

RETAIL SURVEY OF IODINE IN UK PRODUCED DAIRY FOODS

Summary

The Food Standards Agency has conducted a survey to establish the concentrations of iodine in UK produced dairy foods and seaweed.

The aim of this survey was to provide an indication of the concentrations of iodine levels in dairy foods and seaweed from the UK in order to estimate dietary exposure to iodine from key food groups, to identify any food safety concerns and to inform possible future European Commission negotiations on this topic.

The key facts are:

- Iodine was measured in 350 samples of UK produced dairy foods and seaweed, including 160 samples of milk (cow, goat and sheep), 50 of eggs (duck, goose, hen and quail), 50 cheese samples, 50 yoghurt and 40 commercial seaweeds, collected from all over the UK.
- The levels of iodine found were generally in a similar range to those reported from previous surveys¹. Goats' and sheep's milk; and seaweed were analysed for iodine for the first time in this survey.
- Seaweed contained the highest concentration of iodine. Goats' and sheep's milk contained higher concentrations of iodine than cows' milk.
- Estimated exposures to iodine have been compared with recommended guidelines, where available. The levels found in this survey are consistent with those of the 1997 – 2000 surveys, where applicable, for which the Committee on Toxicity of Chemicals in Food, Consumer Products and the Environment (COT) concluded that the estimated total dietary intake of iodine based on the 1997 Total Diet Study are unlikely to pose a risk to health².

- As with previous surveys, young children consuming above average amounts of cows' milk could exceed the recommended guideline for exposure. However, the COT concluded in 2000 that the concentrations of iodine in cows' milk are unlikely to pose a risk to health, even in those children who are high level consumers¹⁹.
- In the case of goats' and sheep's milk, the iodine levels reported were higher than those for cows' milk. Estimates of iodine intake from goats' and sheep's milk indicate that toddlers may exceed the recommended guideline. However, relatively few samples of these milks were tested and therefore the results cannot be regarded as statistically significant. In the absence of information on actual levels of goats' and sheep milk consumption, it was assumed that milk from these species is consumed in similar quantities to cows' milk; this assumption leads to a significant overestimation of iodine intake from goats' and sheep's milk which in practice, is unlikely to be sustained over long periods in a life-time. The actual exposure of toddlers to iodine from goats' and sheep's milk is thus likely to be lower than reported.

Background

Iodine is an essential nutrient required for the synthesis of thyroid hormones. The most well known iodine deficiency disorder (IDD) is enlargement of the thyroid gland (goitre). Iodine deficiency can also result in a wide range of mental, psychomotor and growth abnormalities, as well as increased infant mortality.

Although now rare in the UK, iodine deficiency is still recognised as an international health problem. To guide against iodine deficiency, the UK Department of Health's Committee on Medical Aspects of Food Policy (COMA)³ has recommended a Reference Nutrient Intake (RNI) of 0.14 mg/day for adults and 0.05-0.14 mg/day for children. (The RNI is defined as an amount of a nutrient that is sufficient, or more than sufficient, for about 97 per cent of people in a group. If average intake of a group is at the RNI, then the risk of deficiency in the group is very small.) In comparison, the upper bound average iodine intake for the general UK population estimated in the COMA report was 0.25 mg/day and that estimated from the 1997 Total Diet Study was 0.24 mg/day.

The FSA regularly monitors the concentrations of metals and other elements in food. Previous multi-element Total Diet Studies (which are representative of the average UK diet) have shown that concentrations of metals and other elements in food do not present significant risks to the general UK population⁴. However, estimates of dietary intakes for the general population cannot be easily or accurately extended to infants, as infants consume a diet that is different in many ways from that of adults or of children old enough to eat conventional adult foods. As infants grow and develop very rapidly in their first year of life, their energy requirements and food consumption are on average higher relative to their body weight than that of adults and older children. This means that infants can have dietary exposures to chemicals present in food relatively higher than those for other age groups when expressed on a body weight basis.

In addition, infants' diets are made up of a more restricted range of foods, particularly before and in the early stages of weaning when the diet is made up entirely or largely of breast milk and/or commercial formulae.

The results of the latest survey for iodine in UK foods is described below.

Brand Names

In accordance with the Food Standards Agency's policy on the release of brand names when reporting the results of food chemical surveillance, full details of individual samples are given in Annex 2. It should be noted that the absence of any particular brand from this survey means only that the brand was not included in the survey. No particular inference should be drawn from the presence or absence of any brand in this Food Survey Information Sheet.

Methodology

Sampling

Ventress Technical Limited purchased 350 samples of dairy and seaweed products from retail outlets within eight areas of the UK - London, Norfolk (Norwich/Kings Lynn), North East (Newcastle-upon-Tyne), North West (Liverpool/Manchester), Wiltshire (Swindon), Northern Ireland (Belfast), Scotland (Edinburgh) and Wales (Cardiff/Swansea), during January to March and May to July 2007 (in order to obtain representative samples for winter and summer). One hundred and sixty (160) liquid milk samples (cow, both rural and urban, goat and sheep), 50 samples of cheese, 50 of eggs, 50 of yoghurt, and 40 commercial seaweed products were purchased from health food shops, independent retailers and supermarkets. Further information is available in the contractor's final report⁴.

Analysis

Samples were analysed for total iodine at the Imperial College Reactor Centre, which is accredited by the United Kingdom Accreditation Service (UKAS) for the analysis of iodine in food. All samples, both liquid and solid, were homogenised. Egg whites and yolk were mixed together thoroughly. Seaweed samples were dried before homogenisation.

Iodine is not quantifiable by the multi-element nitric acid digestion methodology and therefore a neutron activation analysis (NAA) technique was used. This involves activation of stable iodine nuclides present in target samples using thermal neutrons provided by the CONSORT reactor. In routine applications of NAA, the energies of the delayed gamma rays are used to determine which elements are present in the sample, in accordance with well established methodology, and the number of gamma rays of a specific energy are used to determine the amount of a specific element in the sample.

Full details of the sample preparation and analysis are given in the contractor's final report⁵, which is available from the FSA library (see Further Information section).

Quality Control

Imperial College Reactor Centre is UKAS accredited to ISO 17025 for a wide range of determinations in analytical chemistry. The methods for determining limits of detection and measurement uncertainties, together with quality control reports, are included in the Final Report from the contractor.

Results

A summary of the mean concentration of iodine in each food type is given in Table 1. Goats' and sheep's milk and their products are listed separately from cows' milk. The number of non-cow milk-based dairy products analysed was limited, so the data may not be representative for this food group. Nevertheless, goat and sheep milk samples seem to show higher concentrations of iodine than cows' milk. Results are expressed as upper bound, which means that where individual sample analyses were less than the limit of detection, the result is expressed as equal to the limit of detection which does not result in overestimation. A graphical presentation of the comparison of summer and winter sample is provided in Annex 1. Details of individual results are given in Annex 2.

The results are discussed below and compared with data from previous studies and recommended guidelines. Exposure calculations were carried out for comparison with the Provisional Maximum Tolerable Daily Intake (PMTDI) of 0.017 mg/kg bodyweight/day recommended by the Joint FAO/WHO Expert Committee on Food Additives (JECFA)⁶.

Iodine is present naturally in milk, but concentrations can be influenced by its presence in animal feed and/or from hygiene products used in the dairy industry. Iodine content of milk typically varies seasonally, however, the results of this survey show high concentrations in

both the summer and winter samples. The highest concentration found in a winter sample of sheeps' milk was 3.6 mg/kg and for summer, the highest concentration in sheeps' milk was 4.6 mg/kg. However looking at the raw data, it does appear that there is a trend to suggest iodine levels are consistently lower in summer than winter. Similar trends are not seen for iodine concentrations in eggs. The seasonal variation reported in previous studies was considered to result from the greater use of compound feedingstuffs during the winter months. Iodine may be naturally present in the ingredients used in animal feedstuffs or may be added *via* feed supplements. Iodine is included in compound feedingstuffs to protect animal health as well as providing a source of iodine in human diets. The supplementation of animal feedingstuffs with iodine is controlled by legislation in the UK with a maximum permitted level of 10 mg/kg for dairy cattle⁷⁻⁸. Iodine may also occur in milk as a result of the use of iodophors as cow teat sterilants and equipment sanitizers in dairies.

All samples of cows' milk in this survey contained low concentrations of iodine, with a range of 0.30 – 1.00 mg/kg. Goat and sheep milk samples contained slightly elevated levels of iodine above the level of detection, the highest levels of iodine found being 1.3 mg/kg in a sample of goats' milk and 4.6 mg/kg in a sample of sheep's milk. Although goat and sheep milk samples were not analysed for iodine in the MAFF 2000 iodine in milk survey⁹, levels found in this survey are in line with those found in the composite samples of the 1997 Total Diet Study¹⁰. One sample of seaweed contained a very elevated level of iodine, at 2,400 mg/kg above the level of detection. The manufacturer of this sample is based in Northern Ireland and the FSA Northern Ireland office informed the relevant Local Authority, which has arranged to take additional samples when the product is next in season, in order to carry out further analysis.

Estimated exposure

Daily exposure estimates for adults and toddlers are shown respectively in Tables 2 and 3. These estimates were made under the assumption that a person's total consumption of the specific food is at the mean concentration levels found for each specific category.

