

	Number of sources	Mean Ni (ug/serving)	Stddev (ug/serving)	Min Ni (ug/serving)	Max Ni (ug/serving)
Dairy products and substitutes					
Whipped cream, 15 g	4	0.06	0.02	0.03	0.08
Sour cream, 24 g	47	0.37	0.10	0.19	0.91
Cream, 15 g	77	0.30	0.35	0.02	2.06
Cream, non-dairy, 15 g	48	0.44	0.59	0.08	3.47
Cream cheese, 30 g	57	0.58	0.61	0.18	4.74
Evaporated milk, 15 g	8	0.74	0.40	0.14	1.20
Whey drink, 250 g*	1	0.77	0.00	0.77	0.77
Quark, 100 g	11	1.56	0.70	0.46	2.70
Cheeses, 30 g	229	1.13	1.69	0.09	10.80
Crème fraîche, 55 g	9	1.25	1.77	0.21	6.00
Yogurt drink, 188 g	11	1.82	1.47	0.51	5.64
Processed cheese, 30 g	75	2.31	2.17	0.45	12.27
Cultured milk, 188 g	16	2.67	1.64	0.72	6.36
Cottage cheese, 125 g	72	2.92	4.44	0.56	36.25
Milk, 250 g	242	3.54	4.24	0.25	46.75
Almond milk, 250 g*	1	4.13	0.00	4.13	4.13
Yogurt, with fruit, 175 g	76	4.77	5.59	0.53	42.00
Yogurt, 175 g	36	5.29	5.16	0.61	28.88
Rice milk, 250 g	8	6.61	3.75	1.50	13.00
Milk powder, 25 g	9	4.94	8.91	0.31	29.75
Buttermilk, 250 g	10	7.98	8.26	2.01	31.25
Paneer/khoa/halloumi, 80 g	3	14.67	10.58	6.40	29.60
Soy milk, 250 g	26	49.94	32.90	7.50	130.00
	Number of sources	Mean Ni (ug/serving)	Stddev (ug/serving)	Min Ni (ug/serving)	Max Ni (ug/serving)
Grain products and bakery					
Rice paper, 15 g*	1	0.22	0.00	0.22	0.22
Puff pastry, 21 g	7	1.24	0.23	1.01	1.76
Crackers, saltine or cream, 30 g	48	2.29	0.58	0.24	3.36
Crackers, butter-type, 30 g	48	2.22	0.85	0.30	4.20
Baguette, 75 g	2	2.67	0.04	2.63	2.72
Phyllo, 21 g*	1	1.58	0.00	1.58	1.58
Cold cereal, rice, 15 g	51	2.79	1.14	1.14	7.20
Breadcrumbs, 30 g	2	3.03	1.17	1.87	4.20
Yeast dough, 55 g	5	3.98	0.41	3.33	4.50
Cold cereal, corn, 30 g	67	3.52	2.28	0.09	12.60
Rusk, plain or fruited, 30 g	6	3.99	1.55	2.10	6.00
English muffin, 55 g	48	4.85	1.16	2.31	7.48
Crackers, 30 g	25	4.06	3.30	0.96	14.10
Flatbread, 55 g	53	5.43	1.94	1.71	14.47
Rice cakes, 15 g*	1	5.10	0.00	5.10	5.10
Pasta, rice, cooked, 215 g*	1	5.38	0.00	5.38	5.38
Cold cereal, wheat bran with raisins, 30 g	47	6.17	1.97	3.03	11.43
Bagel, 85 g	49	6.66	1.31	4.08	10.29
Rolls and biscuits, 55 g	78	6.07	2.64	1.68	15.68
Bread, white, 75 g	87	6.47	2.85	2.18	15.90
Crackers, seeded, 30 g*	1	6.75	0.00	6.75	6.75
Cold cereal, wheat bran, 30 g	65	5.48	5.26	1.68	35.40
Crispbread, 30 g	16	6.71	3.80	2.19	15.81
Croissant-like pastries, 55 g*	2	7.32	0.00	7.32	7.32
Bread, barley, 75 g	6	7.14	3.02	3.78	12.00
Hot cereal, corn, cooked, 194 g	48	7.52	3.46	1.55	16.68
Hot cereal, wheat, dry, 40 g	2	7.44	4.56	2.88	12.00
Bread, rye, 75 g	91	8.07	3.48	1.88	17.18
Pasta, cooked, 215 g	130	7.58	5.11	0.14	27.95
Hot cereal, rice, cooked, 194 g	4	7.71	4.86	4.40	16.10
Hot cereal, wheat, cooked, 194 g	63	6.84	7.89	1.55	51.41
Hot cereal, rice, dry, 40 g	3	9.87	5.49	4.00	17.20
Hot cereal, rye, cooked, 194 g	3	11.01	0.50	10.65	11.72
Bread, fruited, 75 g	6	11.27	4.32	5.03	14.63

Rolls, oat, 55 g*	1	10.68	0.00	10.68	10.68
Rolls, seeded, 55 g*	1	10.73	0.00	10.73	10.73
Pasta, dry, 85 g	12	10.25	8.29	1.02	30.09
Cold cereals, junk food, 30 g	51	12.20	4.46	2.70	22.65
Hot cereal, rye, dry, 40 g*	1	12.00	0.00	12.00	12.00
Bread, whole wheat, 75 g	100	13.50	3.92	2.85	23.33
Bread, gluten-free, 75 g	4	12.30	11.21	0.45	30.75
Barley, cooked, 140 g	6	12.82	10.25	3.20	26.08
Rolls, multigrain, 55 g	6	15.56	5.83	3.81	22.39
Bread, multigrain, 75 g	37	15.94	7.29	2.46	34.95
Pasta, whole wheat, cooked, 215 g	4	16.36	6.59	7.14	24.96
Pasta, whole wheat, dry, 85 g	4	15.87	8.95	3.15	25.50
Rolls, multigrain with fruit, 55 g*	1	23.09	0.00	23.09	23.09
Bread, seeded, 75 g	20	28.30	18.09	5.95	54.60
Pasta, gluten-free, dry, 85 g*	1	29.75	0.00	29.75	29.75
Cold cereal, oat ring, 15 g	48	32.96	9.68	6.61	56.21
Bread, oat, 75 g	2	35.47	10.24	25.24	45.71
Cold cereal, granola/muesli, 55 g	54	48.61	14.76	9.35	92.84
Buckwheat crackers, 30 g*	1	59.16	0.00	59.16	59.16
Hot cereal, millet, cooked, 194 g	2	65.86	7.23	58.64	73.09
Hot cereal, 4-grain, cooked, 194 g	4	64.04	29.93	42.37	115.66
Hot cereal, oat, cooked, 194 g	67	79.30	29.94	12.22	189.54
Hot cereal, buckwheat, 140 g	4	85.51	15.39	70.11	100.90
	Number of	Mean Ni	Stddev	Min Ni	Max Ni
Whole grains, flours and starches	sources	(ug/serving)	(ug/serving)	(ug/serving)	(ug/serving)
Starch, potato, 10 g	2	0.33	0.08	0.25	0.40
Flour, potato, 30 g*	1	0.90	0.00	0.90	0.90
Starch, rice, 10 g*	1	1.10	0.00	1.10	1.10
Flour, white, 30 g	39	2.19	1.72	0.60	7.50
Starch, corn, 10 g*	1	1.50	0.00	1.50	1.50
Flour, rye, 30 g	16	2.83	1.24	1.32	6.00
Wheat gluten, 15 g*	1	1.88	0.00	1.88	1.88
Rye kernels, whole/cracked, 45 g	3	3.50	1.17	2.34	5.10
