90
MANGANESE	332	Cottage cheese, creamed, lowfat (2% milk fat)	24	24	0	0	0	0	0	0	0.30	0.90
MANGANESE	333	Sour cream dip, any flavor	24	16	6	0.20	0.34	0	0	1.29	0.30	0.90
MANGANESE	334	Beef steak, loin/sirloin, broiled	24	24	0	0	0	0	0	0	0.30	0.90
MANGANESE	335	Luncheon meat (chicken/turkey)	24	24	0	0	0	0	0	0	0.30	0.90
MANGANESE	336	Chicken breast, fried, fast-food (with skin)	24	1	5	1.12	0.65	1.04	0	3.78	0.30	0.90
MANGANESE	337	Chicken thigh, oven-roasted (skin removed)	24	24	0	0	0	0	0	0	0.30	0.90
MANGANESE	338	Chicken leg, fried, fast-food (with skin)	24	1	3	1.14	0.32	1.22	0	1.81	0.30	0.90
MANGANESE	339	Catfish, pan-cooked with oil	24	23	1	0.02	0.08	0	0	0.41	0.30	1.00
MANGANESE	340	Tuna, canned in water, drained	24	22	2	0.03	0.10	0	0	0.37	0.30	1.00
MANGANESE	341	Refried beans, canned	24	0	0	3.13	0.18	3.16	2.81	3.46	0.30	1.00
MANGANESE	342	White beans, dry, boiled	24	0	0	6.61	0.74	6.46	4.94	8.31	0.30	0.90
MANGANESE	343	Sunflower seeds (shelled), roasted, salted	24	0	0	22.63	2.85	22.20	19.30	31.40	0.40	1.20
MANGANESE	344	Pancakes, frozen, heated	24	0	0	3.46	0.75	3.36	2.73	5.59	0.30	0.90
MANGANESE	345	Breakfast tart/toaster pastry	24	0	0	3.44	0.59	3.41	2.47	4.88	0.30	1.00
MANGANESE	346	Macaroni salad, from grocery/deli	24	0	0	1.84	0.20	1.88	1.43	2.24	0.40	1.20
MANGANESE	347	Spaghetti, enriched, boiled	24	0	0	3.72	0.67	3.70	2.46	5.07	0.30	0.90
MANGANESE	348	Apricots, canned in heavy/light syrup	24	1	23	0.39	0.10	0.40	0	0.51	0.20	0.70
MANGANESE	350	canned/bottled	24	1	16	0.58	0.40	0.45	0	1.86	0.20	0.70
MANGANESE	351	Cranberry juice cocktail, canned/bottled	24	1	15	0.70	0.36	0.63	0	1.78	0.20	0.70
MANGANESE	352	Orange juice, bottled/carton	24	4	20	0.20	0.10	0.23	0	0.32	0.20	0.70
MANGANESE	353	Potato salad, mayonnaise-type, from grocery/deli	24	0	16	1.20	0.21	1.14	0.92	1.71	0.40	1.20

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MANGANESE	354	Potatoes, mashed, prepared from fresh	24	1	4	0.93	0.28	0.93	0	1.68	0.30	0.80
MANGANESE	355	Coleslaw, mayonnaise-type, from grocery/deli	24	1	16	1.10	0.34	1.07	0	1.86	0.40	1.20
MANGANESE	356	Carrot, baby, raw	24	0	16	0.87	0.25	0.85	0.54	1.49	0.30	0.90
MANGANESE	357	Lettuce, leaf, raw	24	0	0	2.21	0.59	2.29	0.71	3.15	0.20	0.70
MANGANESE	358	Sweet potatoes, canned	24	0	0	2.53	0.83	2.44	1.22	4.31	0.30	0.90
MANGANESE	359	Tomato salsa, bottled	24	0	0	1.12	0.10	1.13	0.93	1.29	0.30	0.80
MANGANESE	360	Stew, beef and vegetable, canned	23	1	22	0.51	0.15	0.53	0	0.72	0.30	0.90
MANGANESE	361	Lasagna with meat, frozen, heated	24	1	0	1.67	0.41	1.71	0	2.09	0.30	0.90
MANGANESE	362	Beef with vegetables in sauce, from Chinese carry-out	24	0	1	1.35	0.44	1.23	0.62	2.66	0.30	0.90
MANGANESE	363	Chicken with vegetables in sauce, from Chinese carry-out	24	0	4	1.44	0.56	1.41	0.64	2.71	0.30	0.90
MANGANESE	364	Fried rice, meatless, from Chinese carry-out	24	0	0	4.30	0.55	4.32	3.26	5.35	0.30	0.90
MANGANESE	365	Burrito with beef, beans and cheese, from Mexican carry-out	24	0	0	3.44	0.40	3.50	2.54	4.20	0.30	0.90
MANGANESE	366	Chicken filet (broiled) sandwich on bun, fast-food	24	0	0	3.40	0.56	3.40	1.69	4.63	0.30	0.90
MANGANESE	367	Soup, Oriental noodles (ramen noodles), prepared with water	24	0	4	1.52	0.65	1.40	0.58	2.72	0.30	0.90
MANGANESE	368	Pudding, ready-to-eat, flavor other than chocolate	24	22	2	0.03	0.11	0	0	0.41	0.30	0.90
MANGANESE	369	Cake, white with icing (formerly yellow cake)	24	1	19	0.81	0.31	0.72	0	1.48	0.30	1.00
MANGANESE	370	Granola bar, with raisins	24	0	0	13.05	1.60	12.90	10.90	18.20	0.30	1.00
MANGANESE	371	Candy bar, chocolate, nougat, and nuts	24	0	0	4.49	0.54	4.50	3.49	5.67	0.30	1.00
MANGANESE	372	Popcorn, microwave, butter-flavored	24	0	0	7.13	1.58	6.93	4.55	10.30	0.40	1.20
MANGANESE	373	Sweet & sour sauce	24	0	6	1.70	1.18	1.54	0.37	5.55	0.30	0.90
MANGANESE	374	Brown gravy, canned or bottled	24	6	17	0.31	0.24	0.34	0	1.04	0.30	0.90

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MANGANESE	375	Salad dressing, creamy/buttermilk type, regular	24	14	10	0.16	0.21	0	0	0.53	0.30	1.00
MANGANESE	376	Salad dressing, creamy/buttermilk type, low-calorie	24	17	7	0.11	0.17	0	0	0.41	0.30	1.00
MANGANESE	377	Salad dressing, Italian, regular	24	13	11	0.19	0.23	0	0	0.68	0.30	1.00
MANGANESE	378	Olive oil	24	24	0	0	0	0	0	0	0.30	1.00
MANGANESE	379	Vegetable oil	24	24	0	0	0	0	0	0	0.30	1.00
MANGANESE	380	Bottled drinking water (mineral/spring), not carbonated or flavored	24	24	0	0	0	0	0	0	0.10	0.20
MANGANESE	381	Coffee, decaffeinated, from ground	24	5	18	0.15	0.11	0.15	0	0.45	0.10	0.40
MANGANESE	382	Tea, decaffeinated, from tea bag	24	0	0	2.27	0.92	2.26	0.79	4.34	0.10	0.40

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MERCURY	1	Milk, whole, fluid	9	9	0	0	0	0	0	0	0.010	0.040
MERCURY	2	Milk, lowfat (2%), fluid	9	9	0	0	0	0	0	0	0.010	0.040
MERCURY	26	Turkey breast, oven-roasted	9	9	0	0	0	0	0	0	0.010	0.040
MERCURY	27	Liver (beef/calf), pan-cooked with oil	9	9	0	0	0	0	0	0	0.010	0.040
MERCURY	34	Fish sticks or patty, frozen, oven-cooked	9	8	1	0.001	0.004	0	0	0.012	0.010	0.040
MERCURY	35	Eggs, scrambled with oil	9	9	0	0	0	0	0	0	0.010	0.040
MERCURY	37	Eggs, boiled	9	9	0	0	0	0	0	0	0.010	0.040
MERCURY	47	Peanut butter, smooth/creamy	9	9	0	0	0	0	0	0	0.020	0.070
MERCURY	50	Rice, white, enriched, cooked	9	9	0	0	0	0	0	0	0.010	0.040
MERCURY	51	Oatmeal, plain, cooked	9	9	0	0	0	0	0	0	0.010	0.040
MERCURY	58	Bread, white, enriched	9	9	0	0	0	0	0	0	0.020	0.070
MERCURY	72	Fruit-flavored cereal, presweetened	9	9	0	0	0	0	0	0	0.020	0.070
MERCURY	75	Crisped rice cereal	9	9	0	0	0	0	0	0	0.020	0.070
MERCURY	95	Raisins	9	9	0	0	0	0	0	0	0.020	0.050
MERCURY	97	Avocado, raw	9	9	0	0	0	0	0	0	0.020	0.070
MERCURY	98	Orange juice, frozen conc, reconstituted	8	8	0	0	0	0	0	0	0.010	0.040
MERCURY	99	Apple juice, bottled	8	8	0	0	0	0	0	0	0.010	0.040
MERCURY	103	Prune juice, bottled	9	9	0	0	0	0	0	0	0.010	0.040
MERCURY	107	Spinach, fresh/frozen, boiled	9	9	0	0	0	0	0	0	0.010	0.040
MERCURY	108	Collards, fresh/frozen, boiled	9	9	0	0	0	0	0	0	0.010	0.040
MERCURY	116	Cauliflower, fresh/frozen, boiled	8	8	0	0	0	0	0	0	0.010	0.040
MERCURY	117	Tomato, raw	9	9	0	0	0	0	0	0	0.010	0.040
MERCURY	177	Ice cream, light, vanilla	9	9	0	0	0	0	0	0	0.010	0.040
MERCURY	193	Fruit drink, from powder	9	9	0	0	0	0	0	0	0.010	0.040
MERCURY	202	BF, Infant formula, milk-based, iron fortified, RTF (formerly high iron)	9	9	0	0	0	0	0	0	0.010	0.040
MERCURY	203	BF, Infant formula, milk-based, low iron, RTF	8	8	0	0	0	0	0	0	0.010	0.040
MERCURY	207	BF, chicken and broth/gravy	9	9	0	0	0	0	0	0	0.010	0.040
MERCURY	211	BF, vegetables and beef	9	9	0	0	0	0	0	0	0.010	0.040



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MERCURY	220	BF, mixed vegetables	9	9	0	0	0	0	0	0	0.010	0.040
MERCURY	227	BF, pears	9	9	0	0	0	0	0	0	0.010	0.040
MERCURY	230	BF, juice, apple	9	9	0	0	0	0	0	0	0.010	0.040
MERCURY	235	Yogurt, lowfat, fruit-flavored	9	9	0	0	0	0	0	0	0.010	0.040
MERCURY	240	Chicken breast, oven-roasted (skin removed)	9	9	0	0	0	0	0	0	0.010	0.040
MERCURY	241	Chicken nuggets, fast-food	9	9	0	0	0	0	0	0	0.010	0.040
MERCURY	244	Shrimp, boiled	9	6	3	0.004	0.007	0	0	0.015	0.010	0.040
MERCURY	264	Mushrooms, raw	9	9	0	0	0	0	0	0	0.010	0.040
MERCURY	272	Tuna noodle casserole, homemade	9	3	5	0.021	0.022	0.024	0	0.067	0.010	0.040
MERCURY	276	Fish sandwich on bun, fast-food	8	8	0	0	0	0	0	0	0.010	0.040
MERCURY	285	Clam chowder, New England, canned, condensed, prepared with whole milk	9	9	0	0	0	0	0	0	0.010	0.040
MERCURY	295	Syrup, chocolate	8	8	0	0	0	0	0	0	0.010	0.040
MERCURY	296	Jelly, any flavor	9	9	0	0	0	0	0	0	0.010	0.040
MERCURY	306	Carbonated beverage, fruit-flavored, regular	9	9	0	0	0	0	0	0	0.010	0.040
MERCURY	309	BF, Infant formula, soy-based, RTF	9	9	0	0	0	0	0	0	0.010	0.040
MERCURY	313	BF, bananas	9	9	0	0	0	0	0	0	0.010	0.040
MERCURY	318	Salmon, steaks/fillets, baked	9	0	9	0.025	0.007	0.025	0.013	0.039	0.010	0.040
MERCURY	324	BF, cereal, rice, dry, prepared with water	9	9	0	0	0	0	0	0	0.010	0.040
MERCURY	325	BF, cereal, rice with apples, dry, prepared with water	6	6	0	0	0	0	0	0	0.010	0.040
MERCURY	336	Chicken breast, fried, fast-food (with skin)	9	9	0	0	0	0	0	0	0.010	0.040
MERCURY	337	Chicken thigh, oven-roasted (skin removed)	9	9	0	0	0	0	0	0	0.010	0.040
MERCURY	338	Chicken leg, fried, fast-food (with skin)	9	9	0	0	0	0	0	0	0.010	0.040
MERCURY	339	Catfish, pan-cooked with oil	9	8	1	0.002	0.005	0	0	0.016	0.010	0.040

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MERCURY	340	Tuna, canned in water, drained	9	0	1	0.159	0.144	0.148	0.035	0.509	0.010	0.040
MERCURY	351	Cranberry juice cocktail, canned/bottled	9	9	0	0	0	0	0	0	0.010	0.040
MERCURY	362	Beef w/ vegetables in sauce, from Chinese carry-out	9	9	0	0	0	0	0	0	0.010	0.040
MERCURY	364	Fried rice, meatless, from Chinese carry-out	9	9	0	0	0	0	0	0	0.010	0.040

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MOLYBDENUM	1	Milk, whole, fluid	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	2	Milk, lowfat (2%), fluid	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	3	Milk, chocolate, lowfat, fluid	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	4	Milk, skim, fluid	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	7	Milk shake, chocolate, fast-food	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	10	Cheese, American, processed	8	8	0	0	0	0	0	0	0.900	3.000
MOLYBDENUM	12	Cheese, cheddar, natural (sharp/mild)	8	8	0	0	0	0	0	0	0.900	3.000
MOLYBDENUM	13	Beef, ground, regular, pan-cooked	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	14	Beef roast, chuck, oven-roasted	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	17	Ham, cured (not canned), baked	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	18	Pork chop, pan-cooked with oil	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	19	Pork sausage (link/patty), oven-cooked	8	8	0	0	0	0	0	0	0.900	3.000
MOLYBDENUM	20	Pork bacon, oven-cooked	8	8	0	0	0	0	0	0	0.900	3.000
MOLYBDENUM	21	Pork roast, loin, oven-roasted	8	8	0	0	0	0	0	0	0.900	3.000
MOLYBDENUM	22	Lamb chop, pan-cooked with oil	8	8	0	0	0	0	0	0	0.900	3.000
MOLYBDENUM	26	Turkey breast, oven-roasted	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	27	Liver (beef/calf), pan-cooked with oil	8	0	8	1.450	0.161	1.425	1.210	1.660	0.700	3.000
MOLYBDENUM	28	Frankfurter (beef/pork), boiled	8	8	0	0	0	0	0	0	0.900	3.000
MOLYBDENUM	29	Bologna (beef/pork)	8	8	0	0	0	0	0	0	0.900	3.000
MOLYBDENUM	30	Salami, luncheon-meat type (not hard)	8	8	0	0	0	0	0	0	0.900	3.000
MOLYBDENUM	34	Fish sticks or patty, frozen, oven-cooked	8	8	0	0	0	0	0	0	0.800	3.000
MOLYBDENUM	35	Eggs, scrambled with oil	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	37	Eggs, boiled	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	38	Pinto beans, dry, boiled	8	0	8	1.320	0.253	1.270	1.000	1.640	0.700	3.000
MOLYBDENUM	39	Pork and beans, canned	8	7	1	0.088	0.247	0	0	0.700	0.700	3.000
MOLYBDENUM	42	Lima beans, immature, frozen, boiled	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	46	Peas, green, fresh/frozen, boiled	8	8	0	0	0	0	0	0	0.700	3.000

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MOLYBDENUM	47	Peanut butter, smooth/creamy	8	5	3	0.508	0.749	0	0	1.880	0.900	3.000
MOLYBDENUM	48	Peanuts, dry roasted, salted	8	5	3	0.726	1.004	0	0	2.010	0.900	3.000
MOLYBDENUM	50	Rice, white, enriched, cooked	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	51	Oatmeal, plain, cooked	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	52	Cream of wheat (farina), enriched, cooked	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	53	Corn/hominy grits, enriched, cooked	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	54	Corn, fresh/frozen, boiled	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	55	Corn, canned	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	58	Bread, white, enriched	8	8	0	0	0	0	0	0	0.900	3.000
MOLYBDENUM	60	Cornbread, homemade	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	61	Biscuits, refrigerated-type, baked	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	62	Bread, whole wheat	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	63	Tortilla, flour	8	8	0	0	0	0	0	0	0.800	3.000
MOLYBDENUM	64	Bread, rye	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	65	Muffin, blueberry	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	66	Crackers, saltine	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	67	Corn/tortilla chips	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	69	Noodles, egg, enriched, boiled	8	8	0	0	0	0	0	0	0.900	3.000
MOLYBDENUM	71	Corn flakes cereal	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	72	Fruit-flavored cereal, presweetened	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	73	Shredded wheat cereal	8	3	5	0.554	0.461	0.833	0	0.984	0.700	3.000
MOLYBDENUM	74	Raisin bran cereal	8	7	1	0.088	0.248	0	0	0.701	0.700	3.000
MOLYBDENUM	75	Crisped rice cereal	8	0	8	0.898	0.181	0.837	0.733	1.280	0.700	3.000
MOLYBDENUM	76	Granola with raisins	8	2	6	0.589	0.364	0.772	0	0.815	0.700	3.000
MOLYBDENUM	77	Oat ring cereal	8	0	8	1.260	0.146	1.290	1.000	1.440	0.700	3.000
MOLYBDENUM	78	Apple (red), raw (with peel)	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	79	Orange (navel/Valencia), raw	8	8	0	0	0	0	0	0	0.500	2.000
MOLYBDENUM	80	Banana, raw	8	8	0	0	0	0	0	0	0.500	2.000
MOLYBDENUM	81	Watermelon, raw/frozen	8	8	0	0	0	0	0	0	0.500	2.000
MOLYBDENUM	83	Peach, raw/frozen	8	8	0	0	0	0	0	0	0.500	2.000

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MOLYBDENUM	84	Applesauce, bottled	8	8	0	0	0	0	0	0	0.500	2.000
MOLYBDENUM	85	Pear, raw (with peel)	8	8	0	0	0	0	0	0	0.500	2.000
MOLYBDENUM	86	Strawberries, raw/frozen	8	8	0	0	0	0	0	0	0.500	2.000
MOLYBDENUM	87	Fruit cocktail, canned in light syrup	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	88	Grapes (red/green), raw	8	8	0	0	0	0	0	0	0.500	2.000
MOLYBDENUM	89	Cantaloupe, raw/frozen	8	8	0	0	0	0	0	0	0.500	2.000
MOLYBDENUM	92	Grapefruit, raw	8	8	0	0	0	0	0	0	0.500	2.000
MOLYBDENUM	93	Pineapple, canned in juice	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	95	Raisins	8	8	0	0	0	0	0	0	0.900	3.000
MOLYBDENUM	97	Avocado, raw	8	8	0	0	0	0	0	0	0.900	3.000
MOLYBDENUM	98	Orange juice, frozen concentrate, reconstituted	8	8	0	0	0	0	0	0	0.500	2.000
MOLYBDENUM	99	Apple juice, bottled	8	8	0	0	0	0	0	0	0.500	2.000
MOLYBDENUM	100	Grapefruit juice, frozen concentrate, reconstituted	8	8	0	0	0	0	0	0	0.500	2.000
MOLYBDENUM	103	Prune juice, bottled	8	8	0	0	0	0	0	0	0.500	2.000
MOLYBDENUM	105	Lemonade, frozen conc, reconstituted	8	8	0	0	0	0	0	0	0.500	2.000
MOLYBDENUM	107	Spinach, fresh/frozen, boiled	8	8	0	0	0	0	0	0	0.500	2.000
MOLYBDENUM	108	Collards, fresh/frozen, boiled	8	6	2	0.262	0.562	0	0	1.580	0.500	2.000
MOLYBDENUM	109	Lettuce, iceberg, raw	8	8	0	0	0	0	0	0	0.500	2.000
MOLYBDENUM	110	Cabbage, fresh, boiled	8	8	0	0	0	0	0	0	0.500	2.000
MOLYBDENUM	113	Broccoli, fresh/frozen, boiled	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	114	Celery, raw	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	115	Asparagus, fresh/frozen, boiled	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	116	Cauliflower, fresh/frozen, boiled	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	117	Tomato, raw	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	119	Tomato sauce, plain, bottled	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	121	Green beans, fresh/frozen, boiled	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	122	Green beans, canned	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	123	Cucumber, peeled, raw	8	8	0	0	0	0	0	0	0.700	3.000

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MOLYBDENUM	124	Summer squash, fresh/frozen, boiled	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	125	Pepper, sweet, green, raw	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	126	Squash, winter (Hubbard/acorn), fresh/frozen, boiled	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	128	Onion, mature, raw	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	131	Beets, canned	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	136	Potato, boiled (without peel)	8	8	0	0	0	0	0	0	0.600	2.000
MOLYBDENUM	137	Potato, baked (with peel)	8	8	0	0	0	0	0	0	0.600	2.000
MOLYBDENUM	138	Potato chips	8	8	0	0	0	0	0	0	0.800	3.000
MOLYBDENUM	142	Spaghetti with meat sauce, homemade	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	145	Chili con carne with beans, canned	8	6	2	0.179	0.331	0	0	0.730	0.700	3.000
MOLYBDENUM	146	Macaroni and cheese, prepared from box mix	8	8	0	0	0	0	0	0	0.800	3.000
MOLYBDENUM	147	Quarter-pound hamburger on bun, fast-food	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	148	Meatloaf, beef, homemade	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	152	Chicken potpie, frozen, heated	8	8	0	0	0	0	0	0	0.600	2.000
MOLYBDENUM	155	Soup, chicken noodle, canned, condensed, prepared with water	8	8	0	0	0	0	0	0	0.600	2.000
MOLYBDENUM	156	Soup, tomato, canned, condensed, prepared with water	8	8	0	0	0	0	0	0	0.600	2.000
MOLYBDENUM	157	Soup, vegetable beef, canned, condensed, prepared with water	8	8	0	0	0	0	0	0	0.600	2.000
MOLYBDENUM	161	Dill cucumber pickles	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	162	Margarine, regular (not lowfat), salted	8	8	0	0	0	0	0	0	0.800	3.000
MOLYBDENUM	164	Butter, regular (not lowfat), salted	8	8	0	0	0	0	0	0	0.800	3.000
MOLYBDENUM	166	Mayonnaise, regular, bottled	8	8	0	0	0	0	0	0	0.900	3.000
MOLYBDENUM	167	Cream, half & half	8	8	0	0	0	0	0	0	0.700	3.000

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MOLYBDENUM	168	Cream substitute, non-dairy, liquid/frozen	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	169	Sugar, white, granulated	8	8	0	0	0	0	0	0	0.800	3.000
MOLYBDENUM	170	Syrup, pancake	8	8	0	0	0	0	0	0	0.800	3.000
MOLYBDENUM	172	Honey	8	8	0	0	0	0	0	0	0.800	3.000
MOLYBDENUM	173	Tomato catsup	8	8	0	0	0	0	0	0	0.600	2.000
MOLYBDENUM	177	Ice cream, light, vanilla	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	178	Cake, chocolate with icing	8	8	0	0	0	0	0	0	0.900	3.000
MOLYBDENUM	182	Sweet roll/Danish pastry	8	8	0	0	0	0	0	0	0.900	3.000
MOLYBDENUM	183	Chocolate chip cookies	8	8	0	0	0	0	0	0	0.800	3.000
MOLYBDENUM	184	Sandwich cookies with creme filling	8	8	0	0	0	0	0	0	0.800	3.000
MOLYBDENUM	185	Pie, apple, fresh/frozen	8	8	0	0	0	0	0	0	0.800	3.000
MOLYBDENUM	186	Pie, pumpkin, fresh/frozen	8	8	0	0	0	0	0	0	0.800	3.000
MOLYBDENUM	187	Candy bar, milk chocolate, plain	8	8	0	0	0	0	0	0	0.800	3.000
MOLYBDENUM	190	Gelatin dessert, any flavor	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	191	Carbonated beverage, cola, regular	8	8	0	0	0	0	0	0	0.600	2.000
MOLYBDENUM	193	Fruit drink, from powder	8	8	0	0	0	0	0	0	0.500	2.000
MOLYBDENUM	194	Carbonated beverage, cola, low-calorie	8	8	0	0	0	0	0	0	0.500	2.000
MOLYBDENUM	197	Tea, from tea bag	8	8	0	0	0	0	0	0	0.300	1.000
MOLYBDENUM	198	Beer	8	8	0	0	0	0	0	0	0.500	2.000
MOLYBDENUM	199	Wine, dry table, red/white	8	8	0	0	0	0	0	0	0.400	2.000
MOLYBDENUM	202	BF, Infant formula, milk-based, iron fortified, RTF (formerly high iron)	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	205	BF, beef and broth/gravy	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	207	BF, chicken and broth/gravy	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	211	BF, vegetables and beef	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	212	BF, vegetables and chicken	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	214	BF, chicken noodle dinner	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	215	BF, macaroni, tomato and beef	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	216	BF, turkey and rice	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	218	BF, carrots	8	8	0	0	0	0	0	0	0.700	3.000

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MOLYBDENUM	219	BF, green beans	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	220	BF, mixed vegetables	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	221	BF, sweet potatoes	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	223	BF, peas	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	225	BF, applesauce	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	226	BF, peaches	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	227	BF, pears	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	230	BF, juice, apple	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	232	BF, custard/pudding	7	7	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	233	BF, fruit dessert/pudding	6	6	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	235	Yogurt, lowfat, fruit-flavored	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	236	Cheese, Swiss, natural	8	8	0	0	0	0	0	0	0.900	3.000
MOLYBDENUM	237	Cream cheese	8	8	0	0	0	0	0	0	0.900	3.000
MOLYBDENUM	239	Luncheon meat, ham	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	240	Chicken breast, oven-roasted (skin removed)	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	241	Chicken nuggets, fast-food	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	244	Shrimp, boiled	8	8	0	0	0	0	0	0	0.800	3.000
MOLYBDENUM	248	Bread, cracked wheat	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	249	Bagel, plain, toasted	8	8	0	0	0	0	0	0	0.900	3.000
MOLYBDENUM	250	English muffin, plain, toasted	8	8	0	0	0	0	0	0	0.800	3.000
MOLYBDENUM	251	Crackers, graham	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	252	Crackers, butter-type	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	254	Peach, canned in light/medium syrup	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	255	Pear, canned in light syrup	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	256	Pineapple juice, frozen concentrate, reconstituted	8	8	0	0	0	0	0	0	0.500	2.000
MOLYBDENUM	257	Grape juice, frozen concentrate, reconstituted	8	8	0	0	0	0	0	0	0.500	2.000
MOLYBDENUM	258	French-fries, fast-food	8	8	0	0	0	0	0	0	0.800	3.000
MOLYBDENUM	259	Carrot, fresh, peeled, boiled	8	8	0	0	0	0	0	0	0.700	3.000



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MOLYBDENUM	261	Tomato juice, bottled	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	263	Brussels sprouts, fresh/frozen, boiled	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	264	Mushrooms, raw	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	265	Eggplant, fresh, peeled, boiled	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	266	Turnip, fresh/frozen, boiled	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	267	Okra, fresh/frozen, boiled	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	268	Mixed vegetables, frozen, boiled	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	269	Beef stroganoff with noodles, homemade	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	272	Tuna noodle casserole, homemade	8	8	0	0	0	0	0	0	0.800	3.000
MOLYBDENUM	275	Quarter-pound cheeseburger on bun, fast-food	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	276	Fish sandwich on bun, fast-food	8	8	0	0	0	0	0	0	0.800	3.000
MOLYBDENUM	278	Egg, cheese, and ham on English muffin, fast-food	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	279	Taco/tostada with beef and cheese, from Mexican carry-out	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	281	Pizza, cheese and pepperoni, regular crust, from pizza carry-out	8	8	0	0	0	0	0	0	0.800	3.000
MOLYBDENUM	283	Soup, bean with bacon/pork, canned, condensed, prepared with water	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	285	Clam chowder, New England, canned, condensed, prepared with whole milk	8	8	0	0	0	0	0	0	0.800	3.000
MOLYBDENUM	286	Ice cream, regular (not lowfat), vanilla	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	287	Sherbet, fruit-flavored	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	288	Popsicle, fruit-flavored	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	290	Doughnut, cake-type, any flavor	8	8	0	0	0	0	0	0	0.800	3.000
MOLYBDENUM	291	Brownie	8	8	0	0	0	0	0	0	0.800	3.000
MOLYBDENUM	292	Sugar cookies	8	8	0	0	0	0	0	0	0.800	3.000