A portion size-based approach was used to estimate the exposures for seaweed as there is no comprehensive consumer information available on seaweed consumption. Seaweed is not a regular part of the UK diet and therefore consumption patterns have not been captured during routine dietary surveys. The packages in which the seaweed samples

were purchased did not recommend a quantity per person but, in some instances, included recipe suggestions. In order to estimate a portion size for each of the five different types of seaweed tested in this survey, a series of recipes was obtained from the Internet. On this basis, an average portion size of 25 g has been used for the calculations for adults and half of that (12.5 g) for toddlers.

The estimated dietary exposures of iodine from the rest of the diet for average and high level consumers from the 1997 Total Diet Study have been used in this assessment. To estimate total dietary exposure, the mean consumer dietary exposure of iodine from all of the food groups in the Total Diet Study less the contribution for the group of interest was added to the exposure estimated for that group from this survey, in order to arrive at the mean overall dietary exposure. For example, to estimate total dietary exposure including milk, the mean consumer dietary exposure of iodine from the Total Diet Study minus the contribution from milk was added to the iodine exposure from milk, calculated on the basis of this survey. This will lead to an overestimation of total iodine exposures to children, because this value for the rest of the diet is based on household consumption, and will be biased upwards by the consumption values for the adults in the household.

Exposures thus estimated have been compared with the JECFA PMTDI of 0.017 mg/kg bodyweight/day, which is an estimate of the amount of iodine that can be ingested daily without appreciable risk, as a result of its natural occurrence in food and drinking water⁶. The PMTDI does not apply to babies and there is therefore no basis for a direct comparison between exposure levels for adults and infants. With regard to young children, exposure comparisons with the PMTDI have therefore only been made for older toddlers, between the ages of 1.5 to 4.5 years old and were based on an average bodyweight of 14.5 kg. The Expert Group on Vitamins and Minerals (EVM)¹¹ has established, for guidance purposes only, a guidance level for total iodine exposure. The guidance level is equivalent to 0.015 mg/kg bodyweight/day for a 60 kg adult. Some consumers, particularly children, may exceed this guidance level from normal dietary sources.

Adults

According to the data shown in Table 2a, there do not appear to be any concerns about adult exposure to iodine from the consumption of dairy products and eggs. The highest estimated exposure is for consumers of sheep's milk and it is reasonable to assume that a person consuming sheep's milk may do so on a regular basis. It must be noted that only a

small number of sheep's milk samples were tested (5) and the figures given are therefore not statistically significant.

Adult exposures to iodine from the consumption of seaweed are shown in Table 2b. A very high concentration of iodine (2.4 g/kg) was found in one sample of kombu. This level is not typical – similar levels have occasionally been reported by other Member States. This level was used to calculate a worst-case exposure scenario, showing that, in extreme cases, exposure to iodine through the consumption of seaweed may reach an order of magnitude above the PMTDI. More typical levels are represented by the mean concentration found in dulse seaweed (Table 2b), regular consumption of which may take an adult over the PMTDI. However, it should be borne in mind that seaweed is not consumed in significant quantities in the UK population and therefore it is unlikely that iodine from this source would be a concern. It is acknowledged though, that seaweed is a recognised dietary source of iodine, with some people choosing to consume it for this reason, and in this respect, the occasional exceedance of the PMTDI would not be of concern.

Toddlers

According to the estimates in Table 3a, younger children consuming goats' and especially sheep's milk on a regular basis, possibly because of an intolerance to cows' milk, may exceed the PMTDI. This estimated dietary intake, although in excess of the PMTDI, is unlikely to be a cause for concern since the estimated intakes are overestimates and exposure at this level is unlikely to be sustained over long periods in a life-time. In addition, the body has several mechanisms by which it can protect against high concentrations of iodine. There is no reason to change the diet of young children based on the results of this survey.

In the case of seaweed however, even moderate consumption could lead to high exposure to iodine. In the UK population in general and more specifically in toddlers, seaweed is not consumed in significant quantities and therefore it is unlikely that iodine from this source would cause a problem. However, a toddler who is a high level consumer of seaweed will exceed the PMTDI significantly from this source. The data in Table 3b do not take account of the contribution from the rest of the diet given that it would be much less than the contribution from seaweed.

References

1. MAFF (2000). MAFF iodine in milk. Food Survey Information Sheet No.198/00.
2. COT (2000). Statement on the 1997 Total Diet Study - Fluorine, Bromine, and Iodine. Committee on Toxicity of Chemicals in Food, Consumer Products and the Environment. COT statement 2000/05.
3. Department of Health (1991). Dietary Reference Values for Food Energy and Nutrients for the United Kingdom. Report on Health and Social Subjects 41. The Stationery Office, London.
4. FSA (2004) 2000. Total Diet Study: Metals and Other Elements. Food Survey Information Sheet No. 48.04.
5. FSA (2007) Imperial College Reactor Centre analysis report.
6. WHO (1989). Toxicological Evaluation of certain Food Additives and Contaminants: the 33rd meeting of the Joint FAO/WHO Expert Committee on Food Additives, Geneva 21-30 March, 1989. World Health Organization Food Additives Series No.24, Cambridge University Press, p 267-294.
7. The Feeding Stuffs Regulations 1995 (S.I. 1995 No. 1412). The Stationery Office, London.
8. The Feeding Stuffs (Amendment) Regulations 1996 (S.I. 1996 No. 1260). The Stationery Office, London.
9. Ministry of Agriculture, Fisheries and Food (2000). Survey of iodine concentrations in cows' milk on sale in the UK carried out in 1998 and 1999. Food Surveillance Information Sheet No. 198.
10. Food Standards Agency (2000). 1997 Total Diet Study: Metals and Other Elements. Food Survey Information Sheet No. 05/00.
11. Expert Group on Vitamins and Minerals (EVM) (May 2003) Safe Upper Levels for Vitamins and Minerals. <http://www.food.gov.uk/multimedia/webpage/vitandmin/>
12. Ministry of Agriculture Fisheries and Food (1997). Dietary Intake of Iodine and Fatty Acids. Food Surveillance Information Sheet No.127.
13. Phillips, D.I. (1997). Iodine, milk, and the elimination of endemic goitre in Britain: the story of an accidental public health triumph. Journal of Epidemiology and Community Health 51, 391 - 393.

14. World Health Organization (1989). Toxicological Evaluation of Certain Food Additives and Contaminants. WHO Food Additives Series Number 24. Cambridge University Press, Cambridge.
15. Delange, F. (1998). Risk and benefits of iodine supplementation. *The Lancet* 351, 923 - 924.
16. Flynn, A. (1992). Minerals and trace elements in milk. *Advances in Food and Nutrition Research* 36, 209 – 252.
17. Sanchez L. F. and Szpunar J., (1999), Speciation analysis for iodine in milk by size exclusion chromatography with ICP-MS detection, *J. Anal. At. Spectrom.*, 14, 1697-1702.
18. J. TRVNK, J. KURSA; IODINE CONCENTRATION IN MILK OF SHEEP AND GOATS FROM FARMS IN SOUTH BMO. (2001). *Bohemia* Faculty of Agriculture, South Bohemian University in České Budovice, Czech Republic. *Acta Vet.* 70: 35-42.
19. COT (1999). Statement on iodine in cows' milk. Committee on Toxicity of Chemicals in Food, Consumer Products and the Environment. COT statement 2000/02.

Further Information

Further information on this survey can be obtained from:

Solomon Okoruwa

Room 707C

Food Standards Agency

Aviation House

125 Kingsway

London

Tel: +44 (0) 20 7276 8790

Fax: +44 (0)20 7276 8717

E-mail: Solomon.okoruwa@foodstandards.gsi.gov.uk

Further copies of this Information Sheet can be obtained from:

The Food Standards Agency Library

Ground Floor

Aviation House

125 Kingsway

London WC2B 6NH

Tel: +44 (0) 20 7276 8281/8182

Fax: +44 (0) 20 7276 8193

E-mail: library&info@foodstandards.gsi.gov.uk

A copy of the final report of this survey has been placed in the FSA Library - address detailed above. If you wish to consult a copy please contact the library for an appointment giving at least 24 hours notice or alternatively, copies can be obtained from the library: a charge will be made to cover photocopying and postage.

Table 1. Mean element concentrations of iodine (mg/kg) in dairy foods

Sample Type	Number of samples		Total Iodine (mg/kg)	Uncertainty 2 σ (mg/kg)	Uncertainty, lower boundary	Uncertainty, upper boundary
Cheese	50	Mean	0.99	0.11	0.89	1.10
		Minimum	0.06	0.01	0.05	0.07
		Maximum	7.08	0.66	6.83	7.33
Egg	50	Mean	0.60	0.09	0.52	0.69
		Minimum	0.24	0.01	0.14	0.25
		Maximum	2.48	0.14	2.40	2.55
Cow milk	145	Mean	0.30	0.05	0.25	0.35
		Minimum	0.07	0.00	0.00	0.07
		Maximum	1.00	0.09	0.94	1.07
Goat milk	10	Mean	0.8	0.1	0.7	0.9
		Minimum	0.1	0.1	0.1	0.2
		Maximum	1.3	0.1	1.2	1.4
Sheep milk	5	Mean	3.1	0.1	3.0	3.2
		Minimum	1.4	0.1	1.3	1.5
		Maximum	4.6	0.2	4.4	4.7
Seaweed	40	Mean	281	20.6	260	301
		Minimum	2.10	<0.01	2.10	2.10
		Maximum	2400	180.00	2220	2580
Yogurt	50	Mean	0.6	0.1	0.47	0.63
		Minimum	0.09	0.06	0.00	0.12
		Maximum	4.05	0.16	3.89	4.21

Table 2 (a) Dietary exposure to iodine for adults

Food type	Mean concentration (mg/kg)	Mean amount of food consumed* (g)	Exposure to iodine		Exposure to iodine from rest of diet *** (µg/kg bw)	Overall exposure to iodine (µg/kg bw)	Exposure to iodine relative to PTDI (%)
			(µg/day)	(µg/kg bw) **			
Cheese	0.99	58.1	57.5	0.76	3.31	4.07	23.9
Egg	0.60	14.5	8.7	0.11	3.31	3.43	20.2
Cow milk	0.30	234	70.1	0.92	2.44	3.36	19.8
Goat milk	0.80	234	187	2.46	2.44	4.90	28.8
Sheep milk	3.10	234	725	9.54	2.44	12.0	70.4
Yogurt	0.60	42.4	25.4	0.33	3.31	3.65	21.5

* mean consumption from the National Diet & Nutrition Survey

** for a 76 kg adult. ***mean exposure from the National Diet & Nutrition Survey / numbers has been adjusted to avoid double counting.