Flour, rye, whole, 30 g	4	3.50	1.81	2.04	6.48
Flour, barley, 30 g	3	4.00	1.41	3.00	6.00
Flour, spelt, 30 g*	1	4.01	0.00	4.01	4.01
Semolina, 45 g	5	5.50	6.29	1.67	18.00
Quinoa, cooked, 140 g*	1	7.42	0.00	7.42	7.42
Rice, white, cooked, 140 g	68	6.92	4.48	1.12	31.92
Wheat kernels/bulgur, 45 g	12	9.75	4.94	4.28	22.05
Flour, whole wheat, 30 g	8	9.21	6.39	2.91	23.85
Wheat bran, 15 g	12	9.87	5.14	3.00	21.00
Wheat germ, 15 g	6	10.73	2.24	7.50	13.80
Rice, brown, cooked, 140 g	3	12.51	1.15	11.20	14.00
Rice, white, raw, 45 g	19	11.22	4.09	1.76	18.90
Spelt, raw, 45 g	2	12.34	1.99	10.35	14.32
Rice, brown, raw, 45 g	9	11.98	3.45	8.10	17.10
Flour, spelt, whole, 30 g*	1	11.88	0.00	11.88	11.88
Flour, cassava, 30 g	4	11.69	5.19	3.87	18.00
Amaranth, raw, 45 g	2	14.49	7.11	7.38	21.60
Cornmeal, 30 g	4	14.40	9.87	8.70	31.50
Barley, raw, 45 g	4	15.08	8.87	4.50	23.85
Flour, teff, 30 g	2	18.45	2.25	16.20	20.70
Oat bran, 15 g*	2	18.00	0.00	18.00	18.00
Quinoa, raw, 45 g	5	20.83	13.77	1.80	37.13
Flour, rice, 30 g	3	25.57	27.63	3.21	64.50
Sorghum, 45 g*	1	26.55	0.00	26.55	26.55
Flour, millet, 30 g*	1	36.00	0.00	36.00	36.00
Flour, buckwheat, 30 g*	1	39.00	0.00	39.00	39.00
Flour, soy, 15 g	3	47.50	7.78	42.00	58.50
Millet, raw, 40 g	7	43.60	18.78	22.40	79.60

Flour, oat, 30 g*	1	50.25	0.00	50.25	50.25
Oats, raw, 40 g	9	53.46	30.72	12.40	120.00
Buckwheat, raw, 45 g	8	126.00	66.59	45.00	243.00
Rice, wild, raw, 45 g*	1	148.50	0.00	148.50	148.50
Amaranth, black, raw, 45 g*	1	155.25	0.00	155.25	155.25
	Number of	Mean Ni	Stddev	Min Ni	Max Ni
Fruits - Berries	sources	(ug/serving)	(ug/serving)	(ug/serving)	(ug/serving)
Lingonberries, 80 g	14	3.75	1.81	1.76	8.00
Elderberries, 80 g*	1	3.82	0.00	3.82	3.82
Gooseberries, 80 g	4	5.01	2.99	2.00	8.00
Pomegranate, 80 g*	1	4.00	0.00	4.00	4.00
Cranberries, 55 g	4	5.23	2.92	2.75	9.90
Currants, red or black, 80 g	19	6.28	2.93	0.80	13.60
Blueberries, 80 g	26	6.80	3.52	1.76	19.04
Rowanberries, 80 g*	1	8.00	0.00	8.00	8.00
Strawberries, 140 g	81	9.53	16.39	0.70	144.20
Cloudberries, 80 g	2	15.20	0.80	14.40	16.00
Raspberries, 80 g	25	21.30	18.38	0.64	64.00
Blackberries, 80 g*	1	21.60	0.00	21.60	21.60
Rosehips, 80 g*	1	32.00	0.00	32.00	32.00
Goji berries, 80 g*	1	48.00	0.00	48.00	48.00
	Number of	Mean Ni	Stddev	Min Ni	Max Ni
Fruits - Citrus	sources	(ug/serving)	(ug/serving)	(ug/serving)	(ug/serving)
Lemon / Lime, 55 g	11	4.47	3.12	0.55	12.10
Citrus fruits, unspecified, 140 g	16	6.73	2.80	3.01	13.44
Grapefruit, 140 g	56	5.06	6.30	0.70	33.60
Pomelo, 140 g	3	6.49	4.49	2.38	12.74
Orange, 140 g	63	6.48	5.83	1.12	30.80
Tangerine or mandarin orange, 140 g	10	9.02	7.37	2.80	23.52
	Number of	Mean Ni	Stddev	Min Ni	Max Ni
Fruits - Other	sources	(ug/serving)	(ug/serving)	(ug/serving)	(ug/serving)
Breadfruit, 140 g	3	2.05	0.54	1.54	2.80
Apple, 140 g	100	3.23	3.74	0.31	18.34
Cherries, 140 g	18	4.07	2.56	1.82	12.95
Mango, 140 g	12	6.62	4.68	1.14	15.40
Jack fruit, 140 g	2	9.10	2.10	7.00	11.20
Grape, 140 g	85	5.27	10.59	0.70	60.20
Phalsa, 140 g*	1	8.40	0.00	8.40	8.40
Kiwi, 140 g	21	7.83	8.16	0.92	28.00
Banana, 140 g	78	8.24	7.45	1.12	37.80
Watermelon, 150 g	58	9.47	7.18	1.20	37.35
Pear, 140 g	135	9.07	9.06	1.05	68.60
Jujube, 140 g	2	12.85	1.65	11.20	14.49
Melons, 150 g	75	11.48	7.45	1.20	42.90
Guava, 140 g	4	13.26	6.68	2.62	19.60
Dragon fruit, 140 g	2	14.00	8.40	5.60	22.40
Papaya, 140 g	12	11.10	14.21	1.86	56.00
Karonda fruit, 140 g*	1	14.00	0.00	14.00	14.00
Peach or nectarine, 140 g	126	12.85	17.92	1.12	193.20
Fig, 140 g*	1	18.20	0.00	18.20	18.20
Pineapple, 140 g	76	17.48	16.27	1.82	119.00
Apricot, canned, 140 g	51	19.45	29.53	1.12	212.80
Lychee, 140 g	2	21.00	11.20	9.80	32.20
Persimmon, 140 g	3	29.77	1.26	28.00	30.80
Dates, fresh, 140 g*	1	21.00	0.00	21.00	21.00
Jambu fruit, 140 g*	1	22.40	0.00	22.40	22.40
Plum, 140 g	9	29.99	23.52	6.16	72.80
Passionfruit, 140 g*	1	32.20	0.00	32.20	32.20
Star fruit, 140 g*	1	39.20	0.00	39.20	39.20
Bael fruit, 140 g	2	46.90	11.90	35.00	58.80
Sapota, 140 g*	1	40.60	0.00	40.60	40.60

Avocado, 140 g	56	48.26	46.25	12.32	290.92
Coconut, 140 g	4	100.10	54.41	35.00	180.60
	Number of sources	Mean Ni (ug/serving)	Stddev (ug/serving)	Min Ni (ug/serving)	Max Ni (ug/serving)
Vegetables - Root					
Salsify, 85 g	2	4.08	0.00	4.08	4.08
Celeriac, 85 g	2	4.34	0.09	4.25	4.42
Onion, 85 g	62	3.23	2.49	0.68	16.15
Carrot, 85 g	63	3.75	2.09	0.43	9.86
Rutabaga, 85 g	4	4.55	1.04	3.32	5.95
Radish, 85 g	9	4.32	1.55	2.55	7.65
Turnip, 85 g*	1	4.59	0.00	4.59	4.59
Kohlrabi, 85 g*	2	5.10	0.00	5.10	5.10
Water chestnut, 85 g*	1	9.35	0.00	9.35	9.35