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MOLYBDENUM	293	Candy, hard, any flavor	8	8	0	0	0	0	0	0	0.800	3.000
MOLYBDENUM	294	Pretzels, hard, salted	8	8	0	0	0	0	0	0	0.800	3.000
MOLYBDENUM	295	Syrup, chocolate	8	8	0	0	0	0	0	0	0.800	3.000
MOLYBDENUM	296	Jelly, any flavor	8	8	0	0	0	0	0	0	0.800	3.000
MOLYBDENUM	298	Mustard, yellow, plain	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	299	Black olives	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	300	Sour cream	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	305	Coffee, from ground	8	8	0	0	0	0	0	0	0.500	2.000
MOLYBDENUM	306	Carbonated beverage, fruit-flavored, regular	8	8	0	0	0	0	0	0	0.500	2.000
MOLYBDENUM	307	Fruit drink (10% juice), canned or bottled	8	8	0	0	0	0	0	0	0.500	2.000
MOLYBDENUM	309	BF, Infant formula, soy-based, RTF	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	313	BF, bananas	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	317	BF, teething biscuits	7	7	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	318	Salmon, steaks/fillets, baked	8	8	0	0	0	0	0	0	0.800	3.000
MOLYBDENUM	320	BF, squash	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	323	BF, cereal, oatmeal, dry, prepared with water	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	324	BF, cereal, rice, dry, prepared with water	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	326	BF, veal and broth/gravy	2	2	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	327	BF, lamb and broth/gravy	2	2	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	328	BF, turkey and broth/gravy	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	331	Meal replacement, liquid RTD, any flavor	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	332	Cottage cheese, creamed, lowfat (2% milk fat)	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	333	Sour cream dip, any flavor	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	334	Beef steak, loin/sirloin, broiled	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	335	Luncheon meat (chicken/turkey)	8	8	0	0	0	0	0	0	0.700	3.000

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MOLYBDENUM	336	Chicken breast, fried, fast-food (with skin)	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	337	Chicken thigh, oven-roasted (skin removed)	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	338	Chicken leg, fried, fast-food (with skin)	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	339	Catfish, pan-cooked with oil	8	8	0	0	0	0	0	0	0.800	3.000
MOLYBDENUM	340	Tuna, canned in water, drained	8	8	0	0	0	0	0	0	0.800	3.000
MOLYBDENUM	341	Refried beans, canned	8	6	2	0.254	0.472	0	0	1.100	0.800	3.000
MOLYBDENUM	342	White beans, dry, boiled	8	0	8	1.137	0.396	1.116	0.711	1.780	0.700	3.000
MOLYBDENUM	343	Sunflower seeds (shelled), roasted, salted	8	8	0	0	0	0	0	0	0.900	3.000
MOLYBDENUM	344	Pancakes, frozen, heated	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	345	Breakfast tart/toaster pastry	8	8	0	0	0	0	0	0	0.800	3.000
MOLYBDENUM	346	Macaroni salad, from grocery/deli	8	8	0	0	0	0	0	0	0.900	3.000
MOLYBDENUM	347	Spaghetti, enriched, boiled	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	348	Apricots, canned in heavy/light syrup	8	8	0	0	0	0	0	0	0.500	2.000
MOLYBDENUM	350	canned/bottled	8	8	0	0	0	0	0	0	0.500	2.000
MOLYBDENUM	351	Cranberry juice cocktail, canned/bottled	8	8	0	0	0	0	0	0	0.500	2.000
MOLYBDENUM	352	Orange juice, bottled/carton	8	8	0	0	0	0	0	0	0.500	2.000
MOLYBDENUM	353	Potato salad, mayonnaise-type, from grocery/deli	8	8	0	0	0	0	0	0	0.900	3.000
MOLYBDENUM	354	Potatoes, mashed, prepared from fresh	8	8	0	0	0	0	0	0	0.600	2.000
MOLYBDENUM	355	Coleslaw, mayonnaise-type, from grocery/deli	8	8	0	0	0	0	0	0	0.900	3.000
MOLYBDENUM	356	Carrot, baby, raw	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	357	Lettuce, leaf, raw	8	8	0	0	0	0	0	0	0.500	2.000
MOLYBDENUM	358	Sweet potatoes, canned	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	359	Tomato salsa, bottled	8	8	0	0	0	0	0	0	0.600	2.000

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MOLYBDENUM	360	Stew, beef and vegetable, canned	7	7	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	361	Lasagna with meat, frozen, heated	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	362	Beef with vegetables in sauce, from Chinese carry-out	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	363	Chicken with vegetables in sauce, from Chinese carry-out	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	364	Fried rice, meatless, from Chinese carry-out	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	365	Burrito with beef, beans and cheese, from Mexican carry-out	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	366	Chicken filet (broiled) sandwich on bun, fast-food	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	367	Soup, Oriental noodles (ramen noodles), prepared with water	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	368	Pudding, ready-to-eat, flavor other than chocolate	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	369	Cake, white with icing (formerly yellow cake)	8	8	0	0	0	0	0	0	0.800	3.000
MOLYBDENUM	370	Granola bar, with raisins	8	7	1	0.164	0.463	0	0	1.310	0.800	3.000
MOLYBDENUM	371	Candy bar, chocolate, nougat, and nuts	8	7	1	0.115	0.326	0	0	0.922	0.800	3.000
MOLYBDENUM	372	Popcorn, microwave, butter-flavored	8	8	0	0	0	0	0	0	0.900	3.000
MOLYBDENUM	373	Sweet & sour sauce	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	374	Brown gravy, canned or bottled	8	8	0	0	0	0	0	0	0.700	3.000
MOLYBDENUM	375	Salad dressing, creamy/buttermilk type, regular	8	8	0	0	0	0	0	0	0.800	3.000
MOLYBDENUM	376	Salad dressing, creamy/buttermilk type, low-calorie	8	8	0	0	0	0	0	0	0.800	3.000
MOLYBDENUM	377	Salad dressing, Italian, regular	8	8	0	0	0	0	0	0	0.800	3.000
MOLYBDENUM	378	Olive oil	8	8	0	0	0	0	0	0	0.800	3.000
MOLYBDENUM	379	Vegetable oil	8	8	0	0	0	0	0	0	0.800	3.000

Element	TDS Food No.	TDS Food Name	N of Analyses	N of Non-detects*	N of Trace	Mean (mg/kg)	Std Dev (mg/kg)	Median (mg/kg)	Min (mg/kg)	Max (mg/kg)	LOD (mg/kg)	LOQ (mg/kg)
MOLYBDENUM	380	Bottled drinking water (mineral/spring), not carbonated or flavored	8	8	0	0	0	0	0	0	0.200	1.000
MOLYBDENUM	381	Coffee, decaffeinated, from ground	8	8	0	0	0	0	0	0	0.300	1.000
MOLYBDENUM	382	Tea, decaffeinated, from tea bag	8	8	0	0	0	0	0	0	0.300	1.000

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NICKEL	1	Milk, whole, fluid	24	24	0	0	0	0	0	0	0.020	0.050
NICKEL	2	Milk, lowfat (2%), fluid	24	24	0	0	0	0	0	0	0.020	0.050
NICKEL	3	Milk, chocolate, lowfat, fluid	24	0	0	0.081	0.019	0.082	0.051	0.129	0.020	0.050
NICKEL	4	Milk, skim, fluid	24	24	0	0	0	0	0	0	0.010	0.040
NICKEL	7	Milk shake, chocolate, fast-food	24	0	0	0.142	0.064	0.133	0.059	0.378	0.020	0.050
NICKEL	10	Cheese, American, processed	24	7	14	0.044	0.042	0.037	0	0.149	0.030	0.100
NICKEL	12	Cheese, cheddar, natural (sharp/mild)	24	24	0	0	0	0	0	0	0.030	0.100
NICKEL	13	Beef, ground, regular, pan-cooked	24	17	4	0.088	0.237	0	0	1.003	0.030	0.080
NICKEL	14	Beef roast, chuck, oven-roasted	24	21	2	0.008	0.022	0	0	0.093	0.030	0.080
NICKEL	17	Ham, cured (not canned), baked	24	14	10	0.021	0.027	0	0	0.075	0.030	0.100
NICKEL	18	Pork chop, pan-cooked with oil	24	19	3	0.014	0.034	0	0	0.124	0.030	0.080
NICKEL	19	Pork sausage (link/patty), oven-cooked	24	8	10	0.111	0.167	0.043	0	0.578	0.030	0.100
NICKEL	20	Pork bacon, oven-cooked	24	9	14	0.039	0.057	0.038	0	0.277	0.030	0.100
NICKEL	21	Pork roast, loin, oven-roasted	24	19	5	0.010	0.022	0	0	0.069	0.030	0.080
NICKEL	22	Lamb chop, pan-cooked with oil	24	17	6	0.017	0.031	0	0	0.112	0.030	0.080
NICKEL	26	Turkey breast, oven-roasted	24	15	8	0.016	0.029	0	0	0.125	0.020	0.050
NICKEL	27	Liver (beef/calf), pan-cooked with oil	24	17	4	0.070	0.191	0	0	0.765	0.030	0.100
NICKEL	28	Frankfurter (beef/pork), boiled	24	10	14	0.027	0.027	0.035	0	0.097	0.030	0.100
NICKEL	29	Bologna (beef/pork)	24	9	15	0.031	0.027	0.034	0	0.072	0.030	0.100
NICKEL	30	Salami, luncheon-meat type (not hard)	24	9	13	0.043	0.044	0.045	0	0.178	0.030	0.100
NICKEL	34	Fish sticks or patty, frozen, oven-cooked	24	1	13	0.072	0.026	0.076	0	0.117	0.030	0.080
NICKEL	35	Eggs, scrambled with oil	24	23	1	0.001	0.007	0	0	0.034	0.020	0.050
NICKEL	37	Eggs, boiled	24	23	0	0.004	0.019	0	0	0.092	0.020	0.050
NICKEL	38	Pinto beans, dry, boiled	24	0	0	0.578	0.143	0.604	0.225	0.850	0.020	0.050
NICKEL	39	Pork and beans, canned	24	0	1	0.418	0.184	0.421	0.023	0.840	0.020	0.050
NICKEL	42	Lima beans, immature, frozen, boiled	24	0	0	0.631	0.284	0.647	0.075	1.207	0.020	0.050
NICKEL	46	Peas, green, fresh/frozen, boiled	24	0	0	0.203	0.090	0.195	0.074	0.441	0.020	0.050

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NICKEL	47	Peanut butter, smooth/creamy	24	1	1	0.481	0.154	0.496	0	0.648	0.030	0.100
NICKEL	48	Peanuts, dry roasted, salted	24	0	0	0.494	0.115	0.499	0.325	0.783	0.030	0.100
NICKEL	50	Rice, white, enriched, cooked	24	1	17	0.042	0.022	0.039	0	0.100	0.020	0.050
NICKEL	51	Oatmeal, plain, cooked	24	0	0	0.354	0.101	0.354	0.063	0.594	0.020	0.050
NICKEL	52	Cream of wheat (farina), enriched, cooked	24	13	11	0.013	0.015	0	0	0.038	0.020	0.050
NICKEL	53	Corn/hominy grits, enriched, cooked	24	2	19	0.037	0.017	0.037	0	0.074	0.020	0.050
NICKEL	54	Corn, fresh/frozen, boiled	24	4	18	0.030	0.021	0.027	0	0.085	0.020	0.050
NICKEL	55	Corn, canned	24	3	19	0.033	0.025	0.029	0	0.119	0.020	0.050
NICKEL	58	Bread, white, enriched	24	0	11	0.080	0.021	0.080	0.048	0.129	0.030	0.080
NICKEL	60	Cornbread, homemade	24	1	12	0.084	0.049	0.079	0	0.261	0.030	0.080
NICKEL	61	Biscuits, refrigerated-type, baked	24	0	2	0.125	0.043	0.114	0.071	0.285	0.030	0.080
NICKEL	62	Bread, whole wheat	24	0	0	0.199	0.037	0.197	0.137	0.285	0.030	0.080
NICKEL	63	Tortilla, flour	24	0	6	0.090	0.023	0.088	0.031	0.129	0.030	0.080
NICKEL	64	Bread, rye	24	0	2	0.122	0.031	0.117	0.069	0.209	0.030	0.080
NICKEL	65	Muffin, blueberry	24	3	21	0.044	0.020	0.049	0	0.077	0.030	0.080
NICKEL	66	Crackers, saltine	24	0	20	0.080	0.018	0.078	0.047	0.112	0.030	0.100
NICKEL	67	Corn/tortilla chips	24	0	0	0.195	0.051	0.191	0.105	0.321	0.030	0.100
NICKEL	69	Noodles, egg, enriched, boiled	24	5	16	0.027	0.022	0.027	0	0.086	0.020	0.050
NICKEL	71	Corn flakes cereal	24	0	9	0.092	0.029	0.085	0.057	0.188	0.030	0.080
NICKEL	72	Fruit-flavored cereal, presweetened	24	0	0	0.397	0.130	0.410	0.152	0.755	0.030	0.080
NICKEL	73	Shredded wheat cereal	24	0	6	0.117	0.053	0.094	0.056	0.279	0.030	0.080
NICKEL	74	Raisin bran cereal	24	0	0	0.200	0.077	0.176	0.101	0.381	0.030	0.080
NICKEL	75	Crisped rice cereal	24	0	0	0.177	0.060	0.173	0.093	0.360	0.030	0.080
NICKEL	76	Granola with raisins	24	0	0	0.946	0.241	0.922	0.654	1.688	0.030	0.080
NICKEL	77	Oat ring cereal	24	0	0	2.124	0.559	2.029	1.152	3.747	0.030	0.080
NICKEL	78	Apple (red), raw (with peel)	24	22	1	0.007	0.026	0	0	0.118	0.020	0.050
NICKEL	79	Orange (navel/Valencia), raw	24	6	15	0.029	0.023	0.029	0	0.091	0.020	0.050
NICKEL	80	Banana, raw	24	5	14	0.038	0.032	0.035	0	0.113	0.020	0.050
NICKEL	81	Watermelon, raw/frozen	24	0	11	0.060	0.052	0.043	0.013	0.249	0.010	0.040
NICKEL	83	Peach, raw/frozen	24	0	3	0.078	0.058	0.065	0.041	0.338	0.020	0.050

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NICKEL	84	Applesauce, bottled	24	19	5	0.006	0.012	0	0	0.039	0.020	0.050
NICKEL	85	Pear, raw (with peel)	24	4	9	0.043	0.024	0.048	0	0.088	0.020	0.050
NICKEL	86	Strawberries, raw/frozen	24	1	14	0.038	0.018	0.035	0	0.091	0.010	0.040
NICKEL	87	Fruit cocktail, canned in light syrup	24	0	3	0.065	0.014	0.066	0.035	0.093	0.020	0.050
NICKEL	88	Grapes (red/green), raw	24	18	4	0.007	0.016	0	0	0.064	0.010	0.040
NICKEL	89	Cantaloupe, raw/frozen	24	0	8	0.071	0.046	0.060	0.015	0.163	0.010	0.040
NICKEL	92	Grapefruit, raw	24	5	12	0.029	0.030	0.021	0	0.123	0.010	0.040
NICKEL	93	Pineapple, canned in juice	24	0	2	0.082	0.042	0.073	0.013	0.180	0.010	0.040
NICKEL	95	Raisins	24	2	10	0.068	0.038	0.065	0	0.128	0.020	0.070
NICKEL	97	Avocado, raw	24	0	1	0.315	0.260	0.213	0.088	1.127	0.030	0.100
NICKEL	98	Orange juice, frozen concentrate, reconstituted	24	2	18	0.019	0.009	0.018	0	0.042	0.009	0.030
NICKEL	99	Apple juice, bottled	24	10	14	0.008	0.007	0.010	0	0.023	0.009	0.030
NICKEL	100	Grapefruit juice, bottled	23	4	17	0.021	0.028	0.015	0	0.143	0.009	0.030
NICKEL	103	Prune juice, bottled	24	0	0	0.136	0.022	0.133	0.106	0.202	0.010	0.040
NICKEL	105	Lemonade, frozen concentrate, reconstituted	24	16	8	0.004	0.006	0	0	0.019	0.009	0.030
NICKEL	107	Spinach, fresh/frozen, boiled	24	0	16	0.045	0.027	0.033	0.020	0.125	0.020	0.050
NICKEL	108	Collards, fresh/frozen, boiled	24	6	9	0.038	0.026	0.043	0	0.088	0.020	0.050
NICKEL	109	Lettuce, iceberg, raw	24	0	4	0.127	0.085	0.109	0.029	0.330	0.010	0.040
NICKEL	110	Cabbage, fresh, boiled	24	8	15	0.015	0.013	0.015	0	0.046	0.010	0.040
NICKEL	113	Broccoli, fresh/frozen, boiled	24	3	11	0.053	0.037	0.039	0	0.156	0.020	0.050
NICKEL	114	Celery, raw	24	3	14	0.026	0.018	0.021	0	0.060	0.010	0.040
NICKEL	115	Asparagus, fresh/frozen, boiled	24	1	7	0.112	0.080	0.103	0	0.291	0.020	0.050
NICKEL	116	Cauliflower, fresh/frozen, boiled	24	2	12	0.047	0.028	0.043	0	0.118	0.020	0.050
NICKEL	117	Tomato, raw	24	7	15	0.016	0.014	0.015	0	0.052	0.010	0.040
NICKEL	119	Tomato sauce, plain, bottled	24	0	8	0.096	0.029	0.097	0.036	0.179	0.030	0.080
NICKEL	121	Green beans, fresh/frozen, boiled	24	0	5	0.118	0.075	0.106	0.028	0.311	0.020	0.050
NICKEL	122	Green beans, canned	24	0	3	0.077	0.037	0.064	0.035	0.213	0.020	0.050
NICKEL	123	Cucumber, peeled, raw	24	1	23	0.023	0.010	0.025	0	0.038	0.010	0.040



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NICKEL	124	Summer squash, fresh/frozen, boiled	24	5	9	0.045	0.038	0.048	0	0.162	0.020	0.050
NICKEL	125	Pepper, sweet, green, raw	24	4	8	0.081	0.083	0.053	0	0.304	0.020	0.050
NICKEL	126	Squash, winter (Hubbard/acorn), fresh/frozen, boiled	23	1	4	0.087	0.064	0.074	0	0.299	0.020	0.050
NICKEL	128	Onion, mature, raw	24	7	13	0.028	0.025	0.024	0	0.085	0.020	0.050
NICKEL	131	Beets, canned	24	6	14	0.032	0.027	0.031	0	0.121	0.020	0.050
NICKEL	136	Potato, boiled (without peel)	24	4	16	0.036	0.033	0.029	0	0.157	0.020	0.050
NICKEL	137	Potato, baked (with peel)	24	3	10	0.058	0.044	0.046	0	0.170	0.020	0.050
NICKEL	138	Potato chips	24	0	8	0.144	0.084	0.117	0.059	0.426	0.030	0.100
NICKEL	142	Spaghetti with meat sauce, homemade	24	0	3	0.090	0.068	0.066	0.045	0.348	0.020	0.050
NICKEL	145	Chili con carne with beans, canned	24	1	0	0.254	0.111	0.245	0	0.518	0.030	0.080
NICKEL	146	Macaroni and cheese, prepared from box mix	24	13	11	0.017	0.019	0	0	0.054	0.030	0.080
NICKEL	147	Quarter-pound hamburger on bun, fast-food	24	2	20	0.051	0.024	0.049	0	0.113	0.030	0.080
NICKEL	148	Meatloaf, beef, homemade	24	19	4	0.012	0.029	0	0	0.128	0.030	0.080
NICKEL	152	Chicken potpie, frozen, heated	24	4	20	0.042	0.023	0.044	0	0.079	0.030	0.080
NICKEL	155	Soup, chicken noodle, canned, condensed, prepared with water	24	14	4	0.045	0.074	0	0	0.244	0.020	0.050
NICKEL	156	Soup, tomato, canned, condensed, prepared with water	24	1	5	0.086	0.052	0.076	0	0.198	0.020	0.050
NICKEL	157	Soup, vegetable beef, canned, condensed, prepared with water	24	0	16	0.046	0.014	0.045	0.022	0.077	0.020	0.050
NICKEL	161	Dill cucumber pickles	24	13	11	0.020	0.025	0	0	0.072	0.030	0.080
NICKEL	162	Margarine, regular (not lowfat), salted	24	9	15	0.061	0.057	0.062	0	0.161	0.040	0.200
NICKEL	164	Butter, regular (not lowfat), salted	24	18	6	0.016	0.030	0	0	0.107	0.040	0.200
NICKEL	166	Mayonnaise, regular, bottled	24	24	0	0	0	0	0	0	0.040	0.200
NICKEL	167	Cream, half & half	24	23	1	0.004	0.019	0	0	0.095	0.030	0.100

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NICKEL	168	Cream substitute, non-dairy, liquid/frozen	24	18	4	0.017	0.040	0	0	0.169	0.030	0.080
NICKEL	169	Sugar, white, granulated	24	24	0	0	0	0	0	0	0.040	0.200
NICKEL	170	Syrup, pancake	24	21	2	0.016	0.060	0	0	0.289	0.030	0.080
NICKEL	172	Honey	24	17	7	0.011	0.018	0	0	0.058	0.030	0.080
NICKEL	173	Tomato catsup	24	1	14	0.072	0.024	0.069	0	0.113	0.030	0.080
NICKEL	177	Ice cream, light, vanilla	24	21	3	0.003	0.008	0	0	0.025	0.020	0.050
NICKEL	178	Cake, chocolate with icing	24	0	0	0.521	0.138	0.514	0.080	0.800	0.020	0.050
NICKEL	182	Sweet roll/Danish pastry	24	0	0	0.108	0.035	0.102	0.060	0.185	0.020	0.050
NICKEL	183	Chocolate chip cookies	24	1	0	0.600	0.162	0.619	0	0.863	0.020	0.050
NICKEL	184	Sandwich cookies with creme filling	24	0	0	0.461	0.195	0.442	0.072	0.877	0.020	0.050
NICKEL	185	Pie, apple, fresh/frozen	24	9	14	0.033	0.029	0.036	0	0.090	0.030	0.080
NICKEL	186	Pie, pumpkin, fresh/frozen	24	1	9	0.102	0.069	0.088	0	0.382	0.030	0.080
NICKEL	187	Candy bar, milk chocolate, plain	24	0	0	0.921	0.277	0.953	0.094	1.324	0.030	0.080
NICKEL	190	Gelatin dessert, any flavor	24	23	1	0.001	0.005	0	0	0.023	0.020	0.050
NICKEL	191	Carbonated beverage, cola, regular	24	21	3	0.002	0.004	0	0	0.015	0.009	0.030
NICKEL	193	Fruit drink, from powder	24	24	0	0	0	0	0	0	0.009	0.030
NICKEL	194	Carbonated beverage, cola, low-calorie	24	23	1	0	0.002	0	0	0.009	0.009	0.030
NICKEL	197	Tea, from tea bag	24	3	15	0.022	0.012	0.025	0	0.041	0.009	0.030
NICKEL	198	Beer	24	21	3	0.001	0.003	0	0	0.011	0.009	0.030
NICKEL	199	Wine, dry table, red/white	24	0	11	0.031	0.008	0.031	0.017	0.060	0.009	0.030
NICKEL	202	BF, Infant formula, milk-based, iron fortified, RTF (formerly high iron)	24	20	4	0.002	0.005	0	0	0.015	0.010	0.040
NICKEL	203	BF, Infant formula, milk-based, low iron, RTF	10	8	2	0.004	0.008	0	0	0.021	0.010	0.040
NICKEL	205	BF, beef and broth/gravy	24	11	10	0.028	0.051	0.020	0	0.245	0.020	0.050
NICKEL	207	BF, chicken and broth/gravy	24	1	4	0.152	0.169	0.086	0	0.640	0.020	0.050
NICKEL	211	BF, vegetables and beef	24	1	0	0.140	0.051	0.149	0	0.213	0.020	0.050
NICKEL	212	BF, vegetables and chicken	24	1	0	0.129	0.057	0.123	0	0.270	0.020	0.050
NICKEL	213	BF, vegetables and ham	4	0	0	0.068	0.017	0.069	0.052	0.083	0.020	0.050
NICKEL	214	BF, chicken noodle dinner	24	0	0	0.150	0.041	0.149	0.072	0.279	0.020	0.050

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NICKEL	215	BF, macaroni, tomato and beef	24	0	5	0.071	0.031	0.060	0.034	0.156	0.020	0.050
NICKEL	216	BF, turkey and rice	24	2	8	0.060	0.035	0.061	0	0.147	0.020	0.050
NICKEL	218	BF, carrots	24	2	5	0.088	0.070	0.074	0	0.298	0.020	0.050
NICKEL	219	BF, green beans	24	0	0	0.144	0.053	0.140	0.062	0.288	0.020	0.050
NICKEL	220	BF, mixed vegetables	24	0	3	0.092	0.038	0.091	0.024	0.166	0.020	0.050
NICKEL	221	BF, sweet potatoes	24	1	4	0.104	0.059	0.107	0	0.217	0.020	0.050
NICKEL	223	BF, peas	24	0	0	0.150	0.075	0.116	0.063	0.359	0.020	0.050
NICKEL	225	BF, applesauce	24	16	7	0.016	0.040	0	0	0.192	0.020	0.050
NICKEL	226	BF, peaches	24	0	0	0.174	0.077	0.156	0.074	0.427	0.020	0.050
NICKEL	227	BF, pears	24	0	0	0.120	0.031	0.131	0.059	0.178	0.020	0.050
NICKEL	230	BF, juice, apple	24	11	13	0.009	0.010	0.011	0	0.029	0.010	0.030
NICKEL	232	BF, custard/pudding	23	8	12	0.025	0.025	0.024	0	0.096	0.020	0.050
NICKEL	233	BF, fruit dessert/pudding	22	0	9	0.061	0.024	0.065	0.020	0.105	0.020	0.050
NICKEL	235	Yogurt, lowfat, fruit-flavored	24	11	12	0.018	0.023	0.021	0	0.095	0.020	0.050
NICKEL	236	Cheese, Swiss, natural	24	23	1	0.003	0.013	0	0	0.063	0.030	0.080
NICKEL	237	Cream cheese	24	24	0	0	0	0	0	0	0.030	0.080
NICKEL	239	Luncheon meat, ham	24	22	2	0.003	0.010	0	0	0.039	0.030	0.100
NICKEL	240	Chicken breast, oven-roasted (skin removed)	24	22	0	0.016	0.061	0	0	0.284	0.030	0.080
NICKEL	241	Chicken nuggets, fast-food	24	1	0	0.131	0.068	0.110	0	0.317	0.030	0.080
NICKEL	244	Shrimp, boiled	24	20	4	0.007	0.018	0	0	0.062	0.030	0.080
NICKEL	248	Bread, multigrain (formerly cracked wheat)	24	0	0	0.190	0.050	0.184	0.122	0.314	0.030	0.080
NICKEL	249	Bagel, plain, toasted	24	0	15	0.076	0.016	0.074	0.048	0.109	0.030	0.080
NICKEL	250	English muffin, plain, toasted	24	0	11	0.080	0.017	0.081	0.042	0.109	0.030	0.080
NICKEL	251	Crackers, graham	24	0	4	0.096	0.025	0.092	0.048	0.146	0.030	0.080
NICKEL	252	Crackers, butter-type	24	0	15	0.073	0.024	0.068	0.033	0.140	0.030	0.080
NICKEL	254	Peach, canned in light/medium syrup	24	0	7	0.066	0.022	0.065	0.030	0.118	0.020	0.050
NICKEL	255	Pear, canned in light syrup	24	4	14	0.032	0.021	0.030	0	0.078	0.020	0.050
NICKEL	256	Pineapple juice, frozen concentrate, reconstituted	24	0	0	0.128	0.037	0.129	0.058	0.197	0.009	0.030