**Table 2 (b)
Dietary exposure to iodine for adults consuming seaweed**

Number of weekly servings	Product description	Maximum concentration (mg/kg)	Amount of seaweed per serving* (g)	Exposure to iodine		Weekly exposure to iodine from rest of diet (µg/kg bw)		% of PTWI including rest of diet	
				(mg/day)	(µg/kg/bw)	Mean consumer	High level consumer	Mean consumer	High level consumer
1	Kombu	2,400	25	60	789	23.9	41.9	684	699
2	Kombu	2,400	25	120	1580	23.9	41.9	1,350	1,360
3	Kombu	2,400	25	180	2370	23.9	41.9	2,010	2,030
1	Dulse	281	25	7.0	92.3	23.9	41.9	98	113
2	Dulse	281	25	14.0	185	23.9	41.9	175	190
3	Dulse	281	25	21.0	277	23.9	41.9	253	268

*based on the assumption that a person consumes one 25g portion of seaweed a week.

Table 3 (a)

Dietary exposure to iodine for Toddlers (%)

Food type	Mean concentration (mg/kg)	Mean amount of food consumed * (g)	Exposure to iodine		Exposure to iodine from rest of diet (µg/kg/bw ^{***})	Overall exposure to iodine (µg/kg/bw [*])	Exposure to iodine relative to PTDI (%)
			(µg/day)	(µg/kg bw ^{**})			
Cheese	0.99	29.7	29.4	2.03	13.3	15.4	90.4
Egg	0.60	14.4	8.6	0.60	13.3	13.9	82.0
Cow milk	0.30	300	89.9	6.20	6.64	12.8	75.5
Goat milk	0.80	300	240	16.5	6.64	23.2	136
Sheep milk	3.10	300	929	64.0	6.64	70.7	416
Yogurt	0.60	47.0	28.2	1.95	13.3	15.3	89.9

* mean consumption from the National Diet & Nutrition Survey

** for a 14.5 kg toddler 1.5 – 4.5 years old.

***mean exposure from the National Diet & Nutrition Survey / numbers has been adjusted to avoid double counting.

Table 3 (b)

Toddler exposure to iodine from seaweed alone

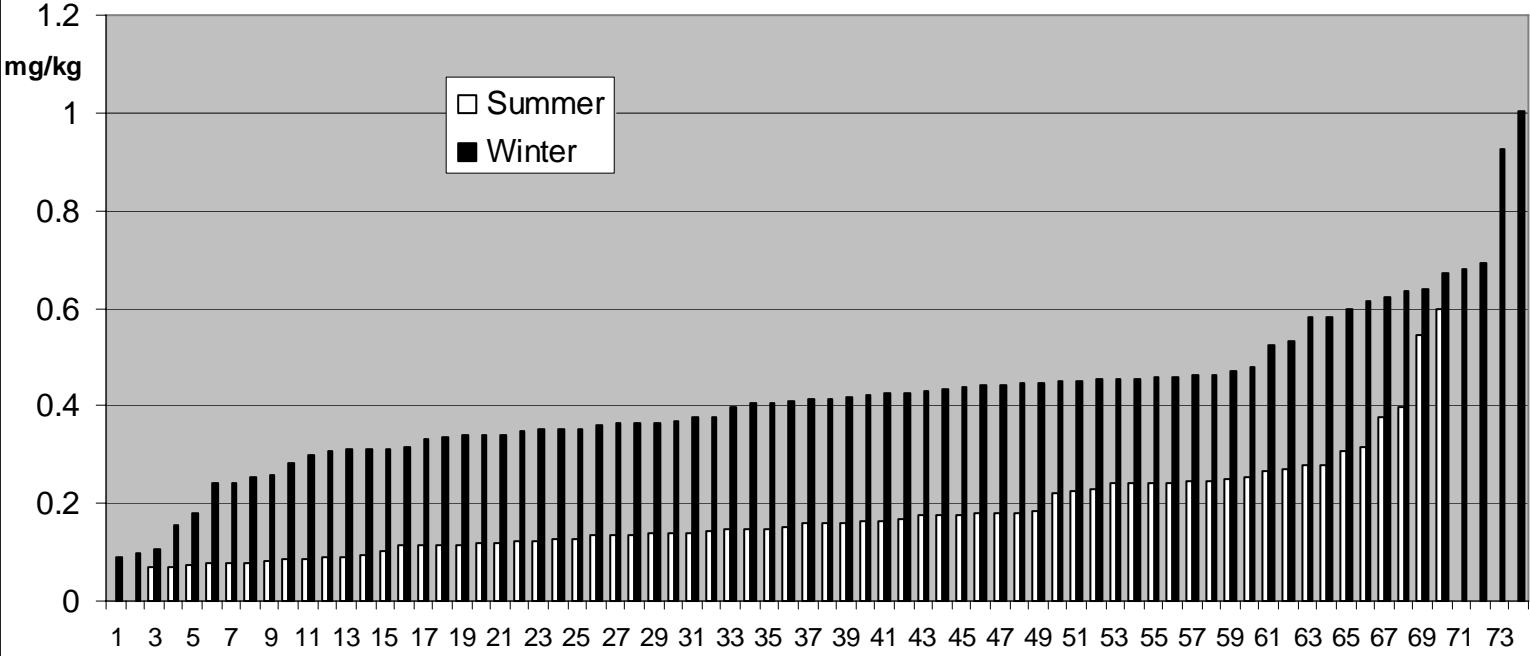
Number of weekly servings	Product description	Maximum concentration (mg/kg)	Amount per serving ** (g)	Exposure to iodine		% of PTWI excluding rest of diet
				(mg/day)	(µg/kg/bw)	
1	Kombu	2,400	12.5	30	2069	1739
2	Kombu	2,400	12.5	60	4138	3477
3	Kombu	2,400	12.5	90	6207	5216
1	Dulse	280.6	12.5	3.5	242	203
2	Dulse	280.6	12.5	7.0	484	407
3	Dulse	280.6	12.5	10.5	726	610

* for a 14.5kg toddler

** on assumption that a toddler consumed ½ a portion size weekly

Annex 1: Graph showing comparison between the results for the summer and winter milk samples.

Iodine in milk - Summer v Winter



Annex 2. Results for individual samples of dairy foods and seaweed by food type

Table:-

SAMPLE CODE	PRODUCT DESCRIPTION	MAIN CATEGORY	SUB-CATEGORY	Total Iodine Concentration (mg/kg)	Uncertainty 2 s (mg/kg)
CHEESE WINTER SAMPLES					
210-010	Mild cheddar	Cheese	Cows	0.47	0.07
210-017	Mature Cheddar	Cheese	Cows	0.34	0.11
210-021	Medium cheddar	Cheese	Cows	0.20	0.08
210-027	Creamy Lancashire	Cheese	Cows	0.77	0.08
210-028	Cheshire	Cheese	Cows	0.21	0.09
210-029	Handmade farmhouse tasty Lancashire cheese	Cheese	Cows	0.41	0.08
210-033	Farmhouse cheese	Cheese	Cows	0.25	0.05
210-036	Mild cheddar	Cheese	Cows	0.45	0.09
210-041	Handmade Redesdale full fat hard sheeps cheese	Cheese	Ewe	2.4	0.1
210-042	Original buffalo cheese	Cheese	Buffalo	0.38	0.09
210-047	Mould ripened soft ewes cheese	Cheese	Ewe	5.2	0.2
210-048	Unpasteurised hard cows cheese	Cheese	Cows	0.30	0.07
210-056	Medium British cheddar	Cheese	Cows	0.06	0.01
210-063	Binham blue cheese	Cheese	Cows	0.39	0.08
210-064	Mild Churnton - full fat hard cheese	Cheese	Cows	0.28	0.08
210-068	Welsh mild white cheddar	Cheese	Cows	0.27	0.07
210-069	Caephilly cheese	Cheese	Cows	0.54	0.10
210-080	Welsh mild cheddar	Cheese	Cows	0.22	0.07
210-098	Mature Welsh Cheddar	Cheese	Cows	0.47	0.08
210-107	Single Gloucester cheese	Cheese	Cows	0.33	0.06
210-108	Unpasteurised goats milk cheese	Cheese	Goats	0.62	0.06
210-109	Organic full fat soft cheese	Cheese	Cows	0.42	0.07
210-110	Green's of Glastonbury double Gloucester	Cheese	Cows	0.43	0.08
210-111	White Cheshire Cheese	Cheese	Cows	0.55	0.07
210-112	Wensleydale cheese	Cheese	Cows	0.22	0.07
210-136	Mull of Kintyre extra mature	Cheese	Cows	0.15	0.07