Parsley root, 85 g*	1	9.44	0.00	9.44	9.44
Beets, 85 g	8	7.72	6.79	1.40	22.10
Potato, 110 g	51	7.03	8.63	0.44	40.70
Parsnip, 85 g	4	16.15	4.29	9.35	21.25
Yam, 110 g	4	17.60	4.47	12.10	22.00
Sweet potato, 110 g	5	17.82	6.28	9.90	28.60
Lotus root, 85 g*	1	19.55	0.00	19.55	19.55
Arracacha, 110 g*	1	26.40	0.00	26.40	26.40
Fennel, 85 g*	2	28.90	0.00	28.90	28.90
Taro root, 110 g*	1	38.50	0.00	38.50	38.50
Cassava, 110 g	3	32.63	25.99	12.10	69.30
	Number of sources	Mean Ni (ug/serving)	Stddev (ug/serving)	Min Ni (ug/serving)	Max Ni (ug/serving)
Vegetables - Leafy					
Bitter leaf, 85 g*	1	1.28	0.00	1.28	1.28
Celtuse/Chinese lettuce, 85 g*	1	3.66	0.00	3.66	3.66
Jews mallow leaves, 85 g*	1	4.25	0.00	4.25	4.25
Lettuces, 85 g	80	6.49	5.32	0.43	28.90
Bathua leaves, 85 g*	1	6.80	0.00	6.80	6.80
Mustard leaves, 85 g	2	9.48	3.27	6.21	12.75
Cabbage, 85 g	29	9.23	9.52	1.49	45.90
Kale, 85 g	3	12.33	0.92	11.48	13.60
Chard, 85 g	2	10.58	7.27	3.32	17.85
Cauliflower leaves, 85 g*	1	11.05	0.00	11.05	11.05
Head/iceberg lettuce, 85 g	56	11.26	12.28	0.29	85.00
Kohlrabi leaves, 85 g*	1	15.30	0.00	15.30	15.30
Plumed cockscomb leaves, 85 g*	1	15.30	0.00	15.30	15.30
Gboma leaves, 85 g*	1	15.56	0.00	15.56	15.56
Water leaf, 85 g*	1	16.15	0.00	16.15	16.15
Beet greens, 85 g*	1	17.00	0.00	17.00	17.00
Rumex leaves, 85 g*	1	17.00	0.00	17.00	17.00
Amaranth leaves, 85 g	5	19.89	3.86	14.45	25.50
Watercress, 85 g	3	17.51	8.80	7.48	28.90
Spinach, 85 g	12	16.06	16.25	1.70	51.00
Seaweed, 15 g	4	19.02	11.09	5.82	30.00
Drumstick leaves, 85 g*	1	20.40	0.00	20.40	20.40
Fluted pumpkin leaves, 85 g*	1	20.40	0.00	20.40	20.40
Alfalfa sprouts, 85 g	3	21.82	3.89	17.68	27.03
Radish leaves, 85 g*	1	21.25	0.00	21.25	21.25
Taro leaves, 85 g*	1	22.10	0.00	22.10	22.10
Pumpkin leaves, 85 g*	1	22.95	0.00	22.95	22.95
Arugula/rocket, 85 g*	1	24.65	0.00	24.65	24.65
Brussels sprouts tops, 85 g*	1	24.65	0.00	24.65	24.65
Collard greens, 85 g*	1	25.50	0.00	25.50	25.50
Fenugreek leaves, 85 g*	1	28.90	0.00	28.90	28.90
Leaf chicory (endive or radicchio), 85 g	4	27.09	14.83	6.89	48.79
Ponnaganni (leaves), 85 g*	1	34.85	0.00	34.85	34.85
Garden cress, 85 g*	1	35.70	0.00	35.70	35.70
Malabar spinach, 85 g*	1	37.40	0.00	37.40	37.40

Betel leaves, 85 g	2	39.53	2.98	36.55	42.50
Gogu leaves, 85 g*	2	42.50	0.00	42.50	42.50
Nettle leaves, 85 g*	1	42.50	0.00	42.50	42.50
Agathi leaves, 85 g*	1	57.80	0.00	57.80	57.80
	Number of	Mean Ni	Stddev	Min Ni	Max Ni
Vegetables - Other	sources	(ug/serving)	(ug/serving)	(ug/serving)	(ug/serving)
Pickles, 30 g	52	1.18	1.19	0.17	6.75
Olives, 15 g	50	1.34	0.88	0.15	5.55
Tomato, 85 g	70	2.43	2.92	0.43	17.00
Celery, 85 g	71	3.02	2.35	0.43	16.15
Plantain, stem, 85 g*	1	2.55	0.00	2.55	2.55
Cucumber, 85 g	76	3.29	3.61	0.43	21.25
Plantain, green, 85 g*	1	4.25	0.00	4.25	4.25
Leek, 85 g	5	4.82	4.13	1.40	11.05
Corn, 85 g	12	5.54	2.94	2.72	13.60
Mushrooms, 85 g	101	3.49	7.73	0.26	61.20
Kovai gourd, 85 g	2	6.80	1.70	5.10	8.50
Ash gourd, 85 g*	1	6.80	0.00	6.80	6.80
Bamboo shoot, 85 g*	1	6.80	0.00	6.80	6.80
Cauliflower, 85 g	11	6.21	5.71	0.94	20.40
Plantain, flower, 85 g*	1	7.65	0.00	7.65	7.65
Taro stem, 85 g	2	8.93	2.13	6.80	11.05
Spring onion, 40 g	2	8.16	4.24	3.92	12.40
Peppers, 85 g	62	7.19	6.35	0.68	29.84
Bottle gourd, 85 g	3	9.92	2.23	6.80	11.90
Tomato, sun-dried, 30 g*	1	9.30	0.00	9.30	9.30
Drumstick, 85 g*	1	9.35	0.00	9.35	9.35
Eggplant, 85 g	28	8.57	5.59	0.34	20.40
Zucchini, 85 g	5	9.82	8.74	0.64	21.25
Ridge gourd, 85 g	2	11.05	0.85	10.20	11.90
Snake gourd, 85 g	3	10.20	3.47	5.95	14.45
Broccoli, 85 g	5	10.26	6.13	4.51	22.10
Pointed gourd, 85 g*	1	10.20	0.00	10.20	10.20
Tinda gourd, 85 g*	1	10.20	0.00	10.20	10.20
Squash, 85 g	3	12.64	6.21	3.91	17.85
Artichoke, 85 g*	2	12.75	0.00	12.75	12.75
Snow pea, 85 g*	1	13.01	0.00	13.01	13.01
Beans, runner, 85 g	2	17.21	5.74	11.48	22.95
Pumpkin, 85 g	4	16.72	6.81	5.70	23.80
Bitter melon, 85 g	4	18.28	12.57	9.35	39.95
Brussels sprouts, 85 g	8	18.24	15.93	4.76	47.60
Bean sprouts, 65 g	3	20.22	8.07	11.05	30.68
Green beans, 85 g	10	20.54	11.42	11.05	47.60
Asparagus, 85 g	5	27.23	7.27	15.30	35.70
Rhubarb, 140 g	6	21.45	21.64	5.04	68.60
Okra, 85 g	2	25.50	15.30	10.20	40.80
Chayote, 85 g	2	34.85	28.05	6.80	62.90
Peas, 85 g	13	38.79	44.06	6.46	186.15
Peas, dried, 35 g	5	52.08	15.70	32.55	77.00
	Number of	Mean Ni	Stddev	Min Ni	Max Ni
Vegetables - Prepared	sources	(ug/serving)	(ug/serving)	(ug/serving)	(ug/serving)
Eggplant, cooked, 130 g	50	1.96	1.82	0.57	13.00
Mushroom, composite, 107.5 g	12	1.71	2.39	0.17	9.41