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NICKEL	257	Grape juice, frozen concentrate, reconstituted	24	5	16	0.016	0.011	0.017	0	0.039	0.009	0.030
NICKEL	258	French fries, fast-food	24	0	1	0.196	0.062	0.186	0.086	0.324	0.030	0.100
NICKEL	259	Carrot, fresh, peeled, boiled	24	1	14	0.045	0.020	0.047	0	0.087	0.020	0.050
NICKEL	261	Tomato juice, bottled	24	0	0	0.078	0.043	0.066	0.041	0.215	0.010	0.040
NICKEL	263	Brussels sprouts, fresh/frozen, boiled	24	3	16	0.033	0.022	0.030	0	0.084	0.020	0.050
NICKEL	264	Mushrooms, raw	24	21	2	0.018	0.077	0	0	0.376	0.020	0.050
NICKEL	265	Eggplant, fresh, peeled, boiled	24	18	6	0.007	0.012	0	0	0.041	0.020	0.050
NICKEL	266	Turnip, fresh/frozen, boiled	24	12	9	0.020	0.024	0.011	0	0.077	0.020	0.050
NICKEL	267	Okra, fresh/frozen, boiled	24	1	14	0.047	0.025	0.043	0	0.123	0.020	0.050
NICKEL	268	Mixed vegetables, frozen, boiled	24	0	0	0.131	0.078	0.107	0.050	0.383	0.020	0.050
NICKEL	269	Beef stroganoff with noodles, homemade	24	8	11	0.041	0.058	0.022	0	0.208	0.020	0.050
NICKEL	272	Tuna noodle casserole, homemade	24	7	9	0.040	0.033	0.036	0	0.101	0.020	0.050
NICKEL	275	Quarter-pound cheeseburger on bun, fast-food	24	1	21	0.056	0.037	0.048	0	0.193	0.030	0.080
NICKEL	276	Fish sandwich on bun, fast-food	24	0	20	0.066	0.020	0.062	0.040	0.120	0.030	0.080
NICKEL	278	Egg, cheese, and ham on English muffin, fast-food	24	2	21	0.049	0.020	0.050	0	0.081	0.030	0.080
NICKEL	279	Taco/tostada with beef and cheese, from Mexican carry-out	24	1	3	0.130	0.063	0.130	0	0.252	0.030	0.080
NICKEL	281	Pizza, cheese and pepperoni, regular crust, from pizza carry-out	24	1	11	0.084	0.028	0.081	0	0.148	0.030	0.080
NICKEL	283	Soup, bean with bacon/pork, canned, condensed, prepared w/ water	24	1	1	0.171	0.112	0.144	0	0.422	0.020	0.050
NICKEL	285	Clam chowder, New England, canned, condensed, prepared with whole milk	24	1	3	0.084	0.073	0.068	0	0.396	0.020	0.050
NICKEL	286	Ice cream, regular (not lowfat), vanilla	24	23	0	0.002	0.012	0	0	0.060	0.020	0.050
NICKEL	287	Sherbet, fruit-flavored	24	9	15	0.011	0.010	0.013	0	0.033	0.010	0.040

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NICKEL	288	Popsicle, fruit-flavored	24	22	2	0.004	0.013	0	0	0.052	0.030	0.080
NICKEL	290	Doughnut, cake-type, any flavor, from donut store	24	1	1	0.244	0.100	0.261	0	0.459	0.020	0.050
NICKEL	291	Brownie	24	0	1	0.622	0.204	0.618	0.042	0.997	0.020	0.050
NICKEL	292	Sugar cookies	24	1	9	0.057	0.029	0.054	0	0.139	0.020	0.050
NICKEL	293	Candy, hard, any flavor	24	16	8	0.014	0.021	0	0	0.055	0.030	0.100
NICKEL	294	Pretzels, hard, salted	24	2	20	0.069	0.028	0.072	0	0.129	0.030	0.100
NICKEL	295	Syrup, chocolate	24	0	0	0.929	0.174	0.969	0.472	1.204	0.020	0.050
NICKEL	296	Jelly, any flavor	24	5	15	0.031	0.023	0.030	0	0.076	0.020	0.050
NICKEL	298	Mustard, yellow, plain	24	1	0	0.091	0.028	0.092	0	0.125	0.020	0.050
NICKEL	299	Black olives	24	1	4	0.077	0.035	0.072	0	0.145	0.020	0.050
NICKEL	300	Sour cream	24	23	1	0.002	0.008	0	0	0.038	0.030	0.080
NICKEL	305	Coffee, from ground	24	14	9	0.006	0.009	0	0	0.042	0.009	0.030
NICKEL	306	Carbonated beverage, fruit-flavored, regular	24	24	0	0	0	0	0	0	0.009	0.030
NICKEL	307	Fruit drink (10% juice), canned or bottled	24	20	4	0.002	0.005	0	0	0.018	0.009	0.030
NICKEL	309	BF, Infant formula, soy-based, RTF	24	0	19	0.026	0.004	0.026	0.015	0.036	0.009	0.030
NICKEL	313	BF, bananas	24	0	10	0.055	0.019	0.053	0.020	0.120	0.020	0.050
NICKEL	317	BF, teething biscuits	23	0	6	0.133	0.069	0.110	0.049	0.309	0.030	0.080
NICKEL	318	Salmon, steaks/fillets, baked	24	20	2	0.023	0.067	0	0	0.254	0.030	0.080
NICKEL	320	BF, squash	24	0	0	0.154	0.067	0.141	0.079	0.378	0.020	0.050
NICKEL	323	BF, cereal, oatmeal, dry, prepared with water	23	0	0	0.404	0.072	0.388	0.310	0.601	0.030	0.080
NICKEL	324	BF, cereal, rice, dry, prepared with water	24	5	16	0.043	0.032	0.042	0	0.141	0.030	0.080
NICKEL	325	BF, cereal, rice with apples, dry, prepared with water	13	0	5	0.094	0.029	0.085	0.054	0.144	0.030	0.080
NICKEL	326	BF, veal and broth/gravy	17	12	5	0.010	0.017	0	0	0.046	0.020	0.050
NICKEL	327	BF, lamb and broth/gravy	17	11	4	0.019	0.033	0	0	0.124	0.020	0.050
NICKEL	328	BF, turkey and broth/gravy	24	11	9	0.024	0.032	0.021	0	0.130	0.020	0.050

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NICKEL	331	Meal replacement, liquid RTD, any flavor	24	0	8	0.057	0.034	0.050	0.018	0.157	0.010	0.030
NICKEL	332	Cottage cheese, creamed, lowfat (2% milk fat)	24	21	3	0.004	0.011	0	0	0.037	0.020	0.050
NICKEL	333	Sour cream dip, any flavor	24	14	9	0.035	0.075	0	0	0.365	0.030	0.080
NICKEL	334	Beef steak, loin/sirloin, broiled	24	21	3	0.006	0.016	0	0	0.055	0.030	0.080
NICKEL	335	Luncheon meat (chicken/turkey)	24	16	8	0.009	0.014	0	0	0.042	0.020	0.050
NICKEL	336	Chicken breast, fried, fast-food (with skin)	24	14	9	0.022	0.034	0	0	0.142	0.030	0.080
NICKEL	337	Chicken thigh, oven-roasted (skin removed)	24	13	8	0.018	0.022	0	0	0.072	0.020	0.050
NICKEL	338	Chicken leg, fried, fast-food (with skin)	24	12	9	0.029	0.036	0.015	0	0.129	0.030	0.080
NICKEL	339	Catfish, pan-cooked with oil	24	16	4	0.105	0.225	0	0	0.752	0.030	0.080
NICKEL	340	Tuna, canned in water, drained	24	23	1	0.002	0.008	0	0	0.037	0.030	0.080
NICKEL	341	Refried beans, canned	24	0	0	0.541	0.140	0.518	0.368	0.793	0.030	0.080
NICKEL	342	White beans, dry, boiled	24	0	0	0.329	0.151	0.287	0.145	0.657	0.020	0.050
NICKEL	343	Sunflower seeds (shelled), roasted, salted	24	0	0	2.945	0.901	3.068	0.351	4.583	0.030	0.100
NICKEL	344	Pancakes, frozen, heated	24	0	14	0.103	0.064	0.069	0.038	0.258	0.030	0.080
NICKEL	345	Breakfast tart/toaster pastry	24	0	5	0.092	0.055	0.083	0.036	0.268	0.020	0.050
NICKEL	346	Macaroni salad, from grocery/deli	24	19	5	0.009	0.019	0	0	0.048	0.030	0.080
NICKEL	347	Spaghetti, enriched, boiled	24	4	19	0.026	0.016	0.025	0	0.075	0.020	0.050
NICKEL	348	Apricots, canned in heavy/light syrup	24	0	1	0.089	0.019	0.091	0.044	0.120	0.020	0.050
NICKEL	350	canned/bottled	24	4	18	0.016	0.010	0.016	0	0.041	0.010	0.030
NICKEL	351	Cranberry juice cocktail, canned/bottled	24	6	16	0.015	0.013	0.013	0	0.049	0.010	0.030
NICKEL	352	Orange juice, bottled/carton	24	7	17	0.012	0.008	0.014	0	0.022	0.010	0.030
NICKEL	353	Potato salad, mayonnaise-type, from grocery/deli	24	4	15	0.054	0.040	0.053	0	0.173	0.030	0.080

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NICKEL	354	Potatoes, mashed, prepared from fresh	24	7	13	0.028	0.024	0.026	0	0.095	0.020	0.050
NICKEL	355	Coleslaw, mayonnaise-type, from grocery/deli	24	11	12	0.023	0.025	0.031	0	0.088	0.030	0.080
NICKEL	356	Carrot, baby, raw	24	0	18	0.044	0.020	0.038	0.023	0.106	0.020	0.050
NICKEL	357	Lettuce, leaf, raw	24	2	6	0.062	0.038	0.063	0	0.141	0.010	0.040
NICKEL	358	Sweet potatoes, canned	24	1	4	0.089	0.049	0.087	0	0.201	0.020	0.050
NICKEL	359	Tomato salsa, bottled	24	1	0	0.130	0.057	0.113	0	0.285	0.020	0.050
NICKEL	360	Stew, beef and vegetable, canned	23	0	15	0.058	0.033	0.043	0.025	0.143	0.020	0.050
NICKEL	361	Lasagna with meat, frozen, heated	24	1	2	0.129	0.047	0.127	0	0.216	0.030	0.080
NICKEL	362	Beef with vegetables in sauce, from Chinese carry-out	24	0	6	0.066	0.022	0.059	0.026	0.105	0.020	0.050
NICKEL	363	Chicken with vegetables in sauce, from Chinese carry-out	24	0	7	0.072	0.047	0.062	0.020	0.264	0.020	0.050
NICKEL	364	Fried rice, meatless, from Chinese carry-out	24	0	19	0.064	0.016	0.066	0.035	0.095	0.030	0.080
NICKEL	365	Burrito with beef, beans and cheese, from Mexican carry-out	24	0	0	0.241	0.070	0.233	0.119	0.388	0.030	0.080
NICKEL	366	Chicken filet (broiled) sandwich on bun, fast-food	24	2	20	0.058	0.029	0.059	0	0.149	0.030	0.080
NICKEL	367	Soup, Oriental noodles (ramen noodles), prepared with water	24	10	13	0.020	0.018	0.026	0	0.050	0.020	0.050
NICKEL	368	Pudding, ready-to-eat, flavor other than chocolate	24	2	4	0.095	0.088	0.087	0	0.440	0.020	0.050
NICKEL	369	Cake, white with icing (formerly yellow cake)	24	0	12	0.066	0.049	0.049	0.021	0.232	0.020	0.050
NICKEL	370	Granola bar, with raisins	24	0	0	0.608	0.128	0.582	0.416	0.890	0.030	0.080
NICKEL	371	Candy bar, chocolate, nougat, and nuts	24	0	0	0.366	0.078	0.367	0.102	0.498	0.030	0.080
NICKEL	372	Popcorn, microwave, butter-flavored	24	1	0	0.297	0.094	0.296	0	0.468	0.030	0.100
NICKEL	373	Sweet & sour sauce	24	0	6	0.074	0.037	0.064	0.020	0.195	0.020	0.050

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NICKEL	374	Brown gravy, canned or bottled	24	4	6	0.124	0.103	0.130	0	0.433	0.030	0.080
NICKEL	375	Salad dressing, creamy/buttermilk type, regular	24	23	0	0.006	0.031	0	0	0.154	0.040	0.130
NICKEL	376	Salad dressing, creamy/buttermilk type, low-calorie	24	13	11	0.016	0.019	0	0	0.048	0.030	0.090
NICKEL	377	Salad dressing, Italian, regular	24	17	6	0.022	0.040	0	0	0.144	0.040	0.130
NICKEL	378	Olive oil	24	23	1	0.002	0.009	0	0	0.044	0.040	0.130
NICKEL	379	Vegetable oil	24	23	1	0.002	0.009	0	0	0.042	0.040	0.130
NICKEL	380	Bottled drinking water (mineral/spring), not carbonated or flavored	24	24	0	0	0	0	0	0	0.010	0.030
NICKEL	381	Coffee, decaffeinated, from ground	24	14	10	0.007	0.009	0	0	0.024	0.010	0.030
NICKEL	382	Tea, decaffeinated, from tea bag	24	2	9	0.031	0.020	0.030	0	0.082	0.010	0.030



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PHOSPHORUS	1	Milk, whole, fluid	24	0	0	927	57	933	806	1030	10	40
PHOSPHORUS	2	Milk, lowfat (2%), fluid	24	0	0	959	68	942	847	1100	10	40
PHOSPHORUS	3	Milk, chocolate, lowfat, fluid	24	0	0	965	65	950	844	1110	10	40
PHOSPHORUS	4	Milk, skim, fluid	24	0	0	958	92	971	691	1150	10	40
PHOSPHORUS	7	Milk shake, chocolate, fast-food	24	0	0	1117	105	1125	926	1390	10	40
PHOSPHORUS	10	Cheese, American, processed	24	0	0	6271	1611	6200	3810	10400	20	50
PHOSPHORUS	12	Cheese, cheddar, natural (sharp/mild)	24	0	0	5028	389	4960	4590	6130	20	50
PHOSPHORUS	13	Beef, ground, regular, pan-cooked	24	0	0	2066	218	2095	1620	2440	10	40
PHOSPHORUS	14	Beef roast, chuck, oven-roasted	24	0	0	2071	308	2025	1600	3070	10	40
PHOSPHORUS	17	Ham, cured (not canned), baked	24	0	0	2835	287	2810	2290	3760	10	40
PHOSPHORUS	18	Pork chop, pan-cooked with oil	24	0	0	3145	360	3100	2460	4240	10	40
PHOSPHORUS	19	Pork sausage (link/patty), oven-cooked	24	0	0	1850	179	1790	1640	2240	20	50
PHOSPHORUS	20	Pork bacon, oven-cooked	24	0	0	3910	517	3860	3070	4920	20	50
PHOSPHORUS	21	Pork roast, loin, oven-roasted	24	0	0	2741	333	2735	2020	3200	20	50
PHOSPHORUS	22	Lamb chop, pan-cooked with oil	24	0	0	2335	218	2350	1980	2810	20	50
PHOSPHORUS	26	Turkey breast, oven-roasted	24	0	0	2668	212	2655	2290	3070	10	40
PHOSPHORUS	27	Liver (beef/calf), pan-cooked with oil	24	0	0	4395	293	4345	3980	5140	10	40
PHOSPHORUS	28	Frankfurter (beef/pork), boiled	24	0	0	1569	233	1545	1080	2020	20	50
PHOSPHORUS	29	Bologna (beef/pork)	24	0	0	2199	280	2165	1670	2690	20	50
PHOSPHORUS	30	Salami, luncheon-meat type (not hard)	24	0	0	2353	332	2350	1740	2980	20	50
PHOSPHORUS	34	Fish sticks or patty, frozen, oven-cooked	24	0	0	1905	318	1840	1350	2570	20	40
PHOSPHORUS	35	Eggs, scrambled with oil	24	0	0	1899	163	1880	1630	2240	10	40
PHOSPHORUS	37	Eggs, boiled	24	0	0	2160	190	2110	1900	2630	10	40
PHOSPHORUS	38	Pinto beans, dry, boiled	24	0	0	1625	144	1615	1330	1920	10	40
PHOSPHORUS	39	Pork and beans, canned	24	0	0	950	57	943	838	1080	10	40
PHOSPHORUS	42	Lima beans, immature, frozen, boiled	24	0	0	1076	113	1050	873	1320	10	40
PHOSPHORUS	46	Peas, green, fresh/frozen, boiled	24	0	0	811	127	815	543	985	10	40

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PHOSPHORUS	47	Peanut butter, smooth/creamy	24	0	0	3778	275	3720	3370	4690	20	50
PHOSPHORUS	48	Peanuts, dry roasted, salted	24	0	0	4023	215	4015	3590	4560	20	50
PHOSPHORUS	50	Rice, white, enriched, cooked	24	0	0	405	57	411	288	543	10	40
PHOSPHORUS	51	Oatmeal, plain, cooked	24	0	0	882	159	881	612	1260	10	40
PHOSPHORUS	52	Cream of wheat (farina), enriched, cooked	24	0	0	490	154	475	258	836	10	40
PHOSPHORUS	53	Corn/hominy grits, enriched, cooked	24	0	0	255	58	260	177	405	10	40
PHOSPHORUS	54	Corn, fresh/frozen, boiled	24	0	0	643	114	610	425	888	10	40
PHOSPHORUS	55	Corn, canned	24	0	0	478	63	472	396	740	10	40
PHOSPHORUS	58	Bread, white, enriched	24	0	0	1145	257	1095	859	2130	20	50
PHOSPHORUS	60	Cornbread, homemade	24	0	0	2423	464	2335	1610	3650	10	40
PHOSPHORUS	61	Biscuits, refrigerated-type, baked	24	0	0	4929	270	4920	4310	5600	10	40
PHOSPHORUS	62	Bread, whole wheat	24	0	0	2403	263	2400	1930	2920	10	40
PHOSPHORUS	63	Tortilla, flour	24	0	0	2010	486	2080	1280	2930	20	40
PHOSPHORUS	64	Bread, rye	24	0	0	1260	219	1240	903	1940	10	40
PHOSPHORUS	65	Muffin, blueberry	24	0	0	1600	196	1570	1340	2290	10	40
PHOSPHORUS	66	Crackers, saltine	24	0	0	1157	148	1140	989	1700	10	40
PHOSPHORUS	67	Corn/tortilla chips	24	0	0	2261	166	2250	1880	2590	10	40
PHOSPHORUS	69	Noodles, egg, enriched, boiled	24	0	0	939	163	914	728	1320	20	50
PHOSPHORUS	71	Corn flakes cereal	24	0	0	640	104	644	460	803	10	40
PHOSPHORUS	72	Fruit-flavored cereal, presweetened	24	0	0	1246	349	1180	749	2120	10	40
PHOSPHORUS	73	Shredded wheat cereal	24	0	0	3426	251	3445	2980	3760	10	40
PHOSPHORUS	74	Raisin bran cereal	24	0	0	3679	373	3735	2840	4180	10	40
PHOSPHORUS	75	Crisped rice cereal	24	0	0	1336	150	1310	1050	1780	10	40
PHOSPHORUS	76	Granola with raisins	24	0	0	2908	204	2895	2510	3260	10	40
PHOSPHORUS	77	Oat ring cereal	24	0	0	4760	355	4715	4160	5460	10	40
PHOSPHORUS	78	Apple (red), raw (with peel)	24	0	0	106	14	105	72	138	10	40
PHOSPHORUS	79	Orange (navel/Valencia), raw	24	0	0	225	24	227	176	303	8	30
PHOSPHORUS	80	Banana, raw	24	0	0	255	20	251	219	305	8	30
PHOSPHORUS	81	Watermelon, raw/frozen	24	0	0	170	42	168	86	221	8	30
PHOSPHORUS	83	Peach, raw/frozen	24	0	0	214	23	210	178	265	8	30

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PHOSPHORUS	84	Applesauce, bottled	24	0	0	69	9	69	54	90	8	30
PHOSPHORUS	85	Pear, raw (with peel)	24	0	0	118	13	118	90	142	8	30
PHOSPHORUS	86	Strawberries, raw/frozen	24	0	0	264	32	258	212	331	8	30
PHOSPHORUS	87	Fruit cocktail, canned in light syrup	24	0	0	109	15	106	76	147	10	40
PHOSPHORUS	88	Grapes (red/green), raw	24	0	0	223	28	217	177	281	8	30
PHOSPHORUS	89	Cantaloupe, raw/frozen	24	0	0	183	52	167	124	366	8	30
PHOSPHORUS	92	Grapefruit, raw	24	0	0	196	14	199	171	228	8	30
PHOSPHORUS	93	Pineapple, canned in juice	24	0	0	67	14	66	49	104	10	40
PHOSPHORUS	95	Raisins	24	0	0	1072	86	1060	916	1250	20	50
PHOSPHORUS	97	Avocado, raw	24	0	0	477	91	486	228	688	20	50
PHOSPHORUS	98	Orange juice, frozen concentrate, reconstituted	24	0	0	278	138	208	157	661	8	30
PHOSPHORUS	99	Apple juice, bottled	24	0	0	64	10	63	46	89	8	30
PHOSPHORUS	100	Grapefruit juice, bottled	23	0	0	178	25	188	118	215	8	30
PHOSPHORUS	103	Prune juice, bottled	24	0	0	228	15	229	187	253	8	30
PHOSPHORUS	105	Lemonade, frozen concentrate, reconstituted	24	0	24	20	3	20	13	24	8	30
PHOSPHORUS	107	Spinach, fresh/frozen, boiled	24	0	0	297	46	289	199	413	8	30
PHOSPHORUS	108	Collards, fresh/frozen, boiled	24	0	0	373	76	362	193	534	8	30
PHOSPHORUS	109	Lettuce, iceberg, raw	24	0	0	224	24	229	161	259	8	30
PHOSPHORUS	110	Cabbage, fresh, boiled	24	0	0	186	31	175	124	263	8	30
PHOSPHORUS	113	Broccoli, fresh/frozen, boiled	24	0	0	482	57	494	351	587	10	40
PHOSPHORUS	114	Celery, raw	24	0	0	238	40	229	168	308	10	40
PHOSPHORUS	115	Asparagus, fresh/frozen, boiled	24	0	0	470	67	462	304	582	10	40
PHOSPHORUS	116	Cauliflower, fresh/frozen, boiled	24	0	0	343	54	349	182	459	10	40
PHOSPHORUS	117	Tomato, raw	24	0	0	242	30	239	191	311	10	40
PHOSPHORUS	119	Tomato sauce, plain, bottled	24	0	0	298	30	297	245	379	10	40
PHOSPHORUS	121	Green beans, fresh/frozen, boiled	24	0	0	314	56	311	204	442	10	40
PHOSPHORUS	122	Green beans, canned	24	0	0	190	26	189	151	246	10	40
PHOSPHORUS	123	Cucumber, peeled, raw	24	0	0	223	21	222	183	257	10	40

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PHOSPHORUS	124	Summer squash, fresh/frozen, boiled	24	0	0	289	35	291	222	360	10	40
PHOSPHORUS	125	Pepper, sweet, green, raw	24	0	0	184	30	179	108	264	10	40
PHOSPHORUS	126	Squash, winter (Hubbard/acorn), fresh/frozen, boiled	23	0	0	266	68	288	154	383	10	40
PHOSPHORUS	128	Onion, mature, raw	24	0	0	305	48	307	216	384	10	40
PHOSPHORUS	131	Beets, canned	24	0	0	176	33	183	115	237	10	40
PHOSPHORUS	136	Potato, boiled (without peel)	24	0	0	444	64	454	331	611	9	30
PHOSPHORUS	137	Potato, baked (with peel)	24	0	0	650	79	640	469	780	9	30
PHOSPHORUS	138	Potato chips	24	0	0	1706	271	1685	1330	2520	20	40
PHOSPHORUS	142	Spaghetti with meat sauce, homemade	24	0	0	767	93	761	615	938	10	40
PHOSPHORUS	145	Chili con carne with beans, canned	24	0	0	953	124	954	667	1200	10	40
PHOSPHORUS	146	Macaroni and cheese, prepared from box mix	24	0	0	1595	370	1585	1030	2660	20	40
PHOSPHORUS	147	Quarter-pound hamburger on bun, fast-food	24	0	0	1310	130	1315	954	1550	10	40
PHOSPHORUS	148	Meatloaf, beef, homemade	24	0	0	1713	144	1720	1480	2030	10	40
PHOSPHORUS	152	Chicken potpie, frozen, heated	24	0	0	843	94	841	675	1040	9	30
PHOSPHORUS	155	Soup, chicken noodle, canned, condensed, prepared with water	24	0	0	203	47	197	102	298	9	30
PHOSPHORUS	156	Soup, tomato, canned, condensed, prepared with water	24	0	0	160	20	154	134	212	9	30
PHOSPHORUS	157	Soup, vegetable beef, canned, condensed, prepared with water	24	0	0	312	28	316	222	354	9	30
PHOSPHORUS	161	Dill cucumber pickles	24	0	0	148	27	148	99	204	10	40
PHOSPHORUS	162	Margarine, regular (not lowfat), salted	24	0	0	97	38	91	42	166	20	40
PHOSPHORUS	164	Butter, regular (not lowfat), salted	24	0	0	253	23	253	198	293	20	40
PHOSPHORUS	166	Mayonnaise, regular, bottled	24	0	0	250	28	246	214	297	20	50
PHOSPHORUS	167	Cream, half & half	24	0	0	890	120	910	588	1080	10	40

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PHOSPHORUS	168	Cream substitute, non-dairy, liquid/frozen	24	0	0	678	130	689	432	1090	10	40
PHOSPHORUS	169	Sugar, white, granulated	24	24	0	0	0	0	0	0	20	40
PHOSPHORUS	170	Syrup, pancake	24	0	2	130	54	126	31	219	20	40
PHOSPHORUS	172	Honey	24	0	4	43	4	42	38	55	20	40
PHOSPHORUS	173	Tomato catsup	24	0	0	300	23	304	255	355	9	30
PHOSPHORUS	177	Ice cream, light, vanilla	24	0	0	1218	106	1225	981	1410	10	40
PHOSPHORUS	178	Cake, chocolate with icing	24	0	0	1445	176	1515	1060	1690	20	50
PHOSPHORUS	182	Sweet roll/Danish pastry	24	0	0	1119	240	1175	706	1560	20	50
PHOSPHORUS	183	Chocolate chip cookies	24	0	0	1167	159	1200	806	1470	20	40
PHOSPHORUS	184	Sandwich cookies with creme filling	24	0	0	896	122	874	725	1120	20	40
PHOSPHORUS	185	Pie, apple, fresh/frozen	24	0	0	324	45	309	265	408	20	40
PHOSPHORUS	186	Pie, pumpkin, fresh/frozen	24	0	0	901	125	893	675	1190	20	40
PHOSPHORUS	187	Candy bar, milk chocolate, plain	24	0	0	2299	85	2300	2120	2440	20	40
PHOSPHORUS	190	Gelatin dessert, any flavor	24	0	0	257	111	250	68	553	10	40
PHOSPHORUS	191	Carbonated beverage, cola, regular	24	0	0	143	19	149	87	160	9	30
PHOSPHORUS	193	Fruit drink, from powder	24	0	1	74	35	67	26	194	8	30
PHOSPHORUS	194	Carbonated beverage, cola, low-calorie	24	0	0	111	20	109	82	153	8	30
PHOSPHORUS	197	Tea, from tea bag	24	2	22	6	3	6	0	11	4	20
PHOSPHORUS	198	Beer	24	0	0	138	30	136	75	193	7	30
PHOSPHORUS	199	Wine, dry table, red/white	24	0	0	209	38	207	137	266	6	20
PHOSPHORUS	202	BF, Infant formula, milk-based, iron fortified, RTF (formerly high iron)	24	0	0	353	73	331	251	513	10	40
PHOSPHORUS	203	BF, Infant formula, milk-based, low iron, RTF	10	0	0	316	23	311	281	354	10	40
PHOSPHORUS	205	BF, beef and broth/gravy	24	0	0	967	89	992	801	1110	10	40
PHOSPHORUS	207	BF, chicken and broth/gravy	24	0	0	1342	109	1345	1170	1530	10	40
PHOSPHORUS	211	BF, vegetables and beef	24	0	0	382	60	386	269	506	10	40
PHOSPHORUS	212	BF, vegetables and chicken	24	0	0	443	47	443	322	547	10	40
PHOSPHORUS	213	BF, vegetables and ham	4	0	0	384	38	381	350	425	10	40
PHOSPHORUS	214	BF, chicken noodle dinner	24	0	0	507	110	501	344	904	10	40