	cheddar				
210-138	Crowdie	Cheese	Cows	1.17	0.49
210-142	Medium Scottish coloured Dunlop	Cheese	Cows	1.58	0.66
210-150	Mature farmhouse white cheddar	Cheese	Cows	0.56	0.09
210-151	Smoke flavoured Cheddar	Cheese	Cows	0.58	0.08
210-153	Mature cheese	Cheese	Cows	0.28	0.09
210-162	Paneer	Cheese	Cows	1.00	0.13
210-163	Mild Cheddar	Cheese	Cows	0.24	0.08
210-180	Mature Cheddar	Cheese	Cows	0.30	0.07
CHEESE SUMMER SAMPLES					
210-239	Freshly sliced light white Cheddar	Cheese	Cows	0.16	0.07
210-207	Full flavour Cheddar cheese	Cheese	Cows	0.19	0.08
210-221	Mature grated white Cheddar	Cheese	Cows	0.35	0.09
210-190	Mature, soft, organic cows milk cheese	Cheese	Cows	0.35	0.07
210-274	Medium farmhouse cheese	Cheese	Cows	0.65	0.09
210-194	Mild Cheddar	Cheese	Cows	0.26	0.07
210-229	Oakwood smoked Cheddar	Cheese	Cows	0.51	0.08
210-225	Organic blue Stilton	Cheese	Cows	0.34	0.08
210-224	Red Leicester 8 slices	Cheese	Cows	0.34	0.08
210-199	Somerset Camembert	Cheese	Cows	0.44	0.07
210-300	Beenleigh Blue ewe's cheese	Cheese	Ewe	5.7	0.2
210-301	Berkswell ewe's cheese	Cheese	Ewe	1.8	0.1
210-302	Full fat soft ewe's milk cheese	Cheese	Ewe	7.1	0.3
210-323	Lammas unpasteurised ewe's milk cheese	Cheese	Ewe	1.59	0.10
210-284	Mrs Bells Blue ewe's milk cheese	Cheese	Ewe	2.7	0.1
210-324	Organic Campscott ewes milk cheese	Cheese	Ewe	0.81	0.10
210-193	Organic Duddleswell mature sheep cheese	Cheese	Ewe	2.6	0.1
210-297	Ribblesdale sheeps cheese	Cheese	Ewe	2.0	0.1
210-253	Sheep's milk Wensleydale cheese	Cheese	Ewe	0.56	0.08
210-311	Sussex Slipcote	Cheese	Ewe	2.8	0.1

	organic mild soft sheep milk cheese				
210-200	Mild English goats Cheddar	Cheese	Goats	2.5	0.1
210-196	Ravens oak goats cheese	Cheese	Goats	1.2	0.1
210-254	Somerdell goat's cheese	Cheese	Goats	0.33	0.07
210-223	Spreadable goats cheese	Cheese	Goats	1.1	0.1

EGG WINTER SAMPLES					
210-001	Fresh farm eggs - Carrowdore medium	Eggs	Hen	0.56	0.02
210-004	Free range organic eggs - medium	Eggs	Hen	0.29	0.02
210-016	Fresh free range eggs - 6 medium	Eggs	Hen	0.47	0.02
210-020	6 free range duck eggs	Eggs	Duck	0.40	0.02
210-023	Quails' eggs	Eggs	Quail	2.5	0.1
210-034	10 fresh Beacon eggs - medium	Eggs	Hen	0.30	0.01
210-037	Country fresh eggs - large	Eggs	Hen	0.58	0.02
210-050	12 quail eggs	Eggs	Quail	1.5	0.1
210-051	Six fresh duck eggs	Eggs	Duck	0.89	0.03
210-058	6 large fresh eggs	Eggs	Hen	0.28	0.02
210-066	Hi-grain 6 free range eggs – large	Eggs	Hen	0.36	0.02
210-070	Welsh free range eggs - 6 large	Eggs	Hen	0.34	0.02
210-078	15 eggs	Eggs	Hen	0.29	0.02
210-079	Welsh farmhouse 6 medium free range eggs (medium)	Eggs	Hen	0.36	0.02
210-089	6 free range duck eggs	Eggs	Duck	0.28	0.01
210-090	Free range eggs	Eggs	Hen	0.37	0.02
210-091	Straw bedded eggs	Eggs	Hen	0.29	0.02
210-114	6 large British eggs	Eggs	Hen	0.29	0.02
210-130	6 class A eggs	Eggs	Hen	0.24	0.02
210-131	Ducks eggs	Eggs	Duck	0.27	0.11
210-135	6 barn eggs - medium	Eggs	Hen	0.33	0.13
210-140	6 beautiful eggs - large	Eggs	Hen	0.54	0.13
210-143	Scottish free range eggs - large	Eggs	Hen	0.63	0.13
210-152	Goose eggs	Eggs	Goose	0.24	0.1
210-156	6 free range eggs	Eggs	Hen	1.10	0.13
210-157	Organic medium free range eggs	Eggs	Hen	0.48	0.12
210-158	10 eggs	Eggs	Hen	0.28	0.11
210-159	Quail eggs	Eggs	Quail	1.73	0.14
210-172	Ducks eggs	Eggs	Duck	0.67	0.13
210-176	Free range ducks eggs	Eggs	Duck	0.64	0.11
210-178	Ducks eggs	Eggs	Duck	0.36	0.11

210-062	Free range eggs	Eggs	Hen	0.36	0.02
EGG SUMMER SAMPLES					
210-235	Duck eggs	Eggs	Duck	0.71	0.12
210-248	Duck eggs	Eggs	Duck	0.29	0.11
210-250	Duck eggs	Eggs	Duck	0.89	0.10
210-344	Duck eggs	Eggs	Duck	1.0	0.1
210-290	Duck eggs - small	Eggs	Duck	0.27	0.09
210-227	Ducks eggs	Eggs	Duck	1.5	0.1
210-276	Free range duck eggs	Eggs	Duck	1.4	0.1
210-262	Goose egg	Eggs	Goose	0.68	0.10
210-320	Goose eggs	Eggs	Goose	0.86	0.12
210-202	Seasonal, Cornish, free range goose egg	Eggs	Goose	1.0	0.1
210-342	12 barn British eggs	Eggs	Hen	0.34	0.09
210-210	12 large eggs	Eggs	Hen	0.35	0.13
210-251	12 medium free range eggs	Eggs	Hen	0.34	0.12
210-222	15 large fresh eggs	Eggs	Hen	0.43	0.14
210-226	6 barn eggs	Eggs	Hen	0.37	0.11
210-346	6 brown eggs	Eggs	Hen	0.33	0.11
210-343	6 free range eggs	Eggs	Hen	1.3	0.1
210-201	6 free range eggs - large	Eggs	Hen	0.37	0.12
210-246	6 fresh eggs Class A - medium	Eggs	Hen	0.59	0.10
210-295	Free range eggs - large	Eggs	Hen	0.48	0.11
210-232	Free range eggs - medium	Eggs	Hen	0.50	0.12
210-296	Free range eggs - medium	Eggs	Hen	0.37	0.10
210-275	Free range hen's eggs	Eggs	Hen	0.39	0.10
210-197	Free range large eggs	Eggs	Hen	0.35	0.12
210-307	Large eggs	Eggs	Hen	0.42	0.10
210-277	Large fresh eggs	Eggs	Hen	0.49	0.10
210-188	Organic free range eggs - large	Eggs	Hen	0.30	0.12
210-299	Six free range eggs	Eggs	Hen	0.34	0.09
210-292	Six healthy fresh English eggs - large	Eggs	Hen	0.42	0.12
210-260	Ostrich egg	Eggs	Ostrich	0.49	0.11
210-305	12 Lancashire quail eggs	Eggs	Quail	2.2	0.1
210-261	Rhea egg	Eggs	Rhea	0.77	0.10
MILK WINTER SAMPLES					
210-002	Goats semi-skimmed milk	Milk	Goats	0.54	0.06
210-003	Ayrshires milk	Milk	Cows	0.42	0.06
210-005	Fresh pasteurised standardised whole milk	Milk	Cows	0.46	0.06
210-007	Whole organic milk	Milk	Cows	0.31	0.05
210-008	Pasteurised standardised milk	Milk	Cows	0.34	0.05
210-009	Pasteurised fresh milk	Milk	Cows	0.52	0.06
210-011	Fresh milk	Milk	Cows	0.38	0.05