Tomato, composite, 107.5 g	15	2.45	1.87	0.53	8.06
Potato, instant, 17 g	4	3.19	0.93	1.70	4.25
Turnip, cooked, 130 g	47	2.68	2.09	1.04	10.01
Corn, cooked, 130 g	67	4.93	2.94	1.04	14.82
Beets, canned, 130 g	50	4.98	3.33	1.04	15.73
Cabbage, sauerkraut, 85 g*	1	4.25	0.00	4.25	4.25
Carrot, cooked, 130 g	51	5.61	2.93	0.78	14.82
Mushroom, cooked, 130 g	7	5.39	4.09	0.65	13.57

Okra, cooked, 130 g	48	6.08	3.66	1.04	17.55
Nettles, cooked, 130 g*	1	5.59	0.00	5.59	5.59
Zucchini, cooked, 130 g	50	6.26	4.11	1.04	21.06
Potato, instant, prepared, 140 g*	1	5.72	0.00	5.72	5.72
Wax gourd, cooked, 130 g*	1	5.72	0.00	5.72	5.72
Onion, cooked, 130 g	19	5.70	5.34	1.51	24.96
Collard greens, cooked, 130 g	48	5.96	5.22	1.04	37.05
Cabbage, canned, 130 g*	1	6.34	0.00	6.34	6.34
Spinach, cooked, 130 g	49	7.21	3.69	1.04	19.11
Broccoli, canned, 130 g*	1	6.50	0.00	6.50	6.50
Pumpkin, canned, 130 g*	1	6.50	0.00	6.50	6.50
Pumpkin, marinated, 130 g*	1	6.50	0.00	6.50	6.50
Corn, canned, 130 g	52	5.65	7.36	1.04	53.95
Cabbage, cooked, 130 g	69	5.24	8.75	0.65	60.45
Water spinach, cooked, 130 g*	1	7.02	0.00	7.02	7.02
Spinach, composite, 107.5 g	9	8.45	5.40	4.26	22.68
Cauliflower, cooked, 130 g	50	8.33	6.81	1.04	41.60
Potato, cooked, 167 g	79	8.14	7.71	0.67	36.74
Broccoli, cooked, 130 g	54	9.37	9.59	1.04	68.90
Carrot, composite, 107.5 g	13	9.62	12.37	2.15	40.31
Brussels sprouts, cooked, 130 g	57	9.02	13.82	1.04	71.50
Broccoli, composite, 107.5 g	15	10.11	6.22	1.67	25.69
Beets, cooked, 130 g	17	10.00	7.70	2.96	30.55
Green beans, canned, 130 g	47	11.41	6.32	1.04	41.73
Cauliflower, composite, 107.5 g	14	11.07	8.55	1.40	35.26
Potato, french fried, 70 g	84	12.27	6.27	3.22	32.76
Winter squash, cooked, 130 g	47	12.53	9.59	1.04	39.91
Sweet potato, canned, 167 g	47	14.61	7.48	1.67	34.74
Plantain, cooked, 167 g	3	15.81	5.27	11.36	23.21
Asparagus, cooked, 130 g	57	15.28	10.91	1.04	46.15
Hairy gourd, cooked, 130 g*	1	15.21	0.00	15.21	15.21
Green beans, cooked, 130 g	51	16.23	9.71	3.51	40.43
Sponge gourd, cooked, 130 g*	1	15.60	0.00	15.60	15.60
Mushroom, canned, 130 g	3	17.42	8.13	6.50	26.00
Asparagus, canned, 130 g	3	18.76	9.25	6.37	28.60
Potato, cooked with skin, 167 g	56	12.81	21.79	1.34	163.99
Yam, cooked, 167 g*	1	18.04	0.00	18.04	18.04
Peppers, composite, 107.5 g	14	16.24	20.13	1.51	63.21
Rutabaga, cooked, 130 g	14	16.77	25.07	1.87	83.20
Tomato, canned, 130 g	6	19.71	22.48	0.42	63.70
Spinach, canned, 130 g	2	20.28	14.82	5.46	35.10
Taro, cooked, 167 g	2	28.06	1.34	26.72	29.39
Green beans, composite, 107.5 g	13	21.05	18.29	4.95	72.56
En choy (chinese spinach), cooked, 130 g*	1	20.80	0.00	20.80	20.80
Peas, cooked, 130 g	67	29.19	15.81	8.97	100.75
Gai lan (chinese kale/broccoli), cooked, 130 g*	1	31.20	0.00	31.20	31.20
Sweet potato, cooked, 167 g	3	38.58	8.42	31.73	50.43
Peas, canned, 130 g	3	42.64	19.86	28.60	70.72
Cassava, cooked, 167 g	2	65.05	27.47	37.58	92.52
Pumpkin, cooked, 130 g	3	60.99	67.27	9.23	156.00
	Number of	Mean Ni	Stddev	Min Ni	Max Ni
Meat, poultry, eggs and substitutes	sources	(ug/serving)	(ug/serving)	(ug/serving)	(ug/serving)
Bacon, 54 g	7	0.99	1.02	0.43	3.40
Egg, 100 g	33	1.23	1.49	0.12	6.00
Venison, 125 g	26	1.93	0.32	1.06	2.06
Sausage, 75 g	35	1.56	1.11	0.41	4.61
Rabbit, 125 g	4	1.47	1.46	0.63	4.00
Beef, 125 g	74	1.87	2.15	0.19	12.50
Lamb, 125 g	21	2.60	0.84	2.06	5.63
Pork, 125 g	54	2.89	1.88	0.30	7.50
Ground beef and/or pork, 125 g	16	2.88	3.04	0.88	13.50

Chicken, turkey and other poultry, 125 g	67	3.51	3.29	0.38	22.50
Black pudding, 75 g	3	4.11	4.38	0.83	10.30
Wild boar, 125 g	8	4.92	3.11	2.06	12.50
Veal, 125 g	12	4.36	4.78	1.13	12.50
Mutton, 125 g	7	6.48	5.09	1.25	12.50
Seitan, 100 g*	1	8.40	0.00	8.40	8.40
Organ meats, 125 g	82	7.76	7.14	0.50	37.50
Soya sausage, 75 g*	1	12.38	0.00	12.38	12.38
Goat, 125 g*	3	12.50	0.00	12.50	12.50
Horse, 125 g	3	10.42	11.20	2.50	26.25
Mithun, 125 g	3	45.83	21.25	25.00	75.00
TVP (texturized vegetable protein), 100 g*	1	127.00	0.00	127.00	127.00
	Number of sources	Mean Ni (ug/serving)	Stddev (ug/serving)	Min Ni (ug/serving)	Max Ni (ug/serving)
Meat, poultry and eggs - Prepared					
Venison, cured, 30 g*	4	0.50	0.00	0.50	0.50
Rabbit, cooked, 100 g*	1	0.60	0.00	0.60	0.60
Black pudding, cooked, 55 g	3	0.95	0.17	0.71	1.10
Bacon, cooked, 15 g	54	0.91	0.87	0.12	4.16
Venison, cooked, 100 g	3	1.73	0.78	1.18	2.84
Lunch meat, 55 g	278	1.77	1.90	0.36	13.20
Lunch meat, canned, 55 g	16	2.40	0.92	0.88	4.40
Meat jellies, 120 g	5	3.00	1.65	0.60	5.52
Pork, cured, 30 g*	1	1.20	0.00	1.20	1.20
Organ meats, cured, 125 g*	2	1.25	0.00	1.25	1.25