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PHOSPHORUS	215	BF, macaroni, tomato and beef	24	0	0	391	58	394	283	559	10	40
PHOSPHORUS	216	BF, turkey and rice	24	0	0	358	26	367	300	407	10	40
PHOSPHORUS	218	BF, carrots	24	0	0	246	41	249	172	339	10	40
PHOSPHORUS	219	BF, green beans	24	0	0	307	51	312	208	383	10	40
PHOSPHORUS	220	BF, mixed vegetables	24	0	0	319	38	315	261	385	10	40
PHOSPHORUS	221	BF, sweet potatoes	24	0	0	253	21	256	206	286	10	40
PHOSPHORUS	223	BF, peas	24	0	0	576	75	596	434	702	10	40
PHOSPHORUS	225	BF, applesauce	24	0	0	79	8	79	60	97	10	40
PHOSPHORUS	226	BF, peaches	24	0	0	272	29	279	221	337	10	40
PHOSPHORUS	227	BF, pears	24	0	0	125	14	126	89	148	10	40
PHOSPHORUS	230	BF, juice, apple	24	0	0	83	15	84	58	132	10	40
PHOSPHORUS	232	BF, custard/pudding	23	0	0	574	88	600	377	774	10	40
PHOSPHORUS	233	BF, fruit dessert/pudding	22	0	1	208	111	209	26	438	10	40
PHOSPHORUS	235	Yogurt, lowfat, fruit-flavored	24	0	0	1008	112	974	804	1230	10	40
PHOSPHORUS	236	Cheese, Swiss, natural	24	0	0	5682	353	5680	5100	6400	20	50
PHOSPHORUS	237	Cream cheese	24	0	0	1086	63	1085	931	1190	20	50
PHOSPHORUS	239	Luncheon meat, ham	24	0	0	2780	161	2750	2520	3190	10	40
PHOSPHORUS	240	Chicken breast, oven-roasted (skin removed)	24	0	0	2639	218	2600	2220	3110	10	40
PHOSPHORUS	241	Chicken nuggets, fast-food	24	0	0	3012	217	3025	2370	3440	10	40
PHOSPHORUS	244	Shrimp, boiled	24	0	0	1634	377	1540	1000	2310	20	40
PHOSPHORUS	248	Bread, multigrain (formerly cracked wheat)	24	0	0	1947	420	1920	1280	2820	10	40
PHOSPHORUS	249	Bagel, plain, toasted	24	0	0	1105	169	1080	898	1720	20	50
PHOSPHORUS	250	English muffin, plain, toasted	24	0	0	1284	366	1170	861	2080	20	40
PHOSPHORUS	251	Crackers, graham	24	0	0	1573	327	1485	1050	2100	10	40
PHOSPHORUS	252	Crackers, butter-type	24	0	0	2490	235	2545	1790	2810	10	40
PHOSPHORUS	254	Peach, canned in light/medium syrup	24	0	0	123	12	124	100	147	10	40
PHOSPHORUS	255	Pear, canned in light syrup	24	0	0	68	10	68	50	92	10	40
PHOSPHORUS	256	Pineapple juice, frozen concentrate, reconstituted	24	0	0	103	21	105	77	151	8	30

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PHOSPHORUS	257	Grape juice, frozen concentrate, reconstituted	24	0	0	105	35	95	55	174	8	30
PHOSPHORUS	258	French fries, fast-food	24	0	0	1489	203	1495	1200	1960	20	40
PHOSPHORUS	259	Carrot, fresh, peeled, boiled	24	0	0	289	61	290	172	431	10	40
PHOSPHORUS	261	Tomato juice, bottled	24	0	0	184	16	185	145	207	10	40
PHOSPHORUS	263	Brussels sprouts, fresh/frozen, boiled	24	0	0	581	56	579	449	667	10	40
PHOSPHORUS	264	Mushrooms, raw	24	0	0	891	89	877	777	1090	10	40
PHOSPHORUS	265	Eggplant, fresh, peeled, boiled	24	0	0	173	26	177	127	222	10	40
PHOSPHORUS	266	Turnip, fresh/frozen, boiled	24	0	0	320	46	311	268	420	10	40
PHOSPHORUS	267	Okra, fresh/frozen, boiled	24	0	0	342	69	340	140	484	10	40
PHOSPHORUS	268	Mixed vegetables, frozen, boiled	24	0	0	541	54	531	425	686	10	40
PHOSPHORUS	269	Beef stroganoff with noodles, homemade	24	0	0	1293	175	1330	963	1560	10	40
PHOSPHORUS	272	Tuna noodle casserole, homemade	24	0	0	1426	251	1430	837	2040	20	40
PHOSPHORUS	275	Quarter-pound cheeseburger on bun, fast-food	24	0	0	1762	134	1755	1480	1970	10	40
PHOSPHORUS	276	Fish sandwich on bun, fast-food	24	0	0	1435	107	1430	1250	1620	20	40
PHOSPHORUS	278	Egg, cheese, and ham on English muffin, fast-food	24	0	0	2254	131	2235	2030	2490	10	40
PHOSPHORUS	279	Taco/tostada with beef and cheese, from Mexican carry-out	24	0	0	2104	285	2060	1670	2770	10	40
PHOSPHORUS	281	Pizza, cheese and pepperoni, regular crust, from pizza carry-out	24	0	0	2417	271	2370	1940	2990	20	40
PHOSPHORUS	283	Soup, bean with bacon/pork, canned, condensed, prepared w/ water	24	0	0	694	73	690	521	825	10	40
PHOSPHORUS	285	Clam chowder, New England, canned, condensed, prepared with whole milk	24	0	0	714	105	725	337	868	20	40
PHOSPHORUS	286	Ice cream, regular (not lowfat), vanilla	24	0	0	986	131	992	775	1300	10	40
PHOSPHORUS	287	Sherbet, fruit-flavored	24	0	0	311	85	316	185	519	10	40

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PHOSPHORUS	288	Popsicle, fruit-flavored	24	1	17	32	28	22	0	98	10	40
PHOSPHORUS	290	Doughnut, cake-type, any flavor, from donut store	24	0	0	2081	278	2045	1620	2500	20	40
PHOSPHORUS	291	Brownie	24	0	0	1079	188	1070	765	1400	20	40
PHOSPHORUS	292	Sugar cookies	24	0	0	986	248	937	632	1740	20	40
PHOSPHORUS	293	Candy, hard, any flavor	24	12	6	32	47	12	0	167	20	40
PHOSPHORUS	294	Pretzels, hard, salted	24	0	0	1267	110	1250	1100	1540	20	40
PHOSPHORUS	295	Syrup, chocolate	24	0	0	696	113	679	596	1160	20	40
PHOSPHORUS	296	Jelly, any flavor	24	0	0	75	12	78	55	94	20	40
PHOSPHORUS	298	Mustard, yellow, plain	24	0	0	1200	65	1200	1050	1310	10	40
PHOSPHORUS	299	Black olives	24	0	5	50	12	50	28	75	10	40
PHOSPHORUS	300	Sour cream	24	0	0	1102	244	1070	792	1620	10	40
PHOSPHORUS	305	Coffee, from ground	24	0	20	23	9	24	9	41	8	30
PHOSPHORUS	306	Carbonated beverage, fruit-flavored, regular	24	16	7	7	12	0	0	45	8	30
PHOSPHORUS	307	Fruit drink (10% juice), canned or bottled	24	1	18	32	42	14	0	166	8	30
PHOSPHORUS	309	BF, Infant formula, soy-based, RTF	24	0	0	532	37	533	452	584	10	40
PHOSPHORUS	313	BF, bananas	24	0	0	220	22	227	166	258	10	40
PHOSPHORUS	317	BF, teething biscuits	23	0	0	2234	1067	1710	1260	5440	10	40
PHOSPHORUS	318	Salmon, steaks/fillets, baked	24	0	0	2636	268	2620	2170	3070	20	40
PHOSPHORUS	320	BF, squash	24	0	0	299	72	288	168	500	10	40
PHOSPHORUS	323	BF, cereal, oatmeal, dry, prepared with water	24	0	0	1592	273	1600	1100	2180	10	40
PHOSPHORUS	324	BF, cereal, rice, dry, prepared with water	24	0	0	1397	379	1220	747	2380	10	40
PHOSPHORUS	325	BF, cereal, rice with apples, dry, prepared with water	13	0	0	1226	239	1310	866	1600	10	40
PHOSPHORUS	326	BF, veal and broth/gravy	17	0	0	886	178	898	627	1140	10	40
PHOSPHORUS	327	BF, lamb and broth/gravy	17	0	0	772	96	772	636	928	10	40
PHOSPHORUS	328	BF, turkey and broth/gravy	24	0	0	1167	99	1160	966	1370	10	40



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PHOSPHORUS	331	Meal replacement, liquid RTD, any flavor	24	0	0	1337	196	1320	1080	1870	10	40
PHOSPHORUS	332	Cottage cheese, creamed, lowfat (2% milk fat)	24	0	0	1650	158	1640	1360	2110	10	40
PHOSPHORUS	333	Sour cream dip, any flavor	24	0	0	1093	230	1090	678	1480	10	40
PHOSPHORUS	334	Beef steak, loin/sirloin, broiled	24	0	0	2355	265	2270	2030	3040	10	40
PHOSPHORUS	335	Luncheon meat (chicken/turkey)	24	0	0	2567	253	2565	2110	3090	10	40
PHOSPHORUS	336	Chicken breast, fried, fast-food (with skin)	24	0	0	2653	254	2665	2230	3350	10	40
PHOSPHORUS	337	Chicken thigh, oven-roasted (skin removed)	24	0	0	2342	557	2280	1740	4510	10	40
PHOSPHORUS	338	Chicken leg, fried, fast-food (with skin)	24	0	0	2295	273	2260	1900	2910	10	40
PHOSPHORUS	339	Catfish, pan-cooked with oil	24	0	0	2082	225	2015	1790	2820	12	40
PHOSPHORUS	340	Tuna, canned in water, drained	24	0	0	1624	253	1635	1240	2070	12	40
PHOSPHORUS	341	Refried beans, canned	24	0	0	1064	103	1075	825	1290	12	40
PHOSPHORUS	342	White beans, dry, boiled	24	0	0	1809	147	1790	1620	2140	10	40
PHOSPHORUS	343	Sunflower seeds (shelled), roasted, salted	24	0	0	7051	435	6965	6450	8120	14	50
PHOSPHORUS	344	Pancakes, frozen, heated	24	0	0	2665	379	2585	2170	3880	10	40
PHOSPHORUS	345	Breakfast tart/toaster pastry	24	0	0	885	167	843	675	1290	12	40
PHOSPHORUS	346	Macaroni salad, from grocery/deli	24	0	0	468	51	466	386	603	14	50
PHOSPHORUS	347	Spaghetti, enriched, boiled	24	0	0	686	96	678	512	952	10	40
PHOSPHORUS	348	Apricots, canned in heavy/light syrup	24	0	0	115	14	111	92	148	8	30
PHOSPHORUS	350	canned/bottled	24	0	0	82	22	82	47	128	8	30
PHOSPHORUS	351	Cranberry juice cocktail, canned/bottled	24	0	19	18	14	11	8	49	8	30
PHOSPHORUS	352	Orange juice, bottled/carton	24	0	0	231	80	192	167	458	8	30
PHOSPHORUS	353	Potato salad, mayonnaise-type, from grocery/deli	24	0	0	507	71	505	397	639	14	50

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PHOSPHORUS	354	Potatoes, mashed, prepared from fresh	24	0	0	508	60	506	414	655	9	30
PHOSPHORUS	355	Coleslaw, mayonnaise-type, from grocery/deli	24	0	0	246	28	249	191	292	14	50
PHOSPHORUS	356	Carrot, baby, raw	24	0	0	281	48	272	193	405	10	40
PHOSPHORUS	357	Lettuce, leaf, raw	24	0	0	306	38	319	221	357	8	30
PHOSPHORUS	358	Sweet potatoes, canned	24	0	0	193	21	191	150	239	10	40
PHOSPHORUS	359	Tomato salsa, bottled	24	0	0	328	37	333	214	389	9	30
PHOSPHORUS	360	Stew, beef and vegetable, canned	23	0	0	464	60	468	323	603	10	40
PHOSPHORUS	361	Lasagna with meat, frozen, heated	24	0	0	1180	112	1185	909	1330	10	40
PHOSPHORUS	362	Beef with vegetables in sauce, from Chinese carry-out	24	0	0	765	147	764	510	1040	10	40
PHOSPHORUS	363	Chicken with vegetables in sauce, from Chinese carry-out	24	0	0	786	134	766	567	1100	10	40
PHOSPHORUS	364	Fried rice, meatless, from Chinese carry-out	24	0	0	540	99	529	382	808	10	40
PHOSPHORUS	365	Burrito with beef, beans and cheese, from Mexican carry-out	24	0	0	1755	155	1740	1510	2210	10	40
PHOSPHORUS	366	Chicken filet (broiled) sandwich on bun, fast-food	24	0	0	1937	318	1845	1590	3170	10	40
PHOSPHORUS	367	Soup, Oriental noodles (ramen noodles), prepared with water	24	0	0	295	114	242	179	546	10	40
PHOSPHORUS	368	Pudding, ready-to-eat, flavor other than chocolate	24	0	0	460	131	433	254	736	10	40
PHOSPHORUS	369	Cake, white with icing (formerly yellow cake)	24	0	0	1295	158	1280	1060	1580	12	40
PHOSPHORUS	370	Granola bar, with raisins	24	0	0	1866	241	1815	1610	2490	12	40
PHOSPHORUS	371	Candy bar, chocolate, nougat, and nuts	24	0	0	1685	129	1720	1410	1960	12	40
PHOSPHORUS	372	Popcorn, microwave, butter-flavored	24	0	0	2399	540	2435	1500	3320	14	50
PHOSPHORUS	373	Sweet & sour sauce	24	0	0	145	66	140	47	316	10	40

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PHOSPHORUS	374	Brown gravy, canned or bottled	24	0	0	208	41	205	139	278	10	40
PHOSPHORUS	375	Salad dressing, creamy/buttermilk type, regular	24	0	0	1993	578	1980	672	3050	12	40
PHOSPHORUS	376	Salad dressing, creamy/buttermilk type, low-calorie	24	0	0	2538	957	2580	432	4410	12	40
PHOSPHORUS	377	Salad dressing, Italian, regular	24	0	0	184	137	146	94	686	12	40
PHOSPHORUS	378	Olive oil	24	24	0	0	0	0	0	0	12	40
PHOSPHORUS	379	Vegetable oil	24	24	0	0	0	0	0	0	12	40
PHOSPHORUS	380	Bottled drinking water (mineral/spring), not carbonated or flavored	24	24	0	0	0	0	0	0	2	10
PHOSPHORUS	381	Coffee, decaffeinated, from ground	24	0	4	30	13	28	9	67	4	20
PHOSPHORUS	382	Tea, decaffeinated, from tea bag	24	3	20	7	4	7	0	20	4	20

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POTASSIUM	1	Milk, whole, fluid	24	0	0	1476	55	1465	1390	1620	8	30
POTASSIUM	2	Milk, lowfat (2%), fluid	24	0	0	1513	63	1490	1430	1650	8	30
POTASSIUM	3	Milk, chocolate, lowfat, fluid	24	0	0	1683	121	1670	1470	1900	8	30
POTASSIUM	4	Milk, skim, fluid	24	0	0	1526	66	1520	1390	1680	8	30
POTASSIUM	7	Milk shake, chocolate, fast-food	24	0	0	2046	188	2040	1660	2370	8	30
POTASSIUM	10	Cheese, American, processed	24	0	0	2235	467	2120	1340	3250	10	40
POTASSIUM	12	Cheese, cheddar, natural (sharp/mild)	24	0	0	1051	83	1070	855	1160	10	40
POTASSIUM	13	Beef, ground, regular, pan-cooked	24	0	0	3543	496	3570	2510	4320	8	30
POTASSIUM	14	Beef roast, chuck, oven-roasted	24	0	0	3499	992	3185	2590	7160	8	30
POTASSIUM	17	Ham, cured (not canned), baked	24	0	0	4786	1252	4415	3290	8070	8	30
POTASSIUM	18	Pork chop, pan-cooked with oil	24	0	0	5147	1046	4930	3770	7980	8	30
POTASSIUM	19	Pork sausage (link/patty), oven-cooked	24	0	0	3467	334	3400	2750	4100	10	40
POTASSIUM	20	Pork bacon, oven-cooked	24	0	0	5465	683	5300	4320	7710	10	40
POTASSIUM	21	Pork roast, loin, oven-roasted	24	0	0	4767	898	4735	3310	6720	10	40
POTASSIUM	22	Lamb chop, pan-cooked with oil	24	0	0	3448	311	3365	2820	4090	10	40
POTASSIUM	26	Turkey breast, oven-roasted	24	0	0	3909	824	3765	3190	7080	8	30
POTASSIUM	27	Liver (beef/calf), pan-cooked with oil	24	0	0	3408	176	3360	3100	3700	8	30
POTASSIUM	28	Frankfurter (beef/pork), boiled	24	0	0	2764	1105	2570	1320	4860	10	40
POTASSIUM	29	Bologna (beef/pork)	24	0	0	3415	1045	3565	1630	5650	10	40
POTASSIUM	30	Salami, luncheon-meat type (not hard)	24	0	0	3775	860	3595	2300	5910	10	40
POTASSIUM	34	Fish sticks or patty, frozen, oven-cooked	24	0	0	2206	212	2225	1790	2580	9	30
POTASSIUM	35	Eggs, scrambled with oil	24	0	0	1385	92	1390	1190	1570	8	30
POTASSIUM	37	Eggs, boiled	24	0	0	1212	71	1210	979	1340	8	30
POTASSIUM	38	Pinto beans, dry, boiled	24	0	0	4477	403	4545	3610	4980	8	30
POTASSIUM	39	Pork and beans, canned	24	0	0	2549	297	2495	2010	3310	8	30
POTASSIUM	42	Lima beans, immature, frozen, boiled	24	0	0	3078	277	3060	2730	3810	8	30
POTASSIUM	46	Peas, green, fresh/frozen, boiled	24	0	0	1090	176	1100	669	1360	8	30

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POTASSIUM	47	Peanut butter, smooth/creamy	24	0	0	6531	411	6505	5890	7290	10	40
POTASSIUM	48	Peanuts, dry roasted, salted	24	0	0	6830	396	6900	6060	7430	10	40
POTASSIUM	50	Rice, white, enriched, cooked	24	0	0	244	44	247	134	303	8	30
POTASSIUM	51	Oatmeal, plain, cooked	24	0	0	676	123	663	487	983	8	30
POTASSIUM	52	Cream of wheat (farina), enriched, cooked	24	0	0	246	74	224	162	488	8	30
POTASSIUM	53	Corn/hominy grits, enriched, cooked	24	0	0	298	69	288	201	445	8	30
POTASSIUM	54	Corn, fresh/frozen, boiled	24	0	0	1700	274	1640	1260	2210	8	30
POTASSIUM	55	Corn, canned	24	0	0	1428	155	1435	1070	1900	8	30
POTASSIUM	58	Bread, white, enriched	24	0	0	1352	133	1325	1100	1610	10	40
POTASSIUM	60	Cornbread, homemade	24	0	0	1460	160	1425	1230	1910	8	30
POTASSIUM	61	Biscuits, refrigerated-type, baked	24	0	0	3115	1785	2275	1060	6600	8	30
POTASSIUM	62	Bread, whole wheat	24	0	0	2484	211	2475	2210	2970	8	30
POTASSIUM	63	Tortilla, flour	24	0	0	1578	322	1550	1110	2450	9	30
POTASSIUM	64	Bread, rye	24	0	0	1731	216	1650	1460	2200	8	30
POTASSIUM	65	Muffin, blueberry	24	0	0	1165	170	1160	882	1450	8	30
POTASSIUM	66	Crackers, saltine	24	0	0	1785	261	1720	1600	2940	8	30
POTASSIUM	67	Corn/tortilla chips	24	0	0	2060	155	2055	1780	2410	8	30
POTASSIUM	69	Noodles, egg, enriched, boiled	24	0	0	435	72	440	289	582	10	40
POTASSIUM	71	Corn flakes cereal	24	0	0	1164	123	1155	925	1410	8	30
POTASSIUM	72	Fruit-flavored cereal, presweetened	24	0	0	1316	202	1280	981	1720	8	30
POTASSIUM	73	Shredded wheat cereal	24	0	0	3469	206	3490	3170	3850	8	30
POTASSIUM	74	Raisin bran cereal	24	0	0	5743	409	5775	4810	6440	8	30
POTASSIUM	75	Crisped rice cereal	24	0	0	1430	199	1405	1150	2130	8	30
POTASSIUM	76	Granola with raisins	24	0	0	3592	324	3585	3020	4190	8	30
POTASSIUM	77	Oat ring cereal	24	0	0	5868	893	5980	4280	7980	8	30
POTASSIUM	78	Apple (red), raw (with peel)	24	0	0	980	110	972	835	1230	8	30
POTASSIUM	79	Orange (navel/Valencia), raw	24	0	0	1675	152	1665	1370	2030	6	20
POTASSIUM	80	Banana, raw	24	0	0	3520	221	3525	3000	4040	6	20
POTASSIUM	81	Watermelon, raw/frozen	24	0	0	1271	224	1295	746	1750	6	20
POTASSIUM	83	Peach, raw/frozen	24	0	0	1882	163	1850	1610	2280	6	20

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POTASSIUM	84	Applesauce, bottled	24	0	0	729	99	722	551	960	6	20
POTASSIUM	85	Pear, raw (with peel)	24	0	0	1193	116	1180	1020	1410	6	20
POTASSIUM	86	Strawberries, raw/frozen	24	0	0	1610	157	1640	1300	2000	6	20
POTASSIUM	87	Fruit cocktail, canned in light syrup	24	0	0	956	164	914	635	1320	8	30
POTASSIUM	88	Grapes (red/green), raw	24	0	0	1941	222	1975	1480	2320	6	20
POTASSIUM	89	Cantaloupe, raw/frozen	24	0	0	2703	334	2705	1880	3380	6	20
POTASSIUM	92	Grapefruit, raw	24	0	0	1421	143	1435	1150	1680	6	20
POTASSIUM	93	Pineapple, canned in juice	24	0	0	1183	215	1135	879	1620	8	30
POTASSIUM	95	Raisins	24	0	0	7294	613	7350	6120	8290	10	40
POTASSIUM	97	Avocado, raw	24	0	0	5283	1088	5420	2270	6980	10	40
POTASSIUM	98	Orange juice, frozen concentrate, reconstituted	24	0	0	1821	163	1810	1430	2100	6	20
POTASSIUM	99	Apple juice, bottled	24	0	0	974	105	1010	825	1140	6	20
POTASSIUM	100	Grapefruit juice, bottled	23	0	0	1416	214	1500	920	1810	6	20
POTASSIUM	103	Prune juice, bottled	24	0	0	2460	274	2465	1870	3030	6	20
POTASSIUM	105	Lemonade, frozen concentrate, reconstituted	24	0	0	229	31	232	176	304	6	20
POTASSIUM	107	Spinach, fresh/frozen, boiled	24	0	0	2053	451	2115	1200	2910	6	20
POTASSIUM	108	Collards, fresh/frozen, boiled	24	0	0	1384	279	1375	909	1820	6	20
POTASSIUM	109	Lettuce, iceberg, raw	24	0	0	1605	236	1635	991	1920	6	20
POTASSIUM	110	Cabbage, fresh, boiled	24	0	0	1114	201	1125	663	1540	6	20
POTASSIUM	113	Broccoli, fresh/frozen, boiled	24	0	0	1629	230	1585	1220	2150	8	30
POTASSIUM	114	Celery, raw	24	0	0	2573	327	2545	1970	3320	8	30
POTASSIUM	115	Asparagus, fresh/frozen, boiled	24	0	0	1834	273	1800	1320	2400	8	30
POTASSIUM	116	Cauliflower, fresh/frozen, boiled	24	0	0	1569	325	1580	925	2310	8	30
POTASSIUM	117	Tomato, raw	24	0	0	2267	184	2220	1990	2680	8	30
POTASSIUM	119	Tomato sauce, plain, bottled	24	0	0	3334	428	3370	2130	3990	8	30
POTASSIUM	121	Green beans, fresh/frozen, boiled	24	0	0	1633	351	1660	942	2420	8	30
POTASSIUM	122	Green beans, canned	24	0	0	1010	106	1004	784	1220	8	30
POTASSIUM	123	Cucumber, peeled, raw	24	0	0	1334	193	1365	897	1660	8	30

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POTASSIUM	124	Summer squash, fresh/frozen, boiled	24	0	0	1564	280	1650	986	1930	8	30
POTASSIUM	125	Pepper, sweet, green, raw	24	0	0	1605	160	1580	1400	1990	8	30
POTASSIUM	126	Squash, winter (Hubbard/acorn), fresh/frozen, boiled	23	0	0	2906	454	2710	2250	3760	8	30
POTASSIUM	128	Onion, mature, raw	24	0	0	1330	204	1360	917	1690	8	30
POTASSIUM	131	Beets, canned	24	0	0	1619	218	1650	1150	2030	8	30
POTASSIUM	136	Potato, boiled (without peel)	24	0	0	2649	311	2675	1940	3330	7	30
POTASSIUM	137	Potato, baked (with peel)	24	0	0	4531	418	4595	3220	5020	7	30
POTASSIUM	138	Potato chips	24	0	0	12704	1722	12000	10500	17200	9	30
POTASSIUM	142	Spaghetti with meat sauce, homemade	24	0	0	1847	251	1780	1480	2380	8	30
POTASSIUM	145	Chili con carne with beans, canned	24	0	0	3046	369	2985	2510	3890	8	30
POTASSIUM	146	Macaroni and cheese, prepared from box mix	24	0	0	1158	207	1195	799	1640	9	30
POTASSIUM	147	Quarter-pound hamburger on bun, fast-food	24	0	0	2250	144	2255	2010	2510	8	30
POTASSIUM	148	Meatloaf, beef, homemade	24	0	0	2880	253	2930	2440	3460	8	30
POTASSIUM	152	Chicken potpie, frozen, heated	24	0	0	1342	144	1315	1090	1600	7	30
POTASSIUM	155	Soup, chicken noodle, canned, condensed, prepared with water	24	0	0	511	321	302	204	1140	7	30
POTASSIUM	156	Soup, tomato, canned, condensed, prepared with water	24	0	0	1821	715	1500	1080	3660	7	30
POTASSIUM	157	Soup, vegetable beef, canned, condensed, prepared with water	24	0	0	1175	256	1100	966	2130	7	30
POTASSIUM	161	Dill cucumber pickles	24	0	0	1089	186	1100	751	1460	8	30
POTASSIUM	162	Margarine, regular (not lowfat), salted	24	0	0	302	93	306	134	447	9	30
POTASSIUM	164	Butter, regular (not lowfat), salted	24	0	0	348	43	347	258	487	9	30
POTASSIUM	166	Mayonnaise, regular, bottled	24	0	0	141	22	138	100	180	10	40
POTASSIUM	167	Cream, half & half	24	0	0	1384	75	1375	1270	1550	8	30