	pasteurised & homogenised				
210-012	Fresh pasteurised goats milk	Milk	Goats	0.62	0.07
210-013	Whole milk	Milk	Cows	0.41	0.06
210-015	Pasteurised standardised milk	Milk	Cows	0.11	0.05
210-018	Standardised whole milk	Milk	Cows	0.10	0.05
210-019	Fresh milk pasteurised & homogenised	Milk	Cows	0.40	0.05
210-022	Fresh milk - pasteurised, standardised & homogenised whole milk	Milk	Cows	0.35	0.05
210-024	Pasteurised & homogenised whole milk	Milk	Cows	0.40	0.05
210-026	Sheep's milk	Milk	Ewe	3.6	0.1
210-032	Whole milk	Milk	Cows	0.42	0.05
210-040	Organic whole milk	Milk	Cows	0.26	0.05
210-044	British fresh pasteurised milk	Milk	Cows	0.37	0.05
210-046	Fresh whole milk	Milk	Cows	0.37	0.05
210-052	Jersey & Guernsey milk	Milk	Cows	0.37	0.05
210-053	Channel Island milk	Milk	Cows	0.48	0.06
210-057	British whole milk	Milk	Cows	0.43	0.06
210-060	Whole milk	Milk	Cows	0.46	0.05
210-067	Whole fresh Welsh milk	Milk	Cows	0.41	0.05
210-071	Fresh whole Welsh milk	Milk	Cows	0.34	0.05
210-074	Fresh British whole goat's milk	Milk	Goats	1.3	0.1
210-075	Whole goat's milk	Milk	Goats	1.1	0.1
210-077	Welsh whole milk	Milk	Cows	0.28	0.05
210-081	Organic whole milk	Milk	Cows	0.31	0.05
210-082	Natural Welsh fresh whole milk	Milk	Cows	0.35	0.05
210-083	Fresh Welsh whole milk	Milk	Cows	0.31	0.05
210-084	Whole milk	Milk	Cows	0.31	0.05
210-085	Fresh organic Welsh whole milk	Milk	Cows	0.24	0.05
210-087	Buffalo milk	Milk	Buffalo	0.41	0.05
210-092	Goats milk full cream	Milk	Goats	0.65	0.07
210-093	Traditional whole milk	Milk	Cows	0.44	0.05
210-094	Organic whole fresh milk	Milk	Cows	0.30	0.06
210-095	Organic whole milk	Milk	Cows	0.31	0.06
210-096	Channel Island milk	Milk	Cows	1.00	0.06
210-099	Unhomogenised whole milk	Milk	Cows	0.091	0.0
210-100	Fresh whole omega - 3 milk	Milk	Cows	0.45	0.05
210-101	Fresh British whole	Milk	Cows	0.45	0.05

	milk				
210-102	Organic British whole fresh milk	Milk	Cows	0.36	0.06
210-116	Organic whole milk	Milk	Cows	0.16	0.05
210-118	Whole milk	Milk	Cows	0.18	0.04
210-119	Organic whole milk	Milk	Cows	0.24	0.05
210-121	Whole milk	Milk	Cows	0.35	0.05
210-122	Whole milk	Milk	Cows	0.43	0.05
210-125	Organic Ayrshire whole milk	Milk	Cows	0.58	0.06
210-126	Organic whole milk	Milk	Cows	0.92	0.06
210-127	Fresh whole milk	Milk	Cows	0.41	0.05
210-129	Fresh whole milk	Milk	Cows	0.34	0.06
210-132	Fresh breakfast milk	Milk	Cows	0.36	0.06
210-133	Organic whole Scottish milk	Milk	Cows	0.45	0.06
210-134	Fresh milk	Milk	Cows	0.68	0.06
210-137	Organic Scottish whole milk	Milk	Cows	0.46	0.06
210-144	Fresh Scottish milk	Milk	Cows	0.69	0.06
210-145	Fresh 'n' creamy milk for breakfast	Milk	Cows	0.33	0.05
210-146	Pure fresh filtered whole milk	Milk	Cows	0.44	0.05
210-147	Fresh whole milk with omega 3	Milk	Cows	0.41	0.06
210-148	Channel Island milk	Milk	Cows	0.33	0.05
210-149	British whole fresh milk	Milk	Cows	0.46	0.06
210-160	Whole milk	Milk	Cows	0.44	0.05
210-164	Fresh British milk	Milk	Cows	0.45	0.06
210-165	Whole milk	Milk	Cows	0.35	0.06
210-166	Whole milk	Milk	Cows	0.53	0.06
210-168	Whole milk	Milk	Cows	0.43	0.07
210-169	Whole milk	Milk	Cows	0.26	0.06
210-170	Whole milk	Milk	Cows	0.44	0.06
210-171	Organic whole milk	Milk	Cows	0.58	0.06
210-175	Fresh milk	Milk	Cows	0.60	0.06
210-177	Select Farm whole milk	Milk	Cows	0.67	0.06
210-179	Fresh whole milk	Milk	Cows	0.64	0.06
210-181	Fresh whole milk	Milk	Cows	0.46	0.06
210-025	Fresh pasteurised whole milk	Milk	Cows	0.38	0.06
210-035	Pasteurised milk	Milk	Cows	0.42	0.05
210-039	Organic fresh whole pasteurised milk	Milk	Cows	0.45	0.05
210-061	Organic fresh whole milk	Milk	Cows	0.61	0.06
210-065	Fresh whole milk	Milk	Cows	0.47	0.05
210-141	Pasteurised milk	Milk	Cows	0.63	0.06
MILK SUMMER SAMPLES					
210-245	Buffalo milk	Milk	Buffalo	0.28	0.04
210-241	Ayrshires milk	Milk	Cows	0.18	0.05
210-309	Breakfast milk - Gold Top	Milk	Cows	0.14	0.05
210-208	British pasteurised whole milk	Milk	Cows	0.24	0.05
210-216	British whole milk	Milk	Cows	0.24	0.05
210-214	Channel Island milk	Milk	Cows	0.14	0.04
210-337	Channel Island milk	Milk	Cows	0.60	0.05

210-280	Fresh British whole milk	Milk	Cows	0.12	0.04
210-340	Fresh British whole milk	Milk	Cows	0.27	0.05
210-217	Fresh filtered whole milk	Milk	Cows	0.09	0.04
210-236	Fresh full cream milk	Milk	Cows	0.12	0.05
210-237	Fresh milk	Milk	Cows	0.18	0.05
210-316	Fresh milk	Milk	Cows	0.13	0.05
210-269	Fresh organic Welsh whole milk	Milk	Cows	< 0.07	0.00
210-211	Fresh pasteurised standardised whole milk	Milk	Cows	0.07	
210-230	Fresh pasteurised whole milk	Milk	Cows	0.22	0.05
210-326	Fresh pasteurised whole milk	Milk	Cows	0.25	0.05
210-271	Fresh Welsh whole milk	Milk	Cows	0.15	0.09
210-187	Fresh whole milk	Milk	Cows	0.15	0.05
210-209	Fresh whole milk	Milk	Cows	0.12	0.05
210-279	Fresh whole milk	Milk	Cows	0.14	0.04
210-286	Fresh whole milk	Milk	Cows	0.17	0.05
210-289	Fresh whole milk	Milk	Cows	0.14	0.05
210-291	Fresh whole milk	Milk	Cows	0.55	0.06
210-321	Fresh whole milk with omega 3	Milk	Cows	0.25	0.05
210-339	Fresh whole omega - 3 milk	Milk	Cows	0.31	0.05
210-264	Fresh whole Welsh milk	Milk	Cows	0.15	0.05
210-285	Full cream milk	Milk	Cows	0.12	0.05
210-212	Jersey & Guernsey milk	Milk	Cows	0.09	0.05
210-258	Organic Ayrshire whole milk	Milk	Cows	0.08	0.05
210-341	Organic British whole fresh milk	Milk	Cows	0.14	0.05
210-329	Organic British whole milk	Milk	Cows	0.11	0.05
210-287	Organic English farm assured whole milk	Milk	Cows	0.14	0.05
210-218	Organic fresh whole milk	Milk	Cows	0.18	0.05
210-310	Organic Scottish whole milk	Milk	Cows	0.13	0.05
210-335	Organic whole fresh milk	Milk	Cows	<0.01	0.07
210-219	Organic whole milk	Milk	Cows	0.16	0.05
210-238	Organic whole milk	Milk	Cows	0.12	0.05
210-243	Organic whole milk	Milk	Cows	0.12	0.05
210-249	Organic whole milk	Milk	Cows	<0.08	<0.08
210-257	Organic whole milk	Milk	Cows	0.09	0.05
210-266	Organic whole milk	Milk	Cows	0.08	0.04
210-281	Organic whole milk	Milk	Cows	0.08	0.04
210-282	Organic whole milk	Milk	Cows	0.07	0.03
210-288	Organic whole milk	Milk	Cows	0.16	0.05