Egg powder, 20 g	3	4.47	1.59	2.80	6.60
Chicken, turkey and other poultry, cured, 30 g*	1	1.85	0.00	1.85	1.85
Beef, cured, 30 g*	1	2.10	0.00	2.10	2.10
Egg, cooked, 100 g	123	3.05	8.59	0.35	63.30
Sausage, cooked, 55 g	154	4.48	6.95	0.32	49.17
Chicken, turkey and other poultry, cooked, 100 g	276	5.05	6.02	0.38	33.10
Veal, cooked, 100 g	16	5.86	7.51	0.67	27.40
Pate, 55 g	38	5.86	9.25	0.55	32.45
Organ meats, cooked, 100 g	71	5.61	12.74	0.64	76.50
Lamb, cooked, 100 g	66	8.70	15.29	0.70	84.40
Beef, cooked, 100 g	131	8.68	20.50	0.63	115.20
Pork, cooked, 100 g	139	7.83	24.93	0.36	178.30
Mutton, cooked, 100 g	11	18.23	15.55	5.70	60.00
Pork, cured, cooked, 55 g	62	18.34	57.22	0.44	383.08
Ground beef and/or pork, cooked, 100 g	78	25.68	58.18	0.70	308.20
	Number of sources	Mean Ni (ug/serving)	Stddev (ug/serving)	Min Ni (ug/serving)	Max Ni (ug/serving)
Fish and seafood					
Fish, roe, 15 g	2	1.35	1.05	0.30	2.40
Shellfish, squid, 125 g	4	4.41	2.21	1.38	7.50
Shellfish, octopus, 125 g	2	5.06	3.69	1.38	8.75
Shellfish, crustaceans, 125 g	19	7.25	6.52	1.25	30.00
Fish, 125 g	213	7.43	11.30	0.23	87.50
Eel, 125 g	4	9.61	9.10	0.21	21.75
Shellfish, oysters, 125 g	2	37.13	12.63	24.50	49.75
Shellfish, clams, 125 g	3	46.96	5.93	40.88	55.00
Shellfish, mussels, 125 g	11	109.76	21.95	86.13	152.50
Shellfish, scallops, 125 g	2	216.25	208.75	7.50	425.00
	Number of sources	Mean Ni (ug/serving)	Stddev (ug/serving)	Min Ni (ug/serving)	Max Ni (ug/serving)
Fish and seafood - Prepared					
Eel, smoked, 55 g*	1	0.65	0.00	0.65	0.65
Fish, salted or smoked, 55 g	25	0.87	0.43	0.27	1.65
Shellfish, crustaceans, canned, 55 g	4	1.58	0.72	0.60	2.59
Fish, canned, 55 g	84	1.44	1.79	0.28	12.54
Shellfish, crustaceans, cooked, 100 g	57	2.00	1.44	0.80	7.30
Fish, pickled, 55 g	7	2.79	1.03	0.37	3.58
Fish, canned, tomato sauce, 55 g	9	3.54	4.36	0.55	15.40
Shellfish, squid, cooked, 100 g*	1	4.40	0.00	4.40	4.40

Shellfish, unspecified, cooked, 100 g	13	4.73	5.88	1.30	23.00
Fish, cooked, 100 g	214	7.75	16.27	0.66	163.00
Shellfish, oysters, cooked, 100 g*	1	13.00	0.00	13.00	13.00
Shellfish, scallops, cooked, 100 g*	1	18.00	0.00	18.00	18.00
Shellfish, oysters, canned, 55 g*	1	27.50	0.00	27.50	27.50
Shellfish, mussels, cooked, 100 g	3	37.63	14.26	27.10	57.80
Shellfish, mussels, canned, 55 g	2	45.79	0.14	45.65	45.93
	Number of	Mean Ni	Stddev	Min Ni	Max Ni
Beans and bean products	sources	(ug/serving)	(ug/serving)	(ug/serving)	(ug/serving)
Mung bean vermicelli, cooked, 80 g*	1	2.88	0.00	2.88	2.88
Beans, fava, dried, 35 g*	1	14.00	0.00	14.00	14.00
Beans, lentil, canned, 80 g*	1	16.00	0.00	16.00	16.00
Beans, cooked, 80 g	5	27.56	4.54	19.12	30.98
Beans, white, cooked, 80 g	47	25.80	10.84	6.00	52.56
Beans, chickpea, cooked, 80 g*	1	25.60	0.00	25.60	25.60
Beans, kidney, canned, 80 g	2	38.00	2.00	36.00	40.00
Beans, chickpea, canned, 80 g*	1	30.40	0.00	30.40	30.40
Beans, white, canned, 80 g*	1	30.40	0.00	30.40	30.40
Beans, fresh, 80 g	3	37.44	21.09	12.80	64.32
Beans, fava, fresh, 80 g	4	42.20	13.77	29.60	64.00
Beans, lima, cooked, 80 g	47	45.84	22.15	6.00	96.56
Beans, pinto, cooked, 80 g	47	51.39	12.96	18.00	77.76
Beans, pigeon peas, dried, 35 g	2	62.83	6.48	56.35	69.30
Beans, chickpea, dried, 35 g	5	65.24	30.76	28.35	108.50
Beans, dried, 35 g	11	68.38	25.69	19.95	99.05
Beans, canned, 80 g*	1	67.60	0.00	67.60	67.60
Beans, lentil, dried, 35 g	7	75.75	23.16	35.35	105.00
Beans, lentil, cooked, 80 g*	1	74.40	0.00	74.40	74.40
Fermented bean products, 85 g*	1	75.65	0.00	75.65	75.65
Beans, mung, dried, 35 g	4	78.05	37.59	36.05	115.50
Beans, urad, dried, 35 g	2	85.75	1.40	84.35	87.15
Beans, brown, dried, 35 g	4	85.14	21.89	59.50	115.50
Beans, white, dried, 35 g	3	89.02	55.90	11.20	140.00
Beans, kidney, dried, 35 g	3	90.18	13.54	71.05	100.45
Beans, pigeon peas, fresh, 80 g*	1	96.80	0.00	96.80	96.80
Beans, black, cooked, 80 g*	1	112.00	0.00	112.00	112.00
Beans, soya, dried, 35 g	5	112.28	69.38	53.90	245.00
Soya flakes, 35 g*	1	143.50	0.00	143.50	143.50
Tofu, 85 g	2	198.90	166.60	32.30	365.50
	Number of	Mean Ni	Stddev	Min Ni	Max Ni
Nuts and seeds	sources	(ug/serving)	(ug/serving)	(ug/serving)	(ug/serving)
Peanut butter, 15 g	68	9.59	7.45	0.23	57.00
Chestnuts, 30 g*	1	12.90	0.00	12.90	12.90
Safflower seeds, 30 g*	1	15.90	0.00	15.90	15.90
Pistachios, 30 g	6	23.15	3.46	19.65	28.80
Sesame seeds, 30 g	13	26.79	19.95	8.40	78.60
Peanuts, 30 g	62	25.75	35.85	2.40	219.00
Arecanut, 30 g	2	32.25	1.05	31.20	33.30
Almonds, 30 g	8	31.97	7.69	18.10	39.00
Poppy seeds, 30 g	10	39.00	16.10	7.20	74.70
Flaxseed, 30 g	4	57.30	9.42	45.00	66.90