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POTASSIUM	168	Cream substitute, non-dairy, liquid/frozen	24	0	0	1468	230	1500	951	1760	8	30
POTASSIUM	169	Sugar, white, granulated	24	1	22	20	7	20	0	33	9	30
POTASSIUM	170	Syrup, pancake	24	3	2	131	160	103	0	765	9	30
POTASSIUM	172	Honey	24	0	0	325	79	306	218	507	9	30
POTASSIUM	173	Tomato catsup	24	0	0	3399	277	3370	2880	3890	7	30
POTASSIUM	177	Ice cream, light, vanilla	24	0	0	2120	172	2130	1810	2480	8	30
POTASSIUM	178	Cake, chocolate with icing	24	0	0	2490	389	2390	1810	3540	10	40
POTASSIUM	182	Sweet roll/Danish pastry	24	0	0	1262	148	1225	1080	1710	10	40
POTASSIUM	183	Chocolate chip cookies	24	0	0	1852	165	1880	1550	2180	9	30
POTASSIUM	184	Sandwich cookies with creme filling	24	0	0	1675	355	1700	962	2430	9	30
POTASSIUM	185	Pie, apple, fresh/frozen	24	0	0	911	86	898	728	1060	9	30
POTASSIUM	186	Pie, pumpkin, fresh/frozen	24	0	0	2014	286	1945	1550	2530	9	30
POTASSIUM	187	Candy bar, milk chocolate, plain	24	0	0	4202	168	4200	3920	4540	9	30
POTASSIUM	190	Gelatin dessert, any flavor	24	14	9	16	57	0	0	282	8	30
POTASSIUM	191	Carbonated beverage, cola, regular	24	5	17	15	13	12	0	51	7	30
POTASSIUM	193	Fruit drink, from powder	24	17	1	24	51	0	0	221	6	20
POTASSIUM	194	Carbonated beverage, cola, low-calorie	24	0	0	91	26	90	48	155	6	20
POTASSIUM	197	Tea, from tea bag	24	0	0	84	28	80	44	142	3	10
POTASSIUM	198	Beer	24	0	0	242	68	230	159	484	5	20
POTASSIUM	199	Wine, dry table, red/white	24	0	0	864	223	850	541	1300	5	20
POTASSIUM	202	BF, Infant formula, milk-based, iron fortified, RTF (formerly high iron)	24	0	0	854	86	842	735	1090	8	30
POTASSIUM	203	BF, Infant formula, milk-based, low iron, RTF	10	0	0	874	82	870	777	1010	8	30
POTASSIUM	205	BF, beef and broth/gravy	24	0	0	1763	126	1760	1510	1920	8	30
POTASSIUM	207	BF, chicken and broth/gravy	24	0	0	1487	174	1450	1140	1920	8	30
POTASSIUM	211	BF, vegetables and beef	24	0	0	1673	217	1660	1140	2110	8	30
POTASSIUM	212	BF, vegetables and chicken	24	0	0	1608	136	1600	1330	1930	8	30
POTASSIUM	213	BF, vegetables and ham	4	0	0	1553	136	1545	1400	1720	8	30
POTASSIUM	214	BF, chicken noodle dinner	24	0	0	1528	392	1510	681	2540	8	30



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POTASSIUM	215	BF, macaroni, tomato and beef	24	0	0	1957	352	2020	1320	2620	8	30
POTASSIUM	216	BF, turkey and rice	24	0	0	1283	446	1195	707	2220	8	30
POTASSIUM	218	BF, carrots	24	0	0	2315	433	2250	1540	3140	8	30
POTASSIUM	219	BF, green beans	24	0	0	1730	294	1720	956	2190	8	30
POTASSIUM	220	BF, mixed vegetables	24	0	0	1798	251	1845	1430	2380	8	30
POTASSIUM	221	BF, sweet potatoes	24	0	0	2968	393	2985	2280	3860	8	30
POTASSIUM	223	BF, peas	24	0	0	982	142	962	678	1380	8	30
POTASSIUM	225	BF, applesauce	24	0	0	849	59	857	705	943	8	30
POTASSIUM	226	BF, peaches	24	0	0	2582	283	2525	2020	3250	8	30
POTASSIUM	227	BF, pears	24	0	0	1213	167	1250	990	1530	8	30
POTASSIUM	230	BF, juice, apple	24	0	0	1041	161	993	846	1590	8	30
POTASSIUM	232	BF, custard/pudding	23	0	0	1726	720	1980	636	2510	8	30
POTASSIUM	233	BF, fruit dessert/pudding	22	0	0	1277	562	1300	357	3190	8	30
POTASSIUM	235	Yogurt, lowfat, fruit-flavored	24	0	0	1664	176	1680	1250	2030	8	30
POTASSIUM	236	Cheese, Swiss, natural	24	0	0	959	146	919	815	1480	10	40
POTASSIUM	237	Cream cheese	24	0	0	1513	180	1510	1050	1920	10	40
POTASSIUM	239	Luncheon meat, ham	24	0	0	4837	1216	4670	2910	7210	8	30
POTASSIUM	240	Chicken breast, oven-roasted (skin removed)	24	0	0	3773	335	3810	3170	4580	8	30
POTASSIUM	241	Chicken nuggets, fast-food	24	0	0	2929	256	2915	2460	3680	8	30
POTASSIUM	244	Shrimp, boiled	24	0	0	455	262	376	143	1110	9	30
POTASSIUM	248	Bread, multigrain (formerly cracked wheat)	24	0	0	2196	352	2175	1540	2750	8	30
POTASSIUM	249	Bagel, plain, toasted	24	0	0	1285	110	1265	1050	1560	10	40
POTASSIUM	250	English muffin, plain, toasted	24	0	0	1369	168	1340	1130	1780	9	30
POTASSIUM	251	Crackers, graham	24	0	0	1892	293	1860	1370	2630	8	30
POTASSIUM	252	Crackers, butter-type	24	0	0	1187	72	1175	1060	1310	8	30
POTASSIUM	254	Peach, canned in light/medium syrup	24	0	0	1048	133	1020	778	1410	8	30
POTASSIUM	255	Pear, canned in light syrup	24	0	0	652	100	629	523	888	8	30
POTASSIUM	256	Pineapple juice, frozen concentrate, reconstituted	24	0	0	1614	231	1605	1080	2120	6	20

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POTASSIUM	257	Grape juice, frozen concentrate, reconstituted	24	0	0	375	96	371	212	534	6	20
POTASSIUM	258	French fries, fast-food	24	0	0	6138	656	6235	4570	7150	9	30
POTASSIUM	259	Carrot, fresh, peeled, boiled	24	0	0	2050	449	2130	952	2810	8	30
POTASSIUM	261	Tomato juice, bottled	24	0	0	2385	455	2225	1860	3390	8	30
POTASSIUM	263	Brussels sprouts, fresh/frozen, boiled	24	0	0	2984	276	2935	2540	3720	8	30
POTASSIUM	264	Mushrooms, raw	24	0	0	3328	258	3315	2960	4070	8	30
POTASSIUM	265	Eggplant, fresh, peeled, boiled	24	0	0	1280	230	1315	878	1710	8	30
POTASSIUM	266	Turnip, fresh/frozen, boiled	24	0	0	2024	332	2000	1410	2580	8	30
POTASSIUM	267	Okra, fresh/frozen, boiled	24	0	0	1261	332	1265	386	1950	8	30
POTASSIUM	268	Mixed vegetables, frozen, boiled	24	0	0	1425	142	1405	1240	1670	8	30
POTASSIUM	269	Beef stroganoff with noodles, homemade	24	0	0	1770	384	1705	1090	2890	8	30
POTASSIUM	272	Tuna noodle casserole, homemade	24	0	0	1436	166	1390	1190	1990	9	30
POTASSIUM	275	Quarter-pound cheeseburger on bun, fast-food	24	0	0	2302	133	2315	2030	2580	8	30
POTASSIUM	276	Fish sandwich on bun, fast-food	24	0	0	2210	144	2240	1790	2440	9	30
POTASSIUM	278	Egg, cheese, and ham on English muffin, fast-food	24	0	0	1801	132	1790	1620	2020	8	30
POTASSIUM	279	Taco/tostada with beef and cheese, from Mexican carry-out	24	0	0	2347	276	2315	1960	3090	8	30
POTASSIUM	281	Pizza, cheese and pepperoni, regular crust, from pizza carry-out	24	0	0	2132	164	2130	1790	2450	9	30
POTASSIUM	283	Soup, bean with bacon/pork, canned, condensed, prepared w/ water	24	0	0	1833	196	1880	1280	2100	8	30
POTASSIUM	285	Clam chowder, New England, canned, condensed, prepared with whole milk	24	0	0	1720	653	1490	1070	3410	9	30
POTASSIUM	286	Ice cream, regular (not lowfat), vanilla	24	0	0	1824	201	1835	1340	2180	8	30
POTASSIUM	287	Sherbet, fruit-flavored	24	0	0	677	167	669	459	1150	8	30

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POTASSIUM	288	Popsicle, fruit-flavored	24	0	2	154	87	142	15	312	8	30
POTASSIUM	290	Doughnut, cake-type, any flavor, from donut store	24	0	0	1449	217	1415	1070	1970	9	30
POTASSIUM	291	Brownie	24	0	0	2622	586	2665	1580	3420	9	30
POTASSIUM	292	Sugar cookies	24	0	0	973	143	926	764	1240	9	30
POTASSIUM	293	Candy, hard, any flavor	24	6	7	103	174	26	0	616	9	30
POTASSIUM	294	Pretzels, hard, salted	24	0	0	2066	438	1955	1610	3790	9	30
POTASSIUM	295	Syrup, chocolate	24	0	0	2062	395	1940	1740	3390	9	30
POTASSIUM	296	Jelly, any flavor	24	0	0	424	137	420	237	682	9	30
POTASSIUM	298	Mustard, yellow, plain	24	0	0	1581	68	1575	1470	1760	8	30
POTASSIUM	299	Black olives	24	0	0	103	44	103	39	226	8	30
POTASSIUM	300	Sour cream	24	0	0	1484	127	1470	1320	1850	8	30
POTASSIUM	305	Coffee, from ground	24	0	0	330	127	315	131	618	6	20
POTASSIUM	306	Carbonated beverage, fruit-flavored, regular	24	3	1	58	62	38	0	249	6	20
POTASSIUM	307	Fruit drink (10% juice), canned or bottled	25	0	0	154	67	137	88	419	6	20
POTASSIUM	309	BF, Infant formula, soy-based, RTF	24	0	0	919	179	884	794	1730	8	30
POTASSIUM	313	BF, bananas	24	0	0	3179	260	3200	2730	3720	8	30
POTASSIUM	317	BF, teething biscuits	23	0	0	3003	476	2960	2230	4080	8	30
POTASSIUM	318	Salmon, steaks/fillets, baked	24	0	0	3773	389	3690	3230	4600	9	30
POTASSIUM	320	BF, squash	24	0	0	2472	436	2455	1560	3390	8	30
POTASSIUM	323	BF, cereal, oatmeal, dry, prepared with water	24	0	0	699	70	685	559	827	8	30
POTASSIUM	324	BF, cereal, rice, dry, prepared with water	24	0	0	279	57	283	112	408	8	30
POTASSIUM	325	BF, cereal, rice with apples, dry, prepared with water	13	0	0	578	193	487	356	1070	8	30
POTASSIUM	326	BF, veal and broth/gravy	17	0	0	1389	392	1320	882	1920	8	30
POTASSIUM	327	BF, lamb and broth/gravy	17	0	0	1134	189	1060	851	1400	8	30
POTASSIUM	328	BF, turkey and broth/gravy	24	0	0	1470	133	1470	1170	1680	8	30

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POTASSIUM	331	Meal replacement, liquid RTD, any flavor	24	0	0	1682	201	1660	1240	2040	8	30
POTASSIUM	332	Cottage cheese, creamed, lowfat (2% milk fat)	24	0	0	1251	140	1265	995	1460	8	30
POTASSIUM	333	Sour cream dip, any flavor	24	0	0	1979	236	1920	1590	2500	8	30
POTASSIUM	334	Beef steak, loin/sirloin, broiled	24	0	0	3822	822	3480	2900	5840	8	30
POTASSIUM	335	Luncheon meat (chicken/turkey)	24	0	0	4022	1215	3975	2400	6670	8	30
POTASSIUM	336	Chicken breast, fried, fast-food (with skin)	24	0	0	3302	276	3270	2540	3930	8	30
POTASSIUM	337	Chicken thigh, oven-roasted (skin removed)	24	0	0	3145	498	3040	2560	4410	8	30
POTASSIUM	338	Chicken leg, fried, fast-food (with skin)	24	0	0	2931	176	2915	2590	3320	8	30
POTASSIUM	339	Catfish, pan-cooked with oil	24	0	0	3455	192	3445	3150	3840	9	30
POTASSIUM	340	Tuna, canned in water, drained	24	0	0	2119	246	2130	1650	2490	9	30
POTASSIUM	341	Refried beans, canned	24	0	0	3538	364	3540	2750	4260	9	30
POTASSIUM	342	White beans, dry, boiled	24	0	0	4614	544	4560	3780	6290	8	30
POTASSIUM	343	Sunflower seeds (shelled), roasted, salted	24	0	0	7078	450	7200	6190	8030	10	40
POTASSIUM	344	Pancakes, frozen, heated	24	0	0	1440	399	1325	867	2460	8	30
POTASSIUM	345	Breakfast tart/toaster pastry	24	0	0	1011	224	917	761	1630	9	30
POTASSIUM	346	Macaroni salad, from grocery/deli	24	0	0	624	98	610	447	908	10	40
POTASSIUM	347	Spaghetti, enriched, boiled	24	0	0	469	104	485	284	709	8	30
POTASSIUM	348	Apricots, canned in heavy/light syrup	24	0	0	1360	125	1340	1160	1610	6	20
POTASSIUM	350	canned/bottled	24	0	0	812	213	796	490	1420	6	20
POTASSIUM	351	Cranberry juice cocktail, canned/bottled	24	0	0	211	80	179	145	478	6	20
POTASSIUM	352	Orange juice, bottled/carton	24	0	0	1811	102	1790	1680	2140	6	20
POTASSIUM	353	Potato salad, mayonnaise-type, from grocery/deli	24	0	0	2968	233	2950	2550	3500	10	40

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POTASSIUM	354	Potatoes, mashed, prepared from fresh	24	0	0	2525	186	2510	2160	2900	7	30
POTASSIUM	355	Coleslaw, mayonnaise-type, from grocery/deli	24	0	0	1662	162	1655	1340	1980	10	40
POTASSIUM	356	Carrot, baby, raw	24	0	0	2229	340	2260	1490	2730	8	30
POTASSIUM	357	Lettuce, leaf, raw	24	0	0	2614	431	2545	1920	3600	6	20
POTASSIUM	358	Sweet potatoes, canned	24	0	0	1915	296	1875	1520	2690	8	30
POTASSIUM	359	Tomato salsa, bottled	24	0	0	2943	215	2955	2630	3390	7	30
POTASSIUM	360	Stew, beef and vegetable, canned	23	0	0	1790	231	1780	1270	2340	8	30
POTASSIUM	361	Lasagna with meat, frozen, heated	24	0	0	1982	186	1990	1630	2370	8	30
POTASSIUM	362	Beef with vegetables in sauce, from Chinese carry-out	24	0	0	2100	296	2095	1380	2590	8	30
POTASSIUM	363	Chicken with vegetables in sauce, from Chinese carry-out	24	0	0	2005	270	1920	1560	2490	8	30
POTASSIUM	364	Fried rice, meatless, from Chinese carry-out	24	0	0	840	161	810	553	1150	8	30
POTASSIUM	365	Burrito with beef, beans and cheese, from Mexican carry-out	24	0	0	2629	232	2645	2250	3150	8	30
POTASSIUM	366	Chicken filet (broiled) sandwich on bun, fast-food	24	0	0	2454	223	2410	2120	3100	8	30
POTASSIUM	367	Soup, Oriental noodles (ramen noodles), prepared with water	24	0	0	403	129	423	140	594	8	30
POTASSIUM	368	Pudding, ready-to-eat, flavor other than chocolate	24	0	0	650	192	616	401	1270	8	30
POTASSIUM	369	Cake, white with icing (formerly yellow cake)	24	0	0	769	185	701	561	1230	9	30
POTASSIUM	370	Granola bar, with raisins	24	0	0	2553	304	2485	2000	3120	9	30
POTASSIUM	371	Candy bar, chocolate, nougat, and nuts	24	0	0	2944	151	2920	2630	3270	9	30
POTASSIUM	372	Popcorn, microwave, butter-flavored	24	0	0	2517	550	2580	1630	3390	10	40
POTASSIUM	373	Sweet & sour sauce	24	0	0	1035	357	1022	319	1770	8	30

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POTASSIUM	374	Brown gravy, canned or bottled	24	0	0	421	65	413	314	613	8	30
POTASSIUM	375	Salad dressing, creamy/buttermilk type, regular	24	0	0	959	172	978	610	1210	9	30
POTASSIUM	376	Salad dressing, creamy/buttermilk type, low-calorie	24	0	0	1168	195	1155	755	1540	9	30
POTASSIUM	377	Salad dressing, Italian, regular	24	0	0	715	130	719	419	973	9	30
POTASSIUM	378	Olive oil	24	24	0	0	0	0	0	0	9	30
POTASSIUM	379	Vegetable oil	24	23	1	1	3	0	0	16	9	30
POTASSIUM	380	Bottled drinking water (mineral/spring), not carbonated or flavored	24	17	7	1	1	0	0	4	2	10
POTASSIUM	381	Coffee, decaffeinated, from ground	24	0	0	383	170	350	125	806	3	10
POTASSIUM	382	Tea, decaffeinated, from tea bag	24	0	0	103	39	105	38	209	3	10

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SELENIUM	1	Milk, whole, fluid	20	0	18	0.032	0.006	0.031	0.024	0.044	0.010	0.040
SELENIUM	2	Milk, lowfat (2%), fluid	20	0	17	0.033	0.006	0.033	0.025	0.046	0.010	0.040
SELENIUM	3	Milk, chocolate, lowfat, fluid	20	2	18	0.029	0.011	0.031	0	0.039	0.010	0.040
SELENIUM	4	Milk, skim, fluid	20	1	17	0.030	0.010	0.032	0	0.043	0.010	0.040
SELENIUM	7	Milk shake, chocolate, fast-food	20	0	16	0.034	0.006	0.033	0.024	0.048	0.010	0.040
SELENIUM	10	Cheese, American, processed	20	1	0	0.194	0.052	0.199	0	0.246	0.020	0.050
SELENIUM	12	Cheese, cheddar, natural (sharp/mild)	20	0	0	0.279	0.064	0.276	0.139	0.446	0.020	0.050
SELENIUM	13	Beef, ground, regular, pan-cooked	20	0	0	0.228	0.058	0.219	0.116	0.378	0.010	0.040
SELENIUM	14	Beef roast, chuck, oven-roasted	20	0	0	0.268	0.061	0.256	0.184	0.467	0.010	0.040
SELENIUM	17	Ham, cured (not canned), baked	20	0	0	0.336	0.084	0.352	0.191	0.493	0.010	0.040
SELENIUM	18	Pork chop, pan-cooked with oil	20	0	0	0.509	0.162	0.490	0.275	0.786	0.010	0.040
SELENIUM	19	Pork sausage (link/patty), oven-cooked	20	0	0	0.268	0.056	0.261	0.178	0.408	0.020	0.050
SELENIUM	20	Pork bacon, oven-cooked	20	0	0	0.501	0.106	0.518	0.262	0.639	0.020	0.050
SELENIUM	21	Pork roast, loin, oven-roasted	20	0	0	0.479	0.141	0.468	0.239	0.758	0.020	0.050
SELENIUM	22	Lamb chop, pan-cooked with oil	20	0	0	0.199	0.067	0.198	0.077	0.336	0.020	0.050
SELENIUM	26	Turkey breast, oven-roasted	20	0	0	0.355	0.103	0.361	0.210	0.531	0.010	0.040
SELENIUM	27	Liver (beef/calf), pan-cooked with oil	20	0	0	0.693	0.206	0.649	0.287	1.043	0.010	0.040
SELENIUM	28	Frankfurter (beef/pork), boiled	20	1	0	0.123	0.039	0.125	0	0.191	0.020	0.050
SELENIUM	29	Bologna (beef/pork)	20	0	0	0.137	0.031	0.125	0.105	0.210	0.020	0.050
SELENIUM	30	Salami, luncheon-meat type (not hard)	20	0	0	0.209	0.060	0.197	0.123	0.371	0.020	0.050
SELENIUM	34	Fish sticks or patty, frozen, oven-cooked	20	0	0	0.164	0.026	0.168	0.117	0.210	0.020	0.040
SELENIUM	35	Eggs, scrambled with oil	20	0	0	0.260	0.071	0.244	0.155	0.407	0.010	0.040
SELENIUM	37	Eggs, boiled	20	0	0	0.333	0.077	0.332	0.190	0.503	0.010	0.040
SELENIUM	38	Pinto beans, dry, boiled	20	0	1	0.088	0.031	0.076	0.039	0.151	0.010	0.040
SELENIUM	39	Pork and beans, canned	20	0	8	0.048	0.018	0.047	0.022	0.101	0.010	0.040
SELENIUM	42	Lima beans, immature, frozen, boiled	20	17	3	0.002	0.006	0	0	0.019	0.010	0.040
SELENIUM	46	Peas, green, fresh/frozen, boiled	20	10	9	0.012	0.021	0.005	0	0.090	0.010	0.040

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SELENIUM	47	Peanut butter, smooth/creamy	20	0	12	0.056	0.037	0.044	0.025	0.194	0.020	0.050
SELENIUM	48	Peanuts, dry roasted, salted	20	0	9	0.155	0.146	0.094	0.026	0.486	0.020	0.050
SELENIUM	50	Rice, white, enriched, cooked	20	0	3	0.064	0.019	0.068	0.022	0.095	0.010	0.040
SELENIUM	51	Oatmeal, plain, cooked	20	0	1	0.072	0.023	0.071	0.038	0.124	0.010	0.040
SELENIUM	52	Cream of wheat (farina), enriched, cooked	20	0	3	0.059	0.021	0.060	0.020	0.112	0.010	0.040
SELENIUM	53	Corn/hominy grits, enriched, cooked	20	1	19	0.018	0.006	0.020	0	0.026	0.010	0.040
SELENIUM	54	Corn, fresh/frozen, boiled	20	16	4	0.004	0.009	0	0	0.026	0.010	0.040
SELENIUM	55	Corn, canned	20	6	13	0.016	0.014	0.014	0	0.048	0.010	0.040
SELENIUM	58	Bread, white, enriched	20	1	0	0.212	0.086	0.190	0	0.382	0.020	0.050
SELENIUM	60	Cornbread, homemade	20	0	1	0.130	0.043	0.126	0.010	0.207	0.010	0.040
SELENIUM	61	Biscuits, refrigerated-type, baked	20	0	0	0.152	0.065	0.130	0.077	0.318	0.010	0.040
SELENIUM	62	Bread, whole wheat	20	0	0	0.312	0.081	0.298	0.198	0.553	0.010	0.040
SELENIUM	63	Tortilla, flour	20	0	0	0.248	0.075	0.258	0.131	0.407	0.020	0.040
SELENIUM	64	Bread, rye	20	0	0	0.242	0.044	0.242	0.174	0.334	0.010	0.040
SELENIUM	65	Muffin, blueberry	20	0	0	0.091	0.023	0.091	0.059	0.166	0.010	0.040
SELENIUM	66	Crackers, saltine	20	0	2	0.071	0.029	0.069	0.029	0.164	0.010	0.040
SELENIUM	67	Corn/tortilla chips	20	0	4	0.054	0.021	0.044	0.027	0.105	0.010	0.040
SELENIUM	69	Noodles, egg, enriched, boiled	20	0	0	0.293	0.102	0.298	0.073	0.480	0.020	0.050
SELENIUM	71	Corn flakes cereal	20	0	5	0.054	0.023	0.050	0.014	0.097	0.010	0.040
SELENIUM	72	Fruit-flavored cereal, presweetened	20	0	2	0.059	0.018	0.059	0.023	0.103	0.010	0.040
SELENIUM	73	Shredded wheat cereal	20	1	0	0.101	0.037	0.101	0	0.161	0.010	0.040
SELENIUM	74	Raisin bran cereal	20	0	3	0.055	0.017	0.053	0.022	0.087	0.010	0.040
SELENIUM	75	Crisped rice cereal	20	1	2	0.151	0.087	0.177	0	0.296	0.010	0.040
SELENIUM	76	Granola with raisins	20	0	0	0.181	0.052	0.170	0.114	0.346	0.010	0.040
SELENIUM	77	Oat ring cereal	20	0	0	0.255	0.040	0.254	0.175	0.313	0.010	0.040
SELENIUM	78	Apple (red), raw (with peel)	20	20	0	0	0	0	0	0	0.010	0.040
SELENIUM	79	Orange (navel/Valencia), raw	20	20	0	0	0	0	0	0	0.008	0.030
SELENIUM	80	Banana, raw	20	15	4	0.006	0.014	0	0	0.054	0.008	0.030
SELENIUM	81	Watermelon, raw/frozen	20	18	2	0.001	0.004	0	0	0.014	0.008	0.030
SELENIUM	83	Peach, raw/frozen	20	20	0	0	0	0	0	0	0.008	0.030



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SELENIUM	84	Applesauce, bottled	20	19	1	0.001	0.005	0	0	0.024	0.008	0.030
SELENIUM	85	Pear, raw (with peel)	20	20	0	0	0	0	0	0	0.008	0.030
SELENIUM	86	Strawberries, raw/frozen	20	18	2	0.002	0.006	0	0	0.028	0.008	0.030
SELENIUM	87	Fruit cocktail, canned in light syrup	20	20	0	0	0	0	0	0	0.010	0.040
SELENIUM	88	Grapes (red/green), raw	20	19	1	0	0.002	0	0	0.008	0.008	0.030
SELENIUM	89	Cantaloupe, raw/frozen	20	12	8	0.005	0.007	0	0	0.022	0.008	0.030
SELENIUM	92	Grapefruit, raw	20	20	0	0	0	0	0	0	0.008	0.030
SELENIUM	93	Pineapple, canned in juice	20	20	0	0	0	0	0	0	0.010	0.040
SELENIUM	95	Raisins	20	20	0	0	0	0	0	0	0.020	0.050
SELENIUM	97	Avocado, raw	20	20	0	0	0	0	0	0	0.020	0.050
SELENIUM	98	Orange juice, frozen concentrate, reconstituted	20	20	0	0	0	0	0	0	0.008	0.030
SELENIUM	99	Apple juice, bottled	20	20	0	0	0	0	0	0	0.008	0.030
SELENIUM	100	Grapefruit juice, bottled	19	19	0	0	0	0	0	0	0.008	0.030
SELENIUM	103	Prune juice, bottled	20	20	0	0	0	0	0	0	0.008	0.030
SELENIUM	105	Lemonade, frozen concentrate, reconstituted	20	20	0	0	0	0	0	0	0.008	0.030
SELENIUM	107	Spinach, fresh/frozen, boiled	20	15	5	0.003	0.005	0	0	0.013	0.008	0.030
SELENIUM	108	Collards, fresh/frozen, boiled	20	12	6	0.007	0.010	0	0	0.031	0.008	0.030
SELENIUM	109	Lettuce, iceberg, raw	20	19	1	0	0.002	0	0	0.008	0.008	0.030
SELENIUM	110	Cabbage, fresh, boiled	20	18	1	0.004	0.015	0	0	0.065	0.008	0.030
SELENIUM	113	Broccoli, fresh/frozen, boiled	20	13	7	0.006	0.010	0	0	0.038	0.010	0.040
SELENIUM	114	Celery, raw	20	20	0	0	0	0	0	0	0.010	0.040
SELENIUM	115	Asparagus, fresh/frozen, boiled	20	1	7	0.052	0.045	0.041	0	0.188	0.010	0.040
SELENIUM	116	Cauliflower, fresh/frozen, boiled	20	16	3	0.004	0.011	0	0	0.047	0.010	0.040
SELENIUM	117	Tomato, raw	20	20	0	0	0	0	0	0	0.010	0.040
SELENIUM	119	Tomato sauce, plain, bottled	20	14	6	0.004	0.006	0	0	0.015	0.010	0.040
SELENIUM	121	Green beans, fresh/frozen, boiled	20	20	0	0	0	0	0	0	0.010	0.040
SELENIUM	122	Green beans, canned	20	20	0	0	0	0	0	0	0.010	0.040
SELENIUM	123	Cucumber, peeled, raw	20	20	0	0	0	0	0	0	0.010	0.040