210-318	Organic whole milk	Milk	Cows	0.10	0.05
210-348	Organic whole milk	Milk	Cows	0.17	0.05
210-336	Organically produced whole milk	Milk	Cows	0.13	0.05
210-328	Pasteurised & homogenised whole milk	Milk	Cows	0.23	0.05
210-293	Pasteurised milk	Milk	Cows	0.24	0.06
210-304	Pasteurised milk	Milk	Cows	0.27	0.05
210-228	Pasteurised standardised milk	Milk	Cows	0.08	0.05
210-189	Pasteurised whole organic milk from Dorset	Milk	Cows	0.086	0.045
210-298	Scottish Jersey herd milk	Milk	Cows	0.25	0.05
210-312	Scottish select farm whole milk	Milk	Cows	0.24	0.05
210-308	Scottish whole milk	Milk	Cows	0.26	0.05
210-334	Traditional whole milk	Milk	Cows	0.38	0.05
210-338	Unhomogenised whole milk	Milk	Cows	<0.01	0.08
210-272	Welsh farm assured whole milk	Milk	Cows	0.17	0.05
210-265	Welsh whole milk	Milk	Cows	0.28	0.05
210-270	Welsh whole milk	Milk	Cows	0.16	0.05
210-263	Whole fresh Welsh milk	Milk	Cows	0.18	0.05
210-203	Whole milk	Milk	Cows	0.22	0.05
210-220	Whole milk	Milk	Cows	0.12	0.05
210-233	Whole milk	Milk	Cows	0.31	0.05
210-242	Whole milk	Milk	Cows	0.18	0.05
210-283	Whole milk	Milk	Cows	0.16	0.04
210-322	Whole milk	Milk	Cows	0.16	0.05
210-332	Whole milk	Milk	Cows	0.15	0.05
210-347	Whole milk	Milk	Cows	0.28	0.05
210-325	Whole organic milk	Milk	Cows	0.40	0.05
210-314	Organic pasteurised sheep's milk	Milk	Ewe	1.4	0.1
210-259	Pasteurised ewes milk	Milk	Ewe	4.6	0.2
210-313	Pasteurised sheep's milk	Milk	Ewe	3.3	0.1
210-327	Sheep's milk	Milk	Ewe	2.5	0.1
210-268	Fresh British whole goat's milk	Milk	Goats	1.0	0.1
210-213	Fresh pasteurised goats milk	Milk	Goats	0.12	0.05
210-333	Goats milk full cream	Milk	Goats	1.0	0.1
210-240	Whole goat's milk	Milk	Goats	0.42	0.07
210-267	Whole goat's milk	Milk	Goats	1.3	0.1
SEAWEED WINTER SAMPLES					
210-086	Laverbread	Seaweed	-	5.3	0.2
210-088	Samphire	Seaweed	-	< 2.1	0.00
210-167	Fresh dulse	Seaweed	-	270	20
210-173	Dulse	Seaweed	-	400	30
210-174	Dulse	Seaweed	-	280	21
210-182	Sea spaghetti	Seaweed	-	41	9

210-183	Carrageen	Seaweed	-	380	28
210-184	Dulse	Seaweed	-	290	21
210-185	Kombu	Seaweed	-	2400	180
SEAWEED SUMMER SAMPLES					
210-231	Dulse	Seaweed	Seaweed	150	10
210-234	Dulse	Seaweed	Seaweed	190	10
210-244	Dulse	Seaweed	Seaweed	250	13
210-278	Laverbread	Seaweed	Seaweed	4.3	1.4
210-315	Samphire	Seaweed	Seaweed	38	2
210-317	Samphire	Seaweed	Seaweed	20	2
210-319	Samphire	Seaweed	Seaweed	25	2
210-330	Samphire	Seaweed	Seaweed	26	2
YOGURT WINTER SAMPLES					
210-006	Low fat natural yogurt	Yogurt	Cows	0.76	0.08
210-014	Low fat natural yogurt	Yogurt	Cows	0.83	0.10
210-030	Very low fat bio natural yogurt	Yogurt	Cows	0.21	0.06
210-031	BA natural yogurt	Yogurt	Cows	0.50	0.08
210-038	Unsweetened natural probiotic yogurt	Yogurt	Cows	0.77	0.10
210-043	Low fat natural organic yogurt	Yogurt	Cows	< 0.13	
210-045	Organic natural bio live yogurt	Yogurt	Cows	0.30	0.08
210-049	Natural live yogurt	Yogurt	Cows	1.0	0.1
210-054	Natural low fat yogurt	Yogurt	Cows	0.88	0.10
210-055	Bio low fat live natural yogurt	Yogurt	Cows	0.26	0.09
210-059	Greek style natural yogurt	Yogurt	Cows	0.63	0.08
210-072	Goat's milk yogurt live	Yogurt	Cows	0.20	0.06
210-073	Greek style natural yogurt	Yogurt	Cows	0.77	0.09
210-076	Low fat natural yogurt	Yogurt	Cows	0.61	0.10
210-097	Organic probiotic bio-live natural set yogurt	Yogurt	Cows	0.17	0.07
210-103	Very low fat set live natural yoghurt	Yogurt	Cows	0.59	0.09
210-104	Nothing but natural live yogurt	Yogurt	Cows	0.40	0.08
210-105	Sheeps milk live yoghurt	Yogurt	Ewe	0.57	0.07
210-106	Organic natural live wholemilk yoghurt	Yogurt	Cows	0.14	0.07
210-113	Organic natural Greek style yogurt	Yogurt	Cows	0.57	0.08
210-115	Low fat natural yogurt	Yogurt	Cows	0.90	0.10
210-117	Natural bio yogurt	Yogurt	Cows	0.68	0.09
210-120	Natural low fat yogurt	Yogurt	Cows	0.85	0.11
210-123	Natural wholemilk yogurt	Yogurt	Cows	0.70	0.09
210-124	Goats milk probiotic	Yogurt	Goats	0.27	0.07

	natural yogurt				
210-128	Live natural set yogurt	Yogurt	Cows	0.49	0.08
210-139	Natural low fat bio yogurt	Yogurt	Cows	0.60	0.09
210-161	Live natural yogurt	Yogurt	Cows	0.51	0.08
210-154	Low fat natural probiotic yogurt	Yogurt	Cows	0.92	0.09
210-155	Organic Greek style natural yogurt	Yogurt	Cows	0.54	0.09
YOGURT SUMMER SAMPLES					
210-204	Bio live natural yogurt	Yogurt	Cows	0.36	0.08
210-206	Greek style natural organic bio-live yogurt	Yogurt	Cows	0.17	0.06
210-195	Greek style natural probiotic yogurt	Yogurt	Cows	0.23	0.06
210-294	Greek style natural yogurt	Yogurt	Cows	0.34	0.08
210-349	Lebanese live strained natural yogurt	Yogurt	Cows	0.22	0.06
210-186	Live natural set yogurt	Yogurt	Cows	0.35	0.07
210-306	Live natural set yogurt	Yogurt	Cows	0.37	0.09
210-205	Natural Greek style yogurt	Yogurt	Cows	0.37	0.08
210-247	Natural low fat bio yogurt	Yogurt	Cows	0.60	0.08
210-350	Natural set low fat yogurt - live	Yogurt	Cows	0.09	0.06
210-331	Natural stirred yogurt	Yogurt	Cows	0.33	0.08
210-252	Natural wholemilk yogurt	Yogurt	Cows	0.20	0.07
210-191	Organic Greek style yoghurt	Yogurt	Cows	0.19	0.06
210-345	Organic low fat yogurt	Yogurt	Cows	< 0.12	0.00
210-215	Organic natural set bio live yogurt	Yogurt	Cows	0.25	0.08
210-198	Wholemilk natural live bio yogurt	Yogurt	Cows	0.22	0.07
210-303	Live ewes milk yogurt - Greek style	Yogurt	Ewe	4.1	0.2
210-273	Goat milk yogurt	Yogurt	Goats	0.76	0.08
210-256	Live goat's milk yoghurt	Yogurt	Goats	0.44	0.07
210-192	Live organic goat's milk yoghurt	Yogurt	Goats	1.2	0.1
210-255	Organic goats milk yogurt	Yogurt	Goats	0.33	0.10

Annex 2. Details for individual samples of dairy foods and seaweeds collected

Sample code	Product as described	Brand	Best before	Batch code	Date purchased	Retail Outlet	Address 1	Address 2	Postcode
210-338	Unhomogenised whole milk	Abbey Home Farm	05/07/07	None available	04.01.07	Abbey Home Farm	Burford Road		GL7 5HA
210-099	Unhomogenised whole milk	Abbey Home Farm	22/02/07	None available	04.01.07	Abbey Home Farm	Burford Road		GL7 5HA
210-040	Organic whole milk	Acorn Dairy	27/01/07	None available	04.01.07	Fenwick of Newcastle	39 Northumberland Street		NE99 1AR
210-288	Organic whole milk	Acorn Dairy	01/07/07	None available	13.01.07	Dobbies Gardening World	Street House Farm	Ponteland	NE20 9BT
210-030	Very low fat bio natural yogurt	Ann Forshaw's	04/02/07	None available	04.01.07	Spar	2 Hayfell Avenue	Heron Hill	LA9 7JL
210-173	Dulse	AOD	None available	None available	04.01.07	McKinstry's	20 Dunluce Street		BT40 1JG
210-209	Fresh whole milk	Arla	10/06/07	52*	13.01.07	BP Connect	Norwich Road		IP24 2JJ
210-263	Whole fresh Welsh milk	Asda	17/07/07	Display until 10 JUL 52* BMD	04.01.07	Asda	Cardiff Bay Retail Park	Ferry Road	CF11 0JR
210-068	Welsh mild white cheddar	Asda	16/02/07	None available	04.01.07	Asda	Cardiff Bay Retail Park	Ferry Road	CF11 0JR
210-069	Caephilly cheese	Asda	29/03/07	MT7 025 18	04.01.07	Asda	Cardiff Bay Retail Park	Ferry Road	CF11 0JR
210-067	Whole fresh Welsh milk	Asda	12/02/07	52 BMD	04.01.07	Asda	Cardiff Bay Retail Park	Ferry Road	CF11 0JR
210-102	Organic British whole fresh milk	Asda	25/02/07	BBZ H4 1 P2	04.01.07	Asda	Orbital Shopping Park	Thamesdown Drive	SN25 4BG
210-149	British whole fresh milk	Asda	18/03/07	FR4A 4 BDP	04.01.07	Asda	Leyton Mills	Marshall Road	E10 5NH
210-154	Low fat natural probiotic yogurt	Asda	23/03/07	B	04.01.07	Asda	Leyton Mills	Marshall Road	E10 5NH