Hazelnuts, 30 g	22	56.69	20.64	24.30	93.00
Pecans, 30 g*	1	60.00	0.00	60.00	60.00
Pumpkin seeds, 30 g	2	57.45	35.55	21.90	93.00
Walnuts, 30 g	8	67.69	24.75	33.00	108.00
Pine nuts, 30 g	6	72.30	9.66	57.30	90.00
Chia seeds, 30 g	2	75.75	14.25	61.50	90.00
Nuts, mixed, 30 g	11	71.40	62.11	17.70	245.07
Niger seeds, 30 g	2	82.50	5.40	77.10	87.90
Seeds, 30 g	13	82.11	21.55	38.40	120.54
Sunflower seeds, 30 g	52	99.70	27.48	10.53	163.20

Brazil nuts, 30 g*	1	138.00	0.00	138.00	138.00
Alfalfa seeds, 30 g	2	169.50	49.50	120.00	219.00
Cashews, 30 g	4	191.03	27.35	153.00	228.00
Hemp seeds, 30 g*	1	198.00	0.00	198.00	198.00
	Number of sources	Mean Ni (ug/serving)	Stddev (ug/serving)	Min Ni (ug/serving)	Max Ni (ug/serving)
Beverages - Alcoholic					
Madeira, 60 g*	1	0.30	0.00	0.30	0.30
Liquor, 30 g	27	0.88	0.91	0.00	3.90
Vermouth, 90 g	6	2.80	0.79	1.89	4.01
Port, 60 g	2	3.00	1.20	1.80	4.20
Cider, 333 g	4	2.71	2.31	0.83	6.66
Wine, 188 g	87	5.84	2.40	0.47	16.36
Beer, 333 g	103	4.82	13.56	0.00	123.88
Sherry, 105 g*	3	14.18	0.00	14.18	14.18
	Number of sources	Mean Ni (ug/serving)	Stddev (ug/serving)	Min Ni (ug/serving)	Max Ni (ug/serving)
Beverages - Juices					
Lemon juice, 5 g	3	0.24	0.13	0.05	0.33
Lemonade, 250 g	51	1.71	1.15	0.63	6.50
Mango juice, 250 g	3	2.78	0.99	1.48	3.88
Fruit drink, 250 g	162	2.42	2.60	0.63	21.25
Citrus juice, 250 g	57	3.39	1.55	0.63	6.75
Fruit juice, concentrated, 62.5 g	4	3.86	1.38	2.94	6.25
Cherry juice, 250 g*	1	2.39	0.00	2.39	2.39
Citrus juice, canned, 250 g	17	3.95	2.17	0.75	9.50
Grape juice, 250 g	60	4.54	2.51	0.63	11.00
Strawberry juice, 250 g*	1	3.68	0.00	3.68	3.68
Plum juice, 250 g*	1	4.39	0.00	4.39	4.39
Aloe juice, 250 g*	1	4.75	0.00	4.75	4.75
Apple juice, canned or bottled, 250 g	68	4.31	5.62	0.63	36.00
Sugarcane juice, 250 g*	1	5.00	0.00	5.00	5.00
Peach juice, 250 g	3	8.47	0.71	7.54	9.28
Grapefruit juice, 250 g	47	5.85	6.69	0.63	35.75
Pear juice, 250 g	2	8.44	3.19	5.25	11.63
Fruit juice, various, canned or bottled, 250 g	63	8.78	12.32	0.63	94.00
Citrus juice, from concentrate, 250 g	63	7.30	17.63	0.63	139.75
Pineapple juice, 250 g	2	11.76	3.99	7.78	15.75
Tomato juice, 250 g	2	13.75	1.25	12.50	15.00
Passionfruit juice, 250 g*	1	10.55	0.00	10.55	10.55
Apricot juice, 250 g*	1	10.99	0.00	10.99	10.99
Tomato juice, canned, 250 g	2	14.75	2.00	12.75	16.75
Acai juice, 250 g*	1	12.50	0.00	12.50	12.50
Tomato juice, bottled, 250 g	47	19.04	7.98	10.25	53.75
Vegetable juice, 250 g	2	18.63	10.12	8.50	28.75
Vegetable juice, canned, 250 g	13	16.69	21.26	5.38	89.50
Goji juice, 250 g*	1	25.00	0.00	25.00	25.00
Mangosteen juice, 250 g*	1	25.00	0.00	25.00	25.00
Pomegranate juice, 250 g*	1	25.00	0.00	25.00	25.00
Pineapple juice, from concentrate, 250 g	47	28.72	11.14	8.25	53.75
Prune juice, 250 g	48	34.80	9.22	21.00	78.00
	Number of sources	Mean Ni (ug/serving)	Stddev (ug/serving)	Min Ni (ug/serving)	Max Ni (ug/serving)
Beverages - Hot					
Instant coffee, 3 g	5	2.58	0.75	1.29	3.60
Rosehip powder, 3 g*	1	1.20	0.00	1.20	1.20
Coffee, brewed, 250 g	128	3.64	4.83	0.63	44.00
Tea, brewed, loose, 250 g	48	5.10	4.63	1.22	31.25
Tea, brewed, bag, 250 g	127	8.94	4.76	0.63	24.50
Tea, herbal, brewed, 250 g	43	6.90	10.11	0.16	38.75
Green tea, brewed, loose, 250 g	7	9.26	7.79	4.61	28.00
Coffee, beans, 14 g	5	10.08	2.22	6.02	12.60
Green tea, brewed, bag, 250 g	9	14.84	7.29	1.91	21.96
Tea, brewed, 250 g	19	17.32	14.92	4.88	74.75

Green tea, leaves, 3 g	4	18.09	14.53	8.76	43.20
Cereal grain beverage, 250 g	4	21.98	24.62	0.16	60.00
Hot chocolate powder, 25 g	4	31.25	18.75	12.50	50.00
Tea, herbal, dry, 3 g	40	33.43	27.89	3.63	111.00
Hot chocolate, 250 g	6	43.08	10.41	34.73	57.98
Tea, instant, 3 g*	1	46.50	0.00	46.50	46.50
Tea, leaves, 3 g	126	59.91	78.52	2.36	504.00
	Number of sources	Mean Ni (ug/serving)	Stddev (ug/serving)	Min Ni (ug/serving)	Max Ni (ug/serving)
Beverages - Other					
Soft drink syrup, 30 g	2	0.80	0.12	0.68	0.92
Strawberry milk, 250 g*	1	0.88	0.00	0.88	0.88
Carbonated drinks, 375 g	152	1.90	1.07	0.38	8.37
Water, tap, 375 g	35	1.92	2.67	0.01	11.25
Iced tea, 375 g*	1	3.62	0.00	3.62	3.62
Carbonated drinks, canned, 375 g	17	5.26	9.89	0.33	43.88
Water, bottled, 375 g	72	7.01	24.43	0.19	183.00
Vanilla milkshake, 250 g*	1	13.75	0.00	13.75	13.75
Malt drink, 250 g	2	16.25	8.75	7.50	25.00
Chocolate milk, 250 g	59	21.48	7.45	10.00	43.25
Oat-based beverage, 250 g	3	32.00	7.88	23.50	42.50
Energy drink, 375 g	20	34.51	34.23	1.88	113.99
Chocolate milkshake, 250 g	48	46.43	46.63	14.75	307.75
Coconut water, 375 g	2	89.06	72.19	16.88	161.25