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SELENIUM	124	Summer squash, fresh/frozen, boiled	20	20	0	0	0	0	0	0	0.010	0.040
SELENIUM	125	Pepper, sweet, green, raw	20	19	1	0.001	0.004	0	0	0.017	0.010	0.040
SELENIUM	126	Squash, winter (Hubbard/acorn), fresh/frozen, boiled	19	19	0	0	0	0	0	0	0.010	0.040
SELENIUM	128	Onion, mature, raw	20	11	8	0.011	0.023	0	0	0.105	0.010	0.040
SELENIUM	131	Beets, canned	20	18	2	0.001	0.005	0	0	0.019	0.010	0.040
SELENIUM	136	Potato, boiled (without peel)	20	20	0	0	0	0	0	0	0.009	0.030
SELENIUM	137	Potato, baked (with peel)	20	19	1	0.001	0.003	0	0	0.012	0.009	0.030
SELENIUM	138	Potato chips	20	16	2	0.008	0.018	0	0	0.067	0.020	0.040
SELENIUM	142	Spaghetti with meat sauce, homemade	20	0	0	0.158	0.067	0.148	0.056	0.296	0.010	0.040
SELENIUM	145	Chili con carne with beans, canned	20	0	5	0.050	0.015	0.045	0.036	0.090	0.010	0.040
SELENIUM	146	Macaroni and cheese, prepared from box mix	20	0	0	0.159	0.040	0.154	0.094	0.260	0.020	0.040
SELENIUM	147	Quarter-pound hamburger on bun, fast-food	20	0	0	0.212	0.045	0.213	0.108	0.284	0.010	0.040
SELENIUM	148	Meatloaf, beef, homemade	20	1	0	0.186	0.054	0.193	0	0.270	0.010	0.040
SELENIUM	152	Chicken potpie, frozen, heated	20	1	0	0.068	0.022	0.067	0	0.108	0.009	0.030
SELENIUM	155	Soup, chicken noodle, canned, condensed, prepared with water	20	1	8	0.031	0.016	0.034	0	0.061	0.009	0.030
SELENIUM	156	Soup, tomato, canned, condensed, prepared with water	20	18	2	0.001	0.003	0	0	0.013	0.009	0.030
SELENIUM	157	Soup, vegetable beef, canned, condensed, prepared with water	20	6	13	0.011	0.010	0.011	0	0.043	0.009	0.030
SELENIUM	161	Dill cucumber pickles	20	19	1	0.001	0.002	0	0	0.011	0.010	0.040
SELENIUM	162	Margarine, regular (not lowfat), salted	20	20	0	0	0	0	0	0	0.020	0.040
SELENIUM	164	Butter, regular (not lowfat), salted	20	20	0	0	0	0	0	0	0.020	0.040
SELENIUM	166	Mayonnaise, regular, bottled	20	3	16	0.026	0.014	0.028	0	0.053	0.020	0.050
SELENIUM	167	Cream, half & half	20	0	20	0.026	0.008	0.026	0.014	0.039	0.010	0.040

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SELENIUM	168	Cream substitute, non-dairy, liquid/frozen	20	19	1	0	0.002	0	0	0.010	0.010	0.040
SELENIUM	169	Sugar, white, granulated	20	20	0	0	0	0	0	0	0.020	0.040
SELENIUM	170	Syrup, pancake	20	20	0	0	0	0	0	0	0.020	0.040
SELENIUM	172	Honey	20	20	0	0	0	0	0	0	0.020	0.040
SELENIUM	173	Tomato catsup	20	16	4	0.003	0.006	0	0	0.020	0.009	0.030
SELENIUM	177	Ice cream, light, vanilla	20	0	4	0.046	0.010	0.045	0.026	0.069	0.010	0.040
SELENIUM	178	Cake, chocolate with icing	20	0	11	0.053	0.021	0.049	0.028	0.125	0.020	0.050
SELENIUM	182	Sweet roll/Danish pastry	20	0	1	0.143	0.041	0.153	0.038	0.205	0.020	0.050
SELENIUM	183	Chocolate chip cookies	20	0	9	0.043	0.012	0.041	0.028	0.066	0.020	0.040
SELENIUM	184	Sandwich cookies with creme filling	20	2	14	0.031	0.018	0.030	0	0.085	0.020	0.040
SELENIUM	185	Pie, apple, fresh/frozen	20	12	6	0.012	0.017	0	0	0.050	0.020	0.040
SELENIUM	186	Pie, pumpkin, fresh/frozen	20	0	0	0.058	0.013	0.055	0.042	0.096	0.020	0.040
SELENIUM	187	Candy bar, milk chocolate, plain	20	0	1	0.056	0.008	0.057	0.035	0.072	0.020	0.040
SELENIUM	190	Gelatin dessert, any flavor	20	20	0	0	0	0	0	0	0.010	0.040
SELENIUM	191	Carbonated beverage, cola, regular	20	20	0	0	0	0	0	0	0.009	0.030
SELENIUM	193	Fruit drink, from powder	20	20	0	0	0	0	0	0	0.008	0.030
SELENIUM	194	Carbonated beverage, cola, low-calorie	20	20	0	0	0	0	0	0	0.008	0.030
SELENIUM	197	Tea, from tea bag	20	20	0	0	0	0	0	0	0.004	0.013
SELENIUM	198	Beer	20	10	10	0.005	0.005	0.004	0	0.018	0.007	0.030
SELENIUM	199	Wine, dry table, red/white	20	20	0	0	0	0	0	0	0.006	0.020
SELENIUM	202	BF, Infant formula, milk-based, iron fortified, RTF (formerly high iron)	20	0	20	0.026	0.006	0.026	0.014	0.036	0.010	0.040
SELENIUM	203	BF, Infant formula, milk-based, low iron, RTF	10	0	10	0.023	0.005	0.023	0.015	0.030	0.010	0.040
SELENIUM	205	BF, beef and broth/gravy	20	0	14	0.033	0.009	0.036	0.016	0.045	0.010	0.040
SELENIUM	207	BF, chicken and broth/gravy	20	0	0	0.133	0.037	0.129	0.085	0.263	0.010	0.040
SELENIUM	211	BF, vegetables and beef	20	16	4	0.003	0.006	0	0	0.016	0.010	0.040
SELENIUM	212	BF, vegetables and chicken	20	2	18	0.017	0.008	0.017	0	0.034	0.010	0.040
SELENIUM	213	BF, vegetables and ham	4	0	4	0.019	0.002	0.020	0.017	0.021	0.010	0.040
SELENIUM	214	BF, chicken noodle dinner	20	0	10	0.041	0.012	0.042	0.020	0.057	0.010	0.040

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SELENIUM	215	BF, macaroni, tomato and beef	20	0	8	0.044	0.012	0.044	0.026	0.078	0.010	0.040
SELENIUM	216	BF, turkey and rice	20	0	19	0.027	0.008	0.025	0.012	0.046	0.010	0.040
SELENIUM	218	BF, carrots	20	20	0	0	0	0	0	0	0.010	0.040
SELENIUM	219	BF, green beans	20	20	0	0	0	0	0	0	0.010	0.040
SELENIUM	220	BF, mixed vegetables	20	20	0	0	0	0	0	0	0.010	0.040
SELENIUM	221	BF, sweet potatoes	20	20	0	0	0	0	0	0	0.010	0.040
SELENIUM	223	BF, peas	20	19	1	0.001	0.004	0	0	0.020	0.010	0.040
SELENIUM	225	BF, applesauce	20	20	0	0	0	0	0	0	0.010	0.040
SELENIUM	226	BF, peaches	20	20	0	0	0	0	0	0	0.010	0.040
SELENIUM	227	BF, pears	20	20	0	0	0	0	0	0	0.010	0.040
SELENIUM	230	BF, juice, apple	20	20	0	0	0	0	0	0	0.010	0.040
SELENIUM	232	BF, custard/pudding	20	1	12	0.033	0.011	0.037	0	0.047	0.010	0.040
SELENIUM	233	BF, fruit dessert/pudding	20	12	8	0.006	0.008	0	0	0.022	0.010	0.040
SELENIUM	235	Yogurt, lowfat, fruit-flavored	20	0	17	0.036	0.008	0.034	0.024	0.061	0.010	0.040
SELENIUM	236	Cheese, Swiss, natural	20	0	0	0.264	0.053	0.253	0.166	0.407	0.020	0.050
SELENIUM	237	Cream cheese	20	0	2	0.071	0.019	0.071	0.044	0.129	0.020	0.050
SELENIUM	239	Luncheon meat, ham	20	1	0	0.248	0.105	0.268	0	0.422	0.010	0.040
SELENIUM	240	Chicken breast, oven-roasted (skin removed)	20	0	0	0.308	0.098	0.302	0.165	0.500	0.010	0.040
SELENIUM	241	Chicken nuggets, fast-food	20	0	0	0.190	0.084	0.168	0.097	0.406	0.010	0.040
SELENIUM	244	Shrimp, boiled	20	0	0	0.260	0.064	0.248	0.143	0.435	0.020	0.040
SELENIUM	248	Bread, multigrain (formerly cracked wheat)	20	0	0	0.300	0.067	0.295	0.172	0.451	0.010	0.040
SELENIUM	249	Bagel, plain, toasted	20	0	0	0.306	0.079	0.300	0.180	0.445	0.020	0.050
SELENIUM	250	English muffin, plain, toasted	20	0	0	0.265	0.078	0.276	0.116	0.397	0.020	0.040
SELENIUM	251	Crackers, graham	20	1	3	0.053	0.020	0.055	0	0.103	0.010	0.040
SELENIUM	252	Crackers, butter-type	20	1	11	0.035	0.014	0.037	0	0.058	0.010	0.040
SELENIUM	254	Peach, canned in light/medium syrup	20	20	0	0	0	0	0	0	0.010	0.040
SELENIUM	255	Pear, canned in light syrup	20	20	0	0	0	0	0	0	0.010	0.040
SELENIUM	256	Pineapple juice, frozen concentrate, reconstituted	20	20	0	0	0	0	0	0	0.008	0.030

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SELENIUM	257	Grape juice, frozen concentrate, reconstituted	20	20	0	0	0	0	0	0	0.008	0.030
SELENIUM	258	French fries, fast-food	20	18	2	0.003	0.008	0	0	0.030	0.020	0.040
SELENIUM	259	Carrot, fresh, peeled, boiled	20	17	3	0.003	0.008	0	0	0.027	0.010	0.040
SELENIUM	261	Tomato juice, bottled	20	20	0	0	0	0	0	0	0.010	0.040
SELENIUM	263	Brussels sprouts, fresh/frozen, boiled	20	10	10	0.008	0.010	0.005	0	0.039	0.010	0.040
SELENIUM	264	Mushrooms, raw	20	1	0	0.138	0.053	0.138	0	0.254	0.010	0.040
SELENIUM	265	Eggplant, fresh, peeled, boiled	20	20	0	0	0	0	0	0	0.010	0.040
SELENIUM	266	Turnip, fresh/frozen, boiled	20	20	0	0	0	0	0	0	0.010	0.040
SELENIUM	267	Okra, fresh/frozen, boiled	20	17	3	0.002	0.005	0	0	0.016	0.010	0.040
SELENIUM	268	Mixed vegetables, frozen, boiled	20	18	2	0.002	0.005	0	0	0.020	0.010	0.040
SELENIUM	269	Beef stroganoff with noodles, homemade	20	0	0	0.247	0.068	0.244	0.103	0.360	0.010	0.040
SELENIUM	272	Tuna noodle casserole, homemade	20	0	0	0.188	0.037	0.186	0.134	0.277	0.020	0.040
SELENIUM	275	Quarter-pound cheeseburger on bun, fast-food	20	0	0	0.212	0.039	0.217	0.140	0.307	0.010	0.040
SELENIUM	276	Fish sandwich on bun, fast-food	20	0	0	0.209	0.036	0.209	0.160	0.285	0.020	0.040
SELENIUM	278	Egg, cheese, and ham on English muffin, fast-food	20	0	0	0.306	0.058	0.299	0.194	0.410	0.010	0.040
SELENIUM	279	Taco/tostada with beef and cheese, from Mexican carry-out	20	0	0	0.128	0.029	0.131	0.078	0.195	0.010	0.040
SELENIUM	281	Pizza, cheese and pepperoni, regular crust, from pizza carry-out	20	0	0	0.271	0.061	0.267	0.169	0.431	0.020	0.040
SELENIUM	283	Soup, bean with bacon/pork, canned, condensed, prepared w/ water	20	0	19	0.024	0.010	0.022	0.013	0.051	0.010	0.040
SELENIUM	285	Clam chowder, New England, canned, condensed, prepared with whole milk	20	1	10	0.037	0.010	0.038	0	0.048	0.020	0.040
SELENIUM	286	Ice cream, regular (not lowfat), vanilla	20	1	13	0.033	0.013	0.033	0	0.054	0.010	0.040
SELENIUM	287	Sherbet, fruit-flavored	20	14	6	0.004	0.006	0	0	0.016	0.010	0.040

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SELENIUM	288	Popsicle, fruit-flavored	20	20	0	0	0	0	0	0	0.010	0.040
SELENIUM	290	Doughnut, cake-type, any flavor, from donut store	20	0	0	0.100	0.027	0.100	0.062	0.156	0.020	0.040
SELENIUM	291	Brownie	20	0	5	0.054	0.019	0.057	0.024	0.088	0.020	0.040
SELENIUM	292	Sugar cookies	20	2	9	0.044	0.029	0.038	0	0.143	0.020	0.040
SELENIUM	293	Candy, hard, any flavor	20	20	0	0	0	0	0	0	0.020	0.040
SELENIUM	294	Pretzels, hard, salted	20	0	8	0.044	0.019	0.042	0.026	0.098	0.020	0.040
SELENIUM	295	Syrup, chocolate	20	20	0	0	0	0	0	0	0.020	0.040
SELENIUM	296	Jelly, any flavor	20	20	0	0	0	0	0	0	0.020	0.040
SELENIUM	298	Mustard, yellow, plain	20	0	0	0.375	0.051	0.372	0.235	0.481	0.010	0.040
SELENIUM	299	Black olives	20	20	0	0	0	0	0	0	0.010	0.040
SELENIUM	300	Sour cream	20	0	14	0.035	0.014	0.033	0.017	0.071	0.010	0.040
SELENIUM	305	Coffee, from ground	20	20	0	0	0	0	0	0	0.008	0.030
SELENIUM	306	Carbonated beverage, fruit-flavored, regular	20	20	0	0	0	0	0	0	0.008	0.030
SELENIUM	307	Fruit drink (10% juice), canned or bottled	20	20	0	0	0	0	0	0	0.008	0.030
SELENIUM	309	BF, Infant formula, soy-based, RTF	20	0	20	0.024	0.006	0.024	0.015	0.037	0.010	0.040
SELENIUM	313	BF, bananas	20	18	2	0.001	0.004	0	0	0.013	0.010	0.040
SELENIUM	317	BF, teething biscuits	20	0	6	0.093	0.086	0.058	0.032	0.371	0.010	0.040
SELENIUM	318	Salmon, steaks/fillets, baked	20	0	0	0.332	0.056	0.329	0.231	0.419	0.020	0.040
SELENIUM	320	BF, squash	20	19	1	0.001	0.003	0	0	0.014	0.010	0.040
SELENIUM	323	BF, cereal, oatmeal, dry, prepared with water	20	0	0	0.063	0.010	0.062	0.045	0.080	0.010	0.040
SELENIUM	324	BF, cereal, rice, dry, prepared with water	20	0	6	0.047	0.013	0.048	0.024	0.069	0.010	0.040
SELENIUM	325	BF, cereal, rice with apples, dry, prepared with water	13	0	3	0.048	0.011	0.047	0.029	0.070	0.010	0.040
SELENIUM	326	BF, veal and broth/gravy	17	1	10	0.036	0.014	0.037	0	0.066	0.010	0.040
SELENIUM	327	BF, lamb and broth/gravy	17	2	13	0.025	0.013	0.028	0	0.047	0.010	0.040
SELENIUM	328	BF, turkey and broth/gravy	20	1	0	0.133	0.035	0.142	0	0.172	0.010	0.040

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SELENIUM	331	Meal replacement, liquid RTD, any flavor	20	0	0	0.090	0.013	0.091	0.064	0.111	0.010	0.040
SELENIUM	332	Cottage cheese, creamed, lowfat (2% milk fat)	20	0	0	0.121	0.020	0.125	0.088	0.164	0.010	0.040
SELENIUM	333	Sour cream dip, any flavor	20	0	19	0.029	0.008	0.031	0.013	0.042	0.010	0.040
SELENIUM	334	Beef steak, loin/sirloin, broiled	20	0	0	0.328	0.087	0.308	0.206	0.606	0.010	0.040
SELENIUM	335	Luncheon meat (chicken/turkey)	20	0	0	0.171	0.060	0.162	0.095	0.329	0.010	0.040
SELENIUM	336	Chicken breast, fried, fast-food (with skin)	20	0	0	0.259	0.073	0.241	0.148	0.484	0.010	0.040
SELENIUM	337	Chicken thigh, oven-roasted (skin removed)	20	0	0	0.284	0.065	0.283	0.178	0.412	0.010	0.040
SELENIUM	338	Chicken leg, fried, fast-food (with skin)	20	0	0	0.267	0.063	0.260	0.172	0.393	0.010	0.040
SELENIUM	339	Catfish, pan-cooked with oil	20	0	0	0.102	0.016	0.106	0.071	0.129	0.012	0.040
SELENIUM	340	Tuna, canned in water, drained	20	0	0	0.604	0.081	0.592	0.463	0.746	0.012	0.040
SELENIUM	341	Refried beans, canned	20	0	1	0.063	0.017	0.066	0.036	0.095	0.012	0.040
SELENIUM	342	White beans, dry, boiled	20	0	5	0.049	0.012	0.048	0.025	0.072	0.010	0.040
SELENIUM	343	Sunflower seeds (shelled), roasted, salted	20	0	0	0.606	0.173	0.607	0.170	0.832	0.013	0.050
SELENIUM	344	Pancakes, frozen, heated	20	0	1	0.105	0.055	0.094	0.032	0.284	0.010	0.040
SELENIUM	345	Breakfast tart/toaster pastry	20	0	5	0.054	0.020	0.050	0.026	0.096	0.012	0.040
SELENIUM	346	Macaroni salad, from grocery/deli	20	0	0	0.158	0.035	0.154	0.075	0.211	0.013	0.050
SELENIUM	347	Spaghetti, enriched, boiled	20	0	0	0.244	0.106	0.238	0.060	0.379	0.010	0.040
SELENIUM	348	Apricots, canned in heavy/light syrup	20	20	0	0	0	0	0	0	0.008	0.030
SELENIUM	350	canned/bottled	20	20	0	0	0	0	0	0	0.008	0.030
SELENIUM	351	Cranberry juice cocktail, canned/bottled	20	20	0	0	0	0	0	0	0.008	0.030
SELENIUM	352	Orange juice, bottled/carton	20	20	0	0	0	0	0	0	0.008	0.030
SELENIUM	353	Potato salad, mayonnaise-type, from grocery/deli	20	9	10	0.016	0.018	0.016	0	0.063	0.013	0.050

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SELENIUM	354	Potatoes, mashed, prepared from fresh	20	19	1	0	0.002	0	0	0.010	0.009	0.030
SELENIUM	355	Coleslaw, mayonnaise-type, from grocery/deli	20	12	8	0.008	0.011	0	0	0.036	0.013	0.050
SELENIUM	356	Carrot, baby, raw	20	18	2	0.001	0.004	0	0	0.015	0.010	0.040
SELENIUM	357	Lettuce, leaf, raw	20	18	2	0.001	0.004	0	0	0.018	0.008	0.030
SELENIUM	358	Sweet potatoes, canned	20	20	0	0	0	0	0	0	0.010	0.040
SELENIUM	359	Tomato salsa, bottled	20	9	11	0.006	0.006	0.009	0	0.013	0.009	0.030
SELENIUM	360	Stew, beef and vegetable, canned	20	0	20	0.024	0.007	0.023	0.011	0.036	0.010	0.040
SELENIUM	361	Lasagna with meat, frozen, heated	20	0	0	0.163	0.036	0.161	0.095	0.244	0.010	0.040
SELENIUM	362	Beef with vegetables in sauce, from Chinese carry-out	20	0	0	0.062	0.016	0.057	0.040	0.101	0.010	0.040
SELENIUM	363	Chicken with vegetables in sauce, from Chinese carry-out	20	0	3	0.062	0.020	0.062	0.032	0.111	0.010	0.040
SELENIUM	364	Fried rice, meatless, from Chinese carry-out	20	0	0	0.074	0.018	0.073	0.047	0.110	0.010	0.040
SELENIUM	365	Burrito with beef, beans and cheese, from Mexican carry-out	20	0	0	0.135	0.021	0.134	0.109	0.178	0.010	0.040
SELENIUM	366	Chicken filet (broiled) sandwich on bun, fast-food	20	0	0	0.230	0.040	0.233	0.137	0.317	0.010	0.040
SELENIUM	367	Soup, Oriental noodles (ramen noodles), prepared with water	20	0	5	0.060	0.025	0.064	0.024	0.115	0.010	0.040
SELENIUM	368	Pudding, ready-to-eat, flavor other than chocolate	20	14	6	0.004	0.007	0	0	0.018	0.010	0.040
SELENIUM	369	Cake, white with icing (formerly yellow cake)	20	0	6	0.045	0.009	0.045	0.032	0.062	0.012	0.040
SELENIUM	370	Granola bar, with raisins	20	0	0	0.110	0.019	0.111	0.055	0.148	0.012	0.040
SELENIUM	371	Candy bar, chocolate, nougat, and nuts	20	0	0	0.106	0.034	0.113	0.048	0.180	0.012	0.040
SELENIUM	372	Popcorn, microwave, butter-flavored	20	0	14	0.044	0.016	0.039	0.026	0.088	0.013	0.050
SELENIUM	373	Sweet & sour sauce	20	19	1	0	0.002	0	0	0.010	0.010	0.040



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SELENIUM	374	Brown gravy, canned or bottled	20	19	1	0.001	0.002	0	0	0.011	0.010	0.040
SELENIUM	375	Salad dressing, creamy/buttermilk type, regular	20	1	18	0.027	0.011	0.028	0	0.049	0.012	0.040
SELENIUM	376	Salad dressing, creamy/buttermilk type, low-calorie	20	2	18	0.018	0.008	0.019	0	0.033	0.012	0.040
SELENIUM	377	Salad dressing, Italian, regular	20	19	1	0.001	0.003	0	0	0.013	0.012	0.040
SELENIUM	378	Olive oil	20	20	0	0	0	0	0	0	0.012	0.040
SELENIUM	379	Vegetable oil	20	20	0	0	0	0	0	0	0.012	0.040
SELENIUM	380	Bottled drinking water (mineral/spring), not carbonated or flavored	20	20	0	0	0	0	0	0	0.002	0.010
SELENIUM	381	Coffee, decaffeinated, from ground	20	20	0	0	0	0	0	0	0.004	0.020
SELENIUM	382	Tea, decaffeinated, from tea bag	20	20	0	0	0	0	0	0	0.004	0.020

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SODIUM	1	Milk, whole, fluid	24	0	0	452	25	449	411	502	7	30
SODIUM	2	Milk, lowfat (2%), fluid	24	0	0	461	21	458	431	510	7	30
SODIUM	3	Milk, chocolate, lowfat, fluid	24	0	0	715	52	711	599	866	7	30
SODIUM	4	Milk, skim, fluid	24	0	0	464	28	462	422	526	7	30
SODIUM	7	Milk shake, chocolate, fast-food	24	0	0	783	75	777	669	963	7	30
SODIUM	10	Cheese, American, processed	24	0	0	13817	1426	14050	11300	16400	9	30
SODIUM	12	Cheese, cheddar, natural (sharp/mild)	24	0	0	6795	688	6595	6030	8500	9	30
SODIUM	13	Beef, ground, regular, pan-cooked	24	0	0	804	118	801	634	1070	7	30
SODIUM	14	Beef roast, chuck, oven-roasted	24	0	0	822	488	655	554	2860	7	30
SODIUM	17	Ham, cured (not canned), baked	24	0	0	11100	1904	10600	8080	15700	7	30
SODIUM	18	Pork chop, pan-cooked with oil	24	0	0	2093	1143	1885	625	4270	7	30
SODIUM	19	Pork sausage (link/patty), oven-cooked	24	0	0	8264	734	8310	6810	10100	9	30
SODIUM	20	Pork bacon, oven-cooked	24	0	0	15804	2357	15750	11800	20200	9	30
SODIUM	21	Pork roast, loin, oven-roasted	24	0	0	2111	751	2015	587	3630	9	30
SODIUM	22	Lamb chop, pan-cooked with oil	24	0	0	944	73	947	827	1130	9	30
SODIUM	26	Turkey breast, oven-roasted	24	0	0	1615	1488	1065	600	6700	7	30
SODIUM	27	Liver (beef/calf), pan-cooked with oil	24	0	0	726	41	731	642	798	7	30
SODIUM	28	Frankfurter (beef/pork), boiled	24	0	0	8196	848	8310	5790	9220	9	30
SODIUM	29	Bologna (beef/pork)	24	0	0	10679	960	10550	8830	12400	9	30
SODIUM	30	Salami, luncheon-meat type (not hard)	24	0	0	12741	1720	12850	9790	17300	9	30
SODIUM	34	Fish sticks or patty, frozen, oven-cooked	24	0	0	4835	979	4780	3370	6540	8	30
SODIUM	35	Eggs, scrambled with oil	24	0	0	2704	924	2510	1180	5250	7	30
SODIUM	37	Eggs, boiled	24	0	0	1218	99	1235	876	1350	7	30
SODIUM	38	Pinto beans, dry, boiled	24	19	5	2	5	0	0	16	7	30
SODIUM	39	Pork and beans, canned	24	0	0	3504	372	3460	2900	4440	7	30
SODIUM	42	Lima beans, immature, frozen, boiled	24	0	0	565	291	522	140	1120	7	30
SODIUM	46	Peas, green, fresh/frozen, boiled	24	0	9	230	272	119	10	1010	7	30

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SODIUM	47	Peanut butter, smooth/creamy	24	0	0	4547	496	4710	3140	5280	9	30
SODIUM	48	Peanuts, dry roasted, salted	24	0	0	5722	1312	5715	2370	8610	9	30
SODIUM	50	Rice, white, enriched, cooked	24	19	5	2	4	0	0	13	7	30
SODIUM	51	Oatmeal, plain, cooked	24	18	0	67	136	0	0	452	7	30
SODIUM	52	Cream of wheat (farina), enriched, cooked	24	3	0	313	201	321	0	699	7	30
SODIUM	53	Corn/hominy grits, enriched, cooked	24	16	0	264	437	0	0	1710	7	30
SODIUM	54	Corn, fresh/frozen, boiled	24	19	4	25	115	0	0	564	7	30
SODIUM	55	Corn, canned	24	0	1	1505	554	1530	9	2380	7	30
SODIUM	58	Bread, white, enriched	24	0	0	5420	383	5520	4630	5970	9	30
SODIUM	60	Cornbread, homemade	24	0	0	5551	852	5540	4000	7040	7	30
SODIUM	61	Biscuits, refrigerated-type, baked	24	0	0	9415	780	9420	8290	11000	7	30
SODIUM	62	Bread, whole wheat	24	0	0	5054	413	5090	4200	5790	7	30
SODIUM	63	Tortilla, flour	24	0	0	7079	1085	7250	3920	9330	8	30
SODIUM	64	Bread, rye	24	0	0	6369	521	6480	5140	7180	7	30
SODIUM	65	Muffin, blueberry	24	0	0	3439	297	3410	2950	4130	7	30
SODIUM	66	Crackers, saltine	24	0	0	10816	1515	10800	6900	13400	7	30
SODIUM	67	Corn/tortilla chips	24	0	0	3534	526	3665	2000	4370	7	30
SODIUM	69	Noodles, egg, enriched, boiled	24	0	5	45	21	40	21	119	9	30
SODIUM	71	Corn flakes cereal	24	0	0	6942	573	6825	6080	8330	7	30
SODIUM	72	Fruit-flavored cereal, presweetened	24	0	0	5270	772	5200	3850	6540	7	30
SODIUM	73	Shredded wheat cereal	24	0	15	122	192	23	12	521	7	30
SODIUM	74	Raisin bran cereal	24	0	0	5287	689	5560	4020	6230	7	30
SODIUM	75	Crisped rice cereal	24	0	0	7767	1221	7885	4930	9800	7	30
SODIUM	76	Granola with raisins	24	0	0	1447	807	1495	206	3010	7	30
SODIUM	77	Oat ring cereal	24	0	0	6462	941	6660	4050	8510	7	30
SODIUM	78	Apple (red), raw (with peel)	24	7	14	15	16	12	0	61	7	30
SODIUM	79	Orange (navel/Valencia), raw	24	2	22	7	4	7	0	18	5	20
SODIUM	80	Banana, raw	24	22	2	1	3	0	0	15	5	20
SODIUM	81	Watermelon, raw/frozen	24	0	17	15	6	14	7	26	5	20
SODIUM	83	Peach, raw/frozen	24	6	13	11	11	8	0	39	5	20