210-155	Organic Greek style natural yogurt	Asda	22/03/07	C	04.01.07	Asda	Leyton Mills	Marshall Road	E10 5NH
210-342	12 barn British eggs	Asda	17/07/07	Display until 10 JUL 765618140C	04.01.07	Asda	Orbital Shopping Park	Thamesdown Drive	SN25 4BG
210-157	Organic medium free range eggs	Asda	28/03/07	Display until 21 MAR 575303100A	04.01.07	Asda	Leyton Mills	Marshall Road	E10 5NH
210-341	Organic British whole fresh milk	Asda	07/07/07	F48 BDP	04.01.07	Asda	Orbital Shopping Park	Thamesdown Drive	SN25 4BG
210-148	Channel Island milk	Asda Extra Special	19/03/07	None available	04.01.07	Asda	Leyton Mills	Marshall Road	E10 5NH
210-086	Laverbread	Ashton Fishmongers Ltd	Not declared	None available	13.01.07	E Ashton (Fishmongers)	Central Market		CF10 2AU
210-246	6 fresh eggs Class A - medium	Ballygarvey Eggs	23/06/07	1204 8355 04	04.01.07	Spar at Ballyclare Milestone	91 Templepatrick Road		BT39 9RQ
210-018	Standardised whole milk	Ballyrashane	12/01/07	00093 D2	04.01.07	Super Valu	162 Station Road		BT55 7PU
210-283	Whole milk	Bates	06/07/07	None available	13.01.07	Sam's Newsagents	Plungington Road		PR1 7UE
210-122	Whole milk	Bates	10/03/07	None available	13.01.07	Sam's Newsagents	Plungington Road		PR1 7UE
210-109	Organic full fat soft cheese	Bath Soft Cheese	26/02/07	None available	13.01.07	Waitrose	Sheep Street		GL7 1SZ
210-275	Free range hen's eggs	Beacon Eggs	None available	None available	13.01.07	Beacon Eggs	Crug Farm		LD3 9LN
210-276	Free range duck eggs	Beacon Eggs	None available	None available	13.01.07	Beacon Eggs	Crug Farm		LD3 9LN
210-186	Live natural set yogurt	Best-in	20/06/07	None available	13.01.07	Broadway Food & Wine	8 Fulham Broadway	Fulham	SW6 1AR
210-158	10 eggs	Big & British	27/03/07	Display until 20 MAR 9-8-438	13.01.07	Asda	Leyton Mills	Marshall Road	E10 5NH
210-130	6 class A eggs	Big & Fresh	14/03/07	21337152 OC	13.01.07	Jones of Chelmsford	372 Baddow Road	Great Baddow	CM2 9RA

						(Nisa)			
210-349	Lebanese live strained natural yogurt	Bio Green	16/08/07	None available	13.01.07	Al Baydar	389 North End Road	Fulham	SW6 1NR
210-278	Laverbread	Birds Fresh Fish	None available	None available	22.01.07	Birds Fresh Fish	4 Merthyr Road	Whitchurch	CF14 1DG
210-309	Breakfast milk - Gold Top	Boroughfields Dairy	17/07/07	F7172B	12.01.07	Waitrose	38 Comely Bank Road		EH4 1AW
210-169	Whole milk	Boss Hall Dairy	02/04/07	IP001M	22.01.07	Nuns' Bridges Filling Station (Spar)	Bury Road		IP24 3ED
210-327	Sheep's milk	Bowland Forest	05/07/07	None available	22.01.07	Booths	Wainwrights Yard		LA9 4DP
210-026	Sheep's milk	Bowland Forest	18/01/07	None available	22.01.07	Booths	Wainwrights Yard		LA9 4DP
210-328	Pasteurised & homogenised whole milk	Bowland Fresh	07/07/07	None available	22.01.07	Booths	Wainwrights Yard		LA9 4DP
210-024	Pasteurised & homogenised whole milk	Bowland Fresh	22/01/07	None available	22.01.07	Booths	Wainwrights Yard		LA9 4DP
210-132	Fresh breakfast milk	Breakfast milk	26/03/07	F7059B	22.01.07	Waitrose	38 Comely Bank Road		EH4 1AW
210-140	6 beautiful eggs - large	Broxburn Browns	25/03/07	0900 7352 08	22.01.07	Dickson Retail	145 Liberton Brae		EH16 6LD

210-216	British whole milk	Budgens	10/06/07	Display until 08 JUN C5	22.01.07	Budgens	Norwich Road		NR11 6BN
210-056	Medium British cheddar	Budgens	06/04/07	Display until 02.04.07	22.01.07	Budgens	Norwich Road		NR11 6BN
210-057	British whole milk	Budgens	20/01/07	Display until 18 JAN B5	22.01.07	Budgens	Norwich Road		NR11 6BN
210-054	Natural low fat yogurt	Budgens Healthy Selection	24/01/07	B	23.01.07	Budgens	Norwich Road		NR11 6BN
210-029	Handmade farmhouse tasty Lancashire cheese	Butlers	02/03/07	None available	23.01.07	Booths	Wainwrights Yard		LA9 4DP
210-090	Free range eggs	Butts Farm Shop	09/03/07	None available	23.01.07	The Butts Farm Shop		South Cerney	GL7 5QE
210-098	Mature Welsh Cheddar	Cadog	05/06/07	None available	12.01.07	Tesco	Western Avenue	Gabalfa	CF14 3AT
210-266	Organic whole milk	Calon Wen	15/07/07	Display until 13 JUL	12.01.07	Tesco	Western Avenue	Gabalfa	CF14 3AT
210-081	Organic whole milk	Calon Wen	11/02/07	Display until 09 FEB	12.01.07	Tesco	Western Avenue	Gabalfa	CF14 3AT
210-323	Lammas unpasteurised ewe's milk cheese	Caws Celtica	None available	8737	12.01.07	Caws Celtica	Chapel Gwnda	Rlydlewis	SA44 5RN
210-011	Fresh milk pasteurised & homogenised	Centra	10/01/07	4978 163B11	12.01.07	Centra	56-58 Main Street		BT57 8QA
210-108	Unpasteurised goats milk cheese	Cerney Cheese	05/03/07	UK GL 006 M EEC	12.01.07	Dobbies Gardening World	Part Worms Farm	Siddington	GL7 6EU
210-023	Quails' eggs	Clarence Court	03/02/07	30 JAN TB	12.01.07	Booths	Wainwrights Yard		LA9 4DP
210-202	Seasonal, Cornish, free	Clarence Court	10/06/07	Display until 06 JUN	12.01.07	Waitrose	380 -394 North End	Fulham	SW6 1LX

	range goose egg						Road		
210-020	6 free range duck eggs	Clarence Court Gladys Mays' Braddock Whites	02/02/07	Display until 29 JAN	12.01.07	Booths	Wainwrights Yard		LA9 4DP
210-037	Country fresh eggs - large	Clark's	06/02/07	UK-1-014	12.01.07	G.K. Food Store	28-29 Tyne View	Lemington	NE15 8RA
210-001	Fresh farm eggs - Carrowdore medium	Clements	16/01/07	None available	12.01.07	Magill Meats	61 Wellington Street		BT43 6AH
210-118	Whole milk	Clifton Dairies Ltd	10/03/07	None available	12.01.07	Londis	Watling St Road	Fulwood	PR2 8AD
210-021	Medium cheddar	Coleraine	23/02/07	None available	12.01.07	Mace	21 Ballymena Road		BT41 4JG
210-156	6 free range eggs	Columbus Omega 3	26/03/07	5553065309 Display until 19 MAR	12.01.07	Asda	Leyton Mills	Marshall Road	E10 5NH
210-350	Natural set low fat yogurt - live	Continental Ice Cream Foods	27/07/07	None available	12.01.07	Al Baydar	389 North End Road	Fulham	SW6 1NR
210-017	Mature Cheddar	Cookstown	22/02/07	None available	12.01.07	Super Valu	162 Station Road		BT55 7PU
210-013	Whole milk	Co-op	11/01/07	AF	12.01.07	Co-op	37 Lower Main Street		BT57 8QA
210-271	Fresh Welsh whole milk	Co-op	06/07/07	B2 A	22.01.07	Co-op	Station Road	Llandaff North	CF14 2FE
210-280	Fresh British whole milk	Co-op	06/07/07	A2	22.01.07	United Co-op	96 Plungington Road		PR1 7UE
210-014	Low fat natural yogurt	Co-op	15/01/07	None available	22.01.07	Co-op	37 Lower Main Street		BT57 8QA
210-331	Natural stirred yogurt	Co-op	26/07/07	B	03.02.07	Co-op	7 High Street		LE17 4EE
210-083	Fresh Welsh whole milk	Co-op	15/02/07	A U	03.02.07	Co-op	Fairwater Green	Fairwater	CF5 3BA
210-121	Whole milk	Co-op	13/03/07	E2	03.02.07	United Co-op	96 Plungington Road		PR1 7UE