	Number of sources	Mean Ni (ug/serving)	Stddev (ug/serving)	Min Ni (ug/serving)	Max Ni (ug/serving)
Herbs and spices					
Salt, 1 g	23	0.04	0.03	0.01	0.14
Saffron, 0.5 g	2	0.06	0.01	0.06	0.07
Chervil, 1.5 g*	2	0.06	0.00	0.06	0.06
Holy basil, 1.5 g*	1	0.09	0.00	0.09	0.09
Mango ginger, 1.5 g*	1	0.17	0.00	0.17	0.17
Onion, dried, 0.5 g*	1	0.17	0.00	0.17	0.17
Mustard seed, 0.5 g	3	0.26	0.09	0.19	0.38
Annatto, 0.5 g	2	0.32	0.01	0.32	0.33
Asafoetida, 0.5 g*	1	0.26	0.00	0.26	0.26
Wasabi, dry, 0.5 g	2	0.35	0.01	0.35	0.36
Dill, fresh, 1.5 g	2	0.27	0.18	0.09	0.45
Ginger, fresh, 1.5 g	8	0.34	0.12	0.23	0.62
Cloves, 0.5 g	2	0.42	0.12	0.30	0.54
Turmeric powder, 0.5 g	2	0.41	0.16	0.25	0.57
Linden inflorescence, dry, 0.5 g*	1	0.42	0.00	0.42	0.42
Allspice, 0.5 g	2	0.41	0.29	0.13	0.70
Tamarind, 1.5 g*	1	0.48	0.00	0.48	0.48
Sumac, 0.5 g	4	0.63	0.14	0.50	0.86
Coriander seeds, 0.5 g	2	0.70	0.02	0.68	0.72
Mint leaves, 1.5 g*	1	0.63	0.00	0.63	0.63
Ginger, dry, 0.5 g	7	0.61	0.29	0.28	1.20
Mango powder, 0.5 g*	1	0.66	0.00	0.66	0.66
Cilantro, 1.5 g	2	0.76	0.10	0.66	0.86
Chives, 1.5 g*	2	0.75	0.00	0.75	0.75
Parsley, dry, 0.5 g	2	0.60	0.51	0.10	1.11
Mahaleb cherry, 0.5 g*	1	0.77	0.00	0.77	0.77
Garlic, dry, 0.5 g	5	0.62	0.55	0.00	1.39
Curry leaves, dry, 0.5 g	5	0.87	0.17	0.57	1.01
Nutmeg, 0.5 g	3	0.90	0.16	0.71	1.11
Paprika, 0.5 g	12	0.82	0.42	0.05	1.42
St. John's Wort, dry, 0.5 g*	1	0.99	0.00	0.99	0.99
Herbs and spices, unspecified, 0.5 g	15	0.97	0.33	0.03	1.50
Garlic, 4 g	11	0.93	0.51	0.30	1.88
Fenugreek, 0.5 g	4	0.98	0.45	0.27	1.39
Cardamom, 0.5 g	4	1.35	0.46	1.00	2.14
Oak bark, dry, 0.5 g*	1	1.02	0.00	1.02	1.02

Pomegranate seed, 0.5 g*	1	1.05	0.00	1.05	1.05
Herbs de Provence, dry, 0.5 g	2	1.63	0.31	1.32	1.94
Peppermint, dry, 0.5 g	5	1.66	0.33	1.25	2.23
Cumin, 0.5 g	7	1.41	0.86	0.80	3.47
Marjoram, dry, 0.5 g	3	1.84	0.09	1.72	1.93
Cinnamon, 0.5 g	8	1.05	1.77	0.00	5.65
Basil, dry, 0.5 g	6	1.47	0.94	0.37	3.37
Mace, 0.5 g*	1	1.30	0.00	1.30	1.30
Curry leaves, 1.5 g*	1	1.40	0.00	1.40	1.40
Omum, dry, 0.5 g*	1	1.48	0.00	1.48	1.48
Bishop's weed, 0.5 g*	1	1.60	0.00	1.60	1.60
Nigella seeds, 0.5 g	5	2.13	0.33	1.57	2.48
Mint, dry, 0.5 g*	1	1.70	0.00	1.70	1.70
Rosemary, fresh, 1.5 g	4	2.30	0.27	1.98	2.73
Anise, 0.5 g*	1	1.99	0.00	1.99	1.99
Parsley, fresh, 1.5 g	10	2.07	1.86	0.11	5.72
Sage, dry, 0.5 g	2	3.19	0.24	2.95	3.44
Anchovy paste, 15 g	2	3.38	0.23	3.15	3.60
Lemon balm, 0.5 g*	1	3.01	0.00	3.01	3.01
Basil, fresh, 1.5 g	4	3.67	0.48	2.99	4.23
Thyme, dry, 0.5 g	5	3.27	1.32	1.24	4.97
Pepper, black, 0.5 g	12	2.48	2.96	0.40	11.50
Oregano, dry, 0.5 g	2	4.90	0.40	4.51	5.30
Ramen noodle powder, 1.5 g*	1	4.88	0.00	4.88	4.88
Hot peppers, dried, 0.5 g	5	4.08	3.03	0.18	7.62
Oregano, fresh, 1.5 g	5	5.26	1.08	3.72	6.45
Cayenne pepper, 0.5 g	3	5.83	4.06	2.19	11.50
Fennel, dry, 0.5 g	3	5.55	5.45	1.43	13.25
Hot peppers, 40 g	10	10.48	3.33	5.60	16.40
Fats and oils	Number of sources	Mean Ni (ug/serving)	Stddev (ug/serving)	Min Ni (ug/serving)	Max Ni (ug/serving)
Cottonseed oil, 10 g	2	0.32	0.06	0.27	0.38
Corn oil, 10 g	8	0.26	0.21	0.02	0.55
Almond oil, 10 g*	1	0.25	0.00	0.25	0.25
Pumpkin seed oil, 10 g*	2	0.32	0.00	0.32	0.32
Lard, 10 g	3	0.53	0.15	0.43	0.74
Palm oil, 10 g	2	0.50	0.23	0.27	0.73
Vegetable oils, unspecified, 10 g	70	0.37	0.52	0.06	3.29
Grapeseed oil, 10 g	2	0.50	0.31	0.19	0.80
Mustard oil, 10 g	4	0.54	0.27	0.27	0.96
Rice oil, 10 g	2	0.55	0.25	0.30	0.80
Hazelnut oil, 10 g	2	0.49	0.41	0.07	0.90
Butter, 10 g	85	0.38	0.66	0.02	5.90
Sunflower oil, 10 g	22	0.46	0.51	0.02	2.40
Avocado oil, 10 g	11	0.64	0.42	0.14	1.40
Peanut oil, 10 g	3	0.76	0.42	0.26	1.28
Olive oil, 10 g	80	0.51	1.95	0.00	16.00
Soybean oil, 10 g	8	0.97	1.07	0.03	3.20
Canola/rapeseed oil, 10 g	11	1.24	1.31	0.20	4.20
Sesame oil, 10 g	3	1.54	1.03	0.75	3.00
Margarine, 10 g	108	1.25	2.55	0.02	18.31
Coconut oil, 10 g	2	2.20	1.41	0.79	3.60
Ghee, 10 g	13	6.57	6.72	1.00	20.34
Shortening, 10 g	7	11.90	7.26	4.21	23.79
Snacks and desserts	Number of sources	Mean Ni (ug/serving)	Stddev (ug/serving)	Min Ni (ug/serving)	Max Ni (ug/serving)
Breadfruit, dried, 40 g*	1	0.48	0.00	0.48	0.48
Popsicle, 30 g	47	0.53	0.26	0.24	1.56
Pork rinds, 20 g	2	1.83	0.77	1.06	2.60
Gelatin dessert, 130 g	62	1.64	1.24	0.33	8.00
Ice cream, vanilla, 129 g	98	1.69	1.48	0.80	12.90

Dried cherries, 40 g*	1	1.20	0.00	1.20	1.20
Graham crackers, 30 g	47	2.92	0.78	0.30	4.50
Cookies, not chocolate, 30 g	59	2.24	2.60	0.24	16.41
Chewing gum, 3 g	14	2.43	2.46	0.09	8.31
Applesauce, 110 g	63	2.51	3.14	0.50	21.56
Raisins, yogurt candy coated, 40 g*	1	2.59	0.00	2.59	2.59