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SODIUM	84	Applesauce, bottled	24	7	15	9	9	6	0	41	5	20
SODIUM	85	Pear, raw (with peel)	24	13	11	5	7	0	0	20	5	20
SODIUM	86	Strawberries, raw/frozen	24	0	22	12	4	11	6	21	5	20
SODIUM	87	Fruit cocktail, canned in light syrup	24	0	8	34	8	32	22	58	7	30
SODIUM	88	Grapes (red/green), raw	24	0	12	27	19	20	6	75	5	20
SODIUM	89	Cantaloupe, raw/frozen	24	0	0	205	100	206	44	355	5	20
SODIUM	92	Grapefruit, raw	24	0	22	13	5	12	6	24	5	20
SODIUM	93	Pineapple, canned in juice	24	12	12	4	5	4	0	13	7	30
SODIUM	95	Raisins	24	0	0	229	79	209	126	413	9	30
SODIUM	97	Avocado, raw	24	7	11	28	34	19	0	142	9	30
SODIUM	98	Orange juice, frozen concentrate, reconstituted	24	0	14	21	9	18	8	48	5	20
SODIUM	99	Apple juice, bottled	24	0	2	38	14	40	19	65	5	20
SODIUM	100	Grapefruit juice, bottled	23	0	2	32	20	31	12	119	5	20
SODIUM	103	Prune juice, bottled	24	0	2	58	36	55	8	151	5	20
SODIUM	105	Lemonade, frozen concentrate, reconstituted	24	7	17	5	4	6	0	13	5	20
SODIUM	107	Spinach, fresh/frozen, boiled	24	0	0	474	201	452	83	977	5	20
SODIUM	108	Collards, fresh/frozen, boiled	24	0	0	202	165	157	27	544	5	20
SODIUM	109	Lettuce, iceberg, raw	24	0	0	148	55	138	72	268	5	20
SODIUM	110	Cabbage, fresh, boiled	24	0	4	95	77	79	12	251	5	20
SODIUM	113	Broccoli, fresh/frozen, boiled	24	0	0	144	49	136	59	271	7	30
SODIUM	114	Celery, raw	24	0	0	841	176	847	460	1240	7	30
SODIUM	115	Asparagus, fresh/frozen, boiled	24	0	8	41	16	37	19	68	7	30
SODIUM	116	Cauliflower, fresh/frozen, boiled	24	0	0	151	49	149	57	266	7	30
SODIUM	117	Tomato, raw	24	0	12	27	10	29	13	52	7	30
SODIUM	119	Tomato sauce, plain, bottled	24	0	0	4947	954	5145	2940	6400	7	30
SODIUM	121	Green beans, fresh/frozen, boiled	24	8	16	7	5	8	0	18	7	30
SODIUM	122	Green beans, canned	24	0	0	2390	537	2450	1220	3110	7	30
SODIUM	123	Cucumber, peeled, raw	24	1	21	17	7	16	0	31	7	30

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SODIUM	124	Summer squash, fresh/frozen, boiled	24	19	5	2	4	0	0	14	7	30
SODIUM	125	Pepper, sweet, green, raw	24	6	18	8	5	9	0	15	7	30
SODIUM	126	Squash, winter (Hubbard/acorn), fresh/frozen, boiled	23	12	11	6	7	0	0	18	7	30
SODIUM	128	Onion, mature, raw	24	0	6	42	16	36	20	77	7	30
SODIUM	131	Beets, canned	24	0	0	1813	464	1840	808	2550	7	30
SODIUM	136	Potato, boiled (without peel)	24	0	13	25	20	17	8	94	6	20
SODIUM	137	Potato, baked (with peel)	24	0	4	40	26	29	14	108	6	20
SODIUM	138	Potato chips	24	0	0	5563	646	5510	4520	7270	8	30
SODIUM	142	Spaghetti with meat sauce, homemade	24	0	0	1523	234	1555	1040	1860	7	30
SODIUM	145	Chili con carne with beans, canned	24	0	0	4359	490	4400	3400	5250	7	30
SODIUM	146	Macaroni and cheese, prepared from box mix	24	0	0	3355	583	3385	2130	4860	8	30
SODIUM	147	Quarter-pound hamburger on bun, fast-food	24	0	0	3982	349	3970	3230	4740	7	30
SODIUM	148	Meatloaf, beef, homemade	24	0	0	5684	3124	4830	784	16400	7	30
SODIUM	152	Chicken potpie, frozen, heated	24	0	0	4174	417	4280	3380	5170	6	20
SODIUM	155	Soup, chicken noodle, canned, condensed, prepared with water	24	0	0	3838	616	3760	2580	5380	6	20
SODIUM	156	Soup, tomato, canned, condensed, prepared with water	24	0	0	2841	409	2835	2010	3590	6	20
SODIUM	157	Soup, vegetable beef, canned, condensed, prepared with water	24	0	0	3703	412	3720	3000	4480	6	20
SODIUM	161	Dill cucumber pickles	24	0	0	8574	1752	8255	6240	13700	7	30
SODIUM	162	Margarine, regular (not lowfat), salted	24	0	0	7212	770	7290	4340	8400	8	30
SODIUM	164	Butter, regular (not lowfat), salted	24	0	0	6133	717	6135	4560	7630	8	30
SODIUM	166	Mayonnaise, regular, bottled	24	0	0	5896	453	5905	5210	6910	9	30
SODIUM	167	Cream, half & half	24	0	0	635	131	620	394	926	7	30

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SODIUM	168	Cream substitute, non-diary, liquid/frozen	24	0	0	308	121	303	147	715	7	30
SODIUM	169	Sugar, white, granulated	24	19	5	2	5	0	0	15	8	30
SODIUM	170	Syrup, pancake	24	0	0	993	324	954	434	1620	8	30
SODIUM	172	Honey	24	0	16	26	12	22	14	68	8	30
SODIUM	173	Tomato catsup	24	0	0	11370	930	11500	8510	12900	6	20
SODIUM	177	Ice cream, light, vanilla	24	0	0	728	64	721	635	847	7	30
SODIUM	178	Cake, chocolate with icing	24	0	0	3709	497	3675	2720	4480	9	30
SODIUM	182	Sweet roll/Danish pastry	24	0	0	3414	514	3490	2570	4950	9	30
SODIUM	183	Chocolate chip cookies	24	0	0	3481	285	3465	2730	4250	8	30
SODIUM	184	Sandwich cookies with creme filling	24	0	0	4019	563	4010	2970	5170	8	30
SODIUM	185	Pie, apple, fresh/frozen	24	0	0	2213	352	2220	1320	2880	8	30
SODIUM	186	Pie, pumpkin, fresh/frozen	24	0	0	2708	339	2690	2050	3350	8	30
SODIUM	187	Candy bar, milk chocolate, plain	24	0	0	787	56	775	710	871	8	30
SODIUM	190	Gelatin dessert, any flavor	24	0	0	675	177	681	396	1120	7	30
SODIUM	191	Carbonated beverage, cola, regular	24	1	10	22	9	22	0	42	6	20
SODIUM	193	Fruit drink, from powder	24	1	18	21	31	11	0	152	5	20
SODIUM	194	Carbonated beverage, cola, low-calorie	24	0	10	24	8	23	9	44	5	20
SODIUM	197	Tea, from tea bag	24	21	3	1	2	0	0	6	3	9
SODIUM	198	Beer	24	0	7	26	9	25	12	44	5	20
SODIUM	199	Wine, dry table, red/white	24	0	0	40	18	36	24	116	4	20
SODIUM	202	BF, Infant formula, milk-based, iron fortified, RTF (formerly high iron)	24	0	0	223	27	215	183	288	7	30
SODIUM	203	BF, Infant formula, milk-based, low iron, RTF	10	0	0	220	15	216	204	247	7	30
SODIUM	205	BF, beef and broth/gravy	24	0	0	421	37	422	327	488	7	30
SODIUM	207	BF, chicken and broth/gravy	24	0	0	494	45	497	406	576	7	30
SODIUM	211	BF, vegetables and beef	24	0	0	179	50	169	95	306	7	30
SODIUM	212	BF, vegetables and chicken	24	0	0	192	61	170	129	346	7	30
SODIUM	213	BF, vegetables and ham	4	0	0	180	50	168	135	250	7	30
SODIUM	214	BF, chicken noodle dinner	24	0	0	245	108	225	95	572	7	30

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SODIUM	215	BF, macaroni, tomato and beef	24	0	0	277	206	236	129	1200	7	30
SODIUM	216	BF, turkey and rice	24	0	0	147	61	130	92	396	7	30
SODIUM	218	BF, carrots	24	0	0	368	146	314	201	748	7	30
SODIUM	219	BF, green beans	24	9	14	17	49	8	0	243	7	30
SODIUM	220	BF, mixed vegetables	24	0	0	204	112	155	83	437	7	30
SODIUM	221	BF, sweet potatoes	24	0	5	86	55	79	13	188	7	30
SODIUM	223	BF, peas	24	0	19	27	27	19	11	148	7	30
SODIUM	225	BF, applesauce	24	21	3	1	3	0	0	12	7	30
SODIUM	226	BF, peaches	24	6	14	16	15	12	0	59	7	30
SODIUM	227	BF, pears	23	8	14	9	10	8	0	45	7	30
SODIUM	230	BF, juice, apple	24	0	11	37	33	31	13	185	7	30
SODIUM	232	BF, custard/pudding	23	0	0	364	98	369	181	517	7	30
SODIUM	233	BF, fruit dessert/pudding	22	0	4	67	49	53	10	175	7	30
SODIUM	235	Yogurt, lowfat, fruit-flavored	24	0	0	555	49	548	473	673	7	30
SODIUM	236	Cheese, Swiss, natural	24	0	0	2394	1244	1895	1290	5960	9	30
SODIUM	237	Cream cheese	24	0	0	3383	494	3430	2320	4650	9	30
SODIUM	239	Luncheon meat, ham	24	0	0	11018	1654	10950	7980	14400	7	30
SODIUM	240	Chicken breast, oven-roasted (skin removed)	24	0	0	1041	631	757	508	2790	7	30
SODIUM	241	Chicken nuggets, fast-food	24	0	0	6410	677	6230	5490	8120	7	30
SODIUM	244	Shrimp, boiled	24	0	0	4894	965	4890	3130	6650	8	30
SODIUM	248	Bread, multigrain (formerly cracked wheat)	24	0	0	4807	745	4815	3290	6220	7	30
SODIUM	249	Bagel, plain, toasted	24	0	0	5227	476	5145	4060	5980	9	30
SODIUM	250	English muffin, plain, toasted	24	0	0	5053	767	4780	4030	6860	8	30
SODIUM	251	Crackers, graham	24	0	0	5199	609	5265	4070	6220	7	30
SODIUM	252	Crackers, butter-type	24	0	0	7703	701	7575	6270	8970	7	30
SODIUM	254	Peach, canned in light/medium syrup	24	0	16	29	22	21	8	85	7	30
SODIUM	255	Pear, canned in light syrup	24	4	19	12	8	12	0	30	7	30
SODIUM	256	Pineapple juice, frozen concentrate, reconstituted	24	0	3	29	7	28	13	43	5	20

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SODIUM	257	Grape juice, frozen concentrate, reconstituted	24	0	1	56	23	55	20	109	5	20
SODIUM	258	French fries, fast-food	24	0	0	2823	1072	2470	1440	5200	8	30
SODIUM	259	Carrot, fresh, peeled, boiled	24	0	0	540	131	548	331	808	7	30
SODIUM	261	Tomato juice, bottled	24	0	0	2669	613	2815	1280	3580	7	30
SODIUM	263	Brussels sprouts, fresh/frozen, boiled	24	0	0	223	103	207	106	558	7	30
SODIUM	264	Mushrooms, raw	24	0	0	84	37	73	49	210	7	30
SODIUM	265	Eggplant, fresh, peeled, boiled	24	14	10	4	5	0	0	17	7	30
SODIUM	266	Turnip, fresh/frozen, boiled	24	0	1	204	187	147	23	679	7	30
SODIUM	267	Okra, fresh/frozen, boiled	24	0	3	66	27	68	21	107	7	30
SODIUM	268	Mixed vegetables, frozen, boiled	24	0	0	174	119	134	50	463	7	30
SODIUM	269	Beef stroganoff with noodles, homemade	24	0	0	1017	329	998	249	1670	7	30
SODIUM	272	Tuna noodle casserole, homemade	24	0	0	4705	731	4640	3110	6220	8	30
SODIUM	275	Quarter-pound cheeseburger on bun, fast-food	24	0	0	6018	457	6020	4800	6910	7	30
SODIUM	276	Fish sandwich on bun, fast-food	24	0	0	5128	386	5095	4380	6000	8	30
SODIUM	278	Egg, cheese, and ham on English muffin, fast-food	24	0	0	6336	327	6365	5530	6810	7	30
SODIUM	279	Taco/tostada with beef and cheese, from Mexican carry-out	24	0	0	5256	890	5100	3750	6770	7	30
SODIUM	281	Pizza, cheese and pepperoni, regular crust, from pizza carry-out	24	0	0	7345	700	7410	5920	8840	8	30
SODIUM	283	Soup, bean with bacon/pork, canned, condensed, prepared w/ water	24	0	0	3658	391	3745	2500	4230	7	30
SODIUM	285	Clam chowder, New England, canned, condensed, prepared with whole milk	24	0	0	3576	727	3720	1710	4630	8	30
SODIUM	286	Ice cream, regular (not lowfat), vanilla	24	0	0	636	70	646	473	752	7	30
SODIUM	287	Sherbet, fruit-flavored	24	0	0	289	85	283	161	586	7	30



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SODIUM	288	Popsicle, fruit-flavored	24	0	1	59	26	51	26	143	7	30
SODIUM	290	Doughnut, cake-type, any flavor, from donut store	24	0	0	4300	522	4305	3160	5290	8	30
SODIUM	291	Brownie	24	0	0	2331	432	2355	1600	3050	8	30
SODIUM	292	Sugar cookies	24	0	0	3690	714	3550	2630	5470	8	30
SODIUM	293	Candy, hard, any flavor	24	0	0	838	856	422	42	2680	8	30
SODIUM	294	Pretzels, hard, salted	24	0	0	15413	4045	15200	8100	22200	8	30
SODIUM	295	Syrup, chocolate	24	0	0	552	86	548	429	839	8	30
SODIUM	296	Jelly, any flavor	24	0	0	320	98	326	126	590	8	30
SODIUM	298	Mustard, yellow, plain	24	0	0	11207	706	11200	9270	12500	7	30
SODIUM	299	Black olives	24	0	0	7426	783	7350	5930	8920	7	30
SODIUM	300	Sour cream	24	0	0	832	293	773	428	1480	7	30
SODIUM	305	Coffee, from ground	24	20	4	1	3	0	0	11	5	20
SODIUM	306	Carbonated beverage, fruit-flavored, regular	24	1	2	49	26	47	0	111	5	20
SODIUM	307	Fruit drink (10% juice), canned or bottled	25	0	4	51	44	31	14	170	5	20
SODIUM	309	BF, Infant formula, soy-based, RTF	24	0	0	338	62	323	271	598	7	30
SODIUM	313	BF, bananas	24	9	15	6	5	7	0	15	7	30
SODIUM	317	BF, teething biscuits	23	0	0	1582	487	1650	663	2710	7	30
SODIUM	318	Salmon, steaks/fillets, baked	24	0	0	873	320	846	437	1570	8	30
SODIUM	320	BF, squash	24	9	15	6	5	8	0	13	7	30
SODIUM	323	BF, cereal, oatmeal, dry, prepared with water	24	0	15	29	26	16	13	128	7	30
SODIUM	324	BF, cereal, rice, dry, prepared with water	24	1	13	25	18	16	0	54	7	30
SODIUM	325	BF, cereal, rice with apples, dry, prepared with water	13	1	9	30	41	14	0	153	7	30
SODIUM	326	BF, veal and broth/gravy	17	0	0	395	104	359	253	552	7	30
SODIUM	327	BF, lamb and broth/gravy	17	0	0	324	51	327	229	416	7	30
SODIUM	328	BF, turkey and broth/gravy	24	0	0	517	44	516	441	604	7	30

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SODIUM	331	Meal replacement, liquid RTD, any flavor	24	0	0	785	117	784	535	1100	7	30
SODIUM	332	Cottage cheese, creamed, lowfat (2% milk fat)	24	0	0	3523	329	3545	2830	4210	7	30
SODIUM	333	Sour cream dip, any flavor	24	0	0	6085	796	6050	4390	7850	7	30
SODIUM	334	Beef steak, loin/sirloin, broiled	24	0	0	875	686	593	488	3610	7	30
SODIUM	335	Luncheon meat (chicken/turkey)	24	0	0	10194	1716	10400	7290	13600	7	30
SODIUM	336	Chicken breast, fried, fast-food (with skin)	24	0	0	6288	1075	6145	4260	8930	7	30
SODIUM	337	Chicken thigh, oven-roasted (skin removed)	24	0	0	1141	520	941	678	2300	7	30
SODIUM	338	Chicken leg, fried, fast-food (with skin)	24	0	0	6035	829	5945	4600	8240	7	30
SODIUM	339	Catfish, pan-cooked with oil	24	0	0	962	465	996	406	2020	8	30
SODIUM	340	Tuna, canned in water, drained	24	0	0	2698	633	2600	1670	3700	8	30
SODIUM	341	Refried beans, canned	24	0	0	4270	598	4195	3350	5880	8	30
SODIUM	342	White beans, dry, boiled	24	21	3	1	3	0	0	14	7	30
SODIUM	343	Sunflower seeds (shelled), roasted, salted	24	0	0	5822	1680	6010	3220	8820	9	30
SODIUM	344	Pancakes, frozen, heated	24	0	0	4831	489	4755	4070	5550	7	30
SODIUM	345	Breakfast tart/toaster pastry	24	0	0	3555	440	3490	2900	4640	8	30
SODIUM	346	Macaroni salad, from grocery/deli	24	0	0	4558	719	4630	3150	5680	9	30
SODIUM	347	Spaghetti, enriched, boiled	24	15	9	4	7	0	0	30	7	30
SODIUM	348	Apricots, canned in heavy/light syrup	24	0	3	34	15	33	14	90	5	20
SODIUM	350	canned/bottled	24	0	0	56	25	51	25	139	5	20
SODIUM	351	Cranberry juice cocktail, canned/bottled	24	0	11	27	13	22	11	60	5	20
SODIUM	352	Orange juice, bottled/carton	24	0	13	27	22	19	5	87	5	20
SODIUM	353	Potato salad, mayonnaise-type, from grocery/deli	24	0	0	3849	523	3980	2490	4740	9	30

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SODIUM	354	Potatoes, mashed, prepared from fresh	24	0	0	1259	572	1150	610	2760	6	20
SODIUM	355	Coleslaw, mayonnaise-type, from grocery/deli	24	0	0	2229	751	1930	1280	4140	9	30
SODIUM	356	Carrot, baby, raw	24	0	0	679	117	679	467	945	7	30
SODIUM	357	Lettuce, leaf, raw	24	0	2	213	138	193	16	550	5	20
SODIUM	358	Sweet potatoes, canned	24	0	0	180	174	119	67	631	7	30
SODIUM	359	Tomato salsa, bottled	24	0	0	5949	577	5890	4530	7200	6	20
SODIUM	360	Stew, beef and vegetable, canned	23	0	0	3881	390	3880	3220	4490	7	30
SODIUM	361	Lasagna with meat, frozen, heated	24	0	0	3787	304	3720	3170	4560	7	30
SODIUM	362	Beef with vegetables in sauce, from Chinese carry-out	24	0	0	4480	756	4565	2450	6040	7	30
SODIUM	363	Chicken with vegetables in sauce, from Chinese carry-out	24	0	0	4163	707	4120	2930	5430	7	30
SODIUM	364	Fried rice, meatless, from Chinese carry-out	24	0	0	3910	803	3665	2430	5450	7	30
SODIUM	365	Burrito with beef, beans and cheese, from Mexican carry-out	24	0	0	6248	686	6250	4460	7600	7	30
SODIUM	366	Chicken filet (broiled) sandwich on bun, fast-food	24	0	0	5010	583	4970	3940	6880	7	30
SODIUM	367	Soup, Oriental noodles (ramen noodles), prepared with water	24	0	0	3929	1670	3540	1520	8400	7	30
SODIUM	368	Pudding, ready-to-eat, flavor other than chocolate	24	0	0	1388	102	1385	1180	1620	7	30
SODIUM	369	Cake, white with icing (formerly yellow cake)	24	0	0	3176	392	3130	2360	4090	8	30
SODIUM	370	Granola bar, with raisins	24	0	0	2890	354	2870	2150	3550	8	30
SODIUM	371	Candy bar, chocolate, nougat, and nuts	24	0	0	2172	167	2160	1870	2540	8	30
SODIUM	372	Popcorn, microwave, butter-flavored	24	0	0	7145	895	7130	5640	8730	9	30
SODIUM	373	Sweet & sour sauce	24	0	0	5059	1007	4815	3700	7360	7	30

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SODIUM	374	Brown gravy, canned or bottled	24	0	0	5566	468	5545	4650	6230	7	30
SODIUM	375	Salad dressing, creamy/buttermilk type, regular	24	0	0	9143	849	9020	7330	11800	8	30
SODIUM	376	Salad dressing, creamy/buttermilk type, low-calorie	24	0	0	9946	974	9880	7740	12600	8	30
SODIUM	377	Salad dressing, Italian, regular	24	0	0	15321	2644	15200	10700	20300	8	30
SODIUM	378	Olive oil	24	24	0	0	0	0	0	0	8	30
SODIUM	379	Vegetable oil	24	24	0	0	0	0	0	0	8	30
SODIUM	380	Bottled drinking water (mineral/spring), not carbonated or flavored	24	1	20	6	4	6	0	17	2	10
SODIUM	381	Coffee, decaffeinated, from ground	24	23	1	0	1	0	0	3	3	10
SODIUM	382	Tea, decaffeinated, from tea bag	24	22	1	1	2	0	0	10	3	10

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ZINC	1	Milk, whole, fluid	24	0	0	3.88	0.28	3.93	3.32	4.30	0.30	0.90
ZINC	2	Milk, lowfat (2%), fluid	24	0	0	4.01	0.33	4.08	3.15	4.63	0.30	0.90
ZINC	3	Milk, chocolate, lowfat, fluid	24	0	0	4.35	0.30	4.33	3.83	4.98	0.30	0.90
ZINC	4	Milk, skim, fluid	24	0	0	4.03	0.56	4.18	2.34	4.81	0.30	0.90
ZINC	7	Milk shake, chocolate, fast-food	24	0	0	4.50	0.65	4.43	3.48	6.48	0.30	0.90
ZINC	10	Cheese, American, processed	24	0	0	26.90	1.97	26.60	22.80	32.60	0.40	2.00
ZINC	12	Cheese, cheddar, natural (sharp/mild)	24	0	0	39.01	1.85	39.05	34.40	42.50	0.40	2.00
ZINC	13	Beef, ground, regular, pan-cooked	24	0	0	57.10	6.67	55.30	46.20	72.30	0.30	0.90
ZINC	14	Beef roast, chuck, oven-roasted	24	0	0	83.94	8.50	82.90	71.00	103.00	0.30	0.90
ZINC	17	Ham, cured (not canned), baked	24	0	0	20.64	3.27	19.80	15.00	26.90	0.30	0.90
ZINC	18	Pork chop, pan-cooked with oil	24	0	0	23.75	3.55	23.50	16.60	32.90	0.30	0.90
ZINC	19	Pork sausage (link/patty), oven-cooked	24	0	0	27.72	2.58	27.45	22.00	32.70	0.40	2.00
ZINC	20	Pork bacon, oven-cooked	24	0	0	30.04	4.17	29.60	22.00	39.20	0.40	2.00
ZINC	21	Pork roast, loin, oven-roasted	24	0	0	21.72	3.51	20.95	15.80	29.90	0.40	2.00
ZINC	22	Lamb chop, pan-cooked with oil	24	0	0	54.13	11.31	52.55	35.40	81.50	0.40	2.00
ZINC	26	Turkey breast, oven-roasted	24	0	0	13.86	1.86	14.00	10.40	18.10	0.30	0.90
ZINC	27	Liver (beef/calf), pan-cooked with oil	24	0	0	53.55	7.37	51.95	43.10	71.80	0.30	0.90
ZINC	28	Frankfurter (beef/pork), boiled	24	0	0	22.36	4.59	22.70	13.00	31.30	0.40	2.00
ZINC	29	Bologna (beef/pork)	24	0	0	13.96	2.26	13.30	10.70	18.60	0.40	2.00
ZINC	30	Salami, luncheon-meat type (not hard)	24	0	0	19.36	4.08	18.05	13.30	28.40	0.40	2.00
ZINC	34	Fish sticks or patty, frozen, oven-cooked	24	0	0	7.32	5.24	4.72	3.63	20.80	0.30	1.00
ZINC	35	Eggs, scrambled with oil	24	0	0	11.48	1.35	11.85	7.93	13.80	0.30	0.90
ZINC	37	Eggs, boiled	24	0	0	13.83	1.83	13.45	11.50	20.40	0.30	0.90
ZINC	38	Pinto beans, dry, boiled	24	0	0	10.13	0.94	10.00	8.89	13.00	0.30	0.90
ZINC	39	Pork and beans, canned	24	0	0	5.35	0.34	5.39	4.56	5.99	0.30	0.90
ZINC	42	Lima beans, immature, frozen, boiled	24	0	0	7.04	0.54	7.01	5.97	7.95	0.30	0.90
ZINC	46	Peas, green, fresh/frozen, boiled	24	0	0	5.74	0.92	5.73	4.28	8.36	0.30	0.90

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ZINC	47	Peanut butter, smooth/creamy	24	0	0	28.94	1.96	28.70	25.00	31.80	0.40	2.00
ZINC	48	Peanuts, dry roasted, salted	24	0	0	30.14	1.52	30.05	26.70	33.20	0.40	2.00
ZINC	50	Rice, white, enriched, cooked	24	0	0	5.56	1.02	5.60	3.66	7.73	0.30	0.90
ZINC	51	Oatmeal, plain, cooked	24	0	0	5.31	1.24	5.00	2.55	7.89	0.30	0.90
ZINC	52	Cream of wheat (farina), enriched, cooked	24	0	0	2.13	0.61	1.89	1.34	3.67	0.30	0.90
ZINC	53	Corn/hominy grits, enriched, cooked	24	0	0	1.62	0.43	1.62	0.97	2.58	0.30	0.90
ZINC	54	Corn, fresh/frozen, boiled	24	0	0	3.99	1.01	3.88	2.72	7.86	0.30	0.90
ZINC	55	Corn, canned	24	0	0	3.16	0.44	3.09	2.23	4.01	0.30	0.90
ZINC	58	Bread, white, enriched	24	0	0	8.85	6.69	7.40	6.07	40.10	0.40	2.00
ZINC	60	Cornbread, homemade	24	0	0	6.13	0.97	5.99	4.33	8.46	0.30	0.90
ZINC	61	Biscuits, refrigerated-type, baked	24	0	0	4.21	0.42	4.21	3.44	4.99	0.30	0.90
ZINC	62	Bread, whole wheat	24	0	0	20.49	4.84	19.70	13.60	34.50	0.30	0.90
ZINC	63	Tortilla, flour	24	0	0	5.59	0.67	5.34	4.67	7.00	0.30	1.00
ZINC	64	Bread, rye	24	0	0	9.64	1.25	9.69	7.45	11.80	0.30	0.90
ZINC	65	Muffin, blueberry	24	0	0	3.89	0.47	3.93	2.73	4.95	0.30	0.90
ZINC	66	Crackers, saltine	24	0	0	7.68	0.78	7.69	6.37	9.14	0.30	0.90
ZINC	67	Corn/tortilla chips	24	0	0	14.43	1.32	14.35	12.20	16.80	0.30	0.90
ZINC	69	Noodles, egg, enriched, boiled	24	0	0	7.91	1.56	7.28	5.69	10.90	0.40	2.00
ZINC	71	Corn flakes cereal	24	0	0	2.42	1.15	2.32	1.11	6.20	0.30	0.90
ZINC	72	Fruit-flavored cereal, presweetened	24	0	0	121.64	27.62	121.50	69.50	179.00	0.30	0.90
ZINC	73	Shredded wheat cereal	24	0	0	30.65	8.39	29.05	20.70	58.30	0.30	0.90
ZINC	74	Raisin bran cereal	24	0	0	72.68	21.19	74.65	34.70	109.00	0.30	0.90
ZINC	75	Crisped rice cereal	24	0	0	34.14	31.65	13.60	9.36	113.00	0.30	0.90
ZINC	76	Granola with raisins	24	0	0	27.30	11.82	20.30	16.50	50.80	0.30	0.90
ZINC	77	Oat ring cereal	24	0	0	169.21	15.80	174.00	112.00	187.00	0.30	0.90
ZINC	78	Apple (red), raw (with peel)	24	24	0	0	0	0	0	0	0.30	0.90
ZINC	79	Orange (navel/Valencia), raw	24	0	19	0.57	0.14	0.54	0.33	0.92	0.20	0.70
ZINC	80	Banana, raw	24	0	0	1.59	0.14	1.62	1.36	1.79	0.20	0.70
ZINC	81	Watermelon, raw/frozen	24	0	4	0.89	0.17	0.88	0.52	1.17	0.20	0.70
ZINC	83	Peach, raw/frozen	24	0	3	0.88	0.20	0.84	0.50	1.32	0.20	0.70