210-296	Free range eggs - medium	Co-op	10/07/07	Display until 03 JUL BNS 7947T M2 QA 141B 6956	03.02.07	Co-op	Newburn Road	Throckley	NE15 9AB
210-336	Organically produced whole milk	Co-op Organic	05/07/07	A	03.02.07	Co-op	High Street		SN1 3EG
210-095	Organic whole milk	Co-op Organic	24/02/07	T	03.02.07	Co-op	High Street		SN1 3EG
210-200	Mild English goats Cheddar	Cornish Country Larder	22/08/07	None available	03.02.07	Waitrose	380 -394 North End Road	Fulham	SW6 1LX
210-005	Fresh pasteurised standardised whole milk	Costcutter	11/01/07	L1002 NI248M 00259	03.02.07	Kearney's Costcutter	204 Glenravel Road	Cargan	BT43 6RD
210-322	Whole milk	Costcutter	14/07/07	(4)	03.02.07	Leftley's Costcutter	Deepdale Garage	Burnham Deepdale	PE31 8DD
210-273	Goat milk yogurt	Cothi Valley Goats	01/08/07	None available	03.02.07	Cothi Valley Goats	Cilwr Farm		SA19 7BQ
210-340	Fresh British whole milk	Cotteswold Dairy	08/07/07	P3	03.02.07	Beaconsfield Stores	15 Fore Street		SN6 6NP
210-101	Fresh British whole milk	Cotteswold Dairy	25/02/07	P1	03.02.07	Beaconsfield Stores	15 Fore Street		SN6 6NP
210-165	Whole milk	Cowbelle	30/03/07	P1	03.02.07	Aldi	Walsall Road	Great Barr	B43 6BN
210-217	Fresh filtered whole milk	Cravendale	21/06/07	1X HP	03.02.07	Tesco		Kilverstone	IP24 2RL
210-146	Pure fresh filtered whole milk	Cravendale	02/04/07	5X	03.02.07	Asda	Leyton Mills	Marshall Road	E10 5NH
210-326	Fresh pasteurised whole milk	Creamline Dairies	06/07/07	None available	05.02.07	Castle Stores	Castle Drive		LA9 7BJ
210-025	Fresh pasteurised whole milk	Creamline Dairies	18/01/07	None available	05.02.07	Castle Stores	Castle Drive		LA9 7BJ
210-269	Fresh organic Welsh whole milk	Daioni	14/07/07	184	05.02.07	Spar Store Victoria Park	352 Cowbridge Road East	Canton	CF5 1HE
210-085	Fresh organic	Daioni	14/02/07	1AL	05.02.07	Capper & Co	18 High	Llandaff	CF5 2DZ

	Welsh whole milk					(Spar Store)	Street		
210-334	Traditional whole milk	Dairy Crest	07/07/07	S2L	05.02.07	Waitrose	Sheep Street		GL7 1SZ
210-093	Traditional whole milk	Dairy Crest	24/02/07	None available	07.02.07	Waitrose	Sheep Street		GL7 1SZ
210-318	Organic whole milk	Dairy Farmers of Britain	12/07/07	A	07.02.07	Spar at Blakeney	7 - 9 Westgate Street		NR25 7NQ
210-332	Whole milk	Dairy Farmers of Britain	14/07/07	S2	05.02.07	Burnham Market Stores	Overy Road	Burnham Market	PE31 8HH
210-032	Whole milk	Dairy Farmers of Britain	28/01/07	F1 E	17.02.07	Riddens Newsagent	11 Broomyhill Road	Throckley	NE15 9NS
210-128	Live natural set yogurt	Dairy Fresh	20/03/07	None available	17.02.07	Londis	Unit 2 Maplehurst Close		DA2 7WX
210-022	Fresh milk - pasteurised, standardised & homogenised whole milk	Dale Farm	13/01/07	AD	17.02.07	Mace	21 Ballymena Road		BT41 4JG
210-243	Organic whole milk	Dale Farm	15/06/07	2	17.02.07	Tesco	Castle Street		BT53 7JT
210-167	Fresh dulce	Dayfresh	10/04/07	None available	17.02.07	Dayfresh	2 Castle Centre	Market Square	BT41 4DN
210-034	10 fresh Beacon eggs - medium	Deans Foods	02/02/07	Display until 26 JAN A 08 1731 5951	18.02.07	Netto	11 High Row	Lemington	NE15 8SJ
210-285	Full cream milk	Definitely Yorkshire	28/06/07	A YK100	17.02.07	Morrisons	200 Two Ball Lonnen	Cowgate	NE4 9SZ
210-223	Spreadable goats cheese	Delamere Dairy	28/06/07	None available	03.02.07	Tesco		Kilverstone	IP24 2RL
210-012	Fresh pasteurised goats milk	Delamere Dairy	18/01/07	F63578	03.02.07	Co-op	37 Lower Main Street		BT57 8QA
210-213	Fresh pasteurised	Delamere Dairy	18/06/07	F7145B	17.02.07	Budgens	Norwich Road		NR11 6BN

	goats milk								
210-214	Channel Island milk	Delamere Dairy	10/06/07	F7137A	18.02.07	Budgens	Norwich Road		NR11 6BN
210-072	Goat's milk yogurt live	Delamere Dairy	22/02/07	None available	17.02.07	Morrisons	Cardiff Bay		CF11 0JP
210-053	Channel Island milk	Delamere Dairy	27/01/07	F7003B	18.02.07	Budgens	Norwich Road		NR11 6BN
210-164	Fresh British milk	Dhaliwal Dairies	31/03/07	BX	18.02.07	Costcutter	23 - 25 Birchfield Road	Aston	B34 6QU
210-297	Ribblesdale sheeps cheese	Dobbie's Farm Foodhall	None available	Purchased on 22 JUN	17.02.07	Dobbies Gardening World	Street House Farm	Ponteland	NE20 9BT
210-344	Duck eggs	Dobbie's Farm Foodhall	16/07/07	None available	17.02.07	Dobbies Gardening World	Part Worms Farm	Siddington	GL7 6EU
210-107	Single Gloucester cheese	Dobbie's Farm Foodhall	None available	Purchased on 17 FEB	17.02.07	Dobbies Gardening World	Part Worms Farm	Siddington	GL7 6EU
210-182	Sea spaghetti	Dolphin Sea Vegetable Company	25/09/07	None available	17.02.07	Dolphin Sea Vegetable Company	Unit 54 Glenwood Centre, Springback Industrial Estate	Dunmurry	BT17 0QL
210-183	Carrageen	Dolphin Sea Vegetable Company	10/09/07	None available	17.02.07	Dolphin Sea Vegetable Company	Unit 54 Glenwood Centre, Springback Industrial Estate	Dunmurry	BT17 0QL
210-184	Dulse	Dolphin Sea Vegetable Company	08/05/07	None available	17.02.07	Dolphin Sea Vegetable Company	Unit 54 Glenwood Centre, Springback Industrial Estate	Dunmurry	BT17 0QL
210-185	Kombu	Dolphin Sea Vegetable Company	25/09/07	None available	17.02.07	Dolphin Sea Vegetable Company	Unit 54 Glenwood Centre, Springback	Dunmurry	BT17 0QL

							Industrial Estate		
210-010	Mild cheddar	Dromona	19/03/07	L6353	05.03.07	Centra	56-58 Main Street		BT57 8QA
210-258	Organic Ayrshire whole milk	Duchy Originals	24/06/2007 26/06/2007	M2 M2	05.03.07	Waitrose	Fred Archer Way 50 Hauxton Road		CB8 8NY CB2 9LQ
210-125	Organic Ayrshire whole milk	Duchy Originals	05/03/07 05/03/07	M2 M2	12.03.07	Waitrose	45 Masons Hill 50 Hauxton Road	Trumpington	BR2 9HD CB2 2LT
210-051	Six fresh duck eggs	E.J. Perowne	07/02/07	None available	05.03.07	P & S Butchers	8 Bull Street		NR25 6HP
210-238	Organic whole milk	Emerald Organic	16/06/07	155 5D 01311	05.03.07	Trolan Super Valu	2 Ballymena Road		BT53 7AB
210-240	Whole goat's milk	Erganagh	19/06/07	58A5 0484	05.03.07	Trolan Super Valu	2 Ballymena Road		BT53 7AB
210-241	Ayrshires milk	Erganagh	17/06/07	56A5 0306	05.03.07	Tesco	Castle Street		BT53 7JT
210-002	Goats semi-skimmed milk	Erganagh Dairies	14/01/07	11428 364B06	05.03.07	Tesco	28 Castle Way		BT41 4BU
210-003	Ayrshires milk	Erganagh Dairies	13/01/07	06563 362B11	05.03.07	Tesco	28 Castle Way		BT41 4BU
210-259	Pasteurised ewes milk	Ewe Tree Farm	15/09/07	None available	05.03.07	Whole Foods Market	63 - 97 Kensington High Street		W8 5SE
210-168	Whole milk	Express	03/04/07	52*	05.03.07	BP Connect	Norwich Road		IP24 2JJ
210-231	Dulse	Extra Fresh	None available	None available	05.03.07	Extra Fresh	62 Main Street		BT39 9AA
210-176	Free range ducks eggs	Extra Fresh	None available	None available	26.02.07	Extra Fresh	62 Main Street		BT39 9AA
210-144	Fresh Scottish milk	Fairfield/Bona ly Dairies	18/03/07	T3 D	26.02.07	Liberton News	2 Liberton Gardens		EH16 6JR
210-233	Whole milk	Fairview Dairies	14/06/07	156	26.02.07 28.02.07	Extra Fresh	62 Main Street		BT39 9AA
210-295	Free range eggs - large	Farmhouse Freedom Eggs	02/07/07	Display until 25 JUN	26.02.07	Netto	Stamfordham Road	Westerhope	NE5 2LD
210-307	Large eggs	Farmlay	08/07/07	63561017 08	26.02.07	City Fruit Supply	249 Leith Walk		EH6 8NX
210-305	12 Lancashire	Fayre Game	16/07/07	None	26.02.07	Pat's Chung	199 Leith		EH6 8NX