Pretzels, 50 g	48	3.77	1.58	0.40	8.25
Sherbet/sorbet, 129 g	47	2.97	6.04	0.65	42.18
Dried strawberry, 40 g*	1	4.38	0.00	4.38	4.38
Raisins, 40 g	66	3.78	5.17	0.40	40.64
Banana chips, 40 g*	1	4.80	0.00	4.80	4.80
Cereal bar, rice, 35 g*	1	7.35	0.00	7.35	7.35
Dried currants, 40 g*	1	8.03	0.00	8.03	8.03
Potato chips, 50 g	74	7.77	4.06	1.81	21.30
Savoury crisps, 50 g	8	9.23	6.20	1.00	18.50
Cottage cheese bars, sweet, 40 g	5	9.34	10.21	4.11	29.75
Corn chips, 50 g	53	10.47	2.56	5.25	16.05
Dried dates, 40 g	5	12.24	1.83	8.80	14.00
Snacks, corn-based, 50 g	2	15.50	0.50	15.00	16.00
Popcorn, 50 g	65	14.89	5.58	0.75	40.65
Cookies with chocolate, 30 g	117	16.14	5.50	0.30	33.00
Cookies with nuts, 30 g*	1	15.60	0.00	15.60	15.60
Cereal bar, with chocolate, 35 g	4	17.28	3.99	11.03	22.05
Dried rosehips, 40 g*	1	16.00	0.00	16.00	16.00
Snacks, potato-based, 50 g*	1	19.00	0.00	19.00	19.00
Ice cream desserts, 129 g	37	16.16	13.70	1.03	60.11
Licorice, 40 g	4	18.70	9.56	4.00	27.20
Dried fruit, mixed, 40 g	7	16.23	20.36	0.75	64.96
Prunes, 40 g	4	21.45	3.66	16.00	24.80
Cereal bar, 35 g	56	21.06	7.54	3.22	42.00
Ice cream desserts, soy, 129 g*	1	29.67	0.00	29.67	29.67
Dried apricots, 40 g	6	32.03	11.86	19.60	48.00
Cookies with chocolate and nuts, 40 g*	1	40.00	0.00	40.00	40.00
Dried figs, 40 g*	1	52.00	0.00	52.00	52.00
Dried fruit and nuts, 50 g*	1	55.00	0.00	55.00	55.00
Snacks, fried chickpea, 50 g*	1	130.00	0.00	130.00	130.00
	Number of	Mean Ni	Stddev	Min Ni	Max Ni
Sugars and sweets	sources	(ug/serving)	(ug/serving)	(ug/serving)	(ug/serving)
Lactose powder, 1.4 g*	1	0.01	0.00	0.01	0.01
Xylitol, 1.4 g*	1	0.04	0.00	0.04	0.04
Sugar, white, 4 g	64	0.08	0.07	0.00	0.40
Fructose, 4 g*	2	0.12	0.00	0.12	0.12
Sugar, brown, 4 g	9	0.39	0.13	0.20	0.68
Fruit gums, 40 g*	2	0.80	0.00	0.80	0.80
Syrup, not chocolate, 60 g	66	2.27	4.02	0.23	18.00
Molasses, 20 g*	1	2.00	0.00	2.00	2.00
Sweetened evaporated milk, 30 g*	1	2.16	0.00	2.16	2.16
Honey, 20 g	110	2.80	5.38	0.15	40.60
White chocolate, 15 g	2	5.52	4.98	0.54	10.50
Candy, 40 g	77	3.97	8.79	0.32	51.95
Corn/glucose syrup, 30 g*	1	9.00	0.00	9.00	9.00
Marzipan, 30 g*	2	9.60	0.00	9.60	9.60
Pudding, not chocolate, 130 g	47	11.18	9.32	1.04	57.20
Maple syrup, 60 g	4	17.40	1.02	16.14	18.72
Pudding, chocolate, 130 g*	1	16.90	0.00	16.90	16.90
Chocolate confections with nuts, 40 g	61	21.71	16.00	0.80	82.16
Chocolate confections, 40 g	92	33.85	13.08	2.40	107.20
Syrup, chocolate, 60 g	53	53.98	15.90	1.68	79.44
Confections with nuts, 50 g	5	53.27	44.55	1.50	130.93
Chocolate, 40 g	25	71.53	46.97	17.60	190.31

	Number of sources	Mean Ni (ug/serving)	Stddev (ug/serving)	Min Ni (ug/serving)	Max Ni (ug/serving)
Sauces, dips, condiments and spreads					
Mayonnaise, 15 g	67	0.32	0.21	0.05	1.50
Hollandaise sauce, 30 g*	1	0.42	0.00	0.42	0.42
Relish, 15 g*	1	0.45	0.00	0.45	0.45
Mustard, 5 g	51	0.51	0.17	0.05	1.00
Fruit jelly, 15 g	48	0.50	0.33	0.08	1.32
Horseradish, 5 g	3	1.18	0.45	0.55	1.50
Chutney, 15 g	2	1.26	0.99	0.27	2.25
Ketchup, 15 g	54	1.44	0.87	0.23	4.58
Marmelade, 15 g	5	1.89	1.10	0.90	4.05
Dips, dairy-based, 30 g	57	1.41	2.27	0.24	13.71
Fruit jams, 15 g	37	1.70	2.81	0.23	13.89
Sweet and sour sauce , 30 g	50	2.58	1.48	0.24	8.07
Oyster sauce, 15 g*	1	1.13	0.00	1.13	1.13
Pesto, no nuts, 60 g*	1	1.55	0.00	1.55	1.55
Bechamel sauce, 30 g*	1	2.05	0.00	2.05	2.05
Guacamole, 30 g*	1	2.10	0.00	2.10	2.10
Teriyaki sauce, 15 g*	1	3.45	0.00	3.45	3.45
BBQ sauce, 15 g*	1	4.50	0.00	4.50	4.50
Soy sauce, 15 g	15	5.75	6.78	0.11	30.05
Soy mayonnaise, 15 g*	1	6.60	0.00	6.60	6.60
Salsa, 60 g	49	7.98	3.55	0.60	23.16
Gravy, 60 g	49	8.69	7.47	0.48	30.36
Dressings, 30 g	155	5.73	28.26	0.04	212.40
Chocolate hazelnut spread, 15 g	2	15.10	1.25	13.84	16.35
Hummus, 30 g	3	17.30	1.63	15.00	18.60
Barley malt, dried, 30 g*	1	15.90	0.00	15.90	15.90
Tartar sauce, 30 g	3	15.10	20.51	0.53	44.10
Pesto made with nuts, 60 g*	1	28.80	0.00	28.80	28.80
Miscellaneous					
Vanilla extract, 1 g	13	0.03	0.04	0.00	0.14
Yeast, 0.6 g	15	0.10	0.06	0.04	0.27
Baking powder, 0.6 g	16	0.78	0.50	0.08	1.94
Baking soda, 0.6 g	3	1.02	0.50	0.40	1.62
Vinegar, 15 g	5	1.26	0.40	0.75	1.95
Agar, 0.6 g*	1	1.20	0.00	1.20	1.20
Vekao powder, 5 g*	1	6.90	0.00	6.90	6.90
Tomato sauce, 60 g	61	6.25	3.58	2.16	24.90
Bouillon powder, 6 g	9	6.59	3.49	0.66	9.00
Broth, 250 g	9	10.89	3.33	8.25	19.00
Tomato paste, 30 g	14	10.48	4.82	6.00	22.20
Coconut milk, canned, 83 g	2	10.42	10.33	0.09	20.75
Coconut, dried, 15 g	8	24.45	13.52	2.25	42.60
Cocoa powder, 5 g	7	43.89	10.50	27.00	63.00