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ZINC	84	Applesauce, bottled	24	18	6	0.06	0.11	0	0	0.28	0.20	0.70
ZINC	85	Pear, raw (with peel)	24	0	2	0.91	0.17	0.94	0.49	1.16	0.20	0.70
ZINC	86	Strawberries, raw/frozen	24	0	0	1.04	0.18	1.04	0.74	1.39	0.20	0.70
ZINC	87	Fruit cocktail, canned in light syrup	24	1	21	0.63	0.20	0.63	0	0.97	0.30	0.90
ZINC	88	Grapes (red/green), raw	24	1	23	0.37	0.11	0.40	0	0.54	0.20	0.70
ZINC	89	Cantaloupe, raw/frozen	24	0	0	1.33	0.29	1.32	0.87	1.85	0.20	0.70
ZINC	92	Grapefruit, raw	24	0	22	0.48	0.13	0.46	0.26	0.72	0.20	0.70
ZINC	93	Pineapple, canned in juice	24	0	21	0.77	0.14	0.79	0.50	1.11	0.30	0.90
ZINC	95	Raisins	24	0	23	1.66	0.20	1.66	1.23	2.00	0.40	2.00
ZINC	97	Avocado, raw	24	0	0	5.14	1.19	5.01	2.68	7.77	0.40	2.00
ZINC	98	Orange juice, frozen concentrate, reconstituted	24	1	23	0.34	0.08	0.34	0	0.44	0.20	0.70
ZINC	99	Apple juice, bottled	24	21	3	0.04	0.12	0	0	0.42	0.20	0.70
ZINC	100	Grapefruit juice, bottled	23	1	22	0.36	0.10	0.38	0	0.45	0.20	0.70
ZINC	103	Prune juice, bottled	24	0	0	1.43	0.18	1.43	1.08	1.77	0.20	0.70
ZINC	105	Lemonade, frozen concentrate, reconstituted	24	24	0	0	0	0	0	0	0.20	0.70
ZINC	107	Spinach, fresh/frozen, boiled	24	0	0	4.40	1.90	4.45	1.80	8.87	0.20	0.70
ZINC	108	Collards, fresh/frozen, boiled	24	0	0	2.32	0.70	2.19	1.27	4.29	0.20	0.70
ZINC	109	Lettuce, iceberg, raw	24	0	0	1.16	0.38	1.12	0.70	2.15	0.20	0.70
ZINC	110	Cabbage, fresh, boiled	24	0	5	0.84	0.22	0.79	0.40	1.32	0.20	0.70
ZINC	113	Broccoli, fresh/frozen, boiled	24	0	0	2.22	0.40	2.18	1.40	2.98	0.30	0.90
ZINC	114	Celery, raw	24	0	15	0.79	0.23	0.82	0.36	1.15	0.30	0.90
ZINC	115	Asparagus, fresh/frozen, boiled	24	0	0	3.93	0.56	3.98	2.48	4.76	0.30	0.90
ZINC	116	Cauliflower, fresh/frozen, boiled	24	0	0	1.50	0.26	1.48	0.98	2.26	0.30	0.90
ZINC	117	Tomato, raw	24	0	13	0.86	0.19	0.88	0.56	1.29	0.30	0.90
ZINC	119	Tomato sauce, plain, bottled	24	0	0	1.70	0.20	1.75	1.22	2.09	0.30	0.90
ZINC	121	Green beans, fresh/frozen, boiled	24	0	0	2.17	0.46	2.23	1.03	2.77	0.30	0.90
ZINC	122	Green beans, canned	24	0	0	6.28	11.99	1.75	1.21	50.00	0.30	0.90
ZINC	123	Cucumber, peeled, raw	24	0	4	1.05	0.20	1.02	0.77	1.49	0.30	0.90

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ZINC	124	Summer squash, fresh/frozen, boiled	24	0	0	1.84	0.42	1.76	1.26	2.72	0.30	0.90
ZINC	125	Pepper, sweet, green, raw	24	0	13	0.94	0.22	0.89	0.54	1.41	0.30	0.90
ZINC	126	Squash, winter (Hubbard/acorn), fresh/frozen, boiled	23	0	2	2.09	0.71	2.06	0.86	3.78	0.30	0.90
ZINC	128	Onion, mature, raw	24	0	5	1.25	0.44	1.19	0.51	2.24	0.30	0.90
ZINC	131	Beets, canned	24	0	0	3.32	1.72	2.80	1.84	8.63	0.30	0.90
ZINC	136	Potato, boiled (without peel)	24	0	0	2.21	0.56	2.10	1.07	3.58	0.30	0.80
ZINC	137	Potato, baked (with peel)	24	0	0	3.35	0.70	3.29	1.97	4.31	0.30	0.80
ZINC	138	Potato chips	24	0	0	10.34	1.75	10.10	7.96	14.20	0.30	1.00
ZINC	142	Spaghetti with meat sauce, homemade	24	0	0	11.40	2.25	11.50	7.44	15.70	0.30	0.90
ZINC	145	Chili con carne with beans, canned	24	0	0	9.92	1.12	9.94	7.68	12.00	0.30	0.90
ZINC	146	Macaroni and cheese, prepared from box mix	24	0	0	5.31	1.06	5.42	3.22	7.58	0.30	1.00
ZINC	147	Quarter-pound hamburger on bun, fast-food	24	0	0	26.20	2.81	26.55	19.10	31.80	0.30	0.90
ZINC	148	Meatloaf, beef, homemade	24	0	0	43.10	3.66	42.60	36.10	49.70	0.30	0.90
ZINC	152	Chicken potpie, frozen, heated	24	0	0	4.19	0.85	4.18	2.87	6.42	0.30	0.80
ZINC	155	Soup, chicken noodle, canned, condensed, prepared with water	24	0	5	1.38	0.60	1.29	0.45	2.63	0.30	0.80
ZINC	156	Soup, tomato, canned, condensed, prepared with water	24	0	2	1.03	0.14	1.06	0.78	1.31	0.30	0.80
ZINC	157	Soup, vegetable beef, canned, condensed, prepared with water	24	0	0	3.09	0.64	3.08	1.60	4.70	0.30	0.80
ZINC	161	Dill cucumber pickles	24	0	12	0.93	0.33	0.89	0.49	1.97	0.30	0.90
ZINC	162	Margarine, regular (not lowfat), salted	24	20	4	0.06	0.15	0	0	0.54	0.30	1.00
ZINC	164	Butter, regular (not lowfat), salted	24	0	23	0.67	0.34	0.61	0.37	2.13	0.30	1.00
ZINC	166	Mayonnaise, regular, bottled	24	0	23	1.68	0.18	1.69	1.32	2.15	0.40	2.00
ZINC	167	Cream, half & half	24	0	0	3.07	0.52	3.16	1.80	3.97	0.30	0.90



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ZINC	168	Cream substitute, non-dairy, liquid/frozen	24	13	10	0.20	0.26	0	0	0.93	0.30	0.90
ZINC	169	Sugar, white, granulated	24	23	1	0.02	0.07	0	0	0.36	0.30	1.00
ZINC	170	Syrup, pancake	24	14	6	0.51	1.00	0	0	4.22	0.30	1.00
ZINC	172	Honey	24	0	22	0.62	0.25	0.55	0.33	1.33	0.30	1.00
ZINC	173	Tomato catsup	24	0	0	1.60	0.17	1.59	1.31	1.92	0.30	0.80
ZINC	177	Ice cream, light, vanilla	24	0	0	4.57	0.62	4.56	3.31	5.60	0.30	0.90
ZINC	178	Cake, chocolate with icing	24	0	0	5.92	0.73	5.88	4.77	7.77	0.40	2.00
ZINC	182	Sweet roll/Danish pastry	24	0	0	6.25	0.98	6.25	4.53	8.46	0.40	2.00
ZINC	183	Chocolate chip cookies	24	0	0	7.23	0.67	7.17	5.52	8.48	0.30	1.00
ZINC	184	Sandwich cookies with creme filling	24	0	0	6.12	1.16	5.99	4.67	8.76	0.30	1.00
ZINC	185	Pie, apple, fresh/frozen	24	0	0	1.93	0.26	1.84	1.60	2.59	0.30	1.00
ZINC	186	Pie, pumpkin, fresh/frozen	24	0	0	4.44	0.70	4.35	3.49	6.32	0.30	1.00
ZINC	187	Candy bar, milk chocolate, plain	24	0	0	13.39	0.63	13.40	12.40	15.30	0.30	1.00
ZINC	190	Gelatin dessert, any flavor	24	24	0	0	0	0	0	0	0.30	0.90
ZINC	191	Carbonated beverage, cola, regular	24	24	0	0	0	0	0	0	0.30	0.80
ZINC	193	Fruit drink, from powder	24	24	0	0	0	0	0	0	0.20	0.70
ZINC	194	Carbonated beverage, cola, low-calorie	24	22	2	0.02	0.08	0	0	0.29	0.20	0.70
ZINC	197	Tea, from tea bag	24	23	1	0.01	0.03	0	0	0.16	0.10	0.40
ZINC	198	Beer	24	24	0	0	0	0	0	0	0.20	0.60
ZINC	199	Wine, dry table, red/white	24	0	2	0.77	0.21	0.73	0.45	1.17	0.20	0.50
ZINC	202	BF, Infant formula, milk-based, iron fortified, RTF (formerly high iron)	24	0	0	6.65	1.20	6.44	4.85	10.50	0.30	0.90
ZINC	203	BF, Infant formula, milk-based, low iron, RTF	10	0	0	6.34	0.66	6.38	5.29	7.66	0.30	0.90
ZINC	205	BF, beef and broth/gravy	24	0	0	25.68	2.86	25.30	20.70	30.80	0.30	0.90
ZINC	207	BF, chicken and broth/gravy	24	0	0	12.58	1.32	12.35	10.50	15.60	0.30	0.90
ZINC	211	BF, vegetables and beef	24	0	0	4.30	0.69	4.43	2.73	5.36	0.30	0.90
ZINC	212	BF, vegetables and chicken	24	0	0	3.34	0.44	3.29	2.52	4.22	0.30	0.90
ZINC	213	BF, vegetables and ham	4	0	0	3.41	0.16	3.44	3.21	3.55	0.30	0.90
ZINC	214	BF, chicken noodle dinner	24	0	0	3.92	0.57	3.90	2.95	4.93	0.30	0.90

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ZINC	215	BF, macaroni, tomato and beef	24	0	0	3.86	0.57	3.97	2.79	4.72	0.30	0.90
ZINC	216	BF, turkey and rice	24	0	0	4.19	0.39	4.23	3.24	4.88	0.30	0.90
ZINC	218	BF, carrots	24	0	0	1.85	0.51	1.76	1.18	3.15	0.30	0.90
ZINC	219	BF, green beans	24	0	0	2.31	0.36	2.28	1.57	2.98	0.30	0.90
ZINC	220	BF, mixed vegetables	24	0	0	2.33	0.46	2.27	1.33	3.91	0.30	0.90
ZINC	221	BF, sweet potatoes	24	0	0	2.00	0.33	2.01	1.18	2.53	0.30	0.90
ZINC	223	BF, peas	24	0	0	5.07	0.59	5.11	3.41	6.01	0.30	0.90
ZINC	225	BF, applesauce	24	19	5	0.07	0.14	0	0	0.40	0.30	0.90
ZINC	226	BF, peaches	24	0	1	1.14	0.17	1.13	0.89	1.49	0.30	0.90
ZINC	227	BF, pears	24	0	10	0.97	0.15	0.94	0.75	1.36	0.30	0.90
ZINC	230	BF, juice, apple	24	24	0	0	0	0	0	0	0.30	0.90
ZINC	232	BF, custard/pudding	23	0	0	2.56	0.49	2.54	1.40	3.69	0.30	0.90
ZINC	233	BF, fruit dessert/pudding	22	3	7	1.48	1.73	1.25	0	7.85	0.30	0.90
ZINC	235	Yogurt, lowfat, fruit-flavored	24	0	0	3.94	0.32	3.85	3.38	4.45	0.30	0.90
ZINC	236	Cheese, Swiss, natural	24	0	0	43.70	2.23	44.25	39.50	47.70	0.40	2.00
ZINC	237	Cream cheese	24	0	0	5.01	0.48	4.94	4.15	5.90	0.40	2.00
ZINC	239	Luncheon meat, ham	24	0	0	18.32	1.95	17.85	15.00	24.10	0.30	0.90
ZINC	240	Chicken breast, oven-roasted (skin removed)	24	0	0	8.32	0.73	8.30	7.12	9.47	0.30	0.90
ZINC	241	Chicken nuggets, fast-food	24	0	0	5.80	0.39	5.64	5.22	6.68	0.30	0.90
ZINC	244	Shrimp, boiled	24	0	0	8.44	0.96	8.49	6.45	10.20	0.30	1.00
ZINC	248	Bread, multigrain (formerly cracked wheat)	24	0	0	17.54	10.27	15.00	9.51	60.70	0.30	0.90
ZINC	249	Bagel, plain, toasted	24	0	0	8.47	0.76	8.44	6.75	9.71	0.40	2.00
ZINC	250	English muffin, plain, toasted	24	0	0	8.10	1.06	7.95	6.42	10.80	0.30	1.00
ZINC	251	Crackers, graham	24	0	0	8.32	0.89	8.09	7.04	10.00	0.30	0.90
ZINC	252	Crackers, butter-type	24	0	0	5.21	0.88	5.46	3.64	6.83	0.30	0.90
ZINC	254	Peach, canned in light/medium syrup	24	0	23	0.61	0.13	0.60	0.36	0.92	0.30	0.90
ZINC	255	Pear, canned in light syrup	24	2	22	0.51	0.21	0.50	0	0.86	0.30	0.90
ZINC	256	Pineapple juice, frozen concentrate, reconstituted	24	0	1	0.87	0.12	0.87	0.59	1.17	0.20	0.70

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ZINC	257	Grape juice, frozen concentrate, reconstituted	24	3	20	0.37	0.23	0.33	0	0.95	0.20	0.70
ZINC	258	French fries, fast-food	24	0	0	4.93	0.76	4.90	3.42	6.47	0.30	1.00
ZINC	259	Carrot, fresh, peeled, boiled	24	0	0	1.82	0.39	1.80	1.16	2.79	0.30	0.90
ZINC	261	Tomato juice, bottled	24	0	5	1.04	0.15	1.05	0.83	1.51	0.30	0.90
ZINC	263	Brussels sprouts, fresh/frozen, boiled	24	0	0	2.56	0.34	2.42	2.13	3.27	0.30	0.90
ZINC	264	Mushrooms, raw	24	0	0	4.19	0.86	4.12	2.88	5.61	0.30	0.90
ZINC	265	Eggplant, fresh, peeled, boiled	24	0	13	0.90	0.21	0.87	0.52	1.29	0.30	0.90
ZINC	266	Turnip, fresh/frozen, boiled	24	0	0	1.55	0.44	1.62	0.92	2.46	0.30	0.90
ZINC	267	Okra, fresh/frozen, boiled	24	0	0	3.58	0.67	3.60	1.69	4.96	0.30	0.90
ZINC	268	Mixed vegetables, frozen, boiled	24	0	0	3.45	0.40	3.51	2.67	4.28	0.30	0.90
ZINC	269	Beef stroganoff with noodles, homemade	24	0	0	16.10	3.14	15.85	10.50	23.40	0.30	0.90
ZINC	272	Tuna noodle casserole, homemade	24	0	0	6.76	0.72	6.83	4.85	8.10	0.30	1.00
ZINC	275	Quarter-pound cheeseburger on bun, fast-food	24	0	0	26.09	2.13	26.15	22.80	31.90	0.30	0.90
ZINC	276	Fish sandwich on bun, fast-food	24	0	0	5.97	0.71	5.93	4.83	8.04	0.30	1.00
ZINC	278	Egg, cheese, and ham on English muffin, fast-food	24	0	0	13.73	1.03	13.70	12.00	15.80	0.30	0.90
ZINC	279	Taco/tostada with beef and cheese, from Mexican carry-out	24	0	0	21.55	3.45	20.95	16.10	29.70	0.30	0.90
ZINC	281	Pizza, cheese and pepperoni, regular crust, from pizza carry-out	24	0	0	17.42	2.20	17.35	12.80	21.10	0.30	1.00
ZINC	283	Soup, bean with bacon/pork, canned, condensed, prepared w/ water	24	0	0	4.00	0.65	3.80	2.81	5.53	0.30	0.90
ZINC	285	Clam chowder, New England, canned, condensed, prepared with whole milk	24	0	0	3.25	0.49	3.36	1.90	4.01	0.30	1.00
ZINC	286	Ice cream, regular (not lowfat), vanilla	24	0	0	3.26	0.96	3.30	1.05	5.19	0.30	0.90
ZINC	287	Sherbet, fruit-flavored	24	0	10	1.01	0.33	1.13	0.47	1.59	0.30	0.90

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ZINC	288	Popsicle, fruit-flavored	24	21	3	0.06	0.18	0	0	0.70	0.30	0.90
ZINC	290	Doughnut, cake-type, any flavor, from donut store	24	0	0	5.19	0.61	5.16	4.09	6.75	0.30	1.00
ZINC	291	Brownie	24	0	0	6.88	1.05	6.56	5.49	9.25	0.30	1.00
ZINC	292	Sugar cookies	24	0	0	4.19	0.41	4.27	3.32	4.95	0.30	1.00
ZINC	293	Candy, hard, any flavor	24	22	2	0.04	0.15	0	0	0.62	0.30	1.00
ZINC	294	Pretzels, hard, salted	24	0	0	9.53	0.98	9.42	7.16	11.60	0.30	1.00
ZINC	295	Syrup, chocolate	24	0	0	6.54	0.52	6.45	5.85	8.32	0.30	1.00
ZINC	296	Jelly, any flavor	24	10	14	0.24	0.22	0.34	0	0.54	0.30	1.00
ZINC	298	Mustard, yellow, plain	24	0	0	7.00	0.59	6.94	5.91	8.88	0.30	0.90
ZINC	299	Black olives	24	0	3	1.52	0.51	1.48	0.59	2.81	0.30	0.90
ZINC	300	Sour cream	24	0	0	3.76	0.71	3.56	2.16	4.96	0.30	0.90
ZINC	305	Coffee, from ground	24	24	0	0	0	0	0	0	0.20	0.70
ZINC	306	Carbonated beverage, fruit-flavored, regular	24	23	1	0.01	0.05	0	0	0.23	0.20	0.70
ZINC	307	Fruit drink (10% juice), canned or bottled	25	24	1	0.02	0.10	0	0	0.51	0.20	0.70
ZINC	309	BF, Infant formula, soy-based, RTF	24	0	0	7.21	1.44	7.30	2.36	9.34	0.30	0.90
ZINC	313	BF, bananas	24	0	0	1.47	0.13	1.50	1.21	1.64	0.30	0.90
ZINC	317	BF, teething biscuits	23	0	0	31.72	39.02	11.90	6.24	146.00	0.30	0.90
ZINC	318	Salmon, steaks/fillets, baked	24	0	0	4.47	0.49	4.29	3.90	5.77	0.30	1.00
ZINC	320	BF, squash	24	0	0	1.79	0.39	1.84	0.91	2.49	0.30	0.90
ZINC	323	BF, cereal, oatmeal, dry, prepared with water	24	0	0	20.39	4.59	20.30	11.70	30.80	0.30	0.90
ZINC	324	BF, cereal, rice, dry, prepared with water	24	0	0	22.80	9.22	19.80	12.00	55.80	0.30	0.90
ZINC	325	BF, cereal, rice with apples, dry, prepared with water	13	0	0	19.09	3.92	18.40	12.40	26.80	0.30	0.90
ZINC	326	BF, veal and broth/gravy	17	0	0	21.81	2.57	20.90	19.20	28.00	0.30	0.90
ZINC	327	BF, lamb and broth/gravy	17	0	0	20.51	2.28	20.20	16.70	25.00	0.30	0.90
ZINC	328	BF, turkey and broth/gravy	24	0	0	19.15	3.06	19.85	11.90	22.80	0.30	0.90

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ZINC	331	Meal replacement, liquid RTD, any flavor	24	0	0	19.05	5.01	19.65	8.16	36.00	0.30	0.90
ZINC	332	Cottage cheese, creamed, lowfat (2% milk fat)	24	0	0	4.51	1.21	3.87	3.14	6.94	0.30	0.90
ZINC	333	Sour cream dip, any flavor	24	0	0	3.57	0.64	3.57	2.41	4.92	0.30	0.90
ZINC	334	Beef steak, loin/sirloin, broiled	24	0	0	60.26	5.95	60.30	46.80	75.60	0.30	0.90
ZINC	335	Luncheon meat (chicken/turkey)	24	0	0	10.39	2.06	10.20	7.19	16.20	0.30	0.90
ZINC	336	Chicken breast, fried, fast-food (with skin)	24	0	0	7.74	0.65	7.63	6.76	9.78	0.30	0.90
ZINC	337	Chicken thigh, oven-roasted (skin removed)	24	0	0	20.66	2.14	20.70	16.20	24.20	0.30	0.90
ZINC	338	Chicken leg, fried, fast-food (with skin)	24	0	0	19.90	2.42	20.15	13.70	24.10	0.30	0.90
ZINC	339	Catfish, pan-cooked with oil	24	0	0	6.10	0.86	6.05	4.06	7.67	0.30	1.00
ZINC	340	Tuna, canned in water, drained	24	0	0	4.77	0.87	5.01	3.30	6.68	0.30	1.00
ZINC	341	Refried beans, canned	24	0	0	6.71	1.15	6.63	5.08	10.90	0.30	1.00
ZINC	342	White beans, dry, boiled	24	0	0	10.49	1.27	10.25	8.55	13.20	0.30	0.90
ZINC	343	Sunflower seeds (shelled), roasted, salted	24	0	0	51.72	3.00	51.60	46.40	58.20	0.40	1.20
ZINC	344	Pancakes, frozen, heated	24	0	0	4.38	0.86	4.10	3.41	7.12	0.30	0.90
ZINC	345	Breakfast tart/toaster pastry	24	0	0	4.21	0.59	4.16	3.11	5.42	0.30	1.00
ZINC	346	Macaroni salad, from grocery/deli	24	0	0	3.52	0.51	3.41	2.92	5.26	0.40	1.20
ZINC	347	Spaghetti, enriched, boiled	24	0	0	5.86	0.89	5.74	4.50	8.06	0.30	0.90
ZINC	348	Apricots, canned in heavy/light syrup	24	0	4	0.88	0.18	0.86	0.61	1.23	0.20	0.70
ZINC	350	canned/bottled	24	11	13	0.17	0.17	0.22	0	0.50	0.20	0.70
ZINC	351	Cranberry juice cocktail, canned/bottled	24	18	6	0.07	0.13	0	0	0.36	0.20	0.70
ZINC	352	Orange juice, bottled/carton	24	0	24	0.32	0.05	0.34	0.21	0.40	0.20	0.70
ZINC	353	Potato salad, mayonnaise-type, from grocery/deli	24	0	0	2.84	0.47	2.79	2.04	3.79	0.40	1.20

Element	TDS Food No.	TDS Food Name	N of Analyses	N of Non-detects*	N of Trace	Mean (mg/kg)	Std Dev (mg/kg)	Median (mg/kg)	Min (mg/kg)	Max (mg/kg)	LOD (mg/kg)	LOQ (mg/kg)
ZINC	354	Potatoes, mashed, prepared from fresh	24	0	0	2.42	0.43	2.32	1.59	3.26	0.30	0.80
ZINC	355	Coleslaw, mayonnaise-type, from grocery/deli	24	0	7	1.33	0.27	1.33	0.67	1.93	0.40	1.20
ZINC	356	Carrot, baby, raw	24	0	1	1.37	0.32	1.38	0.72	2.08	0.30	0.90
ZINC	357	Lettuce, leaf, raw	24	0	0	2.03	0.55	2.09	1.01	2.93	0.20	0.70
ZINC	358	Sweet potatoes, canned	24	0	0	1.58	0.28	1.59	1.15	2.24	0.30	0.90
ZINC	359	Tomato salsa, bottled	24	0	0	1.74	0.22	1.78	1.11	2.25	0.30	0.80
ZINC	360	Stew, beef and vegetable, canned	23	0	0	8.12	0.94	8.11	6.34	9.76	0.30	0.90
ZINC	361	Lasagna with meat, frozen, heated	24	0	0	9.11	1.12	8.96	6.46	11.60	0.30	0.90
ZINC	362	Beef with vegetables in sauce, from Chinese carry-out	24	0	0	14.09	3.36	13.40	10.80	26.20	0.30	0.90
ZINC	363	Chicken with vegetables in sauce, from Chinese carry-out	24	0	0	4.52	1.36	4.00	2.85	7.65	0.30	0.90
ZINC	364	Fried rice, meatless, from Chinese carry-out	24	0	0	7.19	1.08	7.01	5.71	10.00	0.30	0.90
ZINC	365	Burrito with beef, beans and cheese, from Mexican carry-out	24	0	0	13.78	2.98	13.50	9.73	23.90	0.30	0.90
ZINC	366	Chicken filet (broiled) sandwich on bun, fast-food	24	0	0	6.98	0.92	6.95	5.38	9.72	0.30	0.90
ZINC	367	Soup, Oriental noodles (ramen noodles), prepared with water	24	0	0	1.66	0.68	1.36	0.93	3.02	0.30	0.90
ZINC	368	Pudding, ready-to-eat, flavor other than chocolate	24	0	2	1.40	0.49	1.29	0.76	2.95	0.30	0.90
ZINC	369	Cake, white with icing (formerly yellow cake)	24	0	0	2.18	0.61	2.11	1.17	3.82	0.30	1.00
ZINC	370	Granola bar, with raisins	24	0	0	11.33	1.96	11.10	8.81	17.70	0.30	1.00
ZINC	371	Candy bar, chocolate, nougat, and nuts	24	0	0	10.07	0.70	10.15	8.81	11.60	0.30	1.00
ZINC	372	Popcorn, microwave, butter-flavored	24	0	0	19.73	4.03	19.45	12.20	26.70	0.40	1.20
ZINC	373	Sweet & sour sauce	24	4	14	0.67	0.38	0.71	0	1.26	0.30	0.90

Element	TDS Food No.	TDS Food Name	N of Analyses	N of Non-detects*	N of Trace	Mean (mg/kg)	Std Dev (mg/kg)	Median (mg/kg)	Min (mg/kg)	Max (mg/kg)	LOD (mg/kg)	LOQ (mg/kg)
ZINC	374	Brown gravy, canned or bottled	24	0	1	1.28	0.30	1.24	0.79	1.73	0.30	0.90
ZINC	375	Salad dressing, creamy/buttermilk type, regular	24	0	0	1.77	0.33	1.81	1.08	2.33	0.30	1.00
ZINC	376	Salad dressing, creamy/buttermilk type, low-calorie	24	0	1	1.64	0.44	1.63	0.49	2.27	0.30	1.00
ZINC	377	Salad dressing, Italian, regular	24	0	19	0.74	0.30	0.64	0.36	1.38	0.30	1.00
ZINC	378	Olive oil	24	19	5	0.11	0.23	0	0	0.76	0.30	1.00
ZINC	379	Vegetable oil	24	19	5	0.09	0.19	0	0	0.57	0.30	1.00
ZINC	380	Bottled drinking water (mineral/spring), not carbonated or flavored	24	24	0	0	0	0	0	0	0.10	0.20
ZINC	381	Coffee, decaffeinated, from ground	24	24	0	0	0	0	0	0	0.10	0.40
ZINC	382	Tea, decaffeinated, from tea bag	24	23	1	0.01	0.03	0	0	0.16	0.10	0.